



Volume 2011 - December No. 12
 Next Meeting – JANUARY 17, 2012
 7:00 p.m., Universal City Library
 100 Northview Drive, Universal City
 A member of the American Volkssport
 Association (AVA) & the International
 Federation of Popular Sports (IVV)
 The Public is always welcome

**Randolph Roadrunners
 Volkssport Club
 A Walking Club Established 1980
 PO Box 2744
 Universal City, TX 78148-1744
 Elected Officers**

President
 Ellen Ott 210-525-8574
Vice President
 Pat Roberts 210-657-5814
Treasurer
 Pat Gunter 210-479-0805
Secretary YOUR NAME HERE!

Committee Chairs

Membership
 Nancy Paulson 210-658-8324
Programs & Publicity
 Ellen Ott 210-525-8574
Sales
 Joanne Forinash 210-493-8543
Webmaster & Event Flyers
 Randy Baker 210-369-9538
Newsletter
 Audrey Vertucci – AudreyVe@aol.com
 210-496-2197

Year-round Events, Boerne
 Pat Gunter 210-479-0805
Year-round Events, Schertz
 Tony Paulson 210-658-8324
Year-round Events, San Antonio
 Carlen Forinash 210-493-8543
Seasonal Events, Abilene
 Joanne Forinash 210-493-8543

Club Website

www.randolphroadrunners.info

AVA Website

www.ava.org

TVA Website

www.walktexas.org

SW Regional Director

Bill Hamilton 830-285-7062
 Fredericksburg, TX
sw_rd@ava.org

Renewal Time

The following membership renewals are currently due:
Shirley Conrad, Danielle Colera, Marilyn Doyle, Michael Chitty, Charles & Sandy Hunnefeld, Diana Lacy, Linda & Jeff Large, Patricia Muse, Mike & Carol Abbott, Barbara Durkin, & The Morgan Family Please send in your renewal fees now. We value your membership. To renew your membership, fill out the renewal application attached or print one from the following website address: www.RandolphRoadrunners.info and send it with your fees to Nancy Paulson c/o the club address.

Welcome New Members:

Susan Fine Fort Worth
 Anne White Converse
 Jerry Rehmar San Antonio

**Tales from the East
 Texas Trails**

Submitted by Joanne Forinash
 Carlen and I left San Antonio early on the morning of Thursday, November 10th for our 5 day, 9 walk trip to East Texas. We drove through Bastrop on our way to our first walk in Caldwell. It was devastating to see all the damage from the recent fires. However, I was reminded of the tremendous and beautiful growth in Yellowstone National Park three years after the big fires there. It seems the pine tree seeds are in the pine cones and they are extremely hard to break and expose the seed, but fire burns that hard shell and the millions of seeds are exposed. I will be interested in watching the new growth in Bastrop in the next few years.

We have driven through Caldwell many times but never knew the Texas History that happened and has been recorded in a number of museums when you venture away from Hwy 36 and into the town. There are also a number of Historic Churches which depict the Christian heritage of the area. Thanks

to the Brazos Valley Trailblazers for setting up and maintaining this walk. After our stop at the official “Texas Road Sign” (the Dairy Queen) we drove on to Bryan. It is very interesting to see how the downtown area has been revitalized, with brick streets, many quaint shops and businesses. The walk takes you pass many 1850’s homes that have been restored and well maintained. One of them being the Milton Parker home, which is now a B & B. It just so happened one of the care takers was watering the yard as we were admiring the home. We told her that home was listed on our walking instructions. Of course, she wanted to know what walking instructions. So, we told her all about Volkssporting and that there was going to be a walk in College Station the next weekend. She seemed very interested and said she planned to go to the College Station walk. She then invited us in and gave us a tour of this beautiful home. They were in the process of decoration for Christmas, with a different and unique tree in every room. What a special treat.

Our stay overnight was in the Rudder Jessup B & B in College Station. Rudder was one of the earlier Presidents of A & M and had lived in this house and the Jessups were the current owners. They wanted to know what brought us to town and of course, we told them all about Volkssporting. They had never heard of it, but seemed very interested. The next morning at breakfast there was another couple and first thing they wanted to know was about this “walking thing”. The Jessups had told them about our walking. It turns out this couple live in Houston half the year and in Oregon half the year and they make these auto trips back and forth several times a year. They love to walk, and the adventure of finding new and different trails. We visited with this couple and the owner of the B & B for two hours around the breakfast table, talking mostly about our walking adventures. Guess what? We

now have four new Volkssporters and both couples bought Starting Points to help them with trips they already had planned for this year. The couple from Houston was on their way to Oklahoma that day and picked out a walk to do on the way. Just proves, "If they know, they'll come."

We always enjoy the walk at College Station, but this time the trail had been changed and we walked through parts of the A & M campus we had not been on before and learned lots of history about its founding and early years.

In the afternoon we drove on to Navasota (a new year round for 2011) and did the 10k (12 or 13k) walk there. Navasota is a town with many historic churches; the Navasota Blues Alley Museum; a bronze statue of Sieur de La Salle, a gift from the French Government in 1930; an Amphitheatre built by the WPA in the 1930's; and a trail through the Cedar Creek area. A very nice walk, but the directions need some corrections.

We spent Friday night in Huntsville and did the walk there early Saturday morning. The walk box is no longer at the Walker Education Center, but in the gift shop in the Sam Houston Memorial Museum Complex. After we found the box and got registered we did the 10k walk going through the Sam Houston Memorial Park, Sam Houston's grave and monument, the Oakwood Cemetery, the Walker Courthouse, the Huntsville Prison and the Sam Houston State University. Saturday afternoon was spent walking the beautiful 12km walk in Nacogdoches, which takes you through the Azalea Gardens, historic downtown Nacogdoches and the Stephen F. Austin State University.

After spending Saturday night in Tyler we did the walk there early Sunday morning. I am always amazed at the many azaleas that are still blooming in the middle of November. There are two trails to choose from and we chose the Historic one which always takes us longer as Carlen has to read ALL the historical markers. We always enjoy these walks no matter which trail we choose. After lunch at McDonalds (we try to patronize the start point restaurant)

We drove on to Athens where we did the 10km walk. Athens is the Henderson county seat and the courthouse there is very unusual. All four sides have huge four columns and looks like the main entrance. Athens is a quaint, beautiful, Texas town with many beautifully kept homes and a nice park. We spent the night here in a huge hotel with only one other guest. There was lots of breakfast the next morning with no one to share it with.

We had thought we would probably do 10 km walks in the mornings and 5km walks in the afternoons, but we are happy to report we did at least 10km on every walk, except our last walk in Temple on Monday morning. I think we were both pretty tired by then so we only did the 6km. It was a very enjoyable and interesting trip and I highly recommend every one of these walks.

From the Desk of the Pres.-

The RR club still needs a Secretary! Contact Ellen if you have any questions or want more info about this position.

Mark your calendars for:
3 December – Boerne Christmas walk
7 January - Trinity - 2 walks
11 February - Del Webb
17 March - Boerne for Family Fun Day
18 May - King William

The next RR club meeting will be held at the Universal City Library, 100 Northview Drive 1/17/12 at 7:00 P.M.

Remember, we will have our annual Christmas party, in lieu of a monthly meeting:
A VOLKSSPORT HOLIDAY PARTY and everyone's invited!
Tuesday, December 20, 2011 at 6 PM
EL CHAPARRAL RESTAURANT
2838 N. LOOP 1604 - (In the shopping center at the SW corner of 1604 & Redland Rd.)
RSVP to Ellen no later than December 13th at ellenott@sbcglobal.net

Order off the menu, separate checks and happy hour drink prices! if you wish to participate in the "Chinese" Auction, the gift limit is no more than \$15.



Fun, Fitness, Friendship

THE AVA TRAIL/ROUTE RATING SYSTEM ---

The event brochure including the AVA electronic event listing (Walking Events – Event Details) must identify a trail rating for all events except swimming, boating and skating events. In addition, any route obstacles or special conditions must be explained to describe the level of difficulty of the event.

Although any rating system is somewhat subjective the two-part numerical/alpha rating system will give event organizers a reliable tool so participants have an idea about what to expect on a route whether it is for walking, biking, cross-country skiing, or snowshoeing. They need to know about major elevation gains, heavy traffic, narrow road shoulders, construction detours, roaming dogs, cattle guards, and the like on the route. Also, this is a safety issue since an improperly/underrated event could have serious consequences for someone who is not physically prepared for more strenuous route conditions.

The sponsoring club will decide this rating based on the scale given below. The Regional Director should work with chartered clubs to achieve uniformity in the assignment of all trail ratings.

Examples:

A route that is mostly on flat pavement would be rated 1A.
A beach walk would be rated 1C.
A route with moderate hills on well groomed trails would be rated 2B.

Part 1 – INCLINE

- 1.** Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Elevation gain from Starting Point: up to 500 feet.
- 2.** Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Elevation gain from Starting Point: 500-1500 feet.
- 3.** Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Elevation gain from Starting Point: 1500 – 2500 feet.

4. Lots of significant hills or stair climbing. Elevation gain from Starting Point: 2500-3500 feet.

5. Many steep hills. Elevation gain from Starting Point: more than 3500 feet.

Part 2 – TERRAIN

A. Almost entirely on pavement.

Probably suitable for strollers and wheelchairs.

B. A significant part of the route is on well-groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.

C. A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand). Not suitable for strollers and wheelchairs.

D. A significant part of the route is on very difficult terrain.

E. The majority of the route is on very difficult terrain.

Special Event Programs starting January 1, 2012:

Strolling Somewhere Over the Rainbow

Runs January 1, 2012 through December 31, 2014. Complete 20 different sanctioned events where the route is located in or in sight of a color-named place anywhere in the world: any city, county, country, area (like Black Hills), place (like Yellowstone Park), state (like Nevada - known as "The Silver State"), rivers or any body of water, or mountains with the name of a color in it. Names for any and all shades of colors also qualify. Award is a patch and certificate. Cost is \$10.

POC: *Lois Head, Central Minnesota Volkssports, PO Box 2162, St. Cloud, MN 56302-2162.* Info: 320-252-7348 or LMHead@StCloudState.edu

Struttin' Down Main Street

Runs January 1, 2012 through December 31, 2014. Complete 20 different sanctioned events where the route goes for at least one block on the main street of any town in the world. An event counts if, in any language, the word for "main" is in the name of the street, avenue, boulevard, lane, court, circle, row, etc. Participants will be awarded a "Strike up the Band" parade patch and whistle certificate. Books can be ordered now but they will be sent starting on December 10, 2011. Cost is \$10. POC: *Lois Head, Central*

Minnesota Volkssports, PO Box 2162, St. Cloud, MN 56302-2162. Info: 320-252-7348 or

LMHead@StCloudState.edu

Walking America's Murals

Runs January 1, 2012 through December 31, 2014. Walk 20 qualifying events. A qualifying event is any sanctioned walk that passes a mural of at least 8' x 8' depicting any historical, cultural or local happening on a painted stationary wall or building. Award is a 3' x 4' patch. Books are \$10 each: make checks payable to Illinois Trekkers.

Send to *Walking America's Murals, c/o Debbie Kruep, 220 Clearwater Drive, Belleville, Illinois 62220.* For those ordering books before January 2012, the books will be sent out in December.

Contact debmarkkruep@yahoo.com

Works Projects Administration (WPA)

Runs January 1, 2012 through December 31, 2014. USA 1935-1943 WPA. Award is a 3" x 4" embroidered patch. Walk 20 YREs or scheduled events that pass anything to do with the WPA: art in a post office, dams, bridges, buildings, park entrances, swimming pools and even sidewalks.

The program costs \$10. Contact *Sharon Snyder* at walkingfan@aol.com or *Suzi Bentley* at schocksinews@aol.com Visit www.ava.org/clubs/holyfamilywalkers/wpa_special_program.htm POC:

Sharon Snyder, Holy Family Walkers Volksmarch Club, 1714 NW 49th St., Lawton, OK 73505.

Coming Texas Events:

12/3/2011 - 12/3/2011 - Walk

Event Number: 90119 5km/10km

Start: St John's Lutheran Church

Event City: Boerne - Boerne Christmas Walk

Host Club: Randolph Roadrunners

Event Website:

randolphroadrunners.info

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

1726 Fawn Crest

San Antonio, Tx 78248

Contact: Joanne Forinash, (210) 493 - 8543

E-Mail: sjforinash@yahoo.com

Club Website:

www.randolphroadrunners.info

12/3/2011 - 12/3/2011 - Walk

Event Number: 90693 10km/5km

Start: Smithville City Hall

Event City: Smithville - Festival of Lights Volksmarch

Host Club: Smithville Volkssport Club

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

PO Box 716

Smithville, Tx 78957

Contact: Adena Lewis, (512) 237 - 2313

E-Mail: adena.lewis@smithvilletx.org

12/10/2011 - 12/10/2011 - Night Walk

Event Number: 91079 10 km, 5 km

Start: Johnson City Park

Event City: Johnson City - Lights

Spectacular in Johnson City

Host Club: Selma Pathfinders

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

17314 Springhill Dr.

San Antonio, Tx 78232

Contact: Phyllis Eagan, (210) 496 - 1402

E-Mail: papre1947@yahoo.com

Club Website:

www.selmapathfinders.com

12/10/2011 - 12/10/2011 - Walk

Event Number: 92339 10km/5km

Start: Jones Building, St. Paul's

United Methodist Church

Event City: Houston 77004 - Museum District

Host Club: Houston Happy Hikers

Event Website:

houstonhappyhikers.com

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

P. O. Box 101

Orchard, Tx 77464

Contact: Catherine Kellner, (979) 478 - 6203

EMail: hhhpresident@houstonhappyhikers.org

Club Website:

www.houstonhappyhikers.com

12/17/2011 - 12/17/2011 - Walk

Event Number: 92056 10km/5km

Start: Hammond House B&B

Event City: Calvert - Christmas in

Historic Calvert

Host Club: Brazos Valley Trailblazers

Event Website:

<http://www.calverttx.com/history.html>

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
4044 Bird Pond Rd
COLLEGE STATION, TX 77845
Contact: Patricia Salzmann, (979) 774
- 9038
E-Mail: bvtrailblazers@gmail.com

12/31/2011 - 12/31/2011 - Walk
Event Number: 92433 10km/5km
Start: Pecan Creek School, Gillespie
County
Event City: Fredericksburg
Host Club: Texas Volkssport Assn.
Event Website: walktexas.org
More Details: [Click here for directions,](#)
[ratings, etc.](#)

Write for more information to:
17314 Springhill
San Antonio, TX 78232
Contact: Phyllis Eagan, (210) 496 -
1402
E-Mail: papre1947@yahoo.com
Club Website: walktexas.org

1/1/2012 - 1/1/2012 - Walk
Event Number: 92434 10km/5km
Start: St. Joseph's Hall
Event City: Fredericksburg
Host Club: Texas Volkssport Assn.
Event Website: walktexas.org
More Details: [Click here for directions,](#)
[ratings, etc.](#)

Write for more information to:
17314 Springhill
San Antonio, TX 78232
Contact: Phyllis Eagan, (210) 496 -
1402
E-Mail: papre1947@yahoo.com
Club Website: walktexas.org

RANDOLPH ROADRUNNERS
PO Box 2744
Universal City TX **78148-1744**

RANDOLPH ROADRUNNERS APPLICATION
PO Box 2744, Universal City TX 78148-1744

Please check applicable box (es):

Renewal New Member Family member(s) included (see instructions below) DATE _____

Name _____

NEW MEMBER FEE: \$4.00 for 1 year
\$10.00 for three years

Address _____

This fee applies to the primary member. Additional family members require a \$2.00 fee per individual.

Apt No. _____

RENEWAL FEE: \$4.00 for one year
\$10.00 for three years

City _____ State _____ Zip code _____

This renewal fee includes each family member who paid \$2.00 with the original application. If the \$2.00 fee was not paid with the original application, add family members now by including \$2.00 for each person.

Telephone number _____

Lifetime membership for (1) one person is available for a \$30 fee.

E-mail address _____

AVA Volkssport Associate Yes No

Family members _____

Eager to serve as club officer _____ or committee chair _____

Amount submitted \$ _____