



Volume 2012 - January No. 1
Next Meeting – JANUARY 17, 2012
AVA headquarters, 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:
Danielle Colera, Marilyn Doyle, Michael Chitty, Charles & Sandy Hunnefeld, Diana Lacy, Linda & Jeff Large, Patricia Muse, Mike & Carol Abbott, Barbara Durkin, The Morgan Family, Sherry Barker-Sheets, Cindy Cardenas, Ginny Graygor, Cliff & Cindy Harris, Janet & Dennis Howe, Cresencia Huff, Debra Keech, Valarie Miller, Pat Roberts, Annie Spencer & Howard & Lynn Tidwell. 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:

James Smith San Antonio
Preciliana Cabral San Antonio



Tales from the Trails

Submitted by Ellen Ott

On 17 December, Linda, Gerry and I walked in historic Calvert in Robertson County for a Christmas walk sponsored by the Brazos Valley Trailblazers. The start was the beautifully decorated Hammond House B & B with its seven Christmas trees and gingerbread man motif in the dining room.

The city of Calvert, founded in 1868, was named in honor of Robert Calvert, a descendant of Lord Baltimore. Robert Calvert was a large plantation owner and who was instrumental in directing the railroad through Robertson County.

When the railroad brought prosperity to Calvert, cotton planters established huge plantations with an ambience of prosperity and Southern hospitality. They built a number of large Victorian mansions Many of which are still standing and were decorated for the holidays.

The BIG treat of the day was the stop at the bakery famous for over 30 favors of kolaches. I only bought one!

I tell folks this is the neat thing about volksmarching.... you can visit new places, learn some history, get exercise and taste the local culture.



In Historic Calvert

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.

The next RR club meeting will be held at **AVA headquarters building**, 1001 Pat Booker Road, Suite 101, Universal City – January 17th 2012 at 7:00 P.M.

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



Fun, Fitness, Friendship

Officers and Regional Directors

The next NEC meeting will be held at Fairfield Inn & Suites, 5008 Corridor Loop Road, Schertz, Texas, 78154.

The meeting starts Friday evening, January 20, Saturday 21, and Sunday morning 22, if necessary.

All agenda items from the officers and RDs are due at the AVA NATHQ no later than Wednesday 7 December. All officer and committee reports are due at the AVA NATHQ no later than Wednesday 21 December. The agenda will be sent to the NEC for review no later than Wednesday 21 December. The agenda will be e-mailed to all club presidents no later than Wednesday, 21 December. The meeting agenda, including agenda items and reports, will be e-mailed to the NEC no later than Friday, 30 December.

The YOU DOcs

By Michael Roizen, M.D., and Mehmet Oz, M.D.

Time to walk out

We know cold, gloppy weather's coming, and we know treadmills are great — we spend plenty of time on them ourselves, making sure we hit 10,000 steps a day, no excuses.

But anytime you can walk outdoors, do. Especially if life just dealt you lemons, not lemonade. When you're tense or angry, walking (like any physical activity) gets your head straight fast. And walking outside works even better. Is it the fresh air, the sunshine, the greenery? Probably all that and more. There's something about the great outdoors that gives you an extra workout kick.

You feel more alive, energetic and optimistic — and more committed to your daily walk (yep, they've studied this). So you, too, can have a no-

excuses attitude. That alone is a pretty big perk. But wait, there's more!

- You'll burn a few extra calories. Credit wind resistance, dodging people/potholes/puddles, going up and down slopes. Real hills make a bigger difference (and firm your tush).

- You'll like *you* more. Self-esteem jumps from all kinds of "green exercise," i.e., outdoor activities: hiking, biking, surfing, striding around the neighborhood.

- You'll think better. Just 90 days of moderate walking boosts blood flow to your brain by 15 percent. Walking also lowers your blood pressure and heart rate.

- You'll get lucky. Whether you're looking for love, work or new ideas for the front door, leaving home helps you find it.

Are these shoes made for walking? Anyone who's seen pix of Dr. Mike using his treadmill desk or watched Dr. Oz high-kicking through his TV show workouts knows how we feel about fitness. Like anyone who walks regularly, we've watched the huge popularity of "toning" shoes on fellow walkers. They're now as ubiquitous as cupcakes. Unfortunately, they may not be much healthier than cupcakes.

You know the shoes: their rounded soles curve up sharply at both ends. Every step lands you on a springy rocking-horse arc that rolls you forward. The action throws you slightly off-balance at first, but that's part of the point. The bit of effort involved in rebalancing may tap some different muscles and actually can improve your balance (although if you have real balance issues, they could trigger falls).

The balance challenges have caused some controversy, but the shape-up claims have triggered more — including at the Federal Trade Commission. Typical claims: Toning shoes do more for your posture, joints and legs than regular fitness shoes do. They give you a JLo butt. They even burn more calories. Really?

Not really. Turns out that you don't use more oxygen, increase your heart rate,

burn more calories or work muscles harder than you do in regular fitness shoes. As for the FTC, it just commanded one shoe-maker (Reebok) to refund \$25 million to consumers for making "toning" claims it couldn't support.

As for us, we're sticking with our well-fitting, nicely cushioned, walking/running shoes. They work great.

Coming Texas Events:

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

1/7/2012 - 1/7/2012 - Walk
Event Number: 92346 12km / 5km
Start: Cedar Hill State Park
Event City: Cedar Hill - Cedar Hill State Park
Host Club: Dallas Trekkers, Inc.
Event Website: www.dallastrekkers.org
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
PO Box 743813
Dallas, TX 75374
Contact: Deborah Carter, (972) 285 - 8102
E-Mail: debwalk@earthlink.net
Club Website: www.dallastrekkers.org/

1/7/2012 - 1/7/2012 - Walk
Event Number: 92426 10km/5km
Start: Bell Athletic Center - Trinity University
Event City: San Antonio - Trinity/Olmos Park
1/7/2012 - 1/7/2012 - Walk
Event Number: 92427 10km/5km
Start: Bell Athletic Center - Trinity University
Event City: San Antonio - Trinity/Monte Vista
Host Club: Randolph Roadrunners

Event Website:

randolphroadrunners.info

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

Write for more information to:

11906 Pepperidge Cove
San Antonio, Tx 78213

Contact: Larry Cook, (210) 723 - 7711

E-Mail: larcoo@att.net

Club Website:

www.randolphroadrunners.info

1/14/2012 - 1/14/2012 - Walk

Event Number: 92351 10km/5km

Start: Texas Rivers Center

Event City: San Marcos - Spring Lake Preserve

Host Club: San Marcos River Walkers

Event Website:

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

Write for more information to:

100 E. Laurel Lane
San Marcos, TX 78666

Contact: Barbara Piersol, (512) 396 - 4463

E-Mail: bpiersol@grandecom.net

1/21/2012 - 1/21/2012 - Bike

Event Number: 92423 25 km

Start: Hondo City Park #2

Event City: Hondo - Odduary Events - bike

Host Club: BTC Oddsports Club

Event Website:

faculty.sulross.edu/cbaulch/index_files/Page615.htm

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

Write for more information to:

6438 Hill Creek Dr
Hondo, TX 78256

Contact: Clay Baulch, (210) 204 - 9301

E-Mail: btco@satx.rr.com

Club Website:

faculty.sulross.edu/cbaulch/index_files/Page615.htm

1/21/2012 - 1/21/2012 - Walk

Event Number: 92424 10 km/5 km

Start: Hondo City Park #2

Event City: Hondo - Odduary Events - walk

Host Club: BTC Oddsports Club

Event Website:

faculty.sulross.edu/cbaulch/index_files/Page615.htm

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

Write for more information to:

6438 Hill Creek Dr.
San Antonio, TX 78256

Contact: Clay Baulch, (210) 204 - 9301

E-Mail: btco@satx.rr.com

Club Website:

faculty.sulross.edu/cbaulch/index_files/Page615.htm

1/21/2012 - 1/21/2012 - Walk

Event Number: 92466 10km/5km

Start: Mosquito Cafe

Event City: Galveston

Host Club: Houston Happy Hikers

Event Website:

www.houstonhappyhikers.com

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

Write for more information to:

P. O. Box 101, Orchard, Texas 77464

Contact: Catherine Kellner, (979) 478 - 6203

E-

Mail: hhhpresident@houstonhappyhiker.s.org

Club Website:

www.houstonhappyhikers.com

1/28/2012 - 1/28/2012 - Walk

Event Number: 90117 10km/5km

Start: University Center Atrium @ St. Mary's University.

Event City: San Antonio - St. Mary's University Neighborhood Walk

Host Club: LoneStar Walkers

Event Website:

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

Write for more information to:

27727 Ramblewood

San Antonio, TX 78261-2013

Contact: Heinz Johnson, (830) 980 - 5723

E-Mail: swrd@gvtc.com



Nativity scene at start point-St. John's Lutheran Church, Boerne



Totsy Miller, Joan Whealen, Herb Laing, & Pat Gunter working Boerne Christmas walk



Martin Callahan & Indie in front of St. Peter's Catholic Church, Boerne Christmas walk



Audrey Vertucci & Suzanne Markgraf working at Boerne Christmas walk



Tony Paulson & Ellen Ott at Registration table - Boerne walk



Cecelin & Rich Simmons – S.A. Loafers making coffee can bread at Boerne Christmas walk



Martin Callahan in LBJ boyhood home at the Johnson City Lights walk



20 ft. gingerbread man “Smitty” at Smithville Festival of Lights walk



Blanco Courthouse - Johnson City Lights walk



Bilita & Don VanCleave at Smithville Festival of Lights walk



Heinz Johnson at registration table Smithville Festival of Lights walk

RANDOLPH ROADRUNNERS
 PO Box 2744
 Universal City TX 78148-1744



Charlene Hooker & Priscilla Johnson at Finish Table – Smithville walk

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

Address _____ 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 _____

E-mail address _____

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

Family members _____

AVA Volkssport Associate Yes No

Amount submitted \$ _____

Eager to serve as club officer _____ or committee chair _____