



**Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)**

Volume 2012 - April No. 4  
Next Meeting – April 17, 2012  
Universal City Library, 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*

*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](http://www.randolphroadrunners.info)

*AVA Website*

[www.ava.org](http://www.ava.org)

*TVA Website*

[www.walktexas.org](http://www.walktexas.org)

*SW Regional Director*

Bill Hamilton 830-285-7062  
Houston, TX  
[sw\\_rd@ava.org](mailto:sw_rd@ava.org)

**Renewal Time**

The following membership renewals are currently due:

**Jennifer Angell, Jenee Gonzales, Gloria Hernandez, Mary Tibbs, Jill Troyer, Ann Angell, Krista Avalon, Stephen Shields, Richard Phillips, Randy Baker, Katy Broderick, Frankie Sorrel, Kathy Carson and Janice Connor.** 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](http://www.RandolphRoadrunners.info) and send it with your fees to Nancy Paulson c/o the club address.

**Welcome New Member:**

Ruth Hemmi San Antonio

**Did You Know?**

The core of this nation's volkssporters evolved from military personnel, civilian employees and family members returning to the United States from assignments in Europe in the late 1970s and early 1980s. Thus, a natural tie-in/association with military installations.

**Boerne Spring Walk**

A cool overcast morning greeted 121 participants and their pooches at the walk held in conjunction with the Kendall County Family Outdoor Fair on Saturday, March 17<sup>th</sup> at the Main Plaza in Boerne. The Roadrunners had a perfect spot, taking up three booth spaces, by the gazebo where they could watch the entertainment from 10 a.m. until 1:30 p.m.

Kids, little and big could do the bean bag toss or ring toss on the cactus. Give-a-ways from the Roadrunners included Frisbees, green beads, St. Patrick's Day stickers and bottled water. Our drawing for the SAS shoe certificate will be held at the March

club meeting. The participant number was disappointing, but the atmosphere made for an interesting day.

As usual, an event can't occur without all the dedicated volunteers who included: Randy Baker, Margie Kent, Pat Roberts, Darlene Oner, Mary Quandt, Herb Laing, Wiley Smith, Joanne & Carlen Forinash, Heinz & Priscilla Johnson, Pat Heller, Carol Shaner, Linda & Tom Elms, Bill Radigan, Don Eide, Larry Cook and Mike Hermes. Thank you all!

**From the Desk of the Pres.--**

The next RR club meeting will be held at **Universal City Public Library**, Universal City – April 17, 2012 at 7:00 P.M.

**Calling all Roadrunners!** Get out your green polo shirts. The AVA has a spot in the Fiesta Flambeau Parade; not vanguard – the actual parade! Please join us Saturday night of Fiesta to support Volkssports! Call Ellen at 723-8574 or [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net) if you can participate.

The winner of the SAS shoe certificate from the Boerne Spring walk is Joanne Needle.

Our webmaster, Randy Baker, will be putting the new QR codes on all our RR event brochures, so all you smartphone users with the app will have quick access to information.

*Ellen*

**Kudos to the following**

**walkers:** (taken from the April/May TAW)

Events:

|                |                 |
|----------------|-----------------|
| 100 events     | Carole Merle    |
| 150 events     | Caryl Swann     |
| 200-225 events | Herb Laing      |
| 325-350-375    | Patricia Heller |
| 425-450 events | Nancy Paulson   |
| 450-475 events | Tony Paulson    |

475 events Linda Elms  
525 events Tom Elms  
1600 events Ellen Ott

Distance:

1500km - Caryl Swann  
2500km – Herb Laing  
4000km – Linda Elms  
4500km – Patricia Heller  
4500km – Tony Paulson



**Fun, Fitness, Friendship**

### NEC Meeting

The next NEC meeting will be held in Orlando, FL on July 6-7, 2012. The following NEC Meeting will be held in Schertz, TX on January 18-19, 2013. More details will follow once available.

### TAW Deadline

The June/July issue of *The American Wanderer* deadline is April 25. All articles and photographs should be submitted directly to Laurel Parrott, Editor [taw@bhi.com](mailto:taw@bhi.com) or mail to: 3526 Humboldt Ave. N., Minneapolis, MN 55412. Be sure to include "TAW" in the subject line if emailing.

### Goodsearch Search Engine Donates Money to AVA

Folks using *Goodsearch* have helped raise dollars for AVA. We encourage everyone to register at [www.Goodsearch.com](http://www.Goodsearch.com) before searching the internet. Results of support are noted at <http://www.goodsearch.com/nonprofit/american-volkssport-association-ava.aspx>

### Smilebox.com Free Video Creation Software

Recently we received a *Smilebox* - created video from the *Shasta Sundial Strollers* of Redding, California advertising their club and event. Cynthia Turbin used [www.smilebox.com](http://www.smilebox.com) to create a customized video. If you would like to use *Smilebox* to promote our wonderful organization, click on the link above

### American Profile Magazine Celebrating the American Spirit – AVA Publicity

What a nice surprise in the weekly print magazine *American Profile*, dated January 1-7, 2012 on page 8 and 9. A featured article on Joyce O’Rear from the *Fredericksburg Volkssport Club* of Texas, and Kenn Knopp founder of the first Volkssport club in America. A photo of members of the *NorthStar Trail Travelers* of Minnesota was also featured in print, photo credits by Donna Seline. Great publicity that we needed and reached 10 million homes. On the *American Profile* website they mention “Members of the *NorthStar Trail Travelers*, a Volkssport club in Minnesota, hike through a state park. The group is one of more than 300 active Volkssport clubs in America.” <http://www.americanprofile.com/gallery/walking-healthy-communities/9/> “Thousands of walkers converge in South Dakota’s Black Hills each June for the *Crazy Horse Volksmarch*, one of the nation’s largest walking events.” <http://www.americanprofile.com/gallery/walking-healthy-communities/10/>

### Walking to Improve Concentration

by Seth M. Baker

Want to know an easy way to **improve concentration**? What if you could improve concentration, focus, and cognitive function by performing a simple action a couple times a week? According to researchers from the Frontiers of Aging Neuroscience at the University of Illinois:

Walking at one’s own pace for 40 minutes three times a week – can enhance the connectivity of important brain circuits, combat declines in brain function associated with aging and increase performance on cognitive tasks. This study tracked older adults over the period of one year, comparing moderately active adults to their sedentary peers. Unsurprisingly, **the more active participants performed better on cognitive tasks.** It’s safe to say that the ability to concentrate is directly related to cognitive function.

The best part about using walking to improve concentration? *Walking is free.* You don’t need any special training or equipment. Besides that, it doesn’t require you learn any special techniques or tricks. Put one foot in front of other a

few times a week and you’ll probably experience improvements in your ability to concentrate and focus. **Your only cost is in time** and I suspect that performance improvements due to walking will end up saving you time over the long term.



From left to right, Jimmie Eisen, Mabel Matsumoto, Joanne & Carlen Forinash, Tina & John Bohnert with Livy and Indie, Gerry Kamicka & Doug Eide at check point #2 Salado Creek Greenway walk.

**\*All photos in this newsletter are courtesy of Martin Callahan.**

### Walking: The Easiest Exercise

Improve your health in the new year by: [Candy Sagon](#) | from: [AARP Bulletin](#) | Dec. 21, 2011

I have two doctors, my left leg and my right leg," wrote British author George Trevelyan in 1913 about the health benefits of walking. Nearly a century later, modern medical experts echo the same advice: Get up and walk. Walking may be the single best — and easiest — exercise you can do to improve your health in 2012. Not only will going for a daily walk help you feel better now, it will help you maintain your independence and ability to do daily tasks as you age, says Barbara Bushman, a health professor at Missouri State University who has helped older, sedentary men and women start a walking routine.

Research also has shown that walking regularly can help protect the aging brain against [memory loss](#) and dementia, help cut the risk of [heart disease](#), and reduce the chance of developing type 2 diabetes in high-risk adults by a whopping 60 percent. And we’re not talking marathon [walking](#) either. The peak benefits come from 30 minutes of exercise several times a week, say experts.

Most of us do need to move more: Only 30 percent of people ages 45 to 64 say they engage in regular leisure-time physical activity, and that drops to 25 percent for those 65 to 74, according to the National Institute on Aging, which has launched a "get off your duff" campaign called Go4Life.

And even if you weigh 400 pounds and can't climb a flight of stairs — you can start walking. Just ask Rick Genter. Genter, a 51-year-old software engineer in Redwood City, Calif., was morbidly obese 10 years ago. He lived in the Boston area then and spent his whole day [sitting at a computer](#). Walking up a flight of stairs left him gasping for breath. "My whole family is obese," he says. "My mother died at age 56. My father is at least 150 pounds overweight and on all sorts of medication. I had high cholesterol, high triglycerides and I was convinced I was on my way to diabetes, a heart attack, or both." Genter joined a medically supervised weight loss program. They told him he needed to do some kind of exercise every day. "They said, 'Do anything as long as you like it,'" he recalls. Walking seemed doable, so he started out slowly, walking 30 minutes each day on his lunch break. "I found I really liked it. And as I started to [lose weight](#), it got easier," Genter says.

As the pounds came off, he began walking to work — seven miles each way — even in winter. "It felt so great. It made me understand what was meant by 'a runner's high.' "Nearly a year after he started dieting and walking, Genter had lost 186 pounds and was down to his goal weight of 200 pounds. He got a new job in Northern California, and last year he got married. He and his wife now have a dog, and walking it twice a day for 20 to 25 minutes is part of his daily exercise routine. He also makes sure he gets up from his computer at work several times a day and takes a brisk 30-minute walk. Today he weighs 195, he says proudly. "It's been nine years and I've kept it off. And walking is a big reason why." Genter didn't join a gym, hire a trainer or buy an exercise machine. He just walked.

### **Coming Texas Events:**

4/7/2012 - 4/7/2012 - Walk  
**Event Number:** 92740 10km /15km / 5 km  
**Start:** Comfort Community Park

**Event City:** Comfort - Comfort Easter Walk  
**Host Club:** Hill Country Volkssportverein  
**Event Website:**  
[web.me.com/txtrailhead/GG/Comfort.html](http://web.me.com/txtrailhead/GG/Comfort.html)

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

**Write for more information to:**

P O Box 822  
Comfort, TX 78013  
**Contact:** John Bohnert, (830) 995 - 2421  
**E-Mail:**[txtrailhead@hctc.net](mailto:txtrailhead@hctc.net)  
**Club Website:**  
[web.me.com/txtrailhead/GG/Comfort.html](http://web.me.com/txtrailhead/GG/Comfort.html)

4/14/2012 - 4/15/2012 - Walk  
**Event Number:** 92555 10 km / 5 km  
**Start:** Historic Gruene Hall  
**Event City:** Gruene - Historic Gruene  
**Host Club:** NB Marsch-und Wandergruppe  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**

Brendsel  
New Braunfels, TX 78132  
**Contact:** Marlin, (830) 226 - 7035  
**E-Mail:**[mbrendsel@hotmail.com](mailto:mbrendsel@hotmail.com)  
**Club Website:**  
[www.muw.walktexas.org](http://www.muw.walktexas.org)

4/14/2012 - 4/14/2012 - Walk  
**Event Number:** 92727 10 km / 5 km  
**Start:** Daingerfield State Park Day Use Parking area  
**Event City:** Daingerfield - Daingerfield State Park  
**Host Club:** East Texas Trekkers  
**Event Website:**  
[www.WalkTx.org/EastTexasTrekkers](http://www.WalkTx.org/EastTexasTrekkers)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**

2334 Saharah  
Garland, Tx 75044  
**Contact:** Helen Hull, (972) 530 - 1026  
**E-Mail:**[helenthehun@yahoo.com](mailto:helenthehun@yahoo.com)  
**Club Website:**  
[www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)

4/21/2012 - 4/21/2012 - Walk  
**Event Number:** 92787 10 km/12 km/5 km  
**Start:** Artesian Park  
**Event City:** Orchard - Pamela's Walk  
**Host Club:** Houston Happy Hikers  
**Event Website:** **Error! Hyperlink reference not valid.**

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

**Write for more information to:**

P. O. Box 101  
Orchard, TX 77464  
**Contact:** Catherine Helen Kellner, (979) 478 - 6203  
**E-Mail:**[ckellner@twlt.net](mailto:ckellner@twlt.net)  
**Club Website:**  
[www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

4/21/2012 - 4/21/2012 - Walk  
**Event Number:** 92495 10 km/ 5 km  
**Start:** U. S. Army Medical Department Museum, Ft. Sam Houston  
**Event City:** San Antonio - Caminada de Fiesta  
**Host Club:** Texas Wanderers  
**Event Website:**  
[www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**

102 Wildridge Trail  
Universal City, Tx 78148  
**Contact:** Gerald Kamicka, (210) 658 - 2160  
**E-Mail:**[GeraldK726@aol.com](mailto:GeraldK726@aol.com)  
**Club Website:**  
[www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)

4/21/2012 - 4/21/2012 - Walk  
**Event Number:** 92360 10km/5km  
**Start:** Lake Madison Pavilion, Madisonville, TX  
**Event City:** Madisonville - Walk around Lake Madison  
**Host Club:** Brazos Valley Trailblazers  
**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](mailto:bvtrailblazers@gmail.com)

4/28/2012 - 4/28/2012 - Walk  
**Event Number:** 92807 10 km/5 km  
**Start:** Cricket's Creamery & Caffe  
**Event City:** Houston - Heights  
**Host Club:** Houston Happy Hikers  
**Event Website:** **Error! Hyperlink reference not valid.**  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**

P. O. Box 101  
Orchard, Texas 77464  
**Contact:** Catherine Helen Kellner, (979) 478 - 6203  
**E-Mail:**[houstonhappyhikers.org](http://houstonhappyhikers.org)

**Club Website:**

[www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

4/28/2012 - 4/28/2012 - Walk

**Event Number:** 92691 6Km/11Km

**Start:** Lewisville Lake Environmental Learning Area (LLELA)

**Event City:** Lewisville, TX -

Lewisville Lake Environmental Learning

**Host Club:** Dallas Trekkers, Inc.

**Event Website:**

[www.dallastrekkers.org](http://www.dallastrekkers.org)

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

**Write for more information to:**

P.O. Box 743813

Dallas, TX 75374

**Contact:** Lesley Bowen, (214) 732 - 6725

**E-Mail:** [lesleybowen@aol.com](mailto:lesleybowen@aol.com)

**Club Website:**

[www.ava.org/clubs/Dallastrekkers](http://www.ava.org/clubs/Dallastrekkers)

**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 \_\_\_\_\_

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 \_\_\_\_\_