



Volume 2012 - May No. 5
Next Meeting – May 15, 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

AVA Website

www.ava.org

TVA Website

www.walktexas.org

SW Regional Director

Bill Hamilton 830-285-7062

Houston, TX

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, Caty Broderick, Frankie Sorrel, Kathy Carson, Janice Connor, Tom & Linda Elms and Alice Felder. 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.

Did You Know?

The words "Road Runners" are joined together as, ROADRUNNERS. This differentiates it from the *San Antonio Road Runners* under the terms of an agreement made in 1980. Also it follows the spelling of the "roadrunner," a swift running, crested bird with a long tail which is symbolic of the club.



Tails from the Trails

By: Herb Laing

It had taken a while, but I finally convinced my best friend from Hawaii to join me for a volksmarch. We packed up the car and headed to San Marcos.

It was a cool and sunny morning which quickly warmed up. We started at the old Aquarena Springs. I really missed seeing the swimming pig and the glass bottom boats. The walk took us through a lovely park with great views of the local country side and Texas State University and then on through some lovely neighborhoods. We continued to walk and of course this being his first walk, I take a wrong turn and we end up going a kilometer out of the way, but this turned out to give us a great view of the river. The whole time we are walking, we are talking and the walk flies by like it's just a stroll around the park. We met many friends along the walk and, of course, stopped to talk with them.

My friend enjoyed the walk so much that he has since joined the Randolph Roadrunners and has completed 7 walks so far. Sometimes it just takes a little encouragement and a lot of "come on and walk with me's" to get started, but in the end it is well worth the effort. It kind of reminds me of how I got started and would you believe the first walk I made was also Ellen and Linda Goodman's first walk? Now look where we are.



Fun, Fitness, Friendship

National Physical Fitness & Sports Month Patch

AVA recognizes each May as National Physical Fitness and Sports Month. As part of this recognition, AVA has reached out to their resident artist for almost a decade to create a collector's item, a distinctive AVA National Physical Fitness and Sports Month embroidered cloth patch.

The artist, Dorman Batson, has adapted a springtime theme for 2012, reminding us all to look forward to warmer weather and increased opportunities for

us to get outside and exercise and take notice of the beauties of nature.

Here's how you get one of these must-have patches:

Call your Volkssport club and ask if they have scheduled a "traditional event" in May and ask about the availability of the patch. If you are unable to obtain a patch at the time of the event, you may order directly from The American Volkssport Association, NPFMS Patch, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148-4147, or fax request and credit card information to 210.659.1212, or call 210.659.2112 to order.

Individual cost is \$5.00 (includes shipping) for each patch. Texas residents add 8.25% sales tax. No shipping charge, no discounts, no refunds, no returns. Proof of May event participation is required.

Finally, if you decide at the walking event to purchase a New Walkers Packet, there is a coupon for a free patch redeemable at the AVA Association Headquarters.



AVA Website Under Construction

If you haven't been to the official website lately, you might want to check it out www.ava.org. Make sure you find the official site. There are several AVA club sites and all kinds of nonrelated sites also using the title AVA.

We're making changes to the site and have added two new links on the homepage. Click on "Newsroom" and you will see recent news on selected matters of interest to AVA.

Then go to the "What's Happening," link, where we are listing photos and articles sent in from other AVA organizations. This gives us the opportunity to list more material and ensures timelier posting of your information.

Other major changes are coming up. If you have any suggestions on what you

would like to see on your official AVA headquarters website, drop a note to marketing@ava.org.



Pat Roberts, Darlene Oner and Clara Plizga working registration Boerne Family Fair walk event



Carlen Forinash working the Sales table at Boerne Family Fair walk event



Tom Elms at 1st check point-Boerne Family Fair walk event

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

Stretching: The Fountain of Youth

Weights and cardio are important, but don't forget flexibility

by Gary Kobat

We are made to move. Exercise, breathing, flexibility and movement keep us feeling young and alive.

However, as we age, most of us move less each day. In a society with drive-through everything, it's easy to sit on the couch and age into immobility. But you can choose to move, stretch—and feel fantastic.

Why are flexibility and stretching important?

Youthful means flexible. Age is rigid and stiff. Even if you work out by lifting weights and doing cardio, if you don't tend to your flexibility, your muscles and joints will become less supple. By stretching regularly, you'll renew your body and slow down the effects of the aging process.

How does stretching enhance wellness?

A gentle yet effective stretching program benefits you in numerous ways. It:

- Increases energy
- Increases range of motion
- Relieves the effects of stress
- Relieves joint and muscle pain
- Improves circulation
- Improves posture
- Enhances balance

What happens when you stretch?

Muscles and connective tissues shorten while you sleep. When you stretch, muscle fibers and connective tissues elongate and align, allowing the stretched muscles to become longer.

Over time, regular stretching trains muscles to contract less after a stretch, so they become both longer and stronger. As you age, this helps prevent joint discomfort and keeps you agile and mobile.

When and how should you stretch?

A five-to-10-minute morning stretching program is ideal preparation for your body to feel good throughout the day. If your day is particularly stressful and makes your muscles tight and fatigued, do your routine at night, just before bedtime. Either way, warm up your body by exercising for at least 10 minutes before you stretch. What's good for cats is good for us. There are 24 hours in a day; you can spare a few minutes of each one to feel younger, can't you?

Gary Kobat is a Los Angeles-based personal trainer, author, international speaker, multi-marathoner and Integrative Performance Coach.

TRUE/FALSE - Fitness Stretching prevents injury. FALSE

Researchers at the Centers for Disease Control and Prevention say there's no evidence that stretching helps ward off injuries. You'll get more protection with a thorough pre-workout warm-up.

It's good to warm up first. TRUE

Stretching cold muscles invites injury. Always warm up before stretching. Walk on a treadmill, use an elliptical machine, do some basic yoga poses—anything that works up a sweat and lets you slowly increase intensity.

Pain is OK during stretching. FALSE

You should feel tension when you stretch, and that tension might be a bit uncomfortable. But pain means you're overdoing it. If you ever feel pain, burning or a popping sensation while stretching, stop immediately.

Coming Texas Events:

5/5/2012 - 5/5/2012 - Walk

Event Number: 92818 10 km /6 km

Start: Comacho Recreation Center; 34 Robert Martinez St; Austin, TX 78702

Event City: Austin - The Holly Street Neighborhood and Power Plant

Host Club: Colorado River Walkers

Event Website:

www.coloradoriverwalkers.org

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

Write for more information to:

3109 Rogge Lane, Austin, Tx 78723

Contact: Carol Obianwu, (512) 928 - 9301

E-Mail:cobianwu@mail.utexas.edu

Club Website:

www.coloradoriverwalkers.org/

5/5/2012 - 5/6/2012 - Walk

Event Number: 92784 10 km / 5 km

Event Number: 92783 13 km / 6 km

Start: RE/MAX Welcome Center

Event City: Graford, TX - Possum

Kingdom Lake

Host Club: Trotting Texas Turtles

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

Write for more information to:

1420 Richie Road

Lorena, TX 76655-3213

Contact: Eveline Evans, (254) 366 - 5708

E-Mail:Eee93@aol.com

Club Website:

www.walktx.org/ttt2.html

5/6/2012 - 5/6/2012 - Walk

Event Number: 92742 10 km /5 km

Start: Bear Creek Scout Reservation

Event City: Hunt - Late Spring Oddfest

- Bear Creek Scout Reservation

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

5/6/2012 - 5/6/2012 - Boating

Event Number: 92743 1500 m

Start: Bear Creek Scout Reservation

Event City: Hunt - Late Spring Oddfest

- Bear Creek Scout Reservation

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:

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5/12/2012 - 5/12/2012 - Walk

Event Number: 92864 10 km /5km

Start: Visitor's Center-Brazos Bend State Park

Event City: Needville

Host Club: Houston Happy Hikers

Event Website:

www.houstonhappyhikers.org

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

5/12/2012 - 5/12/2012 - Walk

Event Number: 92903 10km/5km

Start: Castroville Regional Park

Swimming Pool Breezeway

Event City: Castroville - Tour de

Castroville

Host Club: Castroville Chamber of

Commerce

Event Website: www.castroville.com

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

Write for more information to:

PO Box 572, Castroville, TX 78009

Contact: Ashlee Bates, (830) 538 - 3142

E-Mail:ashlee@castroville.com

5/12/2012 - 5/13/2012 - Walk

Event Number: 92887 10 km/5 km

Start: Wimberley Community Center, 14068 Ranch Road 12, Wimberley, TX 78676

Event City: Wimberley

Host Club: NB Marsch-und Wandergruppe

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

Write for more information to:

746 Shady Hollow

New Braunfels, TX 78132

Contact: Marlin Brendsel, (830) 226 - 7035

E-Mail:mbrendsel@hotmail.com

Club Website:

www.muw.walktexas.org

5/18/2012 - 5/18/2012 - Walk

Event Number: 92785 10 km /5 km

Start: Beethoven Mannerchor Halle und Garten

Event City: San Antonio - King

William Area (Beethoven Walk)

Host Club: Randolph Roadrunners

Event Website:

randolphroadrunners.info

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

Write for more information to:

120 Thomas Edison

Schertz, Tx 78154

Contact: Tony and Nancy Paulson, (210) 658 - 8324

E-Mail:nantony6@hotmail.com

Club Website:

www.randolphroadrunners.info

5/19/2012 - 5/19/2012 - Walk

Event Number: 92782 10 km /5 km

Start: Chaparral Activities Center

Event City: Vernon - Vernon, TX

Host Club: Holy Family Walkers

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

Write for more information to:

1714 NW 49th Street

Lawton, OK 73505

Contact: George J Snyder, (580) 357 - 2930

E-Mail:walkingfan@aol.com

Club Website:

www.ava.org/clubs/holyfamilywalkers

6/2/2012 - 6/2/2012 - Walk

Event Number: 92741 10 km /5 km

Start: Joshua Springs Park & Preserve

Event City: Comfort

Host Club: Hill Country

Volkssportverein

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

Club Website:

web.me.com/txtrailhead/GG/Comfort.html

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 \$ _____