



Volume 2012 - October No. 10
Next Meeting – October 16, 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

Year-round 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:
Kim Carrell, Sharyl Madison, Terri Bolton, Diane Duesterhoeft, Deanna Repp, Craig Holguin, Mark & Cecilia Tyler and Clarence & Dianne Johnson. 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 first RR club event was held on Saturday, May 31 and Sunday, June 1 at Randolph AFB. The first award was a 2" medal on a chain that featured the Taj Mahal landmark. Around the edge of the medal were the words: RANDOLPH AIR FORCE BASE, TEXAS * GOLDEN ANNIVERSARY * 1930-1980. The words: 1st AVA-IVV VOLKSMARCH * RANDOLPH ROADRUNNERS appeared at the base of the Taj Mahal.

The second event was held on Saturday, December 6 and Sunday, December 7 at Randolph AFB, TX.

October 2012 National Volkssport Month



Patch design courtesy of Dorm Batson,
Federal Way, Washington



Tails from the Trails- Devil's Tower

By: Herb Laing

This summer, I had the privilege to travel with my sisters and new brother-in-law. We had decided to visit the Dakotas to see the National Parks, and while there took advantage of a side trip to Devil's Tower in Wyoming. Along the way, I managed to do a walk in Bismarck, ND, Pierre, SD, and Custer City, SD, all beautiful and interesting walks. Unfortunately, I missed the walk at Crazy Horse.

The walk at Devil's Tower is a must if you are ever in the area. It starts at the entrance to the park and you walk up to and around the tower. Mother Nature provides outstanding scenery and the animals are fantastic. At the Tower, you learn about its significance to Native Americans and their versions of how the Tower was created (and no-- little green men from Mars did not play into their stories).

As you walk around the Tower you get many different views of the countryside and the Tower. It is amazing how different the Tower looks depending on what side you are on. On one side of the Tower, you look over a very scenic valley with a river running through it.

I hope many of you will get to enjoy this experience and enjoy the majesty of it like I did.

Kudos to the following

Walkers: Taken from the October/November TAW

Events:

125 - Carole Merle
300 - Marta Knape
300 - Reuben Knape
425 - Patricia Heller
1400-Joanne Forinash

Distance:

500 km - Carole Merle
6,000km - Patricia Heller
14,000km -Joanne Forinash

From the Desk of the Pres-

The next RR club meeting will be held at the Universal City Public Library at 7 p.m. on October 16th.

The next RR walk event is Garden Ridge/Forest Waters on October 20th.

The annual RR Boerne Christmas walk is December 8, 2012.



Fun, Fitness, Friendship

TAW Deadline

The deadline for the December/January issue of *The American Wanderer* is Thursday, 25 October. All articles, including *Tails on the Trails*, and photographs should be submitted directly to Laurel Parrott, Editor taw@bhi.com or mail to: 3526 Humboldt Ave. N., Minneapolis, MN 55412. Be sure to include "TAW" in the subject line if emailing.

New Merchandise Item: Stick-on AVA Logo Patch -- Chuck Blische

There's a new merchandise item just waiting for you to buy from the AVA e-commerce store. A nifty stick-on AVA logo patch. The stitched, one and one-half-inch-high letters "AVA" are cut out and colored AVA blue, with a thin grey border and a red accent line running across them. A sticky residue on the back, that does not stain clothing, allows you to apply it to most any article of clothing providing instant

recognition for our organization. It is especially effective on men's polo shirts, jackets and suit coats or blazers and women's blouses and you can reposition it and move it from item to item repeatedly.

Holly Pelking, AVA vice president, was one of the first volunteers to test the patch. "It is so neat, as you can automatically convert any plain shirt or jacket into an AVA specialty item." I wore the patch while attending the California Volkssport Association conference recently. I got numerous questions as to where I purchased my AVA jacket and polo shirt. People were amazed when I peeled off the patch then re-attached it.

The attractive patch sells for \$5 and membership discounts will be honored. The number of applications is somewhat limited and if the glue does weaken, people have been sewing the patches on fanny packs and other apparel. I would suggest buying two or three of them. Velcro also works well. Wear them for special occasions such as speaker engagements, traditional walk registration activities, club meetings, etc. Buy some for your volunteers to make them all look uniform or use them as awards for special achievement. Show your AVA colors and support the association. Visit our online store to order:

https://www.ava.org/IW_Products.m4p.pvx?;products_no_tree?company=AVA



18th AVA BIENNIAL CONVENTION

Click on the patch above and it will take you to the website page for "Footloose in Florida" - the 18th AVA Biennial Convention in 2013. Registration packages will be available in October for participants to select a range of options for walks, seminars, socials, transportation, and convention souvenirs.

There will be additional TAW articles coming in the next three issues so look for "HOW to be Footloose in Florida."

Volunteering at the Convention--

Volunteers make the Convention run, the more volunteers, the easier it is to accommodate participants at the Hotel, social functions, and events.

To assist you and the central Florida clubs we will use a technique called "HelperSignUp". Here is the lowdown: **HelperSignUp.com** is the free secure way to sign up convention volunteers through the Internet! You can sign up to help at home, at a hotel, on your Internet capable phone at the Convention Mobile site or thru the Convention Web Site.

Lining up people has never been easier. No more calling, missed messages, or unorganized lists of names.

HelperSignUp.com is easy to use just find the date and time you are available, see where there are "needs" (it will say "sign up"), and enter your name, email, and cell phone. This free service gives us Florida volunteers the ability to export to a combined list and let you and the walk coordinators know who will be where, when. This ability to manage our volunteers almost in real time provides a flexible and accurate way to list and send them to team leads at each walk. There is no registration or passwords to remember. YOU control what you can help with. The Walk coordinators know if they have everyone - of course if you cancel, you have to tell us by email/phone as we must manually remove names. If you have questions, please call Mike at 407.695.9181 during reasonable Florida times (Eastern Standard Time).

To volunteer at Walk Events go to these links: (hit the ctrl key and mouse click the link)

[Saturday April 27 Clearwater Beach](#)

[Volunteer Sign Up](#)

[Sunday April 28 HRSF Volunteer Sign](#)

[Up](#)

[Monday April 29 Winter Park](#)

[Volunteer Sign Up](#)

[Tuesday 30 April Titusville Fox Lake](#)

[Volunteer Sign Up](#)

[Wednesday May 1 Orlando Wetlands](#)

[Volunteer Sign Up](#)

[Thursday, May 2 Leesburg Volunteer](#)

[Sign Up](#)

[Friday, May 3 Orlando Volunteer Sign Up](#)

Saturday, May 4 DeLand Sign Up (To be provided)

[Sunday, 5 May Daytona Beach Volunteer sign Up](#)

Equally as important and as critical is to help at the Hotel and the many run up jobs to make the preparation and many hotel activities get accomplished. From "stuffing" bags for preregistered folks, preparing for Walk the Plank! Pirate Party, assisting with registration, or helping in many other ways, your "Sign Up" is needed.

Types of Skin Cancer

Walkers who are out in the sun need to be aware of the effects of constant sun/skin exposure which can cause some types of skin cancers.

Skin cancers are named for the type of cells that become malignant (cancer). The three most common types are:

Melanoma: Although this is the most deadly skin cancer, survival rate is close to 100% if found early. The rule for moles and spots:

Asymmetry – One half differs from the other.

Border – the mole's edges are uneven, scalloped or notched.

Color – various hues are visible.

Diameter – it's larger than a pencil eraser.

Evolving – the mole or spot changes in size, shape or color. Melanoma can occur on any skin surface. In men, it's often found on the skin on the head, on the neck, or between the shoulders and the hips. In women, it's often found on the skin on the lower legs or between the shoulders and the hips.

Basal cell skin cancer:

Slow growing, this cancer is rarely fatal, but if ignored, it can disfigure. See a doctor if you find a reddish pimple-like spot or patch of dry skin that doesn't go away; a sore that bleeds, heals and then returns; a waxy scar like spot; a flat or sunken growth that's hard and may be white or yellow; or a cluster of shiny pink or red growths that look like sores, are scaly and bleed easily. Basal cell skin cancer begins in the basal cell layer of the skin. It usually occurs in places that have been in the sun. For example, the face is the most common place to find basal cell skin cancer. In people with fair skin, basal

cell skin cancer is the most common type of skin cancer.

Squamous cell: This type of cancer is more aggressive than basal cell carcinoma; untreated, it can spread to the lymph nodes and other areas. Look for a firm bump that's typically reddish; a scaly, sometimes crusty patch; or an open sore that itches, bleeds and may heal and return. Squamous cell skin cancer begins in squamous cells.

In people with fair skin, squamous cell skin cancer usually occurs on parts of the skin that have been in the sun, such as the head, face, ears, and neck.

Unlike moles, skin cancer can invade the normal tissue nearby. Also, skin cancer can spread throughout the body. Melanoma is more likely than other skin cancers to spread to other parts of the body.

Squamous cell skin cancer sometimes spreads to other parts of the body, but basal cell skin cancer rarely does. When skin cancer cells do spread, they break away from the original growth and enter blood vessels or lymph vessels. The cancer cells may be found in nearby lymph nodes.

Coming Texas Events:

10/5/2012 - 10/5/2012 - Walk
Event Number: 93125 11 km/5 km
Start: Pole Canyon Ranch
Event City: Quitaque - Pole Canyon Ranch
Host Club: West Texas Trail Walkers
Event Website:
www.westtexastrailwalkers.org
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
3200 Clawson Rd. Austin, Tx 78704
Contact: Linda Fields, (512) 416 - 0100
E-Mail: lgfields@sbcglobal.net

10/6/2012 - 10/6/2012 - Walk
Event Number: 93126 12 km/5 km
Start: Caprock Canyon State Park
Event City: Quitaque - Haynes Ridge/Upper Canyon
Host Club: West Texas Trail Walkers
Event Website:
www.westtexastrailwalkers.org
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
3200 Clawson Rd. Austin, Tx 78704
Contact: Linda Fields, (512) 416 - 0100
E-Mail: lgfields@sbcglobal.net

10/6/2012 - 10/6/2012 - Walk
Event Number: 93127 11 km/5 km
Start: Caprock Canyon State
Event City: Quitaque - Lower Canyon
Host Club: West Texas Trail Walkers
Event Website:
www.westtexastrailwalkers.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
3200 Clawson Rd. Austin, Tx 78704
Contact: Linda Fields, (512) 416 - 0100
E-Mail: lgfields@sbcglobal.net

10/7/2012 - 10/7/2012 - Walk
Event Number: 93128 11 km/5 km
Start: Caprock Canyon State Park
Latitude: N 34 '24 48.31" Longitude: W 101 '03 32.54"
Event City: Quitaque - Canyon Rim
Host Club: West Texas Trail Walkers
Event Website:
www.westtexastrailwalkers.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
3200 Clawson Rd. Austin, Tx 78704
Contact: Linda Fields, (512) 416 - 0100
E-Mail: lgfields@sbcglobal.net

10/13/2012 - 10/13/2012 - Walk
Event Number: 93041 10 km/5 km
Start: Lancaster Visitor Center
Event City: Lancaster - Lancaster Oktoberfest
Host Club: Dallas Trekkers, Inc.
Event Website:
www.DallasTrekkers.org
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

10/20/2012 - 10/20/2012 - Walk
Event Number: 93206 10km /5 km
Start: Forest Waters Club
Event City: Garden Ridge -Forest Waters
Host Club: Randolph Roadrunners
Event Website:
randolphroadrunners.info
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
20205 Hoya Lane
Garden Ridge, Tx 78266
Contact: Suzanne Markgraf (210)710- 4842
EMail:
suzannemarkgraf5939@earthlink.net
10/20/2012 - 10/20/2012 - Walk

Event Number: 93526 11km/6km
Start: Brady's Coffee Shop
Event City: Tyler - Tyler Rose Festival
Host Club: East Texas Trekkers
Event Website:
www.Walktexas.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
Club Website:
www.Walktx.org/EastTexasTrekkers/

10/27/2012 - 10/27/2012 - Walk
Event Number: 93900 10 km / 5km
Start: Bellville United Methodist Church
Event City: Bellville
Host Club: Houston Happy Hikers
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
E-Mail:
hvhpresident@houstonhappyhikers.org
Club Website:
www.houstonhappyhikers.com

10/27/2012 - 10/28/2012 - Walk
Event Number: 93642 5K/10K
Start: Waring VFD Hall
Event City: Waring
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: tinabohnert@gmail.com
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 _____
 Apt No. _____

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

City _____ State _____ Zip code _____

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

Telephone number _____

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.

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 _____