



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

Volume 2021 – December 2021 No. 11  
Next Meeting – 1/12/2022  
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** 210-723-8574

**Vice President:**

**John Ives** [jbives@texas.net](mailto:jbives@texas.net)

**Treasurer:**

**Pat Gunter** 210-479-0805

**Secretary:**

**Jill Troyer** 830-237-6230

*Committee Chairs*

**Membership:**

**Suzanne Markgraf** 210-710-4842

**Publicity:**

**Susan Alton** [daxkitten@aol.com](mailto:daxkitten@aol.com)

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**Webmaster:**

**Randy Baker** [Randy826@gmail.com](mailto:Randy826@gmail.com)

**Newsletter:**

**Audrey Vertucci – AudreyVe@aol.com**  
210-861-5588

**Year-round Events: Boerne**

**Pat Gunter** 210-479-0805

**Year-round Events: DeZavala Daily Bread,  
Broadway Daily Bread, Leon Creek,  
Salado-1604, Land Bridge at Hardberger  
Park, CrownRidge, Friedrich Park.**

**Ellen Ott** 210-723-8574

**Year-round Events: Eisenhower Park**

**Susan Medlin** 210-325-3523

**Year-round Events: Schertz**

**Patricia Heller** [paheller001@gmail.com](mailto:paheller001@gmail.com)

**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)

**TVA President:** Dave Roberts

**Deputy SW Region:** Andy Thomas

**SWRD:** Helen Hull

## Renewal Time

The following membership renewals are currently due:

**Robert Mahon, Janelle Moore, Shelia & Bob Reese, Marian DeVaul, Mike & Carol Abbott and Michael Wanke.** To renew your RR membership, fill out the attached application or print it off our website: [www.RandolphRoadrunners.info](http://www.RandolphRoadrunners.info) and send it with \$4 for 1 year or \$10 for 3 years, to Suzanne Markgraf c/o: RR, PO Box 2744, Universal City, TX 78148.

**Remember:** Lifetime Memberships are available for \$30 per person.



## Welcome New Member!

Claudette Barnett

Schertz

**There will be no RR club meeting in December. The next club meeting will be held January 12.** Meetings are held the 2<sup>nd</sup> Wednesday of every month at the Universal City Library, 100 Northview Drive, Universal City, TX 78148.



## From the Desk of the Pres--

The following are scheduled upcoming RR events:

Walks scheduled for 2021:

11 Dec. Boerne Christmas walk

Walks scheduled for 2022:

8 Jan. Corner Bakery Café

12 Feb. Del Webb

26 Mar. tentative – Land Heritage

Institute

2 April Cibolo Nature Center

## News from the TVA meeting held at Canyon of the Eagles in Burnet:

New TVA Vice President ...Jill Troyer  
Other officers are David Roberts from Fredericksburg, Secretary, Andy

Thomas from San Antonio and Treasurer, Michael Marke from San Antonio.

**The New Year walk events** will be held in Marshall and Jefferson in northeast Texas. See the event info in the *Traditional Events for December* column in this newsletter.

**A new AVA club** has been formed in Kyle and the AVA club in Plano will be closing.

**Louisiana Getaway - West Florida Parishes** 1 Jan - 31 Dec 2022 walking 8 yre's in 8 parishes.

**17 Jan 2022** - traditional event Clark Creek in Woodville, Ms. 10am to 2pm  
Special group walks 13 -17 Jan.

**New Mexico**, which is also in the Southwest Region;

For 2022 will have 5 yre's from 1 Jan to 31 Dec 2022. These walks are in southeast New Mexico. Registration is on the OSB; Sun Country Striders will sponsor these events.

POC Helen Hull (972) 530-1026  
2 Seasonals available from 13 April to 2 May, 2022.

## Christmas Party!



**Thursday December 9, 2021 at 6:00 p.m. in the Blanco BBQ Party Room – located at: 13259 Blanco Rd., San Antonio.** Hosted by San Antonio Pathfinders & the Randolph Roadrunners AVA clubs.

Tickets are required at \$25

Contact Kathy Schwencke, 12235 Ash St., San Antonio – (210)-382-7609

This year's charity is: Animeals; a subsidiary of Meals on Wheels. Please bring pet food, treats, or small pet toys.

## Kudos to the following RR Walkers:

From the December issue of the TAW:

### Events:

550 events Darren Medlin  
850 events John Ives  
1200 events Suzanne Markgraf  
1400 events Susan Medlin  
1600 events Bart Marlar

### Distance:

3,000k Kathy Schwencke  
20,000k Bart Marlar



**\$95,109.85 RAISED TO DATE!**  
**THANK YOU AND THANKS AGAIN!**

You deserve every thank you for your generosity and kindness. The Big Give 2021 has officially come to an end, and thanks to you, this year's annual fundraiser was another BIG success. With your help, the AVA raised a total of **\$95,109.85**, meeting and surpassing our \$90,000 goal. **521** donors opened their hearts and left their footprint during this year's campaign; **107** alone were first-time Big Give donors! We couldn't have done it without you. Thank you for your support and your desire to help the AVA succeed. Your gift will change lives!



## 2023 IVV OLYMPIAD

### UPDATES

**Olympiad Planning Volunteers Are Still Needed!** We are continuing to recruit volunteers for our planning team(s) – with sub-committees being formed now in areas such as large-event planning, logistics, transportation, finance, opening/closing ceremonies, marketing & publicity, social media, and cultural/language skills.

Some of the work can only be done locally in San Antonio, but there are many tasks already being worked on by volunteering across the AVA through the magic of online/distributed work processes. We are using e-mail, Zoom, MS Teams and Dropbox.

If you want to be a part of it, please contact us at [olympiad2023@ava.org](mailto:olympiad2023@ava.org)

### Olympiad Facebook Page!

Please go to [www.facebook.com/2023IVVOlympiadUSA](http://www.facebook.com/2023IVVOlympiadUSA) and "like" us! Invite your folksporting friends and fellow club members to like us. Help us build awareness and excitement as we move towards 2023! Look for the latest on the joint Olympiad/IML events and answers to questions you may have.



### Accounting Specialist

- MARIAN DEVAUL

### 2022 Centurion Achievement Challenge

The 2022 program begins January 1, 2022. You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2022 Challenge between October 1, 2021 and September 30, 2022 using the official registration form found on the [ava.org](http://ava.org) website at

<https://cb.ava.org/Centurion.php>

Please mail forms to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or e-mail to [marian@ava.org](mailto:marian@ava.org).

### Awards and Recognition

**Committee - CARL CORDES, CHAIR**

### Volunteers Wanted

I am in search of a couple volunteers from different regions that would like to serve. We are responsible for coordinating and implementing procedures that facilitate the nomination and distribution of awards for clubs, individuals and organizations through the National Executive Council and Executive Director.

The committee works in partnership using email and electronic meeting sessions, if needed. Please email me at [pa\\_rd@ava.org](mailto:pa_rd@ava.org) if interested and include

a brief summary of positions you may have held at club, state or national level. Current committee members are from the Atlantic, Pacific and Northwest regions.



### MAC2022 Chair - DAWN GRUBER

### 2022 Mid-America Regional Conference June 17-19 Dayton, Ohio

I am happy to announce that we finally have all our ducks in a row and can begin taking reservations for the 2022 Mid-America Regional Conference at any time!

The Event Brochure, including Registration Form link can be found in the November Checkpoint [https://cb.ava.org/checkpoint/2021/Nov/2021\\_11\\_Checkpoint.pdf](https://cb.ava.org/checkpoint/2021/Nov/2021_11_Checkpoint.pdf) (Paper copies are also available - please send an email request with your mailing address and one will be put in the mail) Luckily, we have not had to increase our prices from the original date in 2020. The award will be a 4" embroidered patch; but we still have the 2020 two-sided colored commemorative coins available for purchase.

Below is the link for the Marriott and the MAC2022 Room Block, to ensure you receive the correct room rates. We will be having an activity Thursday evening, which is why the start date says Thursday. You do not have to register for Thursday night, if you are not planning to attend that activity. Book your group rate for MAC 2022 Room Block <https://www.marriott.com/events/start.mi?id=1634129603299&key=GRP>

The MAC2022 Committee is excited to finally get to share our fun and interesting walks and activities with everyone! We hope to have a great turn out.

Any other questions please send them to this email address and we will get back to you as soon as possible.

For those people needing KOA/RV accommodations, we have a list available that can be sent, but please request that by sending a message to this email address.



### Texas Traditional Events for December, 2021: (Please check the AVA website for any changes or cancellations)

12/4/2021 - 12/4/2021 - Walk  
**Event Number:** 119319 5km, 10km  
**Start:** LBJ National Park Headquarters, 100 Ladybird Lane, Johnson City, TX 78636

**Event City:** Johnson City, TX - Johnson City Lights Spectacular Event  
**Host Club:**

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

**Write for more information to:**

320 Morning Glory Drive  
Fredericksburg, TX 78624

**Contact:** David Roberts, (830) 992-7584

**E-Mail:** [dloberts34@hotmail.com](mailto:dloberts34@hotmail.com)

**Club Website:** [www.walktx.org/AVA1](http://www.walktx.org/AVA1)

12/5/2021 - 12/5/2021 - Walk  
**Event Number:** 121073 United States  
**Start:** 7th Annual Christmas Lights walk

**Event City:** San Antonio - 7th Annual Christmas Lights Walk

**Host Club:** Texas Trail Roundup

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

**Write for more information to:**

12527 Fern Creek  
San Antonio, TX 78253

**Contact:** Susan Medlin, (210) 325-3523

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

**Club Website:** [texastrailroundup.org](http://texastrailroundup.org)

12/11/2021 - 12/11/2021 - Walk  
**Event Number:** 119029 5/10km

**Start:** Luther Hall at St. John's Lutheran Church

**Event City:** Boerne - Boerne Christmas Walk

**Host Club:** Randolph Roadrunners

**Event Website:**

[randolphroadrunners.info](http://randolphroadrunners.info)

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

**Write for more information to:**

11906 Pepperidge Cove  
San Antonio, TX 78213

**Contact:** Ellen Ott, (210) 723-8574

**E-Mail:** [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)

**Club Website:**

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

12/18/2021 - 12/18/2021 - Walk  
**Event Number:** 120927 10K/5K  
**Start:** Mama's Pizza 9101 Boulevard 26 North Richland Hills, TX 76180

**Event City:** North Richland Hills

**Host Club:** Tarrant County Walkers Event

**Website:** [www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)

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

**Write for more information to:**

917 Forest Oaks Lane  
Hurst, Hurst 76053

**Contact:** Brooke Hudson, (817) 944-5191

**E-Mail:** [brooke\\_hudson@hotmail.com](mailto:brooke_hudson@hotmail.com)

**Club**

**Website:** [www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)



12/31/2021 - 12/31/2021 - Walk  
**Event Number:** 121237 5/10km

**Start:** TBD

**Event City:** Marshall

**Host Club:** East Texas Trekkers, Inc.

**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 Dr  
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/)



1/1/2022 - 1/1/2022 - Walk

**Event Number:** 121238 5/10km

**Start:** Lions Park

**Event City:** Jefferson

**Host Club:** East Texas Trekkers, Inc.

**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 DR  
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/)



Marshall, TX - Christmas Lights 12/31/21

### TVA New Year Weekend Walks ---

The New Year's Eve walk in Marshall will start from 3:00-5:00 PM. Those wishing to do the 10k should plan to start by 4:00 at the latest as it is getting dark by 6:00. Those doing just a 5k can wait a bit longer. The walk will start **SOMEWHERE** around the historic Harrison County Courthouse. We haven't finalized the exact point, but will be doing so next week.

The walk passes many historic sites, churches, homes (including the Starr Family State Historic Site), an old Coca Cola plant, the site of the Missouri State capital (in exile during the Civil War), and many more. The 10k also includes the East Texas Baptist University campus. In the evening, the lights come on all around the square. As soon as we finalize the start point, I will put out an update.

Marshall has many reasonably priced lodging options including Best Western, Clarion, Comfort Suite, Days Inn, Hampton, Holiday Inn Express, La Quinta, and the Quality Inn. All are on I-20 or US-59 and less than 5 miles from downtown Marshall. And for those who like to test your luck at the casinos, Shreveport is just 50 miles away and offers many places to stay and play, plus another YRE.



Jefferson - New Year's Day 1/1/22

On Saturday morning (New Year's Day), we will be walking in Jefferson which is about 20 miles north of Marshall off of US-59. Jefferson is a small town, the county seat of Marion, and was once an important port city. It has many old homes, churches, museums, a Carnegie Library still in use as a library, Jay Gould's personal railroad car, and a boardwalk over the bayou.

And in the East Texas walking neighborhood, there are many options to walk in many more counties. For 2021 there are YREs in Tyler, Tyler State Park (Smith County), and Quitman (Wood County). But more important, there are 6 new YREs for 2022, Cooper Lake State Park Doctor's Unit (Delta County), Daingerfield State Park (Morris County), Lake Bob Sandlin State Park (Titus County), Sulphur Springs (Hopkins County), Canton (Van Zandt County), and Longview (Gregg County). All of these YREs are available via the Online Start Box, but the sponsors will have directions and stamps available at the weekend events.

As a 'bonus', the New Year's weekend is also 1st Monday Trade Days in Canton, the world's largest flea market with more than 5000 vendors selling arts and crafts, household goods, livestock (cats, dogs, chickens, etc), antiques, and odds and ends. Trade Days actually starts on Thurs with most of the vendors being there on Fri, Sat, and Sun. Most are gone by Monday. The walk starts in the city park with a disc golf course and includes the downtown area. The 10k continues thru a portion of the trade days area. Parking available everywhere (generally \$5, free on non-trade-days-weekends).



In the walk flyer, I've included a map showing a drive from Tyler to Longview to Marshall to Jefferson to Daingerfield SP to Lake Bob Sandlin SP to Sulphur Springs to Cooper Lake Doctor Unit (**NOT** Sulphur unit) to Quitman to Canton. If you wish to do one of these on your way to Marshall, contact the POC for directions and then stamp during the weekend.

We hope to see you New Year's Eve.  
Helen Hull  
[HelenTheHun@yahoo.com](mailto:HelenTheHun@yahoo.com)  
Southwest Regional Director  
972-530-1026



**The Benefits of walking at least 30 minutes a Day** by STEFANIE LISA, CPT, CFN in FITNESS  
Have you ever been told to “take a hike”? If so, did you ever stop to consider that maybe this was actually the best advice you could have been given? There are many **health benefits of walking**.

Not only can it help you lose weight and get in better shape, but walking can help you improve your health markers, benefit emotionally, and even make new friends.

### Walking Helps You Lose Weight

No matter what, walking requires your body to burn more calories than you would if you were sitting, standing, or lying down. Studies show you can burn up to 100 calories per mile just by walking. Imagine if you walked two miles in 30 minutes, seven days a week. Two

hundred calories a day, times seven days a week, comes out to about 1,400 calories burned, or almost half a pound of body fat per week!

Clearly, by burning extra calories over time with consistent daily walks and a normal, healthy diet, you could experience a delightful slimming down without a lot of extra effort.

### Walking Improves Your Health Markers

Believe it or not, you can greatly enhance your wellness just through daily walks. According to the *American Journal of Public Health*, walking can greatly improve your health across the board. By adopting a daily regimen, subjects were able to see the following health benefits of walking:

- Improved blood pressure
- Improved blood sugar levels
- Reduced depression
- Reduced stress levels
- Improved heart health
- Reduced risk of cancers
- Better joint health
- Improved bone density
- Improved circulation
- Reduced arthritis symptoms
- Asthma relief
- Ramped up energy levels

### Walking Improves Your Sleep

It's hard enough to get a good night's sleep with all the electronics, daily pressures, various medications, and more. However, a daily exercise routine which includes walking can greatly improve not only your quality of sleep but can shorten the length of time it takes you to fall asleep and lengthen the time you stay asleep.



## Marquis Trailhead at the Rim Walk – October 9, 2021



Workers at the start point at Leon Creek Greenway Marquis Trailhead.



Walkers, Audrey Vertucci, Suzanne Markgraf and workers Ellen Ott, John Ives.



Martin Callahan and Rudy with Gayle Weinraub.



Diane Duesterhoeft and Mike Phillips with Cory on the walk.



Stopping for a picture on the way down hill back to the finish (back row) are from right to left, Caron Reese with Rudy, Trey Reese, Michael Pinkney, and Sharon Pinkney. On the first row from right to left are Sydni and Sierra Reese.



Along the trail at the Rim Shopping Center.

**\*All Walk Photos Courtesy of Martin Callahan**

## 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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Telephone number \_\_\_\_\_

by E-mail address \_\_\_\_\_

Family members \_\_\_\_\_

Amount submitted \$ \_\_\_\_\_

Family member(s) included (see instructions below) DATE \_\_\_\_\_

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

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

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

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 including \$2.00 for each person.

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

AVA Volkssport Associate  Yes  No

Eager to serve as club officer \_\_\_\_\_ or committee chair \_\_\_\_\_