



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2022 – August, 2022 No. 7
Next Meeting – 9/14/22

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

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

Sales: - OPEN-

Webmaster:

Randy Baker 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

Club Website:

www.randolphroadrunners.info

AVA Website: www.ava.org

TVA Website: www.walktexas.org

TVA President: Dave Roberts

Deputy SW Region: Andy Thomas

SWRD: Helen Hull

Renewal Time

The following membership renewals are currently due:

April 1: Brenda Dever-Armstrong, Samantha Durgin, Vivian Holder, Sonia Hogeland, Josh Inganzo, Mary Japhet, Ed McCabe, Marco Munoz, Glen Salazar, Rose Scott, Victoria Welan, and Herlinda Zamora;

May 1: Cynthia Dsouza, Cheri Gillis, Wilma & Craig Van Deutekom;

June 1: Sandra Bliss, Janice Connor, Joan Lyman and Taylor Young;

July 1: Erin Lunsford and Darlene Oner;

September 1: H.Wayne Henry & Nancy & Tony Paulson

To renew your RR membership, fill out the attached application or print it off our website:

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.

The next RR club meeting will be held September 14 at 6:30 p.m.

Meetings are held the 2nd Wednesday of every month at the Universal City Library, 100 Northview Drive, Universal City, TX 78148. **There will be no meeting for the month of August, 2022.**



From the Desk of the Pres--

The club needs volunteers to fill the following positions:

1. A club Sales Person
2. An Element 3 coordinator

FYI - The walk box for the Hardberger Park/Land bridge walk is being kept in the office at Starbucks. Ask at the counter for the walk box.

Volkssport Christmas Party
11 December from 4pm to ?? More details coming.

All local clubs are invited.

It's a pot luck dinner. **SAVE the DATE.**

Please remember the next Sun Rise walk is on 13 August with a start at 0630 at the Taco Cabana at 1604 and Nacogdoches. This walk will go to Comanche Lookout Park.

Also, don't forget to check out the RR sales items at any of the RR walks' Finish Table:

yellow Roadrunner pin - \$1

RR club patch - \$1

bumper stickers

assorted other small items for various prices.



TC Sun Rise Walk – 7/16/22

A “thank you” to all the walkers and workers for the Stone Oak Taco Cabana Sun Rise walk.

A special “thank you” to the following workers: Louise Menchaca, Pat Gunter, Laurie Stitler, Jill Troyer, Mike Hermes and John Ives.

And for those who volunteered and didn't have a job 😞.



The Olympiad Registration Is Open! Register Today To Receive Your Discount!

Have you registered for the 2023 Olympiad in San Antonio, February 19 – 26, 2023? We encourage you to register early, click here (before September 30). This is a huge undertaking for the committee, and they

need to order medals, bags, and other goodies in October to ensure items arrive in time for the event in February.

We will also send out a survey to everyone to ask your thoughts about the Olympiad. Everyone who responds will be entered to win an IVV Olympiad pass, or an IML Texas Trail Roundup pass. Please respond by August 31.

You can now register for the 2023 IVV Olympiad and IML/Texas Trail Roundup Walking Festival. Be sure to register before October 1, 2022, to receive the early bird discount. <https://ivvolympiad2023.org>

Volunteers Wanted!

This will be an incredible event that will require many volunteers. If you would like to volunteer, please contact Susan Pinneke at nc_rd@ava.org. *The 2023 Olympiad/IML TTR committee meets monthly. We welcome your concerns, questions, recommendations, and Olympiad stories! If you would like to share with us, you may contact us at olympiad2023@ava.org*

Olympiad/IML Special Events:

Margarita And Taco Trail Walk
San Antonio is designated as a UNESCO Creative City of Gastronomy. Our culinary scenes are bursting with savory flavors and frosty cold beverages! This trail will introduce you to some of the finest frosty Margarita and scrumptious Taco places in San Antonio. Drop by participating restaurants, breweries, and shops on the trail, get your book stamped and receive free samples, coupons, and other goodies.

All participants who fill up their passport book with stamps will receive a special award. The cost of this event is \$18.00.

The Margarita and Taco Trail walk is not an IVV sanctioned event. Participants will receive a passport book they can stamp at participating restaurants and shops throughout the week. Upon completion, the book can be redeemed for a special award. (Redemption location TBD.)

IVV/IML Friendship Celebration

The common purpose of the IVV, IML and AVA is to promote good health and foster international friendships and goodwill. Join us for a fun filled international celebration with music, food, entertainment and friendly people from all over the world! Break out the dancing shoes and let the party begin! Cost of admission includes light hors d'oeuvres, 2 drink tickets and entertainment.

A Tale from the Trails –

By: Susan Alton –an excerpt taken from her Travel Bug blog

Gypsum Gypsies at White Sands National Park - Sunday, April 24, 2022

The National Park opens the gate at 7 am and the Visitor Center opens at 9 am.

It should be noted that if you are going to White Sands National Park, you need to make sure the roads to the park are open. A couple of times per week, US 70 is closed for missile testing. There is a phone number on the National Park website that you can call the night before to find out about road closures.

Bob and I decided to stick with the 5k option for our Volksmarch. The 10k option included 8k on the most difficult of all the trails in the park. Because it was already 8:15 am when we arrived, we thought it prudent to stick to the shorter distance.

Before we started out, we grabbed the "Helpful Safety Information" brochure. Conditions are extreme out in the desert and people need to know what to expect and what to do to keep themselves safe.

Our 5k walk was divided into three parts:

1. Dune Life Nature Trail (1.5k)
2. Interdune Boardwalk (0.5k)
3. Backcountry Camping Loop Trail (3k)



Dune Life Nature Trail: This interpretive trail was a good

introduction to the Chihuahuan Desert. Signboards were interspersed along the trail and helped us find our way if the trail markers had blown down. They also introduced us to the animals and plants that make up life in this desert. We didn't meet anyone else on the trail; that is, until we met up with the couple who circled to the right. Where we met was a beautiful tree. We took turns taking photos there. We continued on the loop and found two different types of sand: loose and hard-packed.



Sheri Logan, Bob Alton, Andy Thomas & Susan Noonan

As we got closer to the parking lot, we saw five of our Volksmarch buddies appear across the dunes. We stopped to say hi and I took some photos. More gypsum gypsies!

We finished up the Dune Life Nature Trail and drove 1.5 miles to the Interdune Boardwalk. Again, there is a lot of information along this 0.5k boardwalk. They built the boardwalk to protect the fragile cyanobacteria.



Interdune Boardwalk: This boardwalk is all about education. In the short time we were on this boardwalk, we learned

a lot more about the plants, animals, and ecosystem of White Sands National Park. The boardwalk took us less than 30 minutes to complete, so we drove the next 1.5 miles to the Backcountry Camping Loop Trail.

Backcountry Camping Loop

Trail: There's a large parking lot at this location and no obvious trail signs at the lot. Thankfully, our walk organizers told us how to find the trail. We had to go behind the restroom, and walk straight through the flat area between two of the smaller dunes. That's where we found the trailhead. So, off we went starting up and over the first dune. It soon became obvious that we were the first people to walk this trail today. There were no other fresh human footprints. That made it difficult to find our way.

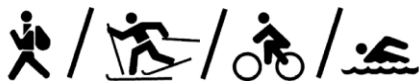


Bob Alton and only his footprints!

After the first two or three trail markers (marked with a black spade), we couldn't find the next one. We scanned the dunes, searched and searched. Finally, I saw a marker lying flat on the sand. This happened frequently. We knew there were walkers coming after us, so Bob put the trail markers upright.

We continued on the trail back to the parking lot. From the parking lot, we headed to the Visitor Center.

At the Visitor Center, we watched the movie and checked out the little museum. I got a stamp in my National Park Passport book. We ran into Susan Noonan, Andy Thomas, and Sheri Logan in the gift shop. And that was it for White Sands National Park. We were hungry and Alamogordo, New Mexico, was just a few miles away!



Texas Traditional and Featured Events for August, 2022: (Please check the AVA

website for any changes or cancellations)

8/13/2022 - 8/13/2022 - Walk

Event Number: 121658

Start: 6826 N Loop 1604E 78247

This Taco Cabana is at 1604 and Nacogdoches Road.

Event City: San Antonio - Taco Cabana Sun Rise Walk

Host Club: Randolph Roadrunners

Club Website:

www.randolphroadrunners.info

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

TIMES: Start table open: 0630 to 0830

DISTANCE: 5k, 10K

CONTACT: Ellen Ott

ellenott@sbcglobal.net

(210) 723-8574

No special programs

Pets: Yes

Strollers: Medium

Wheelchairs: Hard

8/20/22 – 8/20/22 To be determined

By: San Antonio Pathfinders

8/27/2022 – 8/27/2022 - Walk

Beat the Heat: North Star Mall

Featured YRE – 5K, 10K

Event #: 119424 - 2022 / Y2224

Enjoy the air-conditioned comfort of the elegant North Star Mall. 4 laps is 10km, 2 laps is 5km. Mall opens Mon-Sat 10 am to 9 pm

EVENT SPONSOR:

Texas Trail Roundup (AVA-0979)

EVENT WEBSITE:

www.texastrailroundup.org

CONTACT: Susan Medlin

sueammed@aol.com 210-325-3523

Salado Creek Greenway

YRE – May 25, 2022



Registration start point for the Texas Wanderers featured YRE at Lady Bird Johnson Park, 10700 Nacogdoches Road. Left to right: Gayle Weinraub, Linda Goodman, Gerry Kamicka and John & Tina Bohnert.



Gayle Weinraub, Tina Bohnert with Rudy, John Bohnert with Dolly, Darlene Oner and Pat Gunter on the trail.



Martin Callahan with Rudy & Dolly taking a break on concrete Faux bench Tobin Park Trailhead.

Beethoven/King William Walk – May 20, 2022



Pat Gunter and Susan Alton working at the Start with Jeff Busse, Doug Eide and Gayle Weinraub.



Beethoven band playing during the manifest celebration.



Mike Hermes working CP at historic gazebo.



Doug Eide, Andy Thomas, Gayle Weinraub & Frank Ellis walking on the trail through the Blue Star Arts complex.

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



RANDOLPH ROADRUNNERS
 PO Box 2744
 Universal City TX 78148-1744



GET READY TO GIVE!
 We are counting down the days! The Big Give is only two months away. This year's online fundraiser will take place from **6 PM on Thursday, September 22 through 6 PM on Friday, September 23**. The Big Give website will open on **September 15 for early giving**. Please join us in our efforts to make this yet another successful fundraising campaign. Last year, our generous donors raised a total of \$96,548.55! Thank you all for your support. We hope we can continue to count on you to make an impact in our communities. Stay tuned for more Big Give updates.

It Specialist, Hector Hernandez - 2023 Starting Point Photo Contest

Everything is now open and walking is permitted! How have you been documenting your moments? Let us see those pictures of the "People," "Places" or "Things" you encounter! They say pictures are worth a thousand words. What do your pictures say? Please submit your entries for this year's photo contest. The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) cover of the 2021 Starting Point book. Winners will also get a complimentary copy of the Starting Point! Entries are due to AVA National office no later than August 31, 2022. Participation in the nationwide contest is open to AVA members, clubs and state organizations. All entries must have been created or occurred during the time period from July 1, 2021 – August 31, 2022. For more information contact Hector at hector@ava.org

RANDOLPH ROADRUNNERS APPLICATION	
PO Box 2744, Universal City TX 78148-1744	
Please check applicable box (es):	
<input type="checkbox"/> Renewal	<input type="checkbox"/> New Member
<input type="checkbox"/> Family member(s) included (see instructions below) DATE _____	
Name _____	NEW MEMBER FEE: \$4.00 for 1 \$10.00 for three years
Address _____	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.
by _____	If the \$2.00 fee was not paid with the original application, add family members now 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 <input type="checkbox"/> Yes <input type="checkbox"/> No
Amount submitted \$ _____	Eager to serve as club officer _____ or committee chair _____