



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2022 – January, 2022 No. 1
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

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:
Robert Mahon, Janelle Moore, Shelia & Bob Reese, Marian DeVaul, Mike & Carol Abbott, Michael Wanke, Frank Dieck, Carlen & Joanne Forinash, the Roberson Family, Priscilla Ullman and John & Ann White. 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 January 12. Meetings are held the 2nd Wednesday of every month at the Universal City Library, 100 Northview Drive, Universal City, TX 78148.

Happy New Year

**From the Desk of the Pres--
The following are scheduled
upcoming RR events:**

Walks scheduled for 2022:

8 Jan. Corner Bakery Café

12 Feb. Del Webb

26 Mar. tentative – Land Heritage
Institute

2 April Cibolo Nature Center

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 yr's in 8 parishes.

New Mexico, which is also in the Southwest Region; For 2022 will have 5 yr'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.



CEO/President –

Henry Rosales

Optoutside – Thank you!

Special thanks to the eleven clubs and many volunteers who opted to promote a healthy lifestyle the day after Thanksgiving by hosting a walking event! We appreciate your support of our mission.

Daffodil Valley Volkssport Association
Washtenaw Wanderers
Indy 'G' Walkers
East Tennessee Wanderers
Hoosier Hikers
Cedar Milers
Illinois Trekkers Volkssport Club
Walk 'n Mass Volkssport Club
Dairyland Walkers
Saint Louis Walkers
Randolph Roadrunners Volkssport Club

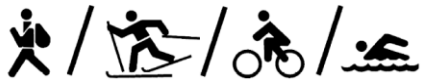


AND THE 2021 REGIONAL CHALLENGE WINNER IS...

The Southwest Region is crowned the 2021 Regional Challenge winner for the second time in a row. Congratulations for raising the most amount of funds during this year's annual fundraising campaign, the Big Give 2021. The winning region raised a total of \$20,619.61. Congratulations!

Ava Virtual Online Programs (VOP) Retired In 2022

During the November board meeting, the AVA Board of Directors approved the sunsetting of our virtual online program. Closing of this program was recommended by the National Office because projected participation numbers did not increase substantially over 5 years to offset the cost of the administering the program and the online platform. The National Office will be researching new and better online platforms so we can reinstate online programs in the near future.



Texas Traditional Events for January 2022: (Please check the AVA website for any changes or cancellations)



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/EastTexasTrekking

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

Club Website:

www.Walktx.org/EastTexasTrekking

1/8/2022 - 1/8/2022 - Walk

Event Number: 121092 10k/5k

Start: Corner Bakery in the Quarry

Event City: San Antonio

Host Club : Randolph Roadrunners

Event

Website: 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

Club Website:

www.randolphroadrunners.info

TVA New Year's Weekend



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 day's area. Parking available everywhere (generally \$5, free on non-trade-days-weekends).
Helen Hull
[HelenTheHun@yahoo.com](mailto:HelentheHun@yahoo.com)
Southwest Regional Director
972-530-1026



OLYMPIAD TALES From Olympiad Walkers – By Brian Fisher and Edited by Pat Jewett

Scary and exciting is how Brian described his first Olympiad event. He was going to China for the first time and he didn't have a chaperone to help him interpret and speak Chinese. They also attended an IML event which was held two weeks before the Olympiad. This was their first IML event held in the mountains outside of Beijing. Brian said "It was fun but the mountains were challenging". Then they traveled to Thailand for some relaxation. Of course, for walkers like us, that meant walking around Bangkok for four days.

After Thailand they returned to Beijing and met with their Chinese host. They were taken to their hotel and had dinner and attended a ceremony. There are always ceremonies at Olympiad events.

They met other team members that made up 'Team America' as they were called. Brian said it felt like they were in the Olympics. There was an opening ceremony and they met many walkers from other countries. The walks began the next day. Buses met walkers at the different hotels and the buses traveled back and forth every 30 minutes to and from the event center.

Certificates were received for every walk event they did. If they walked 20km a day they qualified for IML credit. Brian said they received IML credit for the entire IML event. There was a closing ceremony at the end of the event that included shows as well as the announcement for the next Olympiad.



A New ELEMENT3 HEALTH Program

The AVA is excited to share that we have a new partnership program with Element3 Health that is a win-win for you and AVA. During the pandemic, health plans realized that staying social and having fun is actually good for you! Element3Health, which is the parent company of Group Works, is working with health plans like United Health care to keep their members socially, physically, and mentally active in wellness clubs like ours.

Through our partnership with Element3, any walkers who are members of an eligible health plan, initially United Healthcare Medicare advantage and supplemental plans, can earn free walk vouchers for participation in club related walks and activities including for your activity in 2021 -- that includes Seasonal, Traditional, and self-guided Year-Round events and Club Activities!. There is no cost at all to you - in fact, if you are eligible, enroll in this new program and report at least 10 walks and/or club activities per month during the year 2021 and you will receive a Free Annual AVA Associate Membership and you will also receive 24 Free Walk Vouchers for 2022 Year-Round, Seasonal, and Traditional events!

Here's how you can quickly and easily check to see if you're eligible:

Sign up at <http://e3hfun.com/ava>

All you will need is your health plan ID card to determine if you are eligible. Element3 will send you a \$5 Starbucks card, whether you're eligible or not!

If you're eligible, then for every 5 walks and/or club activities you report per month you will be emailed 1 free walk voucher, limit of 2 walk vouchers per month. Report at least 120 previous activities in 2021 (a minimum of 10 per month) and receive a one-year AVA Associate Membership and 24 Free Walk Vouchers!

Feel free to reach out to us at Element3 Health at 833-906-1700 or info@element3health.com if you have any questions or we can help you with the sign up process.

We anticipate more health plans signing on to this program with Element3 in the future and we will notify you as they do.

Once members have enrolled and are eligible, they will receive email information on how to report walks and club activities for 2021 and 2022. **All 2021 activities must be reported by December 31, 2021.**

Instructions on how to redeem walk vouchers will be sent to all eligible participants via email in late December and published in the January Checkpoint.

Northwest Regional Director Sharon Moats-NW Regional news:

2022 Is a great time to head to the West. We have many multi-day events for everyone! We have walks, hikes and swims and best of all, socializing with others who enjoy AVA and all the great opportunities.



April 22-24, 2022
Wild and Woodsy in Olympia, Washington

Features walks and hikes in the Olympia, WA area. Hosted by Capitol Volkssport Club. Full information, brochure, walk descriptions and registration here:

https://www.capitolvolkssportclub.org/vc_specialevents/wild&woodsy_wa_2022.html

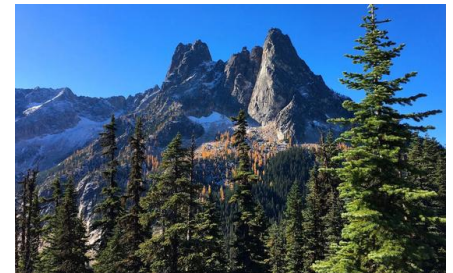


June 16-19, 2022
NW Regional Conference in Ashland Oregon

This incredible multi-day event has been rescheduled several times but we finally get to have it! Big shout out to

OTSVA (Oregon State Association) and Tom and Louise Baltes for their commitment to make this happen! Full information, brochure, walk, bike and swim descriptions and registration here:

<https://www.walking4fun.org/nw-region-conf-2022.html>



September 29-Oct 2, 2022

Return to Winthrop and Walking the National Cascade Scenic on your drive. This multi-day event is returning to the Big Red Barn in Winthrop. New walks and hikes and some old favorites with a fresh look, and of course the Bike through the valleys.

Information will be complete after the first of the year, but it is wise to grab a reservation for a local hotel or VRBO. There are no large hotels in this area so no reserved spaces.

Info for lodging in the Methow Valley: <https://www.methowreservations.com/> Hosted by Interlaken Trailblazers Volkssport Club:

<http://www.interlakentrailblazers.org/>

New Braunfels Fischer Park Walk – November 6, 2021



The start point for the New Braunfels Marsch Und Wandergruppe club walk.



Martin Callahan holding Rudy with Dolly in front on the walk route.

