



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2023 – June, 2023 No. 6
Next Meeting – 6/14/23

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:

February 1: John Debner

June 1: Janice Connor, Hermina & Byron Simpson, Ben & Susan Ennis, Darlene & James Copeland and Steven Stechschulte.

July 1: Connie Sue Low

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. Lifetime Memberships are available for \$30 per person.



Welcome New Walkers!

Kathy Guzman	San Antonio
Debra Frazier	San Antonio
Patsy Lozano	San Antonio
Brenda Jackson	San Antonio

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

Meetings are held the 2nd Wednesday of every month at the Universal City Public Library, 100 Northview Drive, Universal City, TX 78148.

From the Desk of the Pres--

First Friday: The First Friday walk is held each month starting at the AVA headquarters, 1008 S. Alamo Street, San Antonio, TX 78210 starting any time from 5 p.m. to 7 p.m. The walk this month will be May 5 in King William district for a free stamp.

All Roadrunner members,

The June club meeting will begin at 5 pm on 14 June at the Universal City

Library. This is the evening of the AVA's biennial membership meeting. The meeting is going to be held by zoom. If anyone has a lap top or tablet and can get into zoom please bring it. I will have my lap top. If I know ahead of time I will be able to send you the zoom link.

If you can't make it by 5, please come any time. Everyone is welcome.

I will send the agenda as soon as I get it. Any questions please let me know.

Ellen 210-723-8574

Upcoming RR events:



Taco Cabana

Sunrise walks this summer:

July 8 – Taco Cabana at 19231 Stone Oak Pkwy., San Antonio, 6:15 to 8:15 a.m.

August 12 – Taco Cabana at 1533 Pat Booker Rd., Universal City, 6:30 to 8:30 a.m.

Future Walks Scheduled:

October 21 – Panther Springs Park, off of Wilderness Oak in Stone Oak area.

November 24 – Black Friday-Opt out walk at Southside Lion 's Park with a hot dog lunch.

Back by Popular demand!

December 3 – 2023 Volkssport Christmas party will be at same location this year: 3630 Hunters Circle, San Antonio, 78230. Party from 4 p.m. to 8 p.m. All local clubs are invited.

December 9 – Boerne Christmas walk – Free pancake and sausage breakfast.



Mark your calendars for the Solar Eclipse:

14 October 2023 there's going to be an annular eclipse. This is a Saturday

and the San Antonio Pathfinders will host a new traditional walk that day. 8 April there's going to be a total eclipse. The Roadrunners will host a traditional walk this day. There will be information on the Roadrunner web site regarding both of these events to include a national walk week schedule (1 - 7 April), hotel information, etc.

The Roadrunner web site is being used since the TVA web site was hacked and needs much work.

Both of these eclipses will require the special glasses. Ellen has these for sale for \$3 a pair until the supply runs out. The longer you wait to make a purchase the higher the price will be. I made 3 separate purchases of glasses and each time the price increased.

Looking for some new trails for 2024.... let me know if you see something that you think may work. I'm willing to check out most places. Everyone's help is welcome.

Mai Fest walk - King William

Many thanks go out to all the workers: John and Susan Ives, Kathy and Mike Schwencke, Pat Gunter, Herb Laing, Jill Troyer, Suzanne Markgraf, Audrey Vertucci and Mike's friend Morris. Much thanks to all.

We had 48 walkers who braved the humidity and most enjoyed the German food and drinks and live music afterward.

Ellen



Kudos to the following walkers - taken from the TAW:

Events:

350 Susan Barnes
500 Kathy Schwencke
650 Susan Fine
1700 Susan Medlin
2700 John White
2900 Ellen Ott

Distance:

3500 Susan Barnes
3500 Kathy Schwencke
6000 Susan Fine

9000 Susan Alton
16000 Susan Medlin

Tales from the Trails **Downtown Charleston – June 2023**

By Ted Cieslak

A few years ago, our youngest daughter, Colleen, moved from San Antonio to Charleston, South Carolina to begin Nursing School at the Medical University of South Carolina. We bought her a small cute used powder blue car that she could use to commute to school each day. Mama (my wife, Barb), however, decided that Colleen would be “safer” in a bigger car and thus offered to lend Colleen her SUV. Colleen willingly agreed, of course.

Now, two years later, having graduated from Nursing School and working as an ER nurse, Colleen decided to buy her own car (with Mommy and Daddy’s help, naturally). It fell to me to fly out to Charleston and drive Barb’s car back to Texas. I willingly agreed, as it would allow me to visit our daughter, sample some great seafood and, of course, do some walks in the area.

When she still lived at home, Colleen was a very sporadic and reluctant Volksmarcher. So, I was somewhat surprised when she picked me up at the airport and suggested we do the downtown Charleston walk. As it turns out, she had done the walk several times with friends and has seemingly become a Volkssporting convert. Moreover, she was eager to show me “her” city. We started out under ideal conditions—blue skies, temperatures in the low 70’s, and no humidity (unheard of in Coastal South Carolina).

Colleen, on Meeting Street, Charleston.



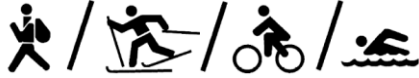
As it turned out, the walk was fantastic, and I would definitely rank it among my top five or ten. Soon after leaving the start point at a downtown hotel, we walked through the Spanish Moss-covered campus of the College of Charleston, each of its buildings an architectural gem. From there, we proceeded to the intersection of Meeting and Broad streets, an area dubbed the “Four Corners of the Law”, as County, State, and Federal Courthouses occupy three of the four corners at the intersection. The fourth is the site of St. Michael’s Episcopal Church, representing the Law of God.

From there, the trail continues through antebellum neighborhoods, past several historic churches and cathedrals to White Point Gardens and the Battery (on the waterfront). From there, one can look out at Fort Sumter, sitting in Charleston Harbor. Firing, by South Carolina militiamen, at the Union garrison stationed at the fort on April 12, 1861, would ignite the Civil War. One can take a National Park Service ferry to the fort, which we did on a separate visit.

The walk then proceeds through more of central Charleston, passing art galleries, theatres, more historic churches, and Charleston’s Old Slave Market. From the end of a pier, one can look out at Patriot’s Point, home of the World War II aircraft carrier Yorktown. From there, the trail winds through Charleston’s several-blocks-long City Market, which houses dozens of vendors selling local foods, crafts and artwork.

In the area surrounding the market, and all along the final mile of the walk, are numerous local restaurants, many devoted to local Low-Country seafood dishes. Being seafood fanatics, we chose to eat at Hyman’s, acclaimed by the New York Times, Southern Living, the Food Network, and many other entities, as serving some of America’s best seafood. Located about 7 blocks from the conclusion of the walk, it’s a great place to enjoy a well-deserved lunch break after a day of walking. I’m already looking forward to my next visit to Charleston and an encore

performance of this fantastic walk.
And- oh yeah- to visit Colleen as well.



**Texas Traditional & Featured
YRE Events for June & July,
2023:** (Please check the AVA
website for any changes or
cancellations)

6/3/2023 – Walk - 5km and 11km
Don Flick Memorial Featured **YRE**
122943 – 2023 New Braunfels, TX
Start: 7:30 am to 10 am
Location: Hotel Faust, 240 S. Seguin St.
Info Contact: Jeff Busse 210-705-4369
Jan Egel 830-660-4935

6/10/2023 - 6/10/2023 - Walk
Event Number: 124307
Event City: Fredericksburg - Founders
Day
Host Club: Volkssportverein
Friedrichsburg
More Details: [Click here for directions,
ratings, etc.](#)
Club Website: www.walktx.org/AVA1



7/1/2023 – Walk – 5km, 10km, 20km
LBJ State Park Featured **YRE**
Y0547 – 2023 Stonewall, TX
Start: 6:30 am to 11 am
Location: 199 Park Rd. 52, Stonewall
Info Contact: Dave Roberts 410-693-
9829 or dloberts34@hotmail.com
(FYI: the ranch gate doesn't open until
9 am if doing the 10k or 20k.)

7/8/2023 - 7/8/2023 - Walk
Event Number: 124239
Event City: San Antonio - SunRise
Walk
Host Club: Randolph Roadrunners
More Details: [Click here for directions,
ratings, etc.](#)
Club Website:
www.randolphroadrunners.info



Special Thanks To All Who Participated in The King William Parade!



The King William Parade in San Antonio, Texas was a phenomenal walking event and fun for those who participated. It is important to participate in these types of events because they are excellent marketing and outreach opportunities to different audiences who may want to volunteer or just walk with us. As a result of the publicity, we received from the Olympiad, the AVA was invited to participate in this citywide parade. It was unfortunate the parade date coincided with one of the local walks in New Braunfels, although in the end, both were well attended. Hopefully the AVA will be invited again next year, with advance notice, so we can coordinate better with local clubs. Again, thank you to AVA officers, club members, high school students, family, friends, and the National Office for making this happen with minimal notice! Special thanks to Ellen Ott, Road Runners President, and club members for organizing the second annual Medal Mania! They raised \$282.00 for the AVA! In case you are not aware, the San Antonio Fiesta is all about how many medals you can wear without falling over! Some say the medal concept originated with Volksmarching! [Click here to read the History of Fiesta Medals. The Weird History Behind Fiesta Medals | TPR](#)

Think on Your Feet – The Benefits of Walking

By: Martha Murphy

There's a mountain of scientific evidence that shows waling outdoors is powerful medicine for your brain.

Walking may help grow new brain cells. Moderately paced walks stimulate the release of a protein called

brain-derived neurotrophic factor, that is key to the survival of existing brain neurons and the generation of new ones.

Walking may boost creativity. Walking increases the flow of oxygen and nutrients to the brain, which can open the gates to enhanced creativity. A Stanford University study found “creative output increased 60 percent when participants were walking,”

Walking may enhance mood. When you walk, increased blood flow to the brain initiates a “cascade of changes.” 42% of American adults suffer a vitamin D deficiency. Our bodies manufacture vitamin D when exposed to sunlight, furthering the production of serotonin, which benefits memory and mood.

Walking may reduce the risk of cognitive decline. People who walked more than 4,000 steps per day had healthier brain tissue in the area responsible for memory, learning and cognitive function than those who did not in a one study. Research revealed that aerobic exercise increases the size of the hippocampus.

Walking may decrease brain-damaging stress. Repeated exposure to stress impairs memory, attention and cognitive flexibility. Walking in nature has been shown to be particularly effective at reducing stress levels. Scientists have seen walking reduce levels of cortisol, which surges during fight-or-flight situations. Elevated levels may damage cognition and contribute to Alzheimer's disease. Just a 20-minute walk has been shown to reduce stress.

Land Bridge - Hardberger Park Pi Walk 14 March 2023



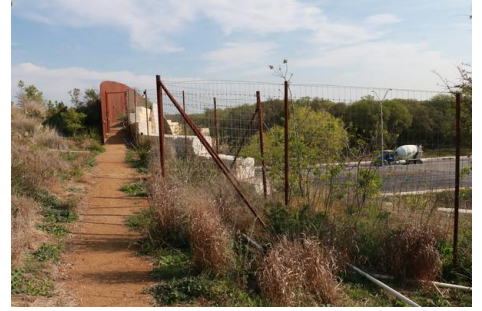
Sheri Logan and Siba Spencer with Gabe on the Land Bridge along the walk route



Gayle Weinraub, John Pavlovsky and Mike Schwencke with Rudy on an observation deck along the Skywalk.
***Photos courtesy of Martin Callahan**



Martin Callahan and Rudy inside a steel wildlife blind.



A view from the side of the Land Bridge of the Wurzbach Parkway tunnel under the Land Bridge.

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 \$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 E-mail address _____

If the \$2.00 fee was not paid with the original application, add family members now including \$2.00 for each person.

Family members _____

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

Amount submitted \$ _____

AVA Volkssport Associate Yes No

Eager to serve as club officer _____ or committee chair _____