



Volume 2023 – August, 2023 No. 7
Next Meeting – September 13
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: Susan Medlin

Renewal Time

The following membership renewals are currently due:

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!

Harry Roman	San Antonio
Sue Bigbee	San Antonio
Briana Martinez	San Antonio
Dorian Rosales	San Antonio

The next RR club meeting will be held 13 September 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-- HELP WANTED!!

Volunteers are needed to help man the AVA info booths at the following events coming up. The benefits are: pay is great (NOT 😞), hours are few, you get to brag about your favorite thing to do (WALK!), and there's good company!

The first event is on 2 August at the SSAISD Athletic Center, 7800 Kindred St., hours from 10 a.m. to 2 p.m. with expected 1300 to attend.

11 August - Evoque Group
12626 Silicon Dr., 11 a.m. to 1 p.m.
with expected 60 to attend.

8 October - NW Vista College
A 5k walk is being hosted by Commissioner Clay Flores. They will have vendor tables at the event.

18 October - San Fernando Catholic Church activity center. No other information is available yet. Call or email: Ellen 210-723-8574
ellenott@sbcglobal.net

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 August 4th in King William district for a free stamp.
Ellen 210-723-8574

Upcoming RR events:



Taco Cabana

Sunrise walk:

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

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.

Both of these eclipses will require the special glasses. I have these for sale for \$3 a pair until the supply runs out and I bring glasses to each RR walk. 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.

FYI - 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. Ellen



Tales from the Trails June 2023 - Crazy Horse and More....

By John Ives

So for all who have thought about walking Crazy Horse Memorial <<https://www.bing.com/search?q=crazy+horse+monument&form>>, I recommend that you try this once in a lifetime event (or walk it again). More

on that in a moment. So Susan and I are walking the 50 states and their respective state capitals. We now just need Hawaii, California, Nevada, Arizona and New Mexico to finish. Even when we attended the 2017 AVA convention in Billings, Montana, we did not walk either the South Dakota capital Pierre (pronounced Pier) or North Dakota and its capital in Bismarck. So this year we decided to make these two states a priority. We flew out of San Antonio early on 31 May and flew to Minneapolis, Minnesota and then drove to Sioux Falls.

In Sioux Falls we walked the Big Sioux River Trail (1414). Sioux Falls is a lovely town with any number of social amenities. The trail goes from downtown, roughly following the Big Sioux River north to Falls Park then returns south to downtown and takes you by any number of Historic buildings and Churches.

We left Sioux Falls and continued our trek south and west to Rapid City to ensure that we would be available on 3 June to walk Crazy Horse. Rapid City, also a great town and we choose the President's walk (Y0045). This trail takes you around the downtown area and some of the near suburbs. The city sometime in the recent past made an investment in creating life-size metal statues of all our presidents and placed them at various intersections. Rapid City also maintains an impressive number of historic buildings and churches.

So Saturday 3 June was the Crazy Horse walk (124221) which is about 25 miles south and west of Rapid City. The Crazy Horse Memorial is a mountain monument under construction on privately held land in the Black Hills (from Wikipedia) For those who have not been in this area the mountains are spectacular. The entry fee to the grounds was waived if you donated canned goods and we arrived early since Susan was a volunteer for the event. So I registered around 7:00 A.M. and we were allowed to start at 8:00 A.M. The first half of the walk (woodland trails) is fairly difficult (4C) but made even more treacherous by the number of people who started when I did (about 12 to 13 hundred walkers).

Also, it had rained the previous evening and this part of the trail was rather muddy. So the trail finally ends and puts you on a series of packed gravel roads that circumvent a portion of the base of the mountain. The last 2K (or so) up the mountain is fairly steep (about a 7% or 8% grade, at least). On a personal note, I found it easier to walk in 2017. A number for walkers, at this event, that I heard was in excess of 4,000 for the day. Thus if you want a challenge, the next opportunity to walk Crazy Horse is early in October 2023. Also saw Terry Tyler from Kansas who has supported the Texas Trail Roundup (IML) over the past few years along with John McCllen, AVA vice-chair and his wife.

We left the next morning from Rapid City and drove to Pierre. Pierre, a small town on the Missouri River has any number of recreational opportunities that walkers may avail themselves. In this case the capital sits just north of downtown and the walk (Y0768) goes through neighborhoods and part of the commercial district. Again, a number of historic buildings are on the trail. From Pierre, we drove to Bismarck, North Dakota. The capitol area sits just north of downtown and is also a lovely area to walk through (Y0939) and see various historic buildings. The North Dakota state capitol building is one of four in the United States that is not a variant of the U.S. capitol and the city is also on the Missouri river. The trail is through both historical, commercial and neighborhood areas,

We continued east to Fargo. Susan and I walked (Y2817) through the downtown, a historical area. The city is very commercial and represents North Dakota's contribution to our national annual grain harvest. From Fargo we drove to Bloomington, Minnesota and had an opportunity to walk the Mall of America (Y0381) prior to returning to San Antonio on 9 June.

This short article does not do justice to the various walks in the Dakotas or Minnesota, the many historical sites or points of interest available to us all. For instance, just off the highway from Pierre to Bismarck lies Laurence Welk's family home and museum. By any measure an enjoyable trip. John

Great Springs Project



Are you ready to walk from San Antonio to Austin? The Great Springs Project aims to transform the journey with a trail network that links the two cities, water sources and communities.

About a third of the trail already exists. The nonprofit, The Great Springs Project, hopes to complete the multi-million-dollar trail network by 2036. It's using both public and private funds to create new portions of the trail and to connect into existing portions.

The trail will run north from the springs at the Blue Hole at Incarnate Word through Live Oak, University City, Selma through the Comal Springs in New Braunfels. The trail will end up at Barton Springs in Austin.

Thanks to the expert guidance of Alta Planning + Design, Great Springs Project is pleased to present the Great Springs Trails Plan for the proposed 100+ mile spring-to-spring network of trails from the Alamo to the Capitol. This plan is a living document that serves as a resource for the completion of the trail network by the Texas Bicentennial in 2036.

Sections of the trail will likely be built in phases, with the order of phases depending on key factors such as funding, landowner negotiation, establishing right-of-way, permitting, design, and construction. This plan represents a major step forward on the path to implementation.

Through collaboration with our many partners, Great Springs Project unifies and supports existing local efforts and catalyzes new efforts to address the most critical water, land, wildlife, and public health and equity challenges facing the Central Texas region.
<https://greatspringsproject.org/>



AMERICA'S WALKING CLUB ESTABLISHED 1974

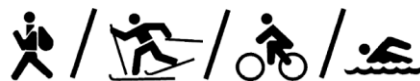
IOWA'S WALKING CLUB

Phyllis Olson, Club Historian

CHOOSE YOUR OWN ADVENTURE

Are you making plans for your 2023 summer walking adventure? The North Central Region Adventure Weekend will fill the bill. On September 15-17 the North Central Region is holding a weekend of walking, socializing, meeting, and fun. The northwest Iowa small town of Rock Valley will host the event. Nine walking events are available for each participant to choose their own adventure with 5 of them featured with start tables in the 3 days. In addition, there is a pizza party with games, a plated dinner with meeting and a multitude of prizes.

This is a multi-state adventure; walks are in Iowa, Minnesota, and South Dakota. The walk events are within a 50-mile radius of Rock Valley. The Grand Stay Hotel & Suites in Rock Valley is the headquarters, but camping is also available. Your adventure is waiting! Come to the North Central Region this fall to walk and socialize with your Midwest Volkssport friends. For details: iowaswalkingclub.org or North Central Regional Director, Susan Pinneke, susanpinneke@gmail.com.



Texas Traditional & Featured YRE Events for August

2023: (Please check the AVA website for any changes or cancellations)

8/12/2023 - 8/12/2023 - Walk
Event Number: 124240

Start: 1533 Pat Booker Road, Universal City.

From I-35 exit Pat Booker Road Go straight on Pat Booker for several lights. Taco Cabana will be on the right at the intersection of Pat Booker and Kitty Hawk.

Event City: Universal City - Taco Cabana Sun Rise Walk

Host Club: Randolph Roadrunners

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

Write for more information to:

Club Website:

www.randolphroadrunners.info



Registration for USFWF

2023 [click here](#)

Virtual Walk 2023 - US Freedom Walk (opens 1 August)



The US FreedomWalk Festival is a world-class, on-competitive non-profit, international walking festival co-hosted by Arlington County, AVA America's Walking Club and the IML International Marching League, Walking Association. Our mission is to promote walking as a fitness activity and to promote international understanding and friendships while showcasing the USA by walking through the monuments, memorials and parks of Arlington and Washington, DC.

USFWF sponsors 3 annual walks:

A one-day walk in May to visit the Embassy Open Houses in Washington DC (IVV/AVA), alternating between the European Union Open Houses and the rest of the world Open Houses.

A two-day walk, in conjunction with NBC4 Health & Fitness Expo. Dates vary in the first part of the year, January - March each year.

A three-day walk starting in Arlington, VA the third weekend in October. (IVV and IML), exploring Arlington and Washington, DC with distances as short as 5 km (3miles) and as long as 21 km (a half marathon).

We also sponsor walk events and a bike event that can be walked (or ridden if bike route) throughout the year at the participant's convenience.

Oblate School of Theology Walk - May 6, 2023



Linda Goodman, Pat Gunter and Kathy Schwencke at Registration Table.

***Photos courtesy of Martin Callahan**



Suzanne Markgraf, her sister Sharon and Audrey Vertucci with Rudy in front of Marion Mission Hall at walk start



The sculpture of the Lady of Guadalupe along the walk trail through the Guadalupe Tepeyec Shrine located atop of the Lourdes Grotto of the Southwest at Oblate Mission.

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 _____

by _____

E-mail address _____

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.

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 _____