



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2023 – December, 2023 No. 11
Next Meeting – 1/10/2024
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:

October 1: Susan Fine, Yolanda Nielo, and Anna Maria Ruff.

December 1: Shirley Banez and Joanna Bolsins.

January 1: Howard & Lyn Tidwell.

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.

The next RR club meeting will be held January 10 at 6:30 p.m. There will be no meeting in December.

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



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. The walk this month will be Friday, 1 December starting any time after 4 p.m.

THERE WILL BE NO FRIST FRIDAY WALKS IN JANUARY AND FEBRUARY, 2024. Questions? Call Ellen 210-723-8574

As of the RR's February event, all future walk fees will be \$4. Nationally, there will be no free walkers. The free

walkers will be considered guests and the club will have to pay the AVA. The fee paid to the AVA for each walker will be \$2 starting 1 January 2024.

We are collecting gently used tennis shoes and sneakers for a fundraiser for the AVA. I have already sent off two bags with a total of 25 pairs to GotSneakers. We'll see how this program goes! Sending 2 more bags once I get the return bags in the mail.

Upcoming RR events:



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

December 9 – Boerne Christmas walk – Free pancake and sausage breakfast. Call or email: Ellen 210-723-8574 ellenott@sbcglobal.net if you can volunteer to work this event. Goodies for the coffee table are also welcome.

Mark your calendars for the King Williams parade and Medal Mania!



Kudos to the following RR walkers:

Distance:
5,500 km Darren Medlin
7,500 km John Ives

Events:
100 Maggie Carswell
175 Susan Ives
575 Mike Hermes
1,050 Susan Alton
1,050 John Ives
5,000 Patricia Gunter



THE BIG GIVE
RAISED \$93,723. Your support is greatly appreciated!



**The Goal was \$90,000
 \$93,723 Raised!**

This year the AVA finished 21 out of 418 organizations during the online giving segment of the Big Give campaign. We had approximately 281 duplicated individuals, 85 clubs, and 9 corporate donors. A final report with more information and winners of the AVA Giving Back prizes will be in the January Checkpoint.

AVA Programs Committee - Diane Howell Evans, Chair

As the new Chair of the AVA Programs Committee, I am seeking 1-2 volunteers from each AVA region interested in developing and implementing nationwide interactive programs. These new and existing national programs increase AVA participation and promote our organization to potential new members. Currently there are 2 AVA Special Programs beginning in 2024: a-MAZE-ing Labyrinths and Step to the Beat.

Committee meetings are monthly by conference call and/or video conference. E-mail, texting, and phone calls between meetings may be used to communicate.

I would appreciate it if clubs would share this call for volunteers with their club membership at upcoming club meetings. If a club member is interested in joining the Programs Committee or needs more information, please have them contact me via email at programs@ava.org. Thank you.

AVA Publicity Committee - Susan Fine, Chair

As we begin the design and production of the new TAW e-newsletter, we have

many ideas and stories we will be writing and researching. Some of these will be based on your photos and stories, especially the ones we see on the AVA Facebook page. You are our number one promoter for our sport, so we appreciate you sharing your experiences, and any articles you may find about walking and health. Please send ideas to publicity@ava.org.

Also, if you have writing or publishing skills, or can help research articles about walking and/or health, we would love you to join our committee. With an electronic newsletter, we can link to articles easily to give the proper credit to the publisher and author. Please email me with your interest. publicity@ava.org.



JFK memorial at 8th and Main streets across from the Hilton Fort Worth.

Tales from the Trails – JFK Remembered

Posted by Andy Thomas on the AVA Facebook Page -

On November 12 the Dallas Trekkers featured their JFK Remembered seasonal walk in Dallas. The 5K route is in downtown, while I did a 10K route with several other people that goes into Oak Cliff to see Lee Harvey Oswald's boarding house. The longest route goes deeper into Oak Cliff to pass by the site where Lee Harvey Oswald shot a police officer and where he was arrested.



The motorcade turned left onto Elm Street in front of the Texas School Book Depository Building, which is now a county building. Lee Harvey Oswald was waiting at the 6th floor right-most window. https://en.wikipedia.org/wiki/Texas_School_Book_Depository
<https://www.hmdb.org/m.asp?m=4661>



Bullets struck JFK and Texas Gov. John Connally and the motorcade sped away under the triple underpass heading to Parkland Hospital, northwest of downtown. The big question for many people is whether there was a second shooter located behind the fence between the underpass and the pergola.

Abraham Zapruder
<https://www.hmdb.org/m.asp?m=209040>
 The Grassy Knoll
<https://www.hmdb.org/m.asp?m=116916>

Also, on November 10, I did the downtown Fort Worth walk which has a JFK point of interest. For more information, see Wikipedia timeline at https://en.wikipedia.org/wiki/Timeline_of_the_John_F._Kennedy_assassination
 There is a good miniseries about the assassination called "JFK: One Day in America on Disney+ and National Geographic Channel. It follows the official story and avoids any alternatives. -- Andy Thomas

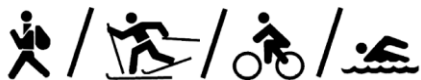


**TEXAS VOLKSSPORT ASSOCIATION
 2023 VOLKSSPORTING CLUBS OF SOUTHWEST TEXAS CALENDAR**

Note: This is **NOT** an official document. Always verify events/dates on.ava.org or with the applicable club.
December: SAT/02 – VVF, Johnson City Lights (T) (also KAV, Buda Fest) (?)
 SAT/09 – RRR, Christmas in Boerne (T)
 SUN/10 – TTR, SA Christmas Lights (T)
 SUN/31 - Memorial Walk/Last 2023 Walk, Fredericksburg(Y)

Club Abbreviations

- CRW Colorado River Walkers
- HCV Hill Country Volkssportverein
- NBW NB Marsch-und Wandergruppe
- RRR Randolph Roadrunners
- SAP San Antonio Pathfinders
- SMR San Marcos River Walkers
- TTR Texas Trail Roundup
- VVF Volkssportverein Friedrichsburg



Texas Traditional Events for December 2023: (Please check the AVA website for any changes or cancellations)

12/2/2023 - 12/2/2023 - Night Walk

Event Number: 126397

Event City: Johnson City - Lights Spectacular

Host Club: Volkssportverein Friedrichsburg

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

Club Website: www.walktx.org/AVA1

12/9/2023 - 12/9/2023 - Walk

Event Number: 124950

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

315 E. Rosewood, Boerne, Texas

Event City: Boerne - Boerne Christmas Walk

Host Club: Randolph Roadrunners

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

Contact: Ellen Ott

E-Mail: Ellenott@sbcglobal.com

Club Website:

www.randolphroadrunners.info

12/10/2023 - 12/10/2023 - Walk

Event Number: 126632

Start: VFW Post 76

Event City: San Antonio - Christmas Lights Walk

Host Club: Texas Trail Roundup

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

Club Website: texastrailroundup.org

12/16/2023 - 12/16/2023 - Walk

Event Number: 126629

Event City: Montgomery - Fernland Historical Park

Host Club: Houston Happy Hikers

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

Club Website:

www.houstonhappyhikers.com

12/16/2023 - 12/16/2023 - Night Walk

Event Number: 126490

Event City: North Richland Hills - Home Town Christmas

Host Club: Tarrant County Walkers

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

Club Website:

www.walktx.org/TarrantCountyWalkers



**TEXAS TRAIL ROUNDUP
3-DAY International
WALKFEST**

San Antonio, Texas, USA
23-25 February, 2024



**Panther Springs Park Walk
– Oct. 21, 2023**

*Photos Courtesy of Martin Callahan



Entrance to Panther Springs Park.



Start Point at the trailhead of the park walk



Robert Theis with Dolly and Audrey Vertucci along the walk trail.



Dee Repp, Bob and Susan Alton, Susan and Joe Noonan along the walk trail.



Ellen Ott and Jil Troyer with Dolly at the walk Start/Finish point.

**What to Wear for Cold
Weather Walking – 7 Tips
from WALK Magazine**

Dress for the Right Temperature

Because your body generates an enormous amount of heat when you are walking hard, dress for temperatures about 10° warmer than it really is. The harder you walk the more body heat you will generate.

How to Layer

Dressing in layers traps warm air between them, helping to keep you warm. Because you will generate body heat, your base layer should be made of a wicking fabric to pull sweat away. You don't want to be sweaty and wet, especially once you stop moving. This layer can be long-sleeved or short-sleeved.

The next layer should be insulating. A heavier long-sleeved shirt, a vest, fleece, or light sweatshirt are options, depending on the temperatures.

Finally, a windproof and water-resistant outer layer.

Legs

Winter-weight tights made of a wicking fabric are a good start for your legs. Some include wind-resistant panels, which can be very helpful. Looser-fitting pants will trap warm air, so walking pants or sweatpants may keep you warmer than tights. When it is very cold, layer loose pants or wind pants over tights.

Head and Neck

Most of your body heat is lost through your head, so invest in a warm hat that covers the ears. If you tend to get overheated, a headband or other ear covering are options.

Gloves or Mittens?

Because the fingers are separated in gloves, they are not as effective as mittens for warmth. If you still prefer gloves, look for pairs that have a mitten-like cover for wind protection.

Socks

It can be difficult finding the right socks to keep your feet warm. Years ago, wearing two pairs of socks was recommended, but I always ended up with uncomfortable wrinkles or my shoe wouldn't fit. Some thick socks are great, but then again you can't always get your shoe on over them. Lately I opt for wool athletic socks. **Wool is great for keeping you warm**, even when wet. Crew-length socks will help protect your ankles.

Shoes

This time of year, water- and wind-resistant athletic shoes or trail running shoes can help to keep your feet dry and warm. If you plan to walk at a slower pace, or if it is very snowy, a hiking boot may be a better choice. For added safety, trekking poles can be helpful.

Conclusion

Regardless of your sensitivity to cold, if you follow these suggestions, you can walk safely outside all winter long.



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.

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