



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2005 No. 11
 Next Meeting November 1, 2005
 7:00 p.m. at the Golden Corral
 Restaurant, Universal City
 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 210-525-8574
Vice President
 Totsy Miller 210-648-0637
Treasurer
 Tony Paulson 210-658-8324
Secretary
 Suzy Krisak 210-646-7849

Committee Chairs

Membership
 Nancy Paulson 210-658-8324
Programs
 Ellen Ott 210-525-8574
Publicity
 Alan & Gloria Mick 210-659-5402
Sales
 Joanne Forinash 210-493-8543
Webmaster
 Stella Morado-Cahue
 830-620-5616

Newsletter
 Audrey Vertucci – AudreyVe@aol.com
 210-496-2197

Year-round Events, Boerne
 Bilita VanCleave 210-695-2235
Year-round Events, Universal City
 Carlen Forinash 210-493-8543
Year-round Events, San Antonio
 Ellen Ott 210-525-8574

E-mail

RandolphRoadrunners@satx.rr.com

Website

[www.geocities.com/
 randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)

Event Information

1-800-830-WALK
TVA Website
<http://walktexas.org/>
European AVA Liaison
Hans-Dieter Fuhr
 Wiesbaden, Germany
 Tel. & Fax 0611 / 66894
Hans-D.Fuhr@t-online.de

Renewal Time

The following membership renewals are currently due:
Milton Camps, Newton Cole, Philip Vann, Shirley Conrad, Cheryl Davis, Joan Whealen, Carrie Carson, Marte Kellog, Leilani Nunley, Helen Gitchell, Rodney Koch, John Mathis, Robert & Adele Meggers, Roy & Freda Snyder, Florence Tymrak and George Whitehorse. Please send in your renewal fees now. We value your membership. To renew your membership, fill out a renewal application attached or print one from the following website address: www.geocities.com/RandolphRoadrunners/membership.html and send it with your fees to Nancy Paulson c/o the club address.

Christmas? Already?

The RR annual Christmas party for 2005 will not be held at the December meeting as in the past. The party will be held on December 9th in conjunction with the workers' walk for the AVA sanctioned Event #SW05/71936, *A Christmas Walk in Deerfield*. The workers' walk will start at 5:30 p.m. with the party following immediately thereafter. The walk itself will be held Sunday evening, December 11th starting at the Deerfield subdivision Recreation Center. The walk starts between 5:30 and 6:30 p.m., finish by 9:30 p.m. Look for more info in the December newsletter or call Joanne & Carlin Forinash or Ellen Ott.

Kudos to the following Volkssport Achievers:

(from the Aug/Sept and Oct/Nov issues of TAW for events & distance)

Martin Callahan	15,000 km
Carlin Forinash	1,250 events
	13,000 km
Edward Gluckman	250 events
Augustus Glaser	2,000 km
	150 events
Kathleen Halka	500 km
	30 events

Nancy Paulson	2,500 km
	225 & 250 events
Tony Paulson	2,500 km
	225 & 250 events
Mary Quandt	14,000km
James Scheurich	1,000 event
Sherry Scheurich	10,000 km
	1,000 event
Donald VanCleave	10,000 km
	900 events
John White	1,450 event

RR F.Y.I.-- Don't forget the Boerne Christmas walk on December 3rd. The Loafers will be baking their coffee can breads again this year with plenty of goodies to go around.

Heinz Johnson was our guest speaker at the RR October 4th meeting. Heinz spoke about the first Global event and how the idea for the global program was developed. The RRs presented Heinz and his wife Priscilla with RR 25th anniversary shirts and a crystal award plaque in appreciation of his service and dedication to Volkssporting.

Remember: Club elections at the November meeting for vice-president and secretary.

Founders Day Walk Event and Celebration.

RR Pres., Ellen Ott, along with Mike Hermes, and an adorable grandson, manned the Volkssport table at the 2nd Annual San Antonio Founders Day celebration at San Pedro Springs Park on October 22nd.

To coincide with the celebration, the Trinity Trekkers hosted the Founders Day Walk Event which started adjacent to the park along San Pedro Rd. The finish table was at the Volkssport booth in the park. The walk started at 8 a.m. and the celebration started at 11 a.m. Fantastic weather - great walk. If you missed it; this was another good one!

The **Special AVA Program, Pony Express**, begins January 1, 2006.

Walk one event in Missouri, Kansas, Nebraska, Colorado, Wyoming, Utah, Nevada, and California - the route of the Pony Express. Cost of the program will be \$10. A 4" embroidered Pony Express patch and hatpin will be awarded upon completion. POC for information about the program is Millie Haupt, Yakima Valley Sun Striders, 2510 S. 52nd Ave., Yakima, WA 98903, e-mail: m.haupt@charter.net.

AVA Headquarters News:

Hi Everyone,

In an effort to stem the rumors that have started to fly about the New Balance contract and what we will do, please send the following out to your clubs. I will include it in the next Checkpoint as well but wanted to get it out now since we have already heard some incorrect info.

Thanks, Jackie

Negotiations with New Balance are complete and as of December 31, 2005, they will cease to be a sponsor for AVA. Volkssporters have benefited from this contract which provided tens of thousands of event giveaways, awards of 2,500 pairs of New Balance shoes per year, and financial support to produce AVA trail marking materials. AVA wishes New Balance well in their future endeavors.

Several changes will occur as a result of the conclusion of the New Balance contract. First, individuals who receive New Balance shoe certificates awarded at AVA events will have until the end of January, 2006 to redeem their certificates. Second, your national leadership will decide how to use the remaining supplies of trail marking materials and start cards at their October 15, 2005 meeting. Third, AVA is free to pursue other national sponsors for athletic apparel and shoes in the new year. Watch the Checkpoint for updated information.

The AVA National Headquarters as well as your Sponsorship/Partnership Committee are looking at other possibilities for new sponsors and partners. Volunteers are needed from each region to serve on AVA's Publicity, Marketing and Sponsorship/Partnership Committee. If you have any questions or contact leads for possible sponsors, please do not hesitate to contact the National

Headquarters, your Regional Director or the Sponsorship/Partnership Committee Chair, Curt Myron.

Route 66 Program - Just a reminder that the Route 66 program is running through the end of 2005. What this means is that you have until the end of 2005 to purchase your book. I will dispense awards as long as it takes after that. The only drawback is it might be hard to find "actual" RT 66 events as some may fall by the way side to be replaced as the states see fit. I know our event in Amarillo, TX is 225 miles from our house and it takes a bit of effort and expense on our part to keep it current. However, if there is enough interest in it, we will consider keeping it up and running. It will continue in 2006.

So, having said all that, there is still plenty of time to join the 500+ volkssporters who are already joined the program and enjoy the pleasures of traveling the Mother Road. Of course you only have to do an event in each of the eight states (Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona and California) to officially complete the program. But it is so much more fun to actually experience the feel of the Road. So if you haven't signed up yet you still have time. Send a \$6 check to me: Elaine Samus
4710 Tortuga Trail
Wichita Falls, TX

Southwest for Visitors

Many of you know that I used to write for the About.com/NY Time's Portland, Oregon site. Wendy has the About Walking site and got me involved.

Since I now am in AZ most of the time, I applied for and now have a contract for the Southwest for Visitors site. It is a great new site spanning the Southwestern U.S. from AZ to Texas! As I did when I wrote for About Portland, I will highlight walking and volkssporting any chance I get. I begin this month by highlighting the Albuquerque walk in my Balloon Festival article. I am writing for three reasons:

1. Please, please sign up for my newsletter on the first page. It will help me get things started for the site. The newsletter comes out each

Wed. and has travel information about the Southwest states.

2. Please send me your suggestions and even a write-up for your favorite places be they parks, festivals, restaurants or hotels. I can't be everywhere at once and welcome your suggestions (and, if you have time, your written reviews).

3. If something is amiss, please let me know so I can make corrections. Here is the site:<http://gosw.about.com/>

Happy Sunday!

Elizabeth R. Mitchell (Liz)
About Southwest for Visitors
<http://gosw.about.com>
The Answer is...About.com
<http://about.com>

African Amblers-Miamisburg Ohio

Our October 2005 tour of South Africa had a favorable response, but we had many tell us that they were already committed to other trips during that period or very close to that period and they would be interested in a future trip.

We are planning another trek to South Africa, leaving Atlanta on April 1 and returning on April 25. We will visit the following places and include 15 IVV sanction walks for the African Amblers.

Johannesburg, Kruger National Park, Timbavati Private Game Reserve, Pongola Private Game Reserve, Hluhluwe/Imfolozi Reserve, Zulu Cultural Village, the countries of Swaziland and Lesotho, Port St. Johns, Grahams Town, Tsitsikamma National Park, Oudtshoorn, Knysna, and Cape Town.

For further information, visit our website:www.southafricaadventure.net and click the "April '06" button on the bottom right side. or write to us at Xplorer506@aol.com

Ken and Susan Hall
African Amblers

From Andy Howard of the Houston Happy Hikers

The four Houston YREs are up and running. All the traffic congestion is back to "normal". Please remember that the start/finish for the San Jacinto event has temporarily moved to the Battleship Texas Gift Shop, while the San Jacinto Monument is being refurbished.

Link to Houston Happy Hiker YRE information:
<http://houstonhappyhikers.org/yre.htm>

Walk and Roll Challenge Promoting better Transportation and Air quality for the Alamo Area. **Get Up & Go!**

Walk, ride your bicycle, ride the bus,
or share a ride in a vehicle.

To promote the use of alternative
modes of transportation in the Alamo
Region, AACOG challenges citizens
to log a combined total of 500,000
miles during the month of October.
Commuting miles, recreation miles,
training miles, errand mileage, they all
count, as long as they are traveled
within the 12-County region
(Atascosa, Bandera, Bexar, Comal,
Frio, Gillespie, Guadalupe, Karnes,
Kendall, Kerr, Medina, and Wilson).
Every time you utilize an alternative
mode of transportation in October,
return to this page:

www.walkandrollchallenge.com/ and
log your miles to help us reach that
500,000-mile goal. If you provide
your email address, we will email you
a weekly update of the progress of the
challenge, as well as your personal
statistics. Prizes will be awarded to
individual winners, who log the most
miles, in each of the competition
categories.

Competition categories:

[Walking](#)
[Cycling](#)
[Busing](#)
[Carpool/Vanpool](#)

Ready to accept the Challenge?

If you choose to accept the challenge,
then complete our [Pledge form](#) so we
can know who you are and all your
hard work will be counted. In order to
complete the Pledge form, you must
create a username, which is how you
will be posted to this website. All
personal information will remain
private. In order to help us keep track
of your mileage, please visit the Log
Your Miles form frequently during the
month of October.

Goal: 500,000 Miles
Total Pledged: 115,597 miles
Total Logged: 51,929 miles
Percent of Pledged: 44.92%

Coming Events:

11/5/2005 - 11/6/2005 - Walk
Event Number: 71769 5K & 10 K

Start : Schlitterbahn Employee Cafe
Event City: New Braunfels
Host Club : NB Marsch-und
Wandergruppe
More Details: [Click here for directions,
ratings, etc.](#)
Write for more information to:
8 Mission Drive
New Braunfels, TX 78130-6622
Contact : Helgard Suhr-Hollis, (830)
625 - 6330
E-Mail: phollis@satx.rr.com
Club Website:
www.muw.walktexas.org

11/12/2005 - 11/12/2005 - Walk
Event Number: 70169 5K & 10K
Start : Daingerfield State Park
Event City: Daingerfield
Host Club : East Texas Trekkers
Event Website:
www.easttexasrekkers.com
More Details: [Click here for directions,
ratings, etc.](#)
Write for more information to:
4722 Comanche Trail
Tyler, TX 75707
Contact: Jan Wood, (903) 534-9301
E-Mail: jpw6391@msn.com
Club Website:
www.easttexasrekkers.com/

11/12/2005 - 11/12/2005 - Walk
Event Number: 73282 10 Km
Start: Palm Lodge1010 Milby Street
Event City: Seabrook
Host Club : Houston Happy Hikers
Event Website:
houstonhappyhikers.org
More Details: [Click here for directions,
ratings, etc.](#)
Write for more information to:
2017 Briar Ln. Richmond, TX 77469
Contact: Catherine Kellner, (979) 478-
6203
E-
Mail: HHHpresident@houstonhappyhikers.org
Club Website:
www.houstonhappyhikers.org/

11/12/2005 - 11/12/2005 - Walk
Event Number: 68567 5K & 10K
Start: Hyde Park
Event City: Austin
Host Club : Colorado River Walkers
Event Website:
www.io.com/~zenteer/crw/index.html
More Details: [Click here for directions,
ratings, etc.](#)
Write for more information to:
1215 Inks Avenue, Austin, TX 78702
Contact: JoAnn Fries, (512) 480-0291
E-Mail: joannwoolf@aol.com
Club Website:
www.io.com/~zenteer/crw/

11/19/2005 - 11/19/2005 - Walk
Event Number: 70479 10K
Start : Cedar Ridge Preserve aka
Dallas Nature Center
Event City: Dallas

Host Club: Dallas Trekkers, Inc.
Event Website:
www.dallastrekkers.org
More Details: [Click here for directions,
ratings, etc.](#)
Write for more information to:
4208 Ireland Drive
The Colony, TX 75056
Contact: Nancy Christensen, (469)
384-2819
E-
Mail: nancychristensen@donmasseyca.dillacdallas.com
Club Website:
www.dallastrekkers.org/

11/19/2005 - 11/19/2005 - Walk
Event Number: 71624 10 km
Start: Taco Cabana
Event City: Universal City
Host Club: Trinity Trekkers
More Details: [Click here for directions,
ratings, etc.](#)
Write for more information to:
8463 Romney,
San Antonio, TX 78254
Contact: Ellen Ott, (210) 521-8684
E-Mail: ellenotter@cs.com

*"The best remedy for a short temper is
a long walk."*

Jacqueline Schiff



Shoewallet.com You will notice
on the AVA web page, a place to
go shopping called shoewallet.com
These wallets attach to the laces
of your shoes and allow you to
carry ID, cash and your key
without having to carry a purse or
fanny pack. A portion of each
purchase through AVA website
comes back to AVA. Help support
your favorite sport by purchasing
your shoewallet today at
www.ava.org.

**F.Y.I. -- Next Executive
Council Meeting.** The next
meeting of the AVA Executive
Council XIV will be held in Las
Vegas, Nevada, January 28, 2006.

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 year
 \$10.00 for three years

This fee applies to the primary member. Additional family members require a \$2.00 fee per individual.

Address _____
Apt No. _____

RENEWAL FEE: \$4.00 for one year
 \$10.00 for three years

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 by including \$2.00 for each person.

City _____ State _____ Zip Code _____

Telephone number _____

AVA Volkssport Associate Yes / No

E-mail address _____

Family members _____

Eager to serve as club officer _____ committee chair _____

Amount submitted \$ _____