

# the ROADRUNNER



## Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2006 No. 7  
 Next Meeting August 1, 2006  
 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*  
**Pat Gunter 210-479-0805**

### *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*  
**Randy Baker 210-369-9538**  
*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/**

### *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:  
**Carmen Caro, Bonnie Rice, Judith Fichter, Marianne Fletcher, Mary Marino, Jim & Dee Momone, Ron Rundberg, Ruth & Wiley Sanders, Joanne & John Ward, Kathryn Close, Larry Cook, Mary Richmond, Pat Gunter and Sharon Readinger.** 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](http://www.geocities.com/RandolphRoadrunners/membership.html) and send it with your fees to Nancy Paulson c/o the club address.

## **Welcome New Members!**

The following walkers have bought new membership packages and received free memberships:

Rick White	Kirby
Luz Craven	San Antonio
Smart family	San Antonio
Sheryl Babiak	San Antonio
Arrendondo family	San Antonio
E.Beverly Poth	San Antonio
J & D Cresswell	New Braunfels

## **Kudos to the following Volkssport Achievers:**

(From TAW June/July events & distance)

Franz Ley	100 events
John Mathis	175 events
Ramona Cain-Parent	1,000 events
John White	1,500 events
Pat Gunter	2,300 events
	22,000 km

## **F.Y.I. --David Mauser**

The following information is for those of you who know David Mauser, President of the East Texas Trekkers. David's ALS, Lou Gerick's disease in worsening pretty rapidly.

If you are not familiar with ALS, or Lou Gerick's disease, there is no cure

for it. The time table is 2-3 years from onset.

I talked to David today and he said he can no longer get dressed alone as he cannot button clothes or undress alone. He said he is exhausted by noon each day and his voice sounded like it is getting worse to me. So if you know David, and have time, please drop him a line at [friart@gower.net](mailto:friart@gower.net) or David Mauser, 13281 Olympia Lane, Tyler, TX, 75709.

I know he would appreciate hearing from you. Also please keep him and his family in your prayers. David has a wife, son and daughter. Thanks.

*Jan Wood, East Texas Trekkers*

## **From the Desk of the Pres..**

Our next meeting will be held on August 1, 2006. No meeting on July 4th so celebrate at a YRE!

F.Y.I. - The kickoff for the Stone Oak YRE is July 1st, 7:00 a.m. starting at the Lighthouse Coffee & Café, 18730 Stone Oak Parkway, Suite 100, San Antonio.

We had 153 walkers at the Peacock Walk on June 3rd. Gayle Weinraub won the AVA canvas bag and Luz Cravens won a Fuelbelt. It was nice to see Mary Ellen Watters. She came by the start/finish table to say "hello." Mary Ellen has been a Roadrunner member for many years. Our hardworking volunteers at the event were: Ed Gluckman, Joanne & Carlen Forinash, John Mathis, Darlene Oner, Rick White, Mike Hermes, Joan Whealen, Totsy Miller, Travis Perez, Gordon Allbritton, and David Toth (who slept in!). Thanks to Debra Strelzick from the AVA office for her participation at the event. And, again as always, many thanks to all our wonderful volunteers.

Congratulations to Mike Hermes who recently finished the College Campus Program with his PhD.

Gary Whitford has added a Google map to the TVA website that shows the Texas year round events. The map is located at  
<http://walktexas.org/texyre/txmap.htm>

We have two new AVA special events starting July 1, 2006:

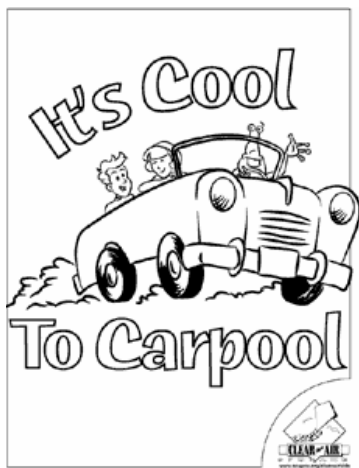
American Authors & Literary, which runs for 5 years and.

Spirit of Walking/Cemetery Stroll.

*Ellen Ott, President*

### **AVA Special Programs-- Spirit of Walking Cemetery Stroll**

Learn historic facts about people who lived and died in the location in which you are walking. Enjoy the peacefulness and quiet of their final resting place. Join the Spirit of Walking Program now. From July 1, 2006 through June 30, 2009, walk 40 YREs and/or regular events that go through, around or by any cemetery. Log the stamp in the program booklet along with location and name of cemetery. No website to check. Only one cemetery per walk and no duplicate event stamps in the booklet. Insert cards are acceptable but no hand written entries. Upon completion, you will receive a fully embroidered 12 color patch. Cost, as prescribed by the NEC, is \$10. For a booklet, send check made out to TSWVA to: Dennis Michele, 27 Cane Creek Circle, Fairview, NC 28730, [dmichblue@aol.com](mailto:dmichblue@aol.com), 828-628-4343



### **Carpooling to Events--**

With the current higher gas prices, carpooling is a great way to cut travel expenses to walking events that are out of town.

If anyone is interested in carpooling to any of the walks, please contact David

Toth, 521-8684, e-mail  
[dntoth@scbglobal.net](mailto:dntoth@scbglobal.net).

### **SALES --- VOLUNTEER(s) NEEDED**

The RR Sales Committee position is open for a volunteer (one person or two or more people working together) to help at events promoting sales of club logo T-shirts, polo shirts, AVA logo walking socks, Starting Point books, etc. If any member would like to help relieve Joanne Forinash and serve their club on the Sales Committee, please contact Ellen Ott.

### **Coming Texas Events:**

7/7/2006 - 7/7/2006 - Walk

**Event Number:** 74179 10km

**Start:** DART Headquarters Building

**Event City:** Dallas

**Host Club:** Dallas Trekkers, Inc.

**Event Website:**

[www.dallastrekkers.org](http://www.dallastrekkers.org)

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

**Write for more information to:**

5706 Maidstone Dr.

Richardson, TX 75082

**Contact:** Bruce Fitch, (972) 235 - 9086

**E-Mail:** [bfitch@ix.netcom.com](mailto:bfitch@ix.netcom.com)

**Club Website:**

[www.dallastrekkers.org/](http://www.dallastrekkers.org/)

7/22/2006 - 7/22/2006 - Walk

**Event Number:** 74124 10K

**Start:** Arbor Hills Nature Preserve

**Event City:** Plano

**Host Club:** Plano Walking Club

**Event Website:**

[www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)

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

**Write for more information to:**

704 S Grove Road

Richardson, TX 75081

**Contact:** Kitty Simmons, (972) 231 - 6518

**E-Mail:** [dona7112@sbcglobal.net](mailto:dona7112@sbcglobal.net)

**Club Website:**

[www.walktx.org/Plodders.html](http://www.walktx.org/Plodders.html)

8/6/2006 - 8/6/2006 - Walk

**Event Number:** 74658 5K/10K

**Start:** Redbud YMCA

**Event City:** Abilene

**Host Club:** Shoeleather Express

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

**Write for more information to:**

3117 Meander Street

Abilene, TX 79602

**Contact:** Chris Scott, (325) 698 - 5616

**E-Mail:** [Elachrisscott@msn.com](mailto:Elachrisscott@msn.com)

**Club Website:**

[www.walktx.org/Abilene.html](http://www.walktx.org/Abilene.html)

8/6/2006 - 8/6/2006 - Swim

**Event Number:** 74659 300 Meter

**Start:** Redbud YMCA

**Event City:** Abilene

**Host Club:** Shoeleather Express

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

**Write for more information to:**

3117 Meander Street

Abilene, TX 79602

**Contact:** Chris Scott, (325) 698 - 5616

**E-Mail:** [Elachrisscott@msn.com](mailto:Elachrisscott@msn.com)

**Club Website:**

[www.walktx.org/Abilene.html](http://www.walktx.org/Abilene.html)

8/6/2006 - 8/6/2006 - Swim

**Event Number:** 74660 300 Meters

**Start:** Redbud YMCA

**Event City:** Abilene

**Host Club:** Shoeleather Express

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

**Write for more information to:**

3117 Meander Street

Abilene, TX 79602

**Contact:** Chris Scott, (325) 698 - 5616

**E-Mail:** [Elachrisscott@msn.com](mailto:Elachrisscott@msn.com)

**Club Website:**

[www.walktx.org/Abilene.html](http://www.walktx.org/Abilene.html)

8/19/2006 - 8/19/2006 - Walk

**Event Number:** 74718 10K

**Start:** GNC Store

**Event City:** Dallas

**Host Club:** Dallas Trekkers, Inc.

**Event Website:**

[www.dallastrekkers.org](http://www.dallastrekkers.org)

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

**Write for more information to:**

P. O. Box 743813

Dallas, TX 75374

**Contact:** Jim Carlo, (214) 693 - 1776

**E-Mail:** [j.carlo@ieee.org](mailto:j.carlo@ieee.org)

**Club Website:**

[www.dallastrekkers.org/](http://www.dallastrekkers.org/)

### **Starting Point**

Get a copy from our RR Sales Committee. Your guide to more than 1400+ self-guided walking and biking trails throughout the USA, published by the American Volkssport Association. Find Great Trails to do at your own pace, any day of the year.

Enjoy walks and bikes in national, state, and local parks and forests. Take in lovely countryside or charming small towns. Enjoy daily walking trails in your area. Visit destination attractions from coast to coast and enjoy seeing them afoot.

This book lists start points, addresses, driving directions, hours of operation, trail length and difficulty level, trail points of interest, host club and club contact numbers.

Once you get to the start point, sign the log and take a map and directions to enjoy a walk as invigorating or as relaxing as you choose. Go your own pace along the trail selected by the local club for its beauty, historical significance, points of interest, or simple walkability.

Most of the walks are free. You may choose to make a small donation to the host club, or read more about earning lifelong Achievement Awards by clicking here. If you choose to buy the IVV Record Books to record your walking achievements, then there is a small credit fee per walk of up to \$3.00.

Walk by yourself, with friends, with family, with your pet, or join the local club and meet new walking friends. Walk for exercise. Walk to tour new parks, towns and cities. Come join us for a Whole Different Kind of Walk.



***The American Volkssport Association Award Program for Youth and Adults Who Participate Together in Volkssports***  
**Purpose of the AVA Master Program:** The AVA Master Program encourages youth to

participate in volkssporting and encourages adults to mentor youth in the physical fitness aspect of the sport. The program recognizes adults and youth who participate together in volkssporting. Participants in the program may be families or youth groups. No previous experience is necessary, and all new volkssporters who sign up for the Master Program can receive guidance, if they desire, from local volkssporting clubs.

**Description:** The AVA will recognize adult/youth teams who participate together in at least 12 sanctioned volkssporting events for distance credit during a twelve month period. Adults earn the designation of "AVA Master Volkssporter." Youths earn the designation of "AVA Volkssporter." The award consists of a certificate for each team member and for the first year, a medal with a one-year pin attachment. Subsequent awards will be replacement year pin attachments indicating the number of years the award was earned. Youth, who cannot complete the distance on their own, receive a certificate only.

Girl Scouts who are registered with the GSUSA, may also earn an AVA/Girl Scouts Master patch for their uniform for completing this program ([see the award](#)).

The principal adult on the team fills out a registration form and obtains signed waivers from the parents for each youth on the team. The registration form and waivers, together with the appropriate fees are sent to the American Volkssport Association, which returns a team logbook to the principal adult. After completing each event, the IVV stamp used to show individual credit will also be used in this logbook to certify events accomplished for Master Program credit.

Registered teams must complete at least 12 sanctioned volkssporting distance events (walk, bike, ski) together during a twelve-month period. Any sanctioned YRE and special event is acceptable as long as all team members register and receive distance credit. Special considerations for physically challenged volkssporters are possible based on AVA rules. Teams that are new to the program who have already been doing

credited-volkssports together may use their individual IVV distance books to justify the award, as long as all the team members have AVA distance logs to show that the events were accomplished together for IVV distance during the twelve month period.

When the team completes their 12 sanctioned volkssporting events, they may return their logbook and receive in return the certificates and awards they have paid for. If walks were done prior to receiving the log book, send along copies of each individual's distance books or insert cards to show the credit stamp received for the walk that does not have a stamp in the log book.

### **The Rules of the AVA Master Program:**

- \* The persons listed in the Master Program (MP) logbook have agreed to walk, bike, or ski together 12 or more AVA-sanctioned events for distance during a twelve-month period.

- \* Teams will consist of at least one adult (over 18 when they apply) and at least one volkssporting youth. Youth who will be carried, pushed in strollers or other devices, or ride in a bike carry-seat can be included in the team as long as there is at least one volkssporting youth.

- \* All AVA-sanctioned year-round events (YRE) or regular events can be used. A YRE can be repeated on different days.

- \* All members of the team, except for the non-volkssporting youth, will register to receive distance credit for each activity.

- \* All team members must register and start together. While completing each event should be a goal, teams do not have to accomplish the entire length if any member is not physically able to do it.

- \* The team records in the log book the distance that all team members, except non-volkssporting youth, have completed. Tandem bicycles can be used as long as both riders have pedals.

- \* If a team member cannot participate in an event, the entire group may complete an extra event so that each member has done a minimum of 12. Extra events can be stamped in the log book anywhere space is available.



Amount submitted \$