

the ROADRUNNER



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2008 No. 4
Next Meeting April 15, 2008
7:00 p.m. at the Universal City Library,
100 Northview Dr., 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
Pat Gunter 210-479-0805
Secretary
Suzanne Markgraf 210-651-9378

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
Larry Cook 210-525-8900
Year-round Events, Universal City
Carlen Forinash 210-493-8543
Year-round Events, San Antonio
Tony Paulson 210-658-8324

rrvc44@yahoo.com

Club Website

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

Event Information

1-800-830-WALK

TVA Website

<http://walktexas.org/>

SW Regional Director

Heinz Johnson 830-980-5723
San Antonio, TX
swrd@gvyc.com

Renewal Time

The following membership renewals are currently due:
Rick & Monique Baysinger,
Diane Evans, Michael Murray,
Karen Walker, Suzy Krisak, Mary
& Larry McAllister, Susan
McAllister, Stella Morado-Cahue,
Luis Rodriques & Angelita
Espinoza, Janel Bacote, Mervin
Buss, Ramona Cain-Parent, Dorothy
& George Contreras, Art & Alma
Dominquez, Ben & Carol Killian,
Joan Lyman, Caroline Moody, Polly
Ruppert, Lisa & Claude Veale, Mike
Hermes and Irene Pantoja.

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.

Welcome New Members!

The Morgan Family	Boerne
A.G. Nicholson	San Antonio
Sandra Wilkinson	San Antonio

Kudos to the Following Volkssport Achievers:

(from TAW Feb./March events and distance)

Joan Lyman	1,150 events
John White	1,600 events
Mary Quandt	1,700 events
Jane Radigan	1,900 events
William Radigan	3,000 events
Margaret Ley	1,000 km
Ellen Ott	12,000 km
Bilita Vancleave	14,000 km

This info is being re-printed to include a walker who was left out of the March newsletter listing.

NEW MEETING PLACE & DATES:

The next RR club meeting will be held at the Universal City Library, 100 Northview Drive which is one block west of the AVA with the side of the library on Pat Booker Rd.

Meeting dates for the next 2 months are: 15 April, and 20 May.



Rick White directing at Mitchell Lake entrance

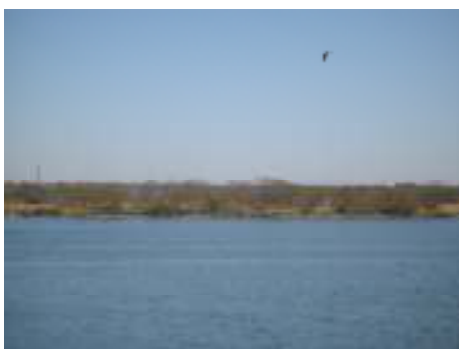


Darlene - Start table – Mitchell Lake walk



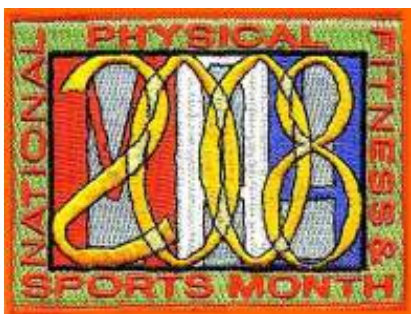
Start Point – Mitchell Lake walk – March 8 & 9





AVA Checkpoint Notes: National Physical Fitness & Sports Month

May is National Physical Fitness & Sports Month. If your club is hosting an event during May patches are available.



Changes to Starting Point 2008

With the help of Chris Mellen, the changes to the *Starting Point 2008* are now being posted to the web. Normally, the club would be required to send in the info but he went through the book and compared it to the web and has sent in a list of late starting seasonals and YREs that did not get in the book for one reason or another. Thanks Chris!

YRE/Seasonal Event Changes

When information for your event changes, remember that you need to update the event information that shows on the web. In addition, send the corrections to Linda@ava.org and she

will post them on the web page under the *Starting Point 2008* changes.

ENHANCING CUSTOMER SERVICE

The staff of AVA has been conducting meetings to come up with ways to enhance customer service. With such a small staff, all felt it was important for anyone in the office to be able to answer questions for other areas. Staff also felt that there should be some sort of method of feedback so those that are going beyond the norm to provide excellent customer service could be recognized.

With this in mind; cross training has begun for all staff every Wednesday morning. This will be a continuing process as people leave and new people come on board.

Comments to staff for excellent service are now being tracked. Staff members will be eligible for prizes and incentives based on accumulated service comments from customers, Regional Directors, clubs, and others. AVA management is asking that you help us provide incentives for excellent service by writing or emailing your customer service comments concerning any staff member to the Financial Director and Staff Supervisor, Candace Purcell. Her email address is candy@ava.org, or you may write to her attention at our normal mailing address. While we want good comments, part of providing customer service is also addressing the problems, so if your comments are concerning problems you have had please feel free to contact Candace concerning those also.

American Volkssport Association
1001 Pat Booker Road, Suite 101
Universal City, TX 78148



Pedernales Falls Wolf Mt. Trail walk
March 1 & 2



Robert & Suzanne Wolf Mt. Trail



Washes in Sun Protection

Applying sunscreen and covering up with a T-shirt may seem like complete sun protection, but did you know you're not really shielding yourself from the damaging rays of the sun? Well, protecting the entire family from the sun's harmful UV rays has just become easier. By simply adding SunGuard to your laundry, you can transform everyday clothing into sun protective gear with a UPF protection of 30.

SunGuard works by washing an invisible shield into clothing that helps block more than 96% of the sun's harmful rays from reaching your skin. With the active ingredient TINOSORB® FD, a UV protectant from Ciba Specialty Chemicals, SunGuard can boost the UPF protection of a white cotton T-shirt from UPF 5 to UPF 30.

And, SunGuard is so easy to use! Add one package of SunGuard to a warm or hot water laundry load along with laundry detergent and you wash in skin protection for up to 20 washings. SunGuard won't change the color or comfort of clothing and is safe for even the most sensitive skin.

SunGuard has been featured on Good Morning America and The Today Show and is endorsed by leading dermatologists. SunGuard also has received the Good Housekeeping Seal

of Approval as well as the Skin Cancer Foundation's Seal of Recommendation.



Coming Texas Events:

4/5/2008 - 4/5/2008 - Walk
Event Number: 77891 10K & 5K
Start: Metro Grill 4425 North Central Expressway
Event City: Dallas
Host Club: Dallas Trekkers, Inc.
Event Website:
<http://www.dallastrekkers.org>
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
.7102 Abrams Road
Dallas, TX 752315722
Contact: Lesley Bowen, (214) 732 - 6725
E-Mail: lesleybowen@aol.com
Club Website:
www.dallastrekkers.org/

4/5/2008 - 4/5/2008 - Walk
Event Number: 80373 10K
Start: Medina River Park Office
15890 State HWY 16 S.
Event City: San Antonio
Host Club: Selma Pathfinders
Event Website:
<http://www.geocities.com/Yosemite/Gorge/8195/>
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
PO Box 700946
San Antonio, TX 78270-0946
Contact: Phyllis Eagan, (210) 496 - 1402
E-Mail: papre1947@yahoo.com
Club Website:
www.geocities.com/Yosemite/Gorge/8195

4/12/2008 - 4/12/2008 - Walk
Event Number: 80143 10K
Start: Bobcat Soccer Complex
1101 Academy Dr.
Event City: San Marcos
Host Club: San Marcos River Walkers
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:

100 E. Laurel Lane
San Marcos, Texas 78666
Contact: Barbara Piersol, (512) 396 - 4463
E-Mail: bpiersol@grandecom.net

4/12/2008 - 4/12/2008 - Walk
Event Number: 77864 5K & 11K
Start: Mission Tejas State Park
Event City: Weches
Host Club: East Texas Trekkers
Event Website:
www.walktx.org/EastTexasTrekkers/2008/MissionTejas_4-12.pdf
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.Walktx.org/EastTexasTrekkers/

4/19/2008 - 4/19/2008 - Walk
Event Number: 80140 10K
Start: Medical Department Museum,
Ft. Sam Houston, San Antonio, TX
Event City: San Antonio
Host Club: HQ U.S. Army Medical Command
Event Website:
www.walktx.org/TexasWanderers
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
102 Wildridge Trail
Universal City, TX 78148
Contact: Gerald Kamicka, (210) 658 - 2160
E-Mail: GeraldK726@aol.com
Club Website:
www.walktx.org/TexasWanderers

4/19/2008 - 4/19/2008 - Walk
Event Number: 80446 10K
Start: Texas Baptist Historical Center-Museum
Event City: Brenham
Host Club: Houston Happy Hikers
Event Website:
houstonhappyhikers.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
P. O. Box 101, Orchard, TX 77464
Contact: Catherine Kellner, (979) 478 - 6203
E-Mail: hhhpresident@houstonhappyhikers.org
Club Website:
www.houstonhappyhikers.org/
4/19/2008 - 4/19/2008 - Walk

Event Number: 80371 5K & 10K
Start: Confederate Park
Event City: Belton
Host Club: Trotting Texas Turtles
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
712 Ridge Street
Copperas Cove, TX 765223137
Contact: Karl/Beverly Kittinger, (254) 547-1403
E-Mail: walkabout@hotmail.com
Club Website:
www.walktx.org/ttt2.html

4/20/2008 - 4/20/2008 - Walk
Event Number: 80346 5K & 10K
Start: Lake Cliff Park
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:
1134 Thistle Dr., Mesquite, TX 75149
Contact: David Sheppard, (972) 285 - 8102
E-Mail: dahv@earthlink.net
Club Website:
www.dallastrekkers.org/

4/26/2008 - 4/26/2008 - Walk
Event Number: 79451 10K & 5K
Start: Russell Creek Park/Trail
Event City: Plano
Host Club: Plano Walking Club
Event Website:
walktx.org/planowalkingclub
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
2801 Royal Troon Drive
Plano, TX 75025
Contact: Ross Wheeler, (972) 612 - 8129
E-Mail: Wheeler.Ross@yahoo.com
Club Website:
www.walktx.org/planowalkingclub

4/26/2008 - 4/27/2008 - Walk
Event Number: 80244 5K & 10K
Start: J Snell Building, 1050 E. 11th Street
Event City: Austin
Host Club: Colorado River Walkers
Event Website:
www.coloradoriverwalkers.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
3109 Rogge Lane, Austin, TX 78723
Contact: Carol Obianwu, (512) 928 - 9301

www.coloradoriverwalkers.org/

If anyone is interested in carpooling to any of the walks or meetings, please contact David Toth, 521-8684, or E-mail dntoth@scbglobal.net. It's never too early to start planning for the Dallas AVA convention in 2009!

Universal City TX 78148-1744

RANDOLPH ROADRUNNERS APPLICATION			
PO Box 2744, Universal City TX 78148-1744			
Please check applicable box(es):			
<input type="checkbox"/> Renewal	<input type="checkbox"/> New Member	<input type="checkbox"/> Family member(s) included (see instructions below)	DATE _____
Name _____		NEW MEMBER FEE:	\$4.00 for 1 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
City _____ State _____ Zip Code _____		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.	
Telephone number _____			
E-mail address _____		AVA Volkssport Associate	Yes / No
Family members _____		Eager to serve as club officer _____	committee chair _____
Amount submitted \$ _____			