



## Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2011 No. 6  
Next Meeting – June 21, 2011  
7:00 p.m., Universal City Library  
100 Northview Drive, 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**

Pat Roberts 210-657-5814

**Treasurer**

Pat Gunter 210-479-0805

**Secretary** YOUR NAME HERE!

**Committee Chairs**

**Membership**

Nancy Paulson 210-658-8324

**Programs & Publicity**

Ellen Ott 210-525-8574

**Event Flyers**

Liz LeVan 210-492-1778

**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**

Pat Gunter 210-479-0805

**Year-round Events, Schertz**

Tony Paulson 210-658-8324

**Year-round Events, San Antonio**

Carlen Forinash 210-493-8543

**Seasonal Events, Abilene**

Joanne Forinash 210-493-8543

**Club Website**

[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**AVA Website**

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

**TVA Website**

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

**SW Regional Director**

Heinz Johnson 830-980-5723

San Antonio, TX

[swrd@gvwc.com](mailto:swrd@gvwc.com)

### Renewal Time

The following membership renewals are currently due: **Dr. Sean Habina, Gerda Van Impelen, Mervin Buss, The Lindsey family, Michael & Carolyn Travis, Sandra Wilkinson, Pam Adams, David Davis, Chen Fang, Barbara Harder, Myrna Marcucci, Irma Obregon, Miguel Perez, Suzanne Salinas, Nicole Timm, Coleen Young, Cathleen & Rob Patterson, Mary Ellen Watters, Dodd family, Eleanor Garcia, David Geary, Lois Kight, Dina LaPorta, Maeve Reddin, Sharron Stewart, Stokes family, Bill Tabb, Viki Trautman, and Margie Youngblood**. Please send in your renewal fees now. We value your membership. To renew your membership, fill out the renewal application attached or print one from the following website address: [www.RandolphRoadrunners.info](http://www.RandolphRoadrunners.info) and send it with your fees to Nancy Paulson c/o the club address.



### Tales from the Trails

*Submitted by Pat Gunter*

WATKINS GLEN, NEW YORK

This is one of the best walks I can remember, set in the beautiful Finger Lakes area of upstate New York. Registration is at the Castle Grisch Estate Winery, which was very scenic with wonderful hosts. When my husband and I visited last year, the folks at the winery gave us a tour and made us very welcome, so of course we came away with several bottles of wine. We then had to drive to the start point in Watkins Glen village, just a couple of miles away, but quite picturesque. The

walk goes through the village and then to Watkins Glen State Park, which is the most famous of the state parks in the area, with good cause. This was a spectacular walk climbing up over 800 steps and almost two miles through the glen, between 200 ft. cliffs. The trail was on the rim of the gorge, and along the way we passed 19 waterfalls, each one just as beautiful as the next. At the top of the glen we decided that we would not walk back down, since the waterfalls do make the trails quite slippery, and we joined all the other hikers on the bus provided by the state park back to the park entrance.

### From the Desk of the Pres.- The RR club needs a Secretary!

If you can carve out 2 hours a month from your busy schedule, you can fill the job! Contact Ellen if you have any questions or want more info about this position.

The next RR club meeting will be held at the Universal City Library, 100 Northview Drive 6/21/11 at 7:00 P.M.

Please turn in your distance/event books to the AVA office when completed. A lot of new walker packets have been sold, but books are not being completed or turned in.

A huge "Thank You" to Alan Mick for his many years of producing great flyers for the RR's. Alan has stepped down and RR member, Liz LeVan has volunteered to do our event flyers in the future.

ALSO, THERE WILL NOT BE JULY NEWSLETTER PUBLISHED.

### F.Y.I. - Comanche Seasonal Event opening soon

**From:** [walk.texas](http://walk.texas)

**Date:** 5/21/2011 6:05:13 PM

**To:** [walklist@yahoo.com](mailto:walklist@yahoo.com)

**Subject:** [walklist] (TX) Comanche Seasonal Event opening soon  
I had Carol and Ed take my set of directions and try to walk the route. We

found some errors and some things that could just be improved, so I will be re-working the instructions. Here are some more teaser pictures.

<http://2011.walktx.org/Comanche/index.html>

Great pictures if anyone is up that way!

Ellen

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

(From TAW - Events and Distance Awards) June/July:

Joanne Forinash	1,200 events
Martin Callahan	1,450 events
Ellen Ott	1,500 events
Rick White	2,300 events
Joanne Forinash	12,000 km



### **King William/Beethoven Event**

We had 185 walkers—even though it was a little warm!

Many thanks to our loyal workers:

Ellen Ott, Larry Cook, Totsy Miller, Suzy and Cliff Krisak, Bill Radigan, Mike Hermes, Herb Laing, Bilita and Don VanCleave, Randy Baker and Margie Kent, Carol Shaner, Diane Duesterhoeft, Rick White, Pat Roberts, Joanne and Carlen Forinash, Heinz and Priscilla Johnson.

A great walk, great company, good food and good music... what more can you ask for! Thanks again to all our hard-working volunteers!

Nancy & Tony Paulson



**Fun, Fitness, Friendship**

### **AVA CHECKPOINT NEWS—TAW Deadline**

Deadline for the August / September issue of *The American Wanderer* is June 25. All articles and photographs should be submitted directly to Laurel

Parrott, Editor [taw@bhi.com](mailto:taw@bhi.com) or 3526 Humboldt Ave. N., Minneapolis, MN 55412. Be sure to include "TAW" in the subject line of the email. Please send advertising agreements and advertisements to Linda Rebmann [Linda@ava.org](mailto:Linda@ava.org).

### **Convention Items by Susan Pinneke, Convention Chair**

#### **Cow Races**

One activity that occurs with every convention is NEC fund raising. For this convention, we are using a cow race theme for this fund raising activity. Each member of the NEC created a unique cow to race against all the other NEC cows. You can visit the herd on our web site ([www.ava.org](http://www.ava.org), click on the 2011 AVA Convention link, then "Meet the Herd" link). Your donations will move the cows along the track. The two top finishing cows will be Suzy Belle's special guests at the Barn Dance held on Thursday, June 23. The four lowest finishing cows will need to work for their supper that night. They will don hair nets and aprons as they serve us our 3-piece chicken dinner. To make a donation to power the cow of your choice along the track, please send it to: Susan Pinneke, 221 Prospect Ave, West Des Moines, IA 50265 or give it to the cow's owner.

Please make the check out to 17<sup>th</sup> Biennial AVA Convention, note that it is for the cow races; this will insure proper crediting of your donation. I'm sure you will be hearing more about this from your regional directors as they work to avoid the hair net.

### **Join The "Cow Belles" and Help Support AVA**

Paula Crist-Pickett is a national associate member of AVA. She is hand making everything and selling Cow Hats, Hat Bands and Bandanas to encourage *Team Spirit* for the upcoming AVA Convention. Paula is donating a large portion of the sales to the AVA Convention / AVA. If you would like to help out, an order form has been included with the May *Checkpoint* issue on the AVA website. If you have any questions please email [geldas@earthlink.net](mailto:geldas@earthlink.net).

**IVV Liaison - Hans Dieter Fuhr**  
Headquarters is currently sold out of the

2011 IVV Calendar of Events books. We have had many folks call our office needing assistance in finding events during their European travel plans. The best person we can refer you and your friends to is Hans Dieter Fuhr, IVV Liaison. Hans recently sent his new / alternate email address [hdf1940@googlemail.com](mailto:hdf1940@googlemail.com). You may also use [hans-d.fuhr@t-online.de](mailto:hans-d.fuhr@t-online.de).

### **Volkswalking "Off the Beaten Path" Marketing Video**

Many of you have requested use of the beautiful video prepared for AVA friends like Dick Baker, by Kaiser Permanente a large health care provider in the Northwest and Colorado area. The video is featured on *Every Body Walk* web site <http://everybodywalk.org/films/volkswalking-off-the-beaten-path> as *Volkswalking "Off the Beaten Path"*. The AVA webmaster and AVA Clubs have been granted permission to use this video found on *You Tube* at <http://www.youtube.com/watch?v=hISCd4v-ng> as a marketing aide and opportunity for growth. Many familiar smiling faces are featured on this video, along with a positive message about our wonderful organization, and our AVA family. If you have general comments please direct them to [Linda@ava.org](mailto:Linda@ava.org) and I will forward them to the folks involved.



Martin Callahan, Indie & Andy Thomas at Salado Creek trailhead.



Carlen & Joanne Forinash on the Salado Creek Greenway walk Morningstar Boardwalk.





Audrey & Taylor Vertucci at the start of the Morningstar Boardwalk - Salado Creek Greenway walk.



Tom & Linda Elms, Indie, John & Tina Bohnert & their son Jeff Nipper with Livvy-Medical Foundation Trails Walk



Priscilla & Heinz Johnson at the start/finish table in Martha's Restaurant, Medical Foundation Trails walk



Carol Shaner & Blanca Betancourt at the trailhead start for Medical Foundation 2.2 mile long loop.

### Coming Texas Events:

6/4/2011 - 6/4/2011 - Walk  
**Event Number:** 89813 10km/5km  
**Start:** Joshua Springs Park & Reserve  
**Event City:** Comfort - Joshua Springs Park & Preserve Walk

**Host Club:** Hill Country Volkssportverein  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
 P O Box 822, Comfort, TX 78013  
**Contact:** John Bohnert, (830) 995 - 2421  
**E-Mail:** [txtrailhead@gmail.com](mailto:txtrailhead@gmail.com)  
**Club Website:**  
[web.me.com/txtrailhead/GG/Comfort.html](http://web.me.com/txtrailhead/GG/Comfort.html)

6/11/2011 - 6/11/2011 - Walk  
**Event Number:** 89601 10km/5km  
**Start:** Taco Cabana #251  
**Event City:** San Antonio - Sunrise Event  
**Host Club:** Randolph Roadrunners  
**Event Website:**  
[www.randolphroadrunners.info](http://www.randolphroadrunners.info)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
 11906 Pepperidge Cove  
 San Antonio, Tx 78213  
**Contact:** Ellen Ott, (210) 723 - 8574  
**E-Mail:** [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)  
**Club Website:**  
[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

7/16/2011 - 7/16/2011 - Walk  
**Event Number:** 90013 10km/5km  
**Start:** Oak Point Park  
**Event City:** Plano  
**Host Club:** Plano Walking Club  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
 4221 Whistler Dr  
 Plano, TX 75093  
**Contact:** Margaret "Maggie" Cole, (469) 233 - 0161  
**E-Mail:** [maggiec01@verizon.net](mailto:maggiec01@verizon.net)  
**Club Website:**  
[www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)

8/20/2011 - 8/21/2011 - Walk  
**Event Number:** 89876 10km/5km  
**Start:** Big Springs Ranch for Children @ Ed Brune High School  
**Event City:** Leakey - Walk the Hills with BTCO #2  
**Host Club:** BTC Oddsports Club  
**Event Website:**  
[faculty.sulross.edu/cbaulch](http://faculty.sulross.edu/cbaulch)  
**More Details:** [Click here for directions, ratings, etc.](#)

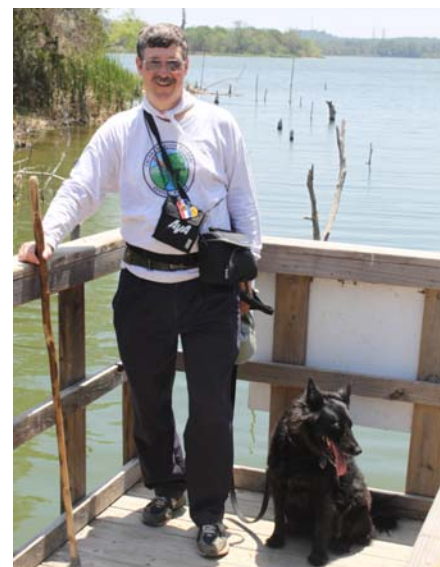
**Write for more information to:**  
 6438 Hill Creek Dr  
 San Antonio, TX 78256  
**Contact:** Clay Baulch, (210) 204 - 9301

**E-Mail:** [btco@satx.rr.com](mailto:btco@satx.rr.com)  
**Club Website:**  
[faculty.sulross.edu/cbaulch/index\\_files/Page615.htm](http://faculty.sulross.edu/cbaulch/index_files/Page615.htm)

8/20/2011 - 8/21/2011 - Walk  
**Event Number:** 89875 10km/5km  
**Start:** Big Springs Ranch for Children @ Ed Brune High School  
**Event City:** Leakey - Walk the Hills with BTCO #1  
**Host Club:** BTC Oddsports Club  
**Event Website:**  
[faculty.sulross.edu/cbaulch](http://faculty.sulross.edu/cbaulch)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
 6438 Hill Creek Dr.  
 San Antonio, TX 78256  
**Contact:** Clay Baulch, (210) 204 - 9301  
**E-Mail:** [btco@satx.rr.com](mailto:btco@satx.rr.com)  
**Club Website:**  
[faculty.sulross.edu/cbaulch/index\\_files/Page615.htm](http://faculty.sulross.edu/cbaulch/index_files/Page615.htm)



Left to right, Clara Plizga, Darlene Oner, Ellen Ott & Pat Gunter take a break after Lake Bastrop walk.



Martin Callahan & Indie on an observation deck-Lake Bastrop walk

\*ALL PHOTOS ARE COURTESY OF MARTIN CALLAHAN



*Reuben Knape & Indie - Lake Bastrop walk.*



*Bilita & Don VanCleave - Lake Bastrop walk.*



*South Shore Park - Lake Bastrop walk.*

**RANDOLPH ROADRUNNERS**  
 PO Box 2744  
 Universal City TX **78148-174**

**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 \_\_\_\_\_

Address \_\_\_\_\_ Apt No. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Telephone number \_\_\_\_\_

E-mail address \_\_\_\_\_

Family members \_\_\_\_\_

Amount submitted \$ \_\_\_\_\_

**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.  
 Or - Lifetime Membership Fee: \$30.00 each individual

**RENEWAL FEE:** \$4.00 for one year  
 \$10.00 for three years (or \$30 for Individual Lifetime Membership fee)  
 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.

AVA Volkssport Associate      Yes / No

Eager to serve as club officer \_\_\_\_\_ committee chair \_\_\_\_\_