



Volume 2013 – April No. 4
 Next Meeting – April 16, 2013
 U.C. Public Library - 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
Anne White 210-281-5865

Committee Chairs

Membership
Nancy Paulson 210-658-8324
Programs & Publicity
Ellen Ott 210-525-8574
Sales
Joanne Forinash 210-493-8543
Webmaster & Event Flyers
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
Ellen Ott 210-525-8574
Year-round Event, Leon Creek
Bill Radigan 210-882-8528
Year-round Event, DeZavala Daily Bread
Jackie Morris 210-558-7231

Club Website

www.randolphroadrunners.info

AVA Website

www.ava.org

TVA Website

www.walktexas.org

SW Regional Director

Bill Hamilton 830-285-7062
 Houston, TX
sw_rd@ava.org

Renewal Time

The following membership renewals are currently due: **Leon & Liz LeVan, Preciliana Cabral, Jacqueline Morris, Beverly Ahrens, Christine Anderson, Elnore Decker, Adrienne Hacker, Rachel Lored, Bill & Pat Marcus, Pat & Laverne Middleswart, The Ryals family, Jim Speights, Ann & Jen Angell, Dan & Jean Brock, Ruth Hemmi, Irma Obregon and Chris & Darby Riley.** 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 and send it with your fees to Nancy Paulson c/o the club address.



Doug Eide & Rusty, Edwin Brister, Barbara Piersol & Jazzy and Marilyn Brister at Monticello walk. Photo courtesy of Martin Callahan.

Monticello Historical District Walk 3/16/13

We had approximately 174 walkers come out and enjoy the beautiful weather at the walk event on March 16th. A BIG "Thank You" to all the volunteers who worked this event: Joanne & Carlen Forinash, Bill Radigan, Pat Roberts, Pat Gunter, Darlene Oner, Tony & Nancy Paulson, Caryl Swann, Carol Shaner, Rick White, James Lytle, Jackie Morris, Janis Witt, Randy & Margie, Heinz & Priscilla, Diane Duesterhoeft, Larry Cook, and Mike Hermes.

Ellen Ott

Welcome New RR Members!

The following folks have become members of the RRs as of 1/1/13:

Ofelia Garcia	San Antonio
The Martin family	Hondo
John & Carol Glass	Cibola
Jack & Susan Jeter	San Antonio
Minerva Regalado	Bastrop
Janis Witt	San Antonio
Pari Dean	San Antonio
Susan Alton	San Antonio
Colleen Freeman	San Antonio
Lucy Poludniak	San Antonio
Teresa Ybarra	San Antonio
Edna Kitchen	San Antonio
Virginia Valenzuela	San Antonio
Don & Geri Kraft	Schertz
Diane & Wesley Bair	Leming
Narendra & B.P. Agrawal	San Antonio
Anna Barton	San Antonio
Shauna McGoon	San Antonio
Frank Giesham	Cibola
John Mason	New Braunfels
Chris Koval & Julie Caleb	San Antonio
Linda & Sean Kook	San Antonio
Melinda Travis	Adkins
John & Helen Murphy	San Antonio
Tiger Davila	Adkins
Mario & Barbara Medina	San Antonio
The Aguayo family	San Antonio

Kudos to the following walkers (taken from Feb/Mar TAW):

EVENTS:
 30 & 50 events John Ives
 50 - events Susan Ives
 150 - events Susan Alton
 225 - events Doug Eide
 600 - events Patricia Heller
 2400 - events Rick White
 2900 - events Darlene Oner
 3500 - events Pat Gunter

DISTANCE:

500 km	Susan Ives
500 km	John Ives
1,500 km	Susan Alton
15,000 km	Joanne Forinash

And congrats to our RR club member, Bill Radigan who is now a charter member of the MyStride million step challenge club!



From the Desk of the Pres-

We anticipate that the next RR club meeting will be held at the Universal City Public Library, Universal City at 7 pm on Tuesday, April 16. Check your email for any updates.



On 9 March 2013 James and Rozy Weatherby from Oregon were the first folks to finish the OST AVA special program. Who said it couldn't be done!

Becky Bliss, started GoPLAY Girls which is an organization that provides opportunities for girls in sports and fitness. The group presently has 75 members mostly in the Converse/Cibolo/Schertz area. The membership fee for each girl is \$25 a year. The group is collecting gently used sneakers and tennis shoes. If any of the volkssporters have a donation they can bring it to Comfort walk event and leave it at the finish table or contact Ellen Ott. Our King William/Beethoven event may be a great walk for these girls!

F.Y.I. - Two special club programs:

Birds & Beasts – walk in a town or by a named geographical site on a walk route that contains the name of a bird or a beast for 24 events.

Sticks & Stones – walk 10 events that have names with wood and/or stones i.e., Round Rock.

Obtain info and/or book from:

Turnaround Trekkers
PO Box 222, Hammond, OR 97121.

Ellen Ott, Pres.



Sand Sculpture greeting visitors to Topsail Hill Preserve State Park, Florida

Tales from the Trails

Florida Trails: By Ted Cieslak

For those of you contemplating an automobile excursion to this year's AVA Biennial Convention, I've done you the favor of reconnoitering the route. My opportunity to do so came courtesy of my 16-year-old daughter's Spring Break, which I (in a moment of weakness) promised her we could spend at a cousin's condo in Destin, Florida. Of course, her best friend had to accompany us; as a Pediatrician, I can attest to the fact that teenagers nearly always travel in packs. After thus driving 800 miles with two of these creatures, my advice is—don't. Although I must say that the omnipresent iPads, iPods, and cell phones kept them relatively quiet as they whittled away the hours texting each other from opposite sides of the back seat.

Nonetheless, by the time we got to Florida, I was ready for some peace and quiet. Knowing that the girls would certainly rather forego Volksmarching in favor of lying on the beach; I set out in search of a Sunday walk that would provide solitude and serenity. The new YRE at Topsail Hill Preserve State Park, a dozen or so miles east of Destin, did not disappoint. One of my new favorites, the trail at Topsail Hill winds through long leaf and sand pine scrub 'forests' as well as wetlands and dune communities before emptying out onto one of the best-kept secrets of the Florida Gulf Coast—a lengthy stretch of pristine white-sand beach that I had nearly to myself (despite the Spring Break mobs crowding most of Florida) for the 4+ kilometers of trail that returns one to the campgrounds and start point. In fact, the route was so enjoyable that, despite a plethora of YREs in the vicinity, I opted to walk the same trail

on two additional occasions over the course of the week.

The following morning, however, I chose to try the walk through Fort Walton Beach. On the only day with less-than-beautiful weather, I managed to finish just ahead of the rain. The walk's first mile meanders through pleasant Ferry Park before traversing a quiet neighborhood en route to one of America's more interesting McDonald's restaurants. Having begun my 'career' with McD's when I was my daughter's age; I reminisced over items housed in their in-store museum of memorabilia. Paper grill cook's hats, 15-cent cheeseburger wrappers, and the earliest Happy Meal toys all brought back (mostly good) memories. The route then passes some interesting little museums and quaint shops in the 'old' section of FWB before returning to the start via a lengthy segment along Choctawhatchee Bay.

The sun returned on Tuesday and I was able to talk my wife, Barb (a newcomer to Volksmarching), and cousin, Binky, into accompanying me the 40-or-so miles to Defuniak Springs FL. The town was established as a resort of the Chautauqua Movement and the streets and pathways of this planned community form concentric circles around natural spring-fed Lake Defuniak. The YRE takes one first on a path around the shore and provides an opportunity to enjoy the many ducks and geese that frequent the area. It then moves on to the second circle, one of Victorian homes on Circle Drive. Then finally onto the third circle of modest, but interesting, homes on Crescent Drive.

Over the next few days, we managed to squeeze a few more excursions to Topsail Hill in among the beachcombing, as well as the excursions to seafood emporiums and microbreweries. Alas, on Friday, our winter-Floridian cousins had to return to the snows of their hometown of Erie PA and we decided to make our return trip to Texas a little more leisurely than that of the previous weekend. A two-night stay at a cabin in Louisiana afforded one last opportunity to walk. This time, I chose the Baton Rouge YRE. The walk, curiously hosted by the Virginia Vagabonds (many thanks to them for

taking over responsibility for the event and preserving our ability to snag a key State Capital), meanders through beautiful antebellum neighborhoods and returns along the Mississippi River levees. Luckily, I chose to walk early on a Saturday morning and was rewarded with the experience of a bustling Farmer's Market boasting wide panoply of Cajun and Creole delights. Sadly, since I passed through the market during the early portion of the trail and didn't want to carry pots of gumbo and crawfish for another 8 kilometers, I had to limit my purchases to those I could consume on the spot. But now I have a good excuse to go back next year, this time with a backpack.



18th AVA Biennial Convention

Silent Auction: F.Y.I. - to support the AVA convention, Pat Gunter has put together \$100 worth of gift cards as an auction item donation from the RR club.



Next NEC XVII Meeting

The next NEC XVII meeting will be held on Tuesday, April 30, 2013, at 1:30 to 3:30 p.m. at the 18th AVA Biennial Convention in Orlando, Florida.

TAW Deadline

The deadline for the June/July issue of *The American Wanderer* is April 25, 2013. All articles and photographs should be emailed directly to Laurel Parrott, Editor taw@bhi.com or mailed to: 3526 Humboldt Ave. N., Minneapolis, MN 55412. Be sure to include "TAW" in the subject line if emailing. Please keep all articles to no longer than 500 words.

Special thanks to our sponsor Yamax and to our three partners for their continued support!



Coming Texas Events:

4/6/2013 - 4/6/2013 - Walk

Event Number: 95640 10 km/5 km

Start: Post Oak Pavilion-Mercer Arboretum and Botanic Gardens

Event City: Humble - Mercer Arboretum and Botanic Gardens

Host Club: Houston Happy Hikers

Event Website: **Error! Hyperlink reference not valid.**

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

Write for more information to:

P. O. Box 101, Orchard, Texas

Contact: Catherine Kellner, (979) 478 - 6203

E-Mail: ckellner@twlt.net

Club Website:

www.houstonhappyhikers.com

4/6/2013 - 4/6/2013 - Walk

Event Number: 95770 10 km/5 km

Start: Somerset American Legion Post 443

Event City: Somerset - Somerset Discovers Oil!

Host Club: Selma Pathfinders

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

Write for more information to:

11913 Flametree Cove

San Antonio, Tx 78213

Contact: Rose Foerster, (210) 213 - 5230

E-Mail: papre1947@yahoo.com

Club Website:

www.selmapathfinders.com

4/6/2013 - 4/6/2013 - Walk

Event Number: 95609 10 km/5 km

Start: Brady's Coffee Shop

Event City: Tyler - Tyler Azalea Festival

Host Club: East Texas Trekkers

Event Website:

www.WalkTexas.org/EastTexasTrekkers

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

Write for more information to:

2334 Saharah

Garland, Tx 75044

Contact: Helen Hull, (972) 530 - 1026

E-Mail: helenthehun@yahoo.com

Club Website:

www.Walktx.org/EastTexasTrekkers/

4/13/2013 - 4/13/2013 - Walk

Event Number: 95531 10 km/5 km

Start: Bonham State Park

Event City: Bonham - Bonham State Park

Host Club: Plano Walking Club

Event Website:

www.walktx.org/planowalkingclub

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

Club Website:

www.walktx.org/planowalkingclub

4/13/2013 - 4/13/2013 - Walk

Event Number : 95388 10 km/5 km

Start : Bonham Visitor Center

Event City: Bonham - Historic

Host Club : Dallas Trekkers, Inc.

Event Website:

www.DallasTrekkers.org

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

Write for more information to:

2334 Saharah, Garland, Tx 75044

Contact : Helen Hull, (972) 530 - 1026

E-Mail: helenthehun@yahoo.com

Club Website: www.dallastrekkers.org

4/13/2013 - 4/14/2013 - Walk

Event Number : 95649 10 km/5 km

Start : Wimberley Community Center, 14068 Ranch Road 12, Turn up the hill from the traffic light at Ozona Bank

Event City: Wimberley

Host Club : NB Marsch-und

Wandergruppe

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

Write for more information to:

746 Shady Hollow

New Braunfels, TX 78132

Contact : Marlin Brendsel, (830) 226 - 7035

E-Mail: mbrendsel@hotmail.com

Club Website:

www.muw.walktexas.org

4/20/2013 - 4/20/2013 - Walk

Event Number : 95528 11 km/6 km

Start : U. S. Army Medical Command Museum, Ft. Sam Houston

Event City: San Antonio - Caminada de Fiesta

Host Club : Texas Wanderers

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



Janis Witt & Carlen Forinash working the Del Webb Finish table.



Martin Callahan & Indie at the Del Webb walk.

*Photos courtesy of Martin Callahan.

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 _____

Address _____

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.

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.

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

AVA Volkssport Associate Yes No

Eager to serve as club officer _____ or committee chair _____