



## Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2014 – August, 2014 No. 8  
 Next Meeting – September 16, 2014  
 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 210-723-8574  
*Vice President*  
 Susan Medlin 210-325-3523  
*Treasurer*  
 Pat Gunter 210-479-0805  
*Secretary*  
 Pat Roberts 210-657-5814

### *Committee Chairs*

*Membership*  
 Nancy Paulson 210-658-8324  
*Programs & Publicity*  
 Ellen Ott 210-723-8574  
*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 Event, DeZavala Daily Bread*  
*Year-round Event, Junction*  
*Year-round Events, San Antonio*  
 Ellen Ott 210-723-8574  
*Year-round Event, Leon Creek*  
 Bill Radigan 210-882-8527  
*Year-round Events, Schertz*  
 Tony Paulson 210-658-8324

### *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*

Joanne Forinash 210-493-8543  
[sw\\_rd@ava.org](mailto:sw_rd@ava.org)

## Renewal Time

The following membership renewals are currently due:  
**Narendra & B.P. Agrawal, the Aguayo family, Diane & Wesley Bair, Anna Barton, Tiger Davila, Colleen Freeman, Edna Kitchen, Chris & Julie Koval/Caleb, John Mason, Shauna McGoon, Mario & Barbara Medina, John & Helen Murphy, Lucy Poludniak, Lesley Rubin, Melinda Travis, Virginia Valenzuela, Teresa Ybarra, Beverly Patton, Maeve Reddin, Kathy Crane, Shelia & Robert Fleming, Al & Gloria Mick, Bert Pickell, Julia Way, Robert & Diana Adelman, Margaret Carrasco, Nicole Davis & Payton Storey, Marsha LaFleur, David & Wilma Reyes and Angela Segraves.** 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.

## Welcome new member!

Kim Grossett San Antonio

## From the Desk of the RR Pres-

A special program featuring the works of San Antonio architectural sculptor Hannibal Pianta will be held on **Tuesday, 19 August 2014 (our regular meeting night)** at the Universal City Library at **6 pm**. Dinner will be served and there will be no business meeting. All Roadrunners are encouraged to attend. The program will be presented by Charlotte Kahl, Chair of OST 100. (RSVP to Ellen if you are planning to attend so that we will have enough food. 210-723-8574)

Until further notice, the next RR club meeting will be held at the Universal City Public Library, Universal City with

a meet and greet at 6:30 and meeting at 7 pm on Tuesday, September 16, 2014.

Books sales ended 12/31/2013 for America's Baseball, Grist Mills, and Walking America's Trails. You can redeem completed books to POC by 12/31/2014 for award.

New special programs that will start in January 2015 are: Amphitheatres, Animal Safari, Boardwalks, Louisiana Purchase, Food for Thought and Volcanoes. The POC will be listed on the AVA website under year around events or in The American Wanderer.

### Upcoming RR walks:

Mark your calendars for the following RR walks:  
 August 9 – Taco Cabana Stone Oak (new route), start window: 6:30 – 8:30

Saturday, 6 September, the RR's will feature the Junction YRE, Kimble County. The Llano State Park walk is about 5 miles down the road from the Junction start so you may want to take in both walks while in that area. Ellen and Mike will be staffing the start table. We don't want to be lonesome so I hope some folks will walk in this beautiful and historical area.

Call Ellen 210-723-8574 or email [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net) if you can volunteer to work at any event.

*Ellen*



## Sunrise Taco Cabana Walk 7/12/14

In San Antonio at 6:15 am, the weather just, was!

Good food, 95 great walkers and scenic neighborhoods!

“Thank you” to all our volunteers who worked this Sunrise event again this year:

Mike Hermes, Bill Radigan, Pat Gunter, Darlene Oner, Susan Medlin, Carol Shaner, Rick White, Jack Jeter, Susan & John Ives, Audrey Vertucci, Suzanne Markgraf, Pat Roberts, Diana Battan & Ellen Ott.

Thank you all for adding more sunshine to our SunRise walk!

## ***Tales From The Trails*** **Wild West Adventure**

*By: Susan Medlin*

My friend Susan Alton and I had a wonderful trip through the west. We left Friday evening on 13 June, headed to Ft. Stockton for the night. A storm was coming in and the lightning display was impressive. The rain arrived just before we reached our hotel, but we were able to dash into our hotel room. The next day we drove to Phoenix, and spent the night with her aunt and uncle.



On 15 June we did the 5 km capital Encanto Park walk in Phoenix. It starts at a golf course clubhouse beside a lovely park. For folks who want to do a capital walk that starts early and avoids the downtown rush hour, this is the walk to do.

Then it was off to Las Vegas for a late lunch with Susan's in-laws. We pressed on (Nevada is boring to drive through) and made it to tiny Tonopah for the night. I bounced up and down on the bed as we watched the Spurs win the 2014 NBA championship on a grainy TV. Go Spurs Go!

On Monday we did a very nice 5 km capital walk in Carson City, NV. It's a lovely town with beautiful older homes and lots of lovely landscaping.

We drove on to Stockton, CA for the night, taking the route through South Lake Tahoe. It was a welcome sight after all the desert driving. We spent the night with Susan's aunt, and then drove to Sacramento on Tuesday for the 5 km capital walk. It had a bad start; along a busy freeway entrance ramp and up an overpass over the railroad yards, but once we got to the Amtrak station the walk improved.



Afterwards we drove to Oregon to spend the night with Susan's Mother. Wednesday morning she did a 6 km walk with us in Sherwood (the Town and Country Walk) which included a local wetland and the Sweet Story Bakery at the turn-around point. You can see from our smiles that the bakery was delicious! I dubbed it the Sherwood Forest walk. Too bad the local AVA club is disbanding. I hope another club will pick up this walk.

After lunch we drove to Silverton and Silver Falls State Park for a beautiful 12 km walk with 11 waterfalls. It's called the Trail of Ten Falls, with an additional 1 km add-on for the 11<sup>th</sup> waterfall. There were a lot of ups and downs, but the weather was perfect and the waterfalls were so impressive. We ended up in Troutdale, OR that evening ready to start our Columbia River Gorge Adventure.



Mosier Tunnel Trail Overlook

We took it easy on Thursday, 19 June; starting with a 13 km walk through the Mosier Tunnels and finishing with a 5

km town walk in Cascade Falls, OR. The event organizers were friendly, well organized, and provided a \$3 hot dog meal at lunch time.

On Friday, 20 June we started with a 10 km walk to Wahclella Falls in the morning, then the 10 km Dry Creek Falls in the afternoon. The Dry Creek Falls walk heads through a lovely forest, including a stretch of the famous Pacific Crest Trail. Tired but happy, we celebrated with an early dinner at Red Lobster and then the new movie “Malificent.”



Resting at Dry Creek Falls

Our biggest walk was on Saturday, 21 June when we tackled the 25 km Eagle Creek walk. Not for the faint of heart, it included steep, narrow trails, scrambles over rock fall, and a scary turn under a waterfall (I clung to the wire cables that were bolted into the canyon wall). At the turn-around point we ate on the riverbank overlooking Crossover Falls. Then it was back down the trail. The walk took 6 hours and covered 15.5 miles, half of it uphill. I don't think I will ever do a tougher walk (I like to avoid walks where a fall would mean serious injury or death). Unfortunately this was Susan Alton's last walk in the Gorge. The next morning her feet were blistered and her knees swollen. She stayed in the hotel room and I took on the Multnomah/Wahkeena Falls 10 km.

Multnomah Falls was absolutely gorgeous but it was another tough walk. There was an easy 1 km stroll through the woods, followed by 11 steep switchbacks to reach an observation platform over the falls. Then it was a long hike up and around to a second, smaller waterfall (Wahkeena). Frankly I don't even remember what that



waterfall looked like, because I was busy trying not to slip and fall on the very steep and slick switchbacks next to the falls. At the critical point I got down on all fours and crab-walked around the turns (muddy but safe). I finished the walk in 2 hours and twenty minutes, a time I'm very proud of. Then it was back to Cascade Locks for another hot dog lunch. I was pretty tired by that point and had had my fill of steep and scary walks. Instead I did the 11 km walk from the town to the Eagle Creek Fish hatcheries. It's worth a short stop to learn how they care for the fish population. It was a lovely day, and I was so happy to be finishing that I jogged the downhill stretches. Then I picked up Susan at the hotel and we went to see the new movie "Chef."

On Monday, 23 June we packed the car and started heading home. We made it to Boise, ID by late afternoon, and did the 12 km Microbrewery walk. On Tuesday, 24 June we drove to Salt Lake City and did another late afternoon 5 km capital walk. [Note to other walkers, the starting point is now in a different hotel with better parking, so check on-line for the latest info.] We pressed on for almost four hours and spent the night in Moab, UT. Gorgeous area and I'll have to come back and hike it another time.

On Wednesday, we drove to Santa Fe, did a 5 km capital walk, and spent the night. We celebrated our last walk of the trip with drinks and a good Mexican dinner. We returned home Thursday evening at 8:30. Overall, we had a great trip, did 15 Volksmarches, logged 139 kms and knocked out six state capital walks. What a great way to start the summer!



**From:** 金

**Date:** 7/11/2014

**To:** [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)

**Subject:** Warm welcome to Chengdu!-2015 IVV Olympiad

Dear Sir/ Madam,  
Warm welcome to Chengdu! As well as you know, the 2015 IVV Olympiad will be held in Chengdu China. But do you know why IVV chose to hold this great event here in Chengdu? You may have little knowledge about it. Let me tell you the secret.

Chengdu, the capital city of Sichuan province, with a history of more than 2300 years, had been one of China's top 6 megacities in Qin Dynasty and became the capital of Shu-Han Kingdom in the three kingdoms period. Chengdu is China's best tourism destination. As a picturesque city with pleasant climate, Chengdu is the home of many world-famous heritages and scenic spots such as the world cultural heritage Du Jiangyan, the world natural heritage Jiuzhai-Huanglong Valley and the research base for panda breeding. In 2007, Chengdu was named by both the World Tourism Organization and China National Tourism Bureau as China's Best Tourism Destination.

As the origin of Sichuan Cuisine, one of China's Four Famous Cuisines, Chengdu well merits the title "Land of Abundance" and "City of Good Food". It was awarded the accolade "City of Gastronomy" in 2010 by the UNESCO. In addition, there are many famous ancient towns with beautiful views in Chengdu. You can choose to stay one or two days to experience the casual life and different cultures while tasting delicious food there. You will never regret your visit!

If you have any questions or need any help, please feel free to contact us:

Tel : 0086 10 84896319/20

Fax : 010-84896317

Email : [ivv2009@163.com](mailto:ivv2009@163.com)

Best regards,

Jin Qiao (金乔)

CVA Secretary General

China Volkssport Association (CVA)

China Beijing Today Walk Center

Website: [www.chinawalking.net.cn](http://www.chinawalking.net.cn)

【中国徒步网】

Add.: 17D Building No.1 Century Mansion No.45 Xiaoguan Beili, Chaoyang District Beijing, China



### **Coming Texas Events:**

8/2/2014 - 8/2/2014 - Walk

**Event Number:** 98768 10km/5km

**Start:** Jr. League Building

**Event City:** Midland

**Host Club:** Midland Walkabout

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

**Write for more information to:**

4410 Harlowe

Midland, Tx 79703

**Contact:** Carolyn Petersen, (432) 697 - 4310

**E-Mail:** [cpetersen@odessa.edu](mailto:cpetersen@odessa.edu)

**Club**

**Website:** [www.midlandwalkabout.org](http://www.midlandwalkabout.org)

8/9/2014 - 8/9/2014 - Walk

**Event Number:** 98644 10km/5km

**Start:** Taco Cabana at Stone Oak Pkwy and Huebner Rd

**Event City:** San Antonio - August Sunrise Event

**Host Club:** Randolph Roadrunners

**Event Website:** [randolphroadrunners.info](http://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)

9/13/2014 - 9/13/2014 - Walk

**Event Number:** 98649 5K/10K

**Start:** Rains County Library

**Event City:** Emory - Rains County Fair & Classic Cars

**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:**

2334 Saharah, Garland, TX 75044

**Contact:** Helen Hull, (972) 530 - 1026

**E-Mail:** [helenhull@yahoo.com](mailto:helenhull@yahoo.com)

**Club Website:** [www.dallastrekkers.org](http://www.dallastrekkers.org)

9/13/2014 - 9/13/2014 - Walk

**Event Number:** 98846 10km / 5km

**Start:** Bethlehem Lutheran Church

**Event City:** Hondo (Quihi) – Walkin’  
for the Q  
**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:**  
3614 Pinebluff  
San Antonio, Tx 78230  
**Contact :** Susan and John Ives, (210)  
325 - 3498  
**E-Mail:** [suives@hexas.net](mailto:suives@hexas.net)  
**Club Website:**  
[www.randolphroadrunners.info](http://www.randolphroadrunners.info)



*View on Sunrise walk in Bluff View Estates neighborhood.*



*Joan Lyman stops for a photo before following the trail into the Camino Real neighborhood*

*\*Event 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 \_\_\_\_\_

**NEW MEMBER FEE:** \$4.00 for 1 year  
\$10.00 for three years

Address \_\_\_\_\_

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

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. Telephone number \_\_\_\_\_  
If the \$2.00 fee was not paid with the original application, add family members now by \_\_\_\_\_ including \$2.00 for each person.  
E-mail address \_\_\_\_\_

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

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

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

AVA Volkssport Associate ☐ Yes ☐ No

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