



## Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2014 – September, 2014 No. 9  
 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*

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*Newsletter*

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 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!

Maggie Roberts San Antonio

### From the Desk of the RR Pres-

The RRs will have their last club meeting at the Universal City Public Library with a meet and greet at 6:30 and meeting at 7 pm on Tuesday, September 16, 2014. Starting Oct. 1, the library will be closed.

#### Upcoming RR walks:

Saturday, 6 Sept. - 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.

Saturday, 13 Sept. Walkin' for the Q

Worker's walk for the Quihi event will be on 12 September with feet on the trail at 7:30 am. The route will be marked. If you can work the Quihi event, please let John Ives know at [suives@hexas.net](mailto:suives@hexas.net)

If you are thinking about doing the A to Z special program Joanne will have the books at Quihi. Since the "Q" is very hard to get don't miss this opportunity to start the program. Snacks and breakfast items will be available.

#### Mark your 2015 calendars:

10 January for 2 walks - Alamo Heights & Lincoln Heights  
 21 February - Del Webb  
 14 March - Walker Ranch.

On 19 August Paul Kahl and his Mom, Charlotte Kahl, the OST lady, presented a very fascinating and informative program on Hannibal Pianta, the architectural stone sculptor. The most asked question was, when were we going to do the walk! Ellen provided a healthy dinner with desserts provided by Susan Medlin, Pat Roberts and Mary Quandt. A thank you also to Pat Roberts for her assistance in the kitchen.

Ellen



John Ives by one of many monuments commemorating Delaware, the first state ratifying the U.S. Constitution on 12/7/1787.

### Tales from The Trails-Delaware

By: Susan & John Ives

Our annual trip to the East Coast makes no sense unless you have a brother with

a house on the Jersey Shore, a college roommate in the Washington suburbs, friends in coastal Delaware and an old Army buddy in the Virginia Tidewater. Between the two of us John and I got in 10 walks in four states and the District of Columbia, but here I'll concentrate on the Delaware leg of the trip.

Friends Nancy and Joe live in Lewes, Delaware, which I had only known before as the terminal for the Cape May-Lewes Ferry and home to a nondescript gaggle of outlet malls. I was charmed by the 10K Lewes walk when I visited them last year – through a quaint historic district (be sure to note the cannonball from a naval bombardment during the war of 1812 embedded in a building), along the beach and canal, through some great neighborhoods and a stop at one of the seven historic lightships that are open to the public. Next year we'll walk this one together and follow it up with a two-hour eco-boat osprey banding tour of the canal.



*John lves on the Rehoboth boardwalk. The dunes are protecting the beach and the tai chi class you might be able to make out in the left of the photo.*

This year John & I chose to walk the 10K at Rehoboth Beach, just a couple of miles north of Lewes.

It starts at the YMCA and, if you ask nicely, they will let you park in their lot. Otherwise, nearby metered parking is \$1.50/hour during the summer season. The walk begins on the main street, Rehoboth Avenue, with its eclectic shops and sophisticated yet casual restaurants then veers off into Henlopen Acres, founded in 1929, an exclusive community of multimillion dollar mansions. You make your way to the mile-long boardwalk (you can walk on the beach if you prefer) and wander back to the Y through parks and more modest (but still drool-worthy) neighborhoods. No dogs are allowed on the boardwalk or beach, and bikes are banned on the boardwalk after 10 a.m.

Rehoboth was founded by Methodists in 1873 as a religious resort; it's now known as a gay-friendly beach and a hangout for folks from Washington, D.C. It's quirky, prosperous and much less frenetic than nearby Ocean City, Maryland. They have taken to calling this area the “culinary coast” and it has a plethora of hip restaurants. (Hint: visit rehobothfoodie.com to find a great place to eat.)

If you have another walk or two in you, there's a 5K/10K in quiet Bethany Beach, about 13 miles south of Rehoboth. Ocean City, Maryland hosts 6, 10 & 12K walks, about a 45 minute drive south from Rehoboth (maybe 45 hours on the Fourth of July weekend.) Cape May, New Jersey (which we also walked) is an hour and a half boat ride away on the Ferry; you can take your car or get there by shuttle bus to and from either terminal. Drive about 45 minutes north and you're in Atlantic City (John walked that one this trip) and an hour north of that is Barnegat Light. Quite a lot of walks on that little stretch of coastline! All of them except Cape May have boardwalks (their ocean promenade is asphalt), an AVA special program that starts in January.

This time, though, we stamped our books for the Delaware state capital, Dover, a 45-minute drive north through lush farmland. Lots of sweet corn. Yum.



*Susan in Dover: Just a few blocks from the 5K trail Susan found a street named after one of her father's uncles, who was a farmer near Dover. She posted it on Facebook and it went viral – at least with her cousins.*

Dover is the Disneyland of state capitals: so meticulously groomed it looks like a theme park. They never let you forget that Delaware is the FIRST state, signing the Constitution on December 7, 1787. Walk registration is

at the Y, and you drive to the start point, about two miles down the road. We walked the 5K here, hoping we could squeeze in a Bethany walk, but we cut it a bit too close. Most of the walk is through the historic downtown, which was eerily empty for a weekday; the legislature was not in session. You end up with a long ramble through the park where you began. There are lovely Federal and Victorian era houses (some open to the public), enticing shops and restaurants, and a few museums we hope to get to some day, especially the Victrola Museum, about the early history of recorded sound. If you want to tour the capitol building be sure to bring a photo ID. Nearby Dover Air Force Base offers tours, and there is NASCAR and horse racing nearby. There's so much to do, it's hard to remember that the entire state of Delaware has fewer people than San Antonio. There are restrooms and a water fountain in the state archives building along the route.

The “shore” is flat as a pancake, making these easy walks. If you're flying, BWI is the best airport (there are a couple of great walks in Baltimore) then drive across the Chesapeake Bay Bridge and turn north at Annapolis (a fantastic walk.)

Thanks to the First State Webfooters for hosting the Delaware walks. I think there are enough left to hold our interest for a few more years of visiting friends and family.

## **Joanne Forinash, SWRD TVA-Midland Report**

THANK YOU to the Midland Walkabouts for the great walk and the “Fun, Fitness and Friendship” some of us experienced at the Midland Walk and the TVA meeting. I said some of us, as lots of you missed the events. Sorry about that!!! Carolyn Petersen, the President of the Midland Walkabouts, Alex Rose, the Treasurer, and their team of devoted club members, did a suburb job in mapping out a very nice walk, and selecting an excellent location & facility for the start point and the meeting place. In addition to that, had lunch all spread out for the hungry walkers when they returned from their walks. This plus the hundred and one other details that go along with

sponsoring a Volkssporting Event. Again, a special thanks to the club members, Gary Petersen, Jack Rogers, Uta Sanchez, Sam Sanchez, Carol Savos, Cristal Firestone, Karen Weeks, Susan & Ken Fine, Dennis Bade, and Charles Holmstrom, who gave of their time and support to make this such an enjoyable event. Then there were Carolyn and Alex's daughters who came to stand by and help their Moms do whatever needed to be done. Thank you both. I would also like to thank the following TVA members who volunteered where ever there was a need; Bill Wigton, Priscilla & Heinz Johnson, Phyllis Eagan, Linda Goodman, Ellen Ott, and Carlen Forinash. Another example of "Clubs helping Clubs."

Before the fun began on Saturday, there was the nice Wine & Cheese (FOOD) reception on Friday night hosted by Bob Hicks, a long time supporter of the Midland Walkabouts. Thanks Bob, for such a thoughtful and gracious welcome to Midland and for all you do for Volkssporters.

Congratulations to the new Officers who were elected to serve the TVA for the next two years. Elected at the meeting in Midland on August 2, 2104 were:

President, Heinz Johnson;  
2nd Vice President, John Bohnert  
Secretary, Susan Fine.

They will serve along with the current 1st Vice President, Helen Hull and the current Treasurer, Pat Gunter. We look forward to working together and alongside these devoted, loyal and dedicated Volkssporters.

There were a special group of 19 Volkssporters who received recognition and a high honor at the TVA meeting in Midland on August 2, 2014 by becoming certified Trailmasters. Please congratulate and thank these recipients for the wonderful walks/events we have all enjoyed.

As I said in my presentation at the TVA meeting; For a number of years I have enjoyed the walks this group of Volkssporters have worked so hard to do the research, map out, walk numerous times, write directions, select the proper starting point and a hundred and one things it takes to put on a

sanctioned Volksmarch. I have been amazed at the personal time, energy, and money this group, and many others, have spent to make sure our Volkssmarches are safe, highlight the most historic, scenic, and interesting places and always done with lots of fun and friendship. It doesn't matter where or when you walk one of our Volksmarches, you can always know there has been a lot of thoughtful planning and hard work before we get there to enjoy the fun, fitness and friendship.

Each of the recipients had either expressed an interest in becoming certified or was recommended by a fellow Volkssport leader. Each one of them was required to read and study the Trailmaster's Guide including the Examination at the end of the book. They each had to complete a questionnaire that I prepared and little did they know that I have been testing them for at least 12 years. I've walked their walks, observed their planning techniques, help mark their trails, edited their directions and enjoyed each and every walk. I have determined that each one is qualified and well deserving of this honor. There are several others that are also very qualified and well deserving, but for one reason or another did not get in this group. Please step forward if you are interested in receiving this certification or if you know of someone who you feel is qualified. The two Roadrunner Members who were certified are:

Patricia Gunter

A Randolph Roadrunner and Selma Pathfinder --did many, many events --- Is always there to help at several clubs in the area. Spent many hours reading and studying the Trailmaster's guide, (which she really knew already).

Ellen Ott

Randolph Roadrunners--Too many events to count---Always coming up with creative ideas to make the walks fun (and always wants to feed you).

Joanne Forinash  
Director, Southwest Region  
sw\_rd@ava.org  
210-872-2743

## ***"Thank You" from Texas County Walkers***

Thanks to all who walked our South Texas walks in Falfurrias, Kingsville, San Diego and Sarita! We had a good turnout for these January through June walks.

We currently have walks available in Ozona (Crockett County), South Llano River State Park (Kimble County), Lubbock (Lubbock County), and Amarillo (Potter & Randall (10K Counties)). As a reminder, all four of these walks will be retired at the end of this year, so stop by while you can.

We have a busy October to December 2014 walking schedule planned. We'll have three seasonal walks east of Amarillo, in Panhandle (Carson County), Pampa (Gray County), and Borger (Hutchinson County). Southwest of Lubbock, we'll have seasonal walks in Brownfield (Terry County), Lamesa (Dawson County), Plains (Yoakum County), Seminole (Gaines County), and Tahoka (Lynn County). Plus, on Saturday, November 29, 2014 (the Saturday after Thanksgiving), we will have two event walks in Archer City (Archer County) and Seymour (Baylor County). Mark your calendars now!

For the January – June 2015 period, we intend to offer Texas Top to Bottom seasonals in Brownsville (Cameron County), Port Mansfield (Willacy County), Roma (Starr County), Dumas (Moore County), Stratford (Sherman County), and 2 other towns in Hartley and Dallam counties.

We'll likely head back to the Panhandle for the second half of 2015 as well as stopping for a walk or two at a few places in between. Look for another post-Thanksgiving event in 2015 as well.

On a business note, the Club held its March meeting in Hamilton, Texas. The officers were re-elected for another two year term.

Thanks for supporting our little, but mighty club!

Helen Bateman  
President  
Texas County Walkers.



## Coming Texas Events:

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.](#)

## RANDOLPH ROADRUNNERS

PO Box 2744

Universal City TX 78148-1744

**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)

9/20/2014 - 9/20/2014 - Walk

**Event Number:** 98979 10km/5km

**Start :** Shoreacres City Hall

**Event City:** Shoreacres - Shoreacres

**Host Club:** Houston Happy Hikers

**Event Website:** [houstonhappyhikers.com](http://houstonhappyhikers.com)

**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:** [hkhpresident@HoustonHappyHikers.com](mailto:hkhpresident@HoustonHappyHikers.com)

**Club Website:**

[www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

9/20/2014 - 9/20/2014 - Walk

**Event Number:** 99120 5K/10K

**Start:** Dining hall, Kerrville-Schreiner Park, 2385 Bandera Hwy, Kerrville, Tx 78028.

**Event City:** Kerrville - Kerrville-Schreiner Park Walk

**Host Club:** Kerrville Trailblazers

**Event Website:** [www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)

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

**Write for more information to:**

215 Mineola, Ingram, TX 78025

**Contact:** Brian Fisher, (830) 895 - 4070

**E-Mail:** [guadalupesigns@omniglobal.net](mailto:guadalupesigns@omniglobal.net)

**Club Website:**

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

9/27/2014 - 9/27/2014 - Walk

**Event Number:** 98924 10 km/5 km

**Start:** Acton School of Business, 1404 E. Riverside Drive, Austin Tx. 78741

**Event City:** Austin - Lady Bird Lake Boardwalk

**Host Club:** Colorado River Walkers

**Event Website:**

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

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

**Write for more information to:**

3806 Eton Ln., Austin, TX 78727

**Contact:** Kathy Daly, (512) 837 - 8966

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

**Club Website:**

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

## 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 \_\_\_\_\_ Apt No. \_\_\_\_\_

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

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

**RENEWAL FEE:** \$4.00 for one year  
\$10.00 for three years

application. Telephone number \_\_\_\_\_

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 including \$2.00 for each person.

now by \_\_\_\_\_

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

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

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

AVA Volkssport Associate ☐ Yes ☐ No

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

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