



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2022 – February, 2022 No. 2
Next Meeting – 2/9/2022
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:

John Ives jbives@texas.net

Treasurer:

Pat Gunter 210-479-0805

Secretary:

Jill Troyer 830-237-6230

Committee Chairs

Membership:

Suzanne Markgraf 210-710-4842

Publicity:

Susan Alton daxkitten@aol.com

Sales: - OPEN-

Webmaster:

Randy Baker Randy826@gmail.com

Newsletter:

Audrey Vertucci – AudreyVe@aol.com
210-861-5588

Year-round Events: Boerne

Pat Gunter 210-479-0805

**Year-round Events: DeZavala Daily Bread,
Broadway Daily Bread, Leon Creek,
Salado-1604, Land Bridge at Hardberger
Park, CrownRidge, Friedrich Park.**

Ellen Ott 210-723-8574

Year-round Events: Eisenhower Park

Susan Medlin 210-325-3523

Year-round Events: Schertz

Patricia Heller paheller001@gmail.com

Club Website:

www.randolphroadrunners.info

AVA Website: www.ava.org

TVA Website: www.walktexas.org

TVA President: Dave Roberts

Deputy SW Region: Andy Thomas

SWRD: Helen Hull

Renewal Time

The following membership renewals are currently due:
Marian DeVaul, Mike & Carol

Abbott, Michael Wanke, Frank Dieck, Carlen & Joanne Forinash, the Roberson Family, Priscilla Ullman, Mike & Kathy Schwencke, Susan Barnes, Donnie King, Irene Martinez-Ramirez and Michael & Janice McMahon. To renew your RR membership, fill out the attached application or print it off our website: www.RandolphRoadrunners.info and send it with \$4 for 1 year or \$10 for 3 years, to Suzanne Markgraf c/o: RR, PO Box 2744, Universal City, TX 78148. **Remember:** Lifetime Memberships are available for \$30 per person.

The next RR club meeting will be held February 9. Meetings are held the 2nd Wednesday of every month at the Universal City Library, 100 Northview Drive, Universal City, TX 78148.

Welcome New Members!

Melanie Grizzel Round Rock
Mary Ladene Dowell San Antonio
Art Dowell San Antonio

From the Desk of the Pres-- The following are scheduled upcoming RR events:

Walks scheduled for 2022:
12 Feb. Del Webb Cookie Walk
26 Mar. tentative – Land Heritage
Institute
2 April Cibolo Nature Center



CEO/President –

Henry Rosales

A New AVA/ELEMENT3 Health Walk Voucher Program Update

Thank you and congratulations to all members who have already signed up

for the new Walk Voucher Program with Element3 Health. By now you should have completed your activity survey questionnaire for events completed in 2021. The next step is to create an AVA member account on my.ava.org so you can receive your free health walk vouchers!

Below is the process that eligible program members will follow to receive their free walk vouchers: Each qualifying participant will receive an email from AVA informing them how many vouchers they will receive, when they will be available, and whether they qualified for a one year complimentary AVA Membership. All qualifying participants must have a “myava.org” account in order to receive your vouchers.

For each voucher awarded, AVA will place a \$3 credit into your Online Start box (OSB) account. These vouchers can be used for any OSB Event. As members redeem their vouchers on the Online Start box (OSB) the club will report this participation on their quarterly report and will receive a credit for \$1.75 for the redeemed voucher.

If you have any questions or need help to sign up, please reach out to marian@ava.org.

If you were not able to sign up for this program to report 2021 activities, you can still sign up to report activities for 2022 and be eligible to receive free walk vouchers and a free AVA membership! Details on how to do this will be in the February 2022 Checkpoint. Happy Healthy New Year and Happy Trails in 2022!

VOP Committee - JAN VAN VLACK, Chair

We are excited to announce the winners of the 2021 Regional Traveling Trophy Challenge. For 2021, we divided the

Regions into two groups, those with up to 15 members, and those with over 15 members, making it an even five Regions for each group. The two winners for the 2021 Regional Traveling Trophy Challenge are the Pacific Region and the Southeast Region, the same as last year! Congratulations on your hard work and the many, many Steps taken by your Members. You can keep your Trophies for another year.

Tales from the Trails

Louisiana, Part 1 - Thursday, January 13, 2022 –*Taken from Susan Alton's Travel Bug Blog*

These are the first two walks of eight Louisiana Parish walks this weekend. There is also a traditional walking event at Clark Creek Natural Area in Woodville, Mississippi, on Monday morning.

The walk this morning in Covington, Louisiana, started at 8:30 am. It was supposed to be fifteen minutes from our hotel in Mandeville ten miles away. We certainly didn't expect the traffic jam in Covington at 8:10 am. It took us 1/2 hour to get to the walk start exactly at 8:30 am.



The walk started at the Tammany Trace Trailhead, part of the Rails-to-Trails Conservancy (this trail is 28.2 miles). The trailhead was at a small park with restrooms and more than enough parking for our group.

The park had a few points of interest: an old water tower, a statue of Ronald Reagan, and a nice gazebo that was decorated for Mardi Gras. While Susan Medlin was signing in for the walk, I roamed the park and took photos.

The 29-mile-long Bogue Falaya River flows into the 34-mile-long Tchefuncte River, one of the greatest contributing rivers of the Lake Pontchartrain basin in southeastern Louisiana. Together, the

rivers drain a 192.26-square-mile watershed that drains upland pine savannahs and large wetland floodplains.

It was like a starting shot went off and a group of Volksmarchers headed out on the path. Some stayed together for the whole walk, and others split up into smaller groups. Spoiler alert: We all ended up in the same place: the cemetery. LOL.

It was a beautiful walking day. Not a cloud in the sky and a pleasant temperature to boot. After the cemetery, we passed by the St. Tammany Parish Justice Center and continued for eight blocks through neighborhoods.



St. Paul's School was our next point of interest. St. Paul's School is a private, all-boys Lasillian high school located in Covington, Louisiana. The school is run by the Christian Brothers and is one of the 1,000 Lasillian schools in more than 80 countries. If you want to know what Lasillian schools are, click this [link](#).

Neighborhoods came next, along with a pretty park. After the Episcopal Church, we turned down Park St. to get to Bogue Falaya Wayside Park. What a lovely stroll we had along the walking path through the park.



The walking trail in Bogue Falaya Wayside Park. The moss glistened in the sun. Pretty!

Once out of the park, we entered a cute, eclectic neighborhood (Boston St., Rutland, and Lee Lane) with antique shops, quaint accommodations, and a British Tea Room.

We finished the first 10k walk and burned off a lot of calories. Walkers like to eat and socialize. I heard a partial conversation before we started walking that people were going to have dinner at The Rusty Pelican and it was two blocks from our walk starting point. We thought since it was close, we would go there for lunch. This Covington Rusty Pelican was actually more than two blocks from our starting point. Did we drive the long way 'round?

You know a restaurant is good when the sheriffs and firemen eat there. Three fire trucks, an ambulance, and a couple of sheriffs showed up. Unfortunately, there was a fire call and two fire trucks pulled out just after they placed their order. One 10k walk down for today. To be continued in Part 2.

Part 2 - Thursday, January 13, 2022

After lunch at Covington's Rusty Pelican restaurant, we drove approximately ten minutes to the start location for our Mandeville, Louisiana, 10k walk. We only had to travel four miles on I-10 east through a construction zone. Our walk in Mandeville started at the Tammany Trace Trailhead on Girod St. We didn't actually go on the trail here, but turned onto Girod St. heading for Lake Pontchartrain.



From the start of this walk, I was charmed by the cute houses, many of them decorated for Mardi Gras. There were businesses along Girod Street, including another Rusty Pelican restaurant a couple of blocks from the trailhead. This is the location where the group is going for dinner tonight, not Covington.

The weather today was gorgeous. It was 65 degrees with a 9 mph breeze coming off the lake. It was a little chilly, but once we headed away from the lake, out of the wind, we took our coats off.

Gorgeous homes lined the road along Lake Pontchartrain.

Lake Pontchartrain began forming about 5,000 years ago when North American glacier melts caused the Mississippi River to swell and shift to the east. The river began depositing sediments into the Gulf of Mexico, creating a broad delta that would eventually become the Orleans, St. Bernard, and Plaquemines Parishes.

The city of Mandeville has quite a history. Bob and I learned a lot about it when we camped at Fontainebleau State Park a few years ago. The city was developed in 1834 by Bernard Xavier de Marigny de Mandeville, who came from a prominent and wealthy family. Even though he resided in New Orleans, he maintained a large and profitable sugar plantation located on the present site of Fontainebleau State Park. Mandeville was developed early on as a lakeside summer retreat for the wealthy citizens of the Crescent City (New Orleans). That is why there are many beautiful and unique homes along the lake shore.



Texas Traditional Events for February 2022: (Please check the AVA website for any changes or cancellations)

2/5/2022 - 2/5/2022 - Walk

Event Number: 121258 5/10K

Start: Center Point

Event City: Center Point - Center Point

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) 496-1746

E-Mail: tinabohnert@gmail.com

2/12/2022 - 2/12/2022 - Walk

Event Number: 121228 10k / 5k

Start: 8th & Corinth DART Station

overflow parking

Event City: Dallas - Love of the Locks

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: Deborah Carter, (214) 549-0851

E-Mail: debwalk@earthlink.net

Club Website: www.dallastrekkers.org

2/12/2022 - 2/12/2022 - Walk

Event Number: 121093 10k/5k

Start: Hill Country Retreat Center - Del Webb

Event City: San Antonio

Host Club: Randolph Roadrunners

Event Website:

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

Club Website:

www.randolphroadrunners.info



2/18/2022 - 2/18/2022 - Walk

Event Number: 121074 10km/5km

Start: Herman Sons, 525 S. Saint Mary's Street,

Event City: San Antonio - TTR

Friendship Walk

Host Club: Texas Trail Roundup

Event Website: www.texastrailroundup

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

Write for more information to:

12527 Fern Creek

San Antonio, TX 78253

Contact: Susan Medlin, (210) 325-3523

E-Mail: sueammed@aol.com

Club Website: texastrailroundup.org

2/19/2022 - 2/19/2022 - Walk

Event Number: 121075 42/21/13/5 km

Start: Herman Sons, 525 S. Saint Mary's

Event City: San Antonio - Visit the Historic Spanish Missions

Host Club: Texas Trail Roundup

Event Website: www.texastrailroundup

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

Write for more information to:

12527 Fern Creek

San Antonio, TX 78253

Contact: Susan Medlin, (210) 325-3523

E-Mail: sueammed@aol.com

Club Website: texastrailroundup.org

2/20/2022 - 2/20/2022 - Walk

Event Number: 121076 21/13/5 km

Start: Hermann Sons, 525 S. Saint Mary's

Event City: San Antonio - Walk the Pearl, Brackenridge Park & the Japanese Tea Garden

Host Club: Texas Trail Roundup

Event Website: www.texastrailroundup

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

Write for more information to:

12527 Fern Creek

San Antonio, TX 78253

Contact: Susan Medlin, (210) 325-3523

E-Mail: sueammed@aol.com

Club Website: texastrailroundup.org

2/26/2022 - 2/26/2022 - Walk

Event Number: 121299 10k/6k

Start: Smith Visitors Center, McKinney Falls State Park, 5808 McKinney Falls Parkway, Austin, TX, 78744

Event City: Austin - McKinney Falls State Park

Host Club : Colorado River Walkers

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

Write for more information to:

3109 Rogge Ln, Austin, Texas 78723

Contact: Carol Obianwu, (512) 771-9566

E-Mail: cobianwu@utexas.edu

Club Website:

www.coloradoriverwalkers.org/

Local AVA Clubs' Christmas Party- 12/9/2021



The 2021 Christmas Party at Blanco BBQ on Blanco Road, San Antonio.



David and Carmen Fischer, Kathy and Mike Schwencke and Joe and Susan Noonan.



Volkssporters gathering in the party room at Blanco BBQ at Christmas Party.

Boerne Christmas Walk- 12/11/21



Inside Luther Hall of St. John Lutheran Church at the start of the walk.



Joey Coolbaugh with his grandpa, John Pavlosky, holding Dolly and Doug Eide with Rudy and Frank Ellis.



Chief Cook, Mike Hermes in charge of the pancake and sausage breakfasts.

***All 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 _____

NEW MEMBER FEE: \$4.00 for 1

\$10.00 for three years

Address _____

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

This renewal fee includes each family member who paid \$2.00 with the original application.

Telephone number _____

by _____
E-mail address _____

If the \$2.00 fee was not paid with the original application, add family members now including \$2.00 for each person.

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 _____