



## Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2022 – September, 2022 No. 8  
Next Meeting – 9/14/22

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](mailto:jbives@texas.net)

**Treasurer:**

Pat Gunter 210-479-0805

**Secretary:**

Jill Troyer 830-237-6230

*Committee Chairs*

**Membership:**

Suzanne Markgraf 210-710-4842

**Publicity:**

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Audrey Vertucci – [AudreyVe@aol.com](mailto: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](mailto:paheller001@gmail.com)

**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)

**TVA President:** Dave Roberts

**Deputy SW Region:** Andy Thomas

**SWRD:** Helen Hull

### Renewal Time

The following membership renewals are currently due:

**May 1:** Cynthia Dsouza, Cheri Gillis, Wilma & Craig Van Deutekom;

**June 1:** Sandra Bliss, Joan Lyman and Taylor Young;

**July 1:** Erin Lunsford and Darlene Oner;

**September 1:** H. Wayne Henry & Nancy & Tony Paulson

To renew your RR membership, fill out the attached application or print it off our website:

[www.RandolphRoadrunners.info](http://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.



### Welcome New Member!

Connie Sue Low Junction

**The next RR club meeting will be held September 14 at 6:30 p.m.**

Meetings are held the 2<sup>nd</sup> Wednesday of every month at the Universal City Library, 100 Northview Drive, Universal City, TX 78148.



### From the Desk of the Pres--

The club needs volunteers to fill the following positions:

1. A club Sales Person
2. An Element 3 coordinator

Volkssport Christmas Party  
11 December from 4pm to ?? More details coming.

All local clubs are invited.

It's a pot luck dinner. SAVE the DATE!

If anyone wants a 2023 Starting Point, \$30, please let me know by the September RR meeting.

The RR's will have the Saturday Check Point at Roosevelt Park all day for the IML. Please let me know if you can volunteer.

### Kudos to the following RR Walkers:

#### From the TAW

#### EVENTS:

550 Mike Schwencke  
700 Audrey Vertucci  
950 John Ives  
1150 James Tree

#### DISTANCE:

6500k John Ives  
6500k Audrey Vertucci  
15,000 Susan Medlin  
20,000 James Tree

If you have completed distance and event books please send them to the AVA or give them to Ellen for processing. Karen in the AVA office would love 🍷 to process your books. 🐾  
Ellen



### TC Sun Rise Walk – 8/13/22

A “thank you” to all the walkers and workers at the Nacogdoches Taco Cabana Sun Rise walk. We had 51 walkers attend.



AMERICA'S  
WALKING CLUB  
ESTABLISHED 1976

### AVA Merchandise

### Scams Alert!

Be aware that AVA Official merchandise is available only on the AVA website ([www.ava.org](http://www.ava.org)) and Cafepress ([www.cafepress.com](http://www.cafepress.com)). The AVA does not sell merchandise on

Facebook or other social media outlets. We also do not solicit our members by email for gift cards, emergency funds, or any other type of donations and we never ask for credit card information through email or Facebook.

The only time we do send donation information to our members is once a year during the Big Give campaign (September 15, 2022 – October 31, 2022). Although we do send out donation information during this time, we never ask for credit card information online.



## The 2023 Olympiad Volunteers Wanted!

This will be an incredible event that will require many volunteers. If you would like to volunteer, please contact Susan Pinneke at [nc\\_rd@ava.org](mailto:nc_rd@ava.org).

*The 2023 Olympiad/IML TTR committee meets monthly. We welcome your concerns, questions, recommendations, and Olympiad stories! If you would like to share with us, you may contact us at [olympiad2023@ava.org](mailto:olympiad2023@ava.org)*

## Like Us On The Olympiad Facebook Page!

Please go to [www.facebook.com/2023IIVOlympiadUSA](https://www.facebook.com/2023IIVOlympiadUSA) and “like” us! Invite your folksporting friends and fellow club members to like us. Help us build awareness and excitement as we move towards 2023! Look for the latest on the joint Olympiad/IML events and answers to questions you may have.

**Take The Step! It's Time To  
Make An Impact.**

Be a part of the health and wellness movement by supporting our mission during the Big Give 2022 fundraising campaign. This year's online fundraiser will take place from 6 PM on Thursday, September 22 through 6 PM on Friday, September 23. The Big Give website, [www.thebiggivesa.org](http://www.thebiggivesa.org), will open on September 15 for early giving (search for AVA: America's Walking Club). You may also send a donation check to the AVA National Office now through October 31st.

Last year, our generous donors raised a total of \$96,548.55! Through your support, we were able to purchase 121 feather banners and poles for our clubs and sustain full program and administrative operations of the organization without reducing our workforce during the pandemic. Thank you for making a difference during these challenging times. This year, we hope we can continue to count on you to reach our \$90,000 goal. Each gift made will play a critical role in allowing us to serve our community and create a larger impact in the health and wellness of those we serve. Take the step! It's time to make an impact.

Please stay tuned for our special September Checkpoint edition. Our Big Give special edition will include more details on how to donate, how to be a Peer-to-Peer fundraiser, Match Minutes, AVA Prizes and more! Thank you.

## A Tale from the Trails –

*By: Susan Alton –an excerpt taken from her Travel Bug blog*

### Lower Bertha Falls 5k Trail Saturday, June 25, 2022

After my fall yesterday, I slept well overnight. This morning, I'm game to try the 5k Bertha Falls Trail in Waterton-Glacier International Peace Park. *Waterton-Glacier International Peace Park* is the union of Waterton Lakes National Park in Canada and Glacier National Park in the United States.

The weather today was perfect for hiking. The day was mostly cloudy and we started the hike at about 60 degrees. The first part of the trail was shaded in the forest.

When we got to the exposed slopes, the sun came out. That, in addition to the steepness of the trail, really warmed us up. The cold water we carried tasted excellent.



Vimy Peak view from Bertha Falls Trail.

The spectacular scenery helped take my mind off my aches and pains. We climbed steadily, and sometimes moderately steeply. Both of us thought the trail was going to be easier than it was.

We continued up the trail and came to a viewpoint of the lake and mountains. Just beyond that, the trail split. Heading south would take you to the U.S. border.



Bertha Falls Trail.

I thought we had made it to Lower Bertha Falls. Since we had never been here before, we debated if this was really it. We had another kilometer to go according to our pedometers.

Bob didn't think this was big enough to be Little Bertha Falls. So he went up the trail to see if there was another waterfall close by. He no sooner went around a corner 50 feet ahead, when he frantically motioned for me to follow him.

When I got around the corner, lo and behold, there was Little Bertha Falls. It's certainly NOT little in my estimation! This is unique in that the water at the bottom of the falls funnels through a V-shaped rock trough.



Little Bertha Falls

Yay, we made it to Little Bertha Falls! We spent quite a bit of time here absorbing the wonderful negative ions. Unfortunately, at some point, we had to head down. From Waterton, we headed back to Cardston where we will have lunch and do two 5k Cardston town Volksmarches.



Join the City of San Antonio, [World Heritage Office](#), for the 7th Annual World Heritage Festival, **September 7-11, 2022!** The World Heritage Festival is an annual collaborative event to celebrate and promote the [San Antonio Missions](#), a UNESCO World Heritage Site. For more information and updates, follow us on [Facebook](#) or call us at 210-207-2111.



### Texas Traditional and Featured Events for

**September, 2022:** (Please check the AVA website for any changes or cancellations)

9/10/2022 – 5/10km Walk-rate: 1A

**Event Number:** 121642

**Start:** Mission Park Pavilions of Bexar County, 6032 Padre Dr, San Antonio, TX 78214

**Event City:** San Antonio - Tour de las Misiones

**Host Club:** San Antonio Pathfinders

**Event Website:**

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

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

**Write for more information to:**

Mike Schwencke

**Contact:** (210 ) 679-7609

**E-Mail:**

mike.schwencke@outlook.com

9/17/2022 - 9/17/2022 5/10km Walk

**Event Number:** 122287

**Start:** 21901 FM 762, Needville, TX 77461

**Event City:** Brazos Bend State Park, Needville, TX

**Host Club:** Houston Happy Hikers

**Event Website:**

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

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

**Write for more information to:**

Catherine Kellner

**Contact:** (979) 478-6203

**E-Mail:**

hhhpresident@houstonehappyhikers.com

**Club Website:**

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

9/17/2022 - 9/17/2022, 5/10/13km - Walk

**Event Number:** 121758

**Start:** Cypress Creek Community Center, 1530 Stoneleigh Rd., Comfort, TX

**Event City:** COMFORT, TX

**Host Club :** Hill Country Volkssportverein

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

**for more information :**

John Bohnert

**Contact:** (830) 995-2421

**E-Mail:** johnbohnert63@gmail.com

9/24/2022 - 9/24/2022 5/10km Walk

**Event Number:** 121954

**Start:** Berry Springs Park & Preserve, 1801 CR152, Georgetown, TX 78626

**Event City:** Georgetown

**Host Club :** Colorado River Walkers

**Event Website:**

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

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

**for more information :**

Deb Peak

**Contact:** (240) 374-9560

**E-Mail:** debpeak13@gmail.com

**Club website:**

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

### October 8, 2022 – Boerne featured YREs

For anyone not going to the West Texas Trail Walkers events starting October 8, 2022, the Roadrunners are featuring the three Boerne YRE walks, cemetery, town and Cibolo Nature Center.

Register at the Comfort Inn, 35000 I-10 West, Boerne. The registration will be manned from 8 to 11 a.m.

### Bastrop Art & Camino Real Walk – April 30, 2022



Martin Callahan with Rudy (left) and Dolly at the 1936 Texas Centennial granite marker that marks the site of the N.B. Tanner Confederate Arms Factory that manufactured Confederate guns and bayonets from 1862-1865.



Walkers at Start/Finish in Fisherman's Park



Suzanne Markgraf and Audrey Vertucci at the monument "Dedicated to the members of the Bastrop Fire Department for Valor and Sacrifice through FIRESTORM 9-04-11

