



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2023 – October, 2023 No. 9
Next Meeting – October 11
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: Susan Medlin

Renewal Time

The following membership renewals are currently due:

June 1: Ben & Susan Ennis, Darlene & James Copeland and Steven Stechschulte.

July 1: Connie Sue Low.

October 1: Susan Fine, Yolanda Nielo, Donna Ramirez and Anna Maria Ruff.

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. Lifetime Memberships are available for \$30 per person.



Welcome New Members!

Mia Conlon DeSoto
Anita Oehmke Schertz
Andrea Rinella San Antonio



The next RR club meeting will be held 11 October at 6:30 p.m. Meetings are held the 2nd Wednesday of every month at the Universal City Public Library, 100 Northview Drive, Universal City, TX 78148.

Congratulations!

Our RR member, Dee Repp, was recognized by the company she works for, Schriver and Carmona, in the second quarter of 2023 for community service to the AVA. Congratulations Dee and thank you for volunteering your time and service!

**From the Desk of the Pres--
HELP WANTED!!**

Volunteers are still needed to help man the AVA info booths at the following events coming up:

8 October - NW Vista College
A 5k walk is being hosted by Commissioner Clay Flores. They will have vendor tables at the event.

18 October - San Fernando Catholic Church activity center. No other information is available yet. Call or email: Ellen 210-723-8574 ellenott@sbcglobal.net

First Friday: The First Friday walk is held each month starting at the AVA headquarters, 1008 S. Alamo Street, San Antonio, TX 78210. The walk this month will be October 6th in the King William district for a free stamp. Questions? Call Ellen 210-723-8574

Upcoming RR events:

October 21 – Panther Springs Park, off of Wilderness Oak in Stone Oak area.

November 24 – Black Friday-Opt out walk at Southside Lion's Park with a hot dog lunch.



December 3 – 2023 Volkssport Christmas party will be at same location this year: 3630 Hunters Circle, San Antonio, 78230. Party from 4 p.m. to 8 p.m. All local clubs are invited.

December 9 – Boerne Christmas walk – Free pancake and sausage breakfast.



14 October 2023 there will be an annular eclipse. This is a Saturday and the San Antonio Pathfinders will host a new traditional walk that day starting at

10 a.m. The eclipse on 14 October 2023 is called an annular eclipse because the moon will not totally cover the sun like in a total eclipse. The moon will be farther away from the earth which will make it look smaller in the sky allowing a ring of light from the sun to shine through. This is called a "ring of fire" which makes it an annular eclipse not a total eclipse which is going to happen on 8 April 2024.

An interesting fact to note is a total eclipse takes an average of 375 years to happen again in the same location. Join the San Pathfinders on 14 October for a traditional event that will take place during the Annular Eclipse. Approved solar filtered glasses will be available at this event.

Mark your calendars for the Solar Eclipse:

On 8 April, there will be a total eclipse. The Roadrunners will host a traditional walk this day. There will be information on the Roadrunner web site regarding both of these events to include a national walk week schedule (1 - 7 April), with hotel information, etc.

Both of these eclipses will require the special glasses. I have these for sale for \$3 a pair until the supply runs out and I bring glasses to each RR walk.
Ellen



Henry Rosales,

President/CEO THE BIG GIVE

While many nonprofits have several fundraising events and donor campaigns throughout the year, the AVA has only one individual donor campaign each year. This is the ninth year of our

individual donor campaign. Contributions help the AVA pay for program expenses, special events, and new initiatives.

Important Dates & Info: Online giving started Wednesday September 13, 2023.

You May also mail in your checks to the AVA national office now through **October 31st.**

AVA Is Much More Than Just A Walking Organization



FORTY YEARS OF WALKING FRIENDSHIP - Rose Foerster and Pat Gunter

Meet Rose (left), she has been walking for 40 years. Along the way, she has made beautiful friendships. One of those friends is Roadrunner member Mrs. Pat Gunter, (on the right), whom Ms. Rose has known since she began her participation with AVA. Just imagine a 40-year friendship. This is truly a beautiful story. Both of them are widowed and they have developed friendships that helped them overcome their losses. The AVA means more than just walking. The AVA provides socialization, physical health and so much more.

Rose, recently broke her femur (thighbone). This thighbone aids in walking and standing. Because of Rose's history of waking with the AVA, Doctors and friends were impressed with her fast recovery. She walked out of the hospital two weeks after her injury. This is truly remarkable.

Publicity Committee - Susan Fine, Chair

We would like to give a shout out to all the POCs who plan multi-day walk events. Their work is huge and helps walkers plan their traveling for events.

We want to promote these walks and the clubs who have submitted their multi-day events. Check the AVA.org website for further information.

- Oct 5-8: Fall Foliage Weekend in State College Pennsylvania
- Oct 6-8: Palo Duro Canyon Hiking Fest in Canyon, Texas
- Oct 20-22: 22nd Annual US FreedomWalk Festival plus IML meeting in Arlington, VA
- Oct 26-29: Hoofin' It On Halloween in various cities in Kansas
- Oct 27-29: Walk Around Florida 32 in St. Petersburg, Florida



Congratulations to our AVA Colorado River Walker member, Greg Sells, for being quoted in the following article printed in the Austin American Statesman. We are very proud of you Greg – An Advertisement for Volksmarching! THANK YOU!
Carol Obianwu --- Colorado River Walkers.

Want to visit San Antonio? Readers rave about city while sharing tips on sites, food, fun.

By: Michael Barnes in the Austin American-Statesman

Greg Sells travels to San Antonio frequently to pursue his hobby of "volksmarching," a form of noncompetitive fitness walking. The American Volkssport Association is headquartered in the Southtown neighborhood.

"Many volksmarchers discovered the activity when stationed with the military in Germany, which brings us to another foundation of San Antonio's economy," Sells writes. "San Antonio has proclaimed itself 'Military City USA,' although it now boasts three bases rather than five — technically now one, Joint Base San Antonio, which encompasses Fort Sam Houston with Lackland and Randolph Air Force Bases. The two closed bases are Kelly and Brooks, both undergoing redevelopment. Another landmark of military heritage is the Arsenal south of downtown, now the H-E-B headquarters."

**Tales from the Trails –
Queen Elizabeth Park 10 km
Volksmarch in Vancouver, British
Columbia! - Wednesday,
September 20, 2023 – taken from
Susan Alton's Travelbug blog.**

On Wednesday, September 20, we decided to do a 10 km Volksmarch in the Kensington neighborhood to Queen Elizabeth Park.

The start box for our walk was in a bookstore in downtown Vancouver. I went into the bookstore to register and pick up the instructions to our starting point in the Shaughnessy area of Vancouver, B.C.

It is hard getting around a huge city when you're not familiar with the roads. Thank goodness for Garmin! She routed us to the community center where there was a large, free parking lot. After using the washrooms, we started walking.

It's fun to see the personality of neighborhoods. There was art high up on wires in the trees at one intersection with a bike path.



We entered Queen Elizabeth Park at the Little Mountain Disc Golf Course where a group of young men were playing disc golf. There are lots of things to do in Queen Elizabeth Park! We continued up a hill to the Rose Garden. A surprising number of roses were still in bloom.

From the rose garden, we made our way to the Queen Elizabeth Plaza. The Bloedel Floral Conservancy is in the dome-shaped building. We did not go in. I've heard it is loaded with tropical plants and birds.



Exploration was the name of the game in this part of the park. Our eyes were immediately drawn to the North Shore mountains of downtown Vancouver. What a day! While on the plaza, we could walk to the far left for a view of the Large Quarry Garden.



We walked to the far right of the plaza, and had fun taking photos with the "Photo Session" statues, by Seward Johnson.

We took a detour up some steps to see "Love in the Rain," a sculpture built for the purpose of attaching "Love Locks." Love Locks have become a problem around the world when people attach them to bridges. This is a new idea to give people somewhere to put their love locks other than city infrastructures. From the statues, we could look down into the Small Quarry Garden, AKA the Anniversary Garden. In 1993, at Seasons in the Park Restaurant, President Bill Clinton and President Boris Yeltsin (Russian Federation) dined there.

We headed out of Queen Elizabeth Park and walked past some funky-looking sculptures. I found that these sculptures are the artist's depiction of ravens. The artists are the Manitoba Aboriginal Arts Council, Inc. The sponsor donor was the Aboriginal Art Program for the 2010 Olympic Winter Games. We continued on past the Nat Bailey Stadium, "The Nat" for short. Here is where the Vancouver Canadians play baseball. This is known as Rogers Field

On the way back to the car, we walked through the Mountain View Cemetery.

Next we are planning to do a group walk with the Vancouver Venturers Volkssport Club in the Kitsilano/West Point Grey area to Pacific Spirit Regional Park, Jericho Beach Park, Spanish Banks, and Locarno Beach.

**Sunflower
Sod
Stompers** 2023-Hoofin'
It On Halloween

Come walk in the Heartland this fall! The Sunflower Sod Stompers are sponsoring 7 events for your walking pleasure in their 3rd Annual "Hoofin' It on Halloween" weekend, October 25 - 29. These sanctioned walks are located in northeast Kansas-along the US 36 corridor.

These "Sunflower State" events will be in communities that are based around agriculture and county government. The towns have some stately, older homes for viewing mixed in with fall foliage and of course, Halloween decorations! Three of the walks will qualify as Rail-Trail events, & one is a "Border Crossing". Different types of "Veterans Memorials" will be found as you walk the routes.

Group meals have been arranged for the evenings and motel rooms have been blocked. Remember, each town is unique with different sites and histories. Come enjoy northeast central Kansas this October! The Sod Stompers would appreciate your support! More information for these events may be found on the AVA website along with the brochure.



**TEXAS VOLKSSPORT ASSOCIATION
2023 VOLKSSPORTING CLUBS
OF SOUTHWEST TEXAS
CALENDAR**

Note: This is **NOT** an official document. Always verify events/dates on.ava.org or with the applicable club.

November:

SAT/04 -- NBW, New Braunfels Fall Walk (T)

FRI/10 – SUN/12 – TCW/STI/ DTI, Irving/, TVA Meeting

TUE/14 – SAP, Lost Maples (Y)

SAT/18 – CRW, TBD (T) (?)

FRI/24 – RRR, Southside Lions Park w/lunch (T)

SAT/25 – HCV, Comfort Christmas Festival Walk (T)

December: SAT/02 – VVF, Johnson City Lights (T) (also KAV, Buda Fest) (?)

SAT/09 – RRR, Christmas in Boerne (T)

SUN/10 – TTR, SA Christmas Lights (T) (?)
 SAT/ 16 – SMR, Christmas Festival (T) (?)
 SUN/31 - Memorial Walk/Last 2023 Walk, Fredericksburg(Y)

Club Abbreviations

CRW Colorado River Walkers
 HCV Hill Country Volkssportverein
 NBW NB Marsch-und Wandergruppe
 RRR Randolph Roadrunners
 SAP San Antonio Pathfinders
 SMR San Marcos River Walkers
 TTR Texas Trail Roundup
 VVF Volkssportverein Friedrichsburg



Texas Traditional Events for October 2023: (Please check the AVA website for any changes or cancellations)

10/6/2023 - 10/6/2023 - Walk
Event Number: 124238
Event City: Palo Duro Canyon State Park - Lower Canyon Trails
Host Club: West Texas Trail Walkers
More Details: [Click here for directions, ratings, etc.](#)
Club Website: www.westtexastrailwalkers.org/Home.htm

RANDOLPH ROADRUNNERS

PO Box 2744
 Universal City TX 78148-1744

10/7/2023 - 10/7/2023 - Walk
Event Number: 124234
Event City: Palo Duro Canyon State Park - Lighthouse Trail
Host Club: West Texas Trail Walkers
More Details: [Click here for directions, ratings, etc.](#)
Club Website: www.westtexastrailwalkers.org/Home.htm

10/8/2023 - 10/8/2023 - Walk
Event Number: 124235
Event City: Palo Duro Canyon State Park - Civilian Conservation Corp Trails
Host Club : West Texas Trail Walkers
More Details: [Click here for directions, ratings, etc.](#)
Club Website: www.westtexastrailwalkers.org/Home.htm

10/14/2023 - 10/14/2023 - Walk
Event Number: 124928
Event City: San Antonio - Tribute to Freedom
Start: New Life Christian Life Church Center, 6610 W. US Highway 90, San Antonio, Tx 78227
Email: Mike.Schwencke@outlook.com
Host Club: San Antonio Pathfinders
More Details: [Click here for directions, ratings, etc.](#)

More Details: [Click here for directions, ratings, etc.](#)
Club Website: www.randolphroadrunners.info



10/28/2023 - 10/29/2023 - Walk
Event Number: 125106
Event City: Waring - Halloween Walk
Host Club: Hill Country Volkssportverein
More Details: [Click here for directions, ratings, etc.](#)
Start: 11 Waring Road, Waring, Texas 78074



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

Telephone number _____

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

by _____

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

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 _____