



**Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)**

Volume 2023 – January, 2024 No. 1  
Next Meeting – 1/10/2024  
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:**

Susan Alton [daxkitten@aol.com](mailto:daxkitten@aol.com)

**SALES: - OPEN-**

**Webmaster:**

Randy Baker [Randy826@gmail.com](mailto:Randy826@gmail.com)

**Newsletter:**

Audrey Vertucci – [AudreyVe@gmail.com](mailto:AudreyVe@gmail.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:** Susan Medlin

**Renewal Time**

The following membership renewals are currently due:

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

**December 1:** Shirley Banez, Joanna Bolsins, Karen Lunarodriguez, Nancy Hester and Pauline Royer.

**January 1:** Howard & Lyn Tidwell, Leila Rathburn, William King, Hilda Juarez, and David Estes.

**February 1:** Connie & Jim Tree, Jose Jimenez, Cassie White, Jen Ruiz and Ginah Vrooman.

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

**The next RR club meeting will be held January 10 at 6:30 p.m. There will be no meeting in December.**

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

*Happy New Year*

**Desk of the Pres--**

**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 Friday, 1 December starting any time after 4 p.m.

**THERE WILL BE NO FRIST FRIDAY WALKS IN JANUARY AND FEBRUARY, 2024. Questions? Call Ellen 210-723-8574**

**Old Spanish Trail Event**

On March 22 -25, 2024, the OST will be here in San Antonio with the headquarters at the Gunter Hotel in downtown SA.

On Friday March 22nd the downtown Church's walk may be featured.

On Saturday March 23rd a walk along the OST in downtown SA as it goes out of downtown along Fredericksburg Rd. is being planned.

More on all this to come.

**Upcoming RR events:**

January 6 – Corner Bakery Café

February 10 – Del Webb Hill Country



**AVA Bus Tour To  
The Volksmarch At Crazy  
Horse Memorial – May 30 –  
June 3, 2024 (Proposed)**

The AVA National Office is once again exploring the option of a fundraising bus tour to the Crazy Horse Memorial Volksmarch, May 30 – June 3, 2024. The tour bus will leave San Antonio early morning on May 30, 2024, with an overnight stop in Colorado Springs on the way out and back from Rapid City, SD. The tour bus will return to San Antonio late evening on June 3, 2024. The approximate cost is \$990.00. This includes 4 hotel nights with breakfast and a minimum of 3 walks. The more that register the cheaper the cost. Space is limited to the first 40 registrants. A small non - refundable deposit will be required to reserve your seat.

If you think this is something you might like to attend, please send an email of interest to Henry at: [henry@ava.org](mailto:henry@ava.org) with your name and number of additional family members or friends who you think might also be interested. Please reply by December 30th or sooner. If there is enough interest, additional information with booking

details will be emailed to you. If the event is cancelled, you will also be notified via email.



### AVA Vice Chair, Carl Cordes -- *New Zealand-Australia Walking Tour March 2024*

In the October Checkpoint I spoke about a tour being organized for the events happening down under in March. I have received the travel programs with pricing from P.T.A. Tours, one for 11-25 March that cover the two walk events and a tour of Sydney in between. Then an add-on trip to explore other regions of Australia. If you did not contact me last month and want the trip details, please email me at [vice\\_chair@ava.org](mailto:vice_chair@ava.org) as soon as possible. Note I am not organizing this trip, just facilitating contact with P.T.A. Tours who specialize in arranging travel programs for major IML and IVV events worldwide.



To recap walk information, you can get IVV and/or IML stamps for these walks.

Event information links: Rotorua Walking Festival March 15-17, 2024 and Aussie Peace Walk March 22-24, 2024.



### 2024 Centurion Achievement Challenge

The 2024 program begins January 1, 2024. You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge.

Eligible participants may register for the 2024 Challenge between October 1, 2023 and September 30, 2024 using the official registration form. Please mail forms to AVA, 1008 S. Alamo St, San Antonio, TX78210, or e-mail to [marian@ava.org](mailto:marian@ava.org)



### King William Parade, April 27, 2024, San Antonio, Texas

Thanks to the support of the King William Association, it is likely the AVA will once again be invited to participate in the annual King William Fiesta Parade. This event draws over 30,000 national and international participants. Please invite club members to participate in the parade and send us their ideas on how we can leverage this event to market the AVA to a broader national audience.

#### **Enter the 2024 Parade Float Contest!**

– Send the AVA your ideas for a parade float, march, dance, or whatever you think is lively, colorful, and representative of the AVA for the AVA's parade entry. The theme for this year's King William parade is "Love Is In Bloom." The recommendation is to incorporate flowers into our float or whatever we end up doing. **If your idea is selected for the parade, you will not only get to see your idea come to life in front of 30,000 spectators, but you will also receive one free roundtrip airfare ticket to San Antonio to participate in the parade!**

The contest rules are simple. If your parade idea is selected, you are the winner! If your idea includes a float, please send a sketch of what you envision the float to look like. Sketches of all other ideas are welcome and can only help your entry but are not required. The entry deadline has been extended to January 31, 2024. Please mail entries to the National Office, Attn: Henry Rosales. Be sure to put your name, address, phone number, and email on the entries. For questions email [henry@ava.org](mailto:henry@ava.org). Please put parade contest on the subject line.



The next webinar will be Wednesday, January 17, 2024, at 7:00pm. The

registration link will be on the AVA website in January or you can [click here](#) to pre-register for the event. If asked for a passcode, the passcode is AVA.

#### **January webinar presenters include:**

#### **Healing From Within: Detox For Better Health**

Brenda Hernandez Daraiseh, MPA Operations and Marketing, Managing Partner, SANA Wellness & Health, LLC

If the benefits of detoxification sound appealing but you don't know where to start, this webinar is for you. We'll explain who can be affected by toxins, where toxins come from, when you should get started with a metabolic detoxification program, what you can expect during a metabolic detoxification program, why you should consider the SP Detox Balance™ Program and the Standard Process Purification Program. Also, learn how you can get off to a good start by crushing the sugar habit—just in time for the holiday season. We're SANA Wellness & Health, and we're here to help you "Heal From Within."



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

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

#### **January:**

MON/01 – First 2024 Walk, Fredericksburg (YRE)  
SAT/06 – RRR, Alamo Heights  
FRI/12- to MON/15 – ETT, MLK Weekend, Louisiana Parish Walks  
SAT/13 – SAP, Blue Skies of Texas (T)  
SAT/20 – HHH, Galveston

#### **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 TRAIL ROUNDUP**  
**3-DAY International**  
**WALKFEST**  
 San Antonio, Texas, USA  
 23-25 February, 2024



The following is updated information about the Texas Trail Roundup in February. This event had a contract with the Holiday Inn by Market Square. A flyer was printed, and information was submitted to the American Wanderer which came out recently. Unfortunately, all that had to be changed because of action taken by the city of San Antonio that removed the Holiday Inn from availability, so the TAW is incorrect and the flyers, website and sanction listings have had to be updated after a new start location was obtained.

The TTR will now be hosted at the Beethoven Mannerchor Halle und Garten in the King William District just south of downtown. They have a rehearsal hall that will be used for ceremonies and start/finish, etc. There is a biergarten with food and drink available on Friday and Saturday afternoon/evening.

The TTR website's schedule of events still needs to be updated as Saturday afternoon/evening will be socializing in the biergarten instead of the originally planned hotel pool party.

The website is <https://texastrailroundup.org/> and it has the updated brochure on the website.

There are several moderately priced chain hotels within a mile of Beethoven along with one lower priced hotel, the La Villita Inn, which is slightly closer than the others.

Parking is available on residential streets in the area, and Beethoven has a modest-size parking lot across the street with 40 spaces. Walkers should be careful not to park in the nearby Liberty Bar parking lot as they will get towed.

Andy Thomas, Southwest Region  
 Deputy Regional Director



**Texas Traditional Events for January 2024:** (Please check the AVA website for any changes or cancellations)



1/6/2024 - 1/6/2024 - Walk  
**Event Number:** 125756  
**Event City:** Alamo Quarry Market - The Best of the Heights  
**Start:** Corner Bakery Cafe  
**Host Club:** Randolph Roadrunners  
**Event Website:**  
<http://www.randolphroadrunners.info/>  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Club Website:**  
[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

1/13/2024 - 1/13/2024 - Walk  
**Event Number:** 126351  
**Event City:** San Antonio - Blue Skies of Texas Retirement Community Walk  
**Host Club:** San Antonio Pathfinders  
**More Details:** [Click here for directions, ratings, etc.](#)

1/20/2024 - 1/20/2024 - Walk  
**Event Number:** 126655  
**Event City:** Galveston - Mosquito Cafe  
**Host Club:** Houston Happy Hikers  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Club Website:**  
[www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

**Boerne Christmas Walk – Dec. 9, 2023**



Herb Laing and Wiley Smith cooking up pancakes and sausage at the walk start.



Frank Ellis with Winston, Doug Eide with Dolly and Gayle Weinraub stop for a picture in front of the Nativity scene at St. John Lutheran Church at the beginning of the walk trail.



Following the trail through the Holliday Christmas Market on Main Plaza.



A home along the trail through Woodside Village decorated with reindeer, snowmen and other Christmas figures.

**Christmas Lights River Walk at VFW 76 – Dec. 10**



A view of the Petty House was completed in 1895 and has served as the Veterans of Foreign Wars (VFW) Post Number 76 since 1947. The arch over the entrance was dedicated as the Freedom Arch in honor of Sergeant Manuel Luera that is shown in this photo. For more information on VFW Post 76 online visit: <https://vfwpost76.org/di/vfw/v2/default.asp>

This walk was sponsored by the Texas Trail Roundup Volksmarch club. 41 Volkssporters participated in this walk event.



Dee Repp, Thomas Frankhouser (behind Dee), Sandra Bliss, Wendy Dylla , Cheri, Marnie, Deanna and Laura pose for a picture in front of the Petty House before beginning the walk.



Martin Callahan holding Winston and Charley Watt, Jr. stop for a picture along the walk trail.



A view of the falls at the lagoon at the Pearl on the way to the turnaround point.



The "River of Lights" display visible across the river from along the River Walk Trail.

**\*All 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

Telephone number \_\_\_\_\_

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

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.

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