



Volume 2024 – May, 2024 No. 5

Next Meeting – 5/8/2024

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

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@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

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:

March 1: Wayne Cume.

April 1: Jacqueline Lytle, Kathy Guzman, Debra Frazier and Patsy Lozano.

May 1: Stephen & Jacqueline Ackley, and Brenda Jackson.

June 1: Janice Connor, Dorothy Creswell, and William Hamilton.

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.

The next RR club meeting will be held May 8 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.



From the 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. **Friday, May 3, 2024 is the next scheduled free 5K walk.** 3:00 to 7:00 p.m. register for the walk. *Questions? Call Ellen 210-723-8574*



Sneakers/Tennis shoe

fundraiser: Ellen is still collecting gently used sneakers or tennis shoes for the AVA fundraiser Big Give. Bring to any RR meeting or walk event.



National Walking Week - Tour of The San Antonio Shoes' Factory

By: Leslie Stone, Secretary, Happy Wanderers, Florida

As part of the Randolph Roadrunners program of events for the National Walking Week and eclipse activities, President Ellen Ott arranged a tour of the San Antonio Shoes (SAS) Store and Factory, for up to eight persons.

Those lucky walkers attending the tour were excited to view the largest SAS Shoe Store in the USA. Beside shoes, the store carried socks, purses, decorations for sandals and a large variety of various candies. More exciting was the actual tour of the facilities.

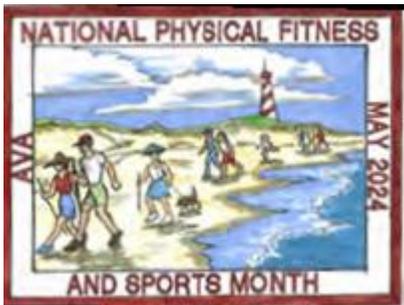
We were able to witness the making of the shoes. There were no computers or automated machines making the shoes. All the shoes were cut from leather by a person. There are 3 main cuts of leather used in their shoes. The shoes were sewn together by a person at a sewing machine. Fine, decorative stitching was sewn by hand into precut holes in the leather. We saw how the leather was fitted onto the forms and checked for misalignment and flaws in the leather and stitching. We saw how the bottom of the shoe leather was roughed to allow the soles to be glued to the bottom of the shoe.

We also saw the "Mission" shoes being made for the US Armed Forces to use for physical training and other fitness activities. They come only in black but are available to the public and are light weight.

And if you really want a deal, the tours are free of charge. Popcorn can be purchased for 5 cents a bag and a glass of Coke and/or Diet Coke can be purchased for 10 cents each.

If you are in the San Antonio, TX area, a trip to the SAS Factory Store is well worth the visit.

Leslie Stone



MAY is National Physical Fitness Month



San Antonio Pathfinders Coast Adventure

May 10 - 12, 2024

The San Antonio Pathfinders are hosting a weekend at the coast to walk the Year Round Events in Rockport, Port Aransas, and Corpus Christi. These walks are included in the TVA's TEXAS COASTAL CITIES AND RIO GRANDE VALLEY special program.

We have reserved rooms at the Best Western
300 N Shoreline Blvd.
Corpus Christi, Texas
361-883-5111 press 0 for the front desk. Ask for AVA: America's Walking Club to receive the group rate of \$129.99 + tax per night at the hotel. Parking is an additional \$10.00 and complimentary hot breakfast is included. The cut-off date for this price was April 10, 2024 and if fewer than 10 rooms are reserved the price reverts back to the rack rate. For a direct link to reservations email: schkathy@yahoo.com

The plan for the group is to walk Rockport on Friday, both Port Aransas walks on Saturday, and the Corpus Christi walk before returning home on Sunday.

Manned signup:

Friday: Community Aquatic & Skate Park, 2001 Stadium Dr., Rockport, 1pm-3pm.

Saturday: The Place Hotel, 445 W. Cotter Ave., Port Aransas, 9am-11am.

Sunday: Best Western, 300 N Shoreline Blvd., Corpus Christi, 8am-10am. (Walk will start/finish at Best Western.)



Tales from the Trails

By: Susan Alton

On April 18th, the West Texas Trail Walkers Volkssport Club met to hike and scope out trails for our October hiking weekend October 11-13, 2024. We also had our annual meeting. Bob is Treasurer and I am Secretary.

In Ruidoso, New Mexico on Thursday, April 18, we hiked the Jerryatics 5k/10k/18k trails. Bright blue skies dominated. The trail surface varied from dirt to roots, rocks, and loose gravel. Hiking sticks came in handy numerous times.



West Texas Trail Walkers (left to right): Bob Alton, Heidi Silkworth, Helen Hull, Will Robinson, Susan Noonan, Ian, Randy Baker, Dave Ramsey, Gary Silkworth, and Sarah.

We met at the trailhead sign at 8:30 am. Most had the requisite water, hats, hiking boots, suntan lotion, and snacks. This was to be a moderate hike. Each of us chose the distance we wanted to complete today. Bob, Susan Noonan, Dave Ramsey, Gary Silkworth, and I completed the 10k. Heidi Silkworth and Helen Hull did the 5k. Randy Baker, Will Robinson, Sarah, and Ian took on the challenge of the 18k more difficult hike.

Susan Noonan was the winner in the wildlife category. She found and photographed a horned toad! All I saw were grasshoppers. We saw huge alligator junipers today. Some looked 50-60' tall.

The views were gorgeous and we saw the 12,000' Sierra Blanca with snow. It dominates the skyline and can be seen for miles.



We stopped for snacks halfway through the walk. And when we returned to the parking lot, a herd of elk lounged across the street.

The Cedar Creek Trails are our next destination!

The WTTWs (westtexastrailwalkers.org) Annual October Hiking Weekend includes: three 5-18k hikes in the Lincoln National Forest, and two Year-Round walks in Ruidoso, New Mexico. The walk Registration opens June, 2024

La Quinta Inn is the host hotel. Negotiated rate of \$99 (pre-tax). Call 575-378-3514 for reservations.

For fun in the great outdoors, for fitness on moderate to challenging trails, for fellowship with walking friends, and for food at our annual dinner, Saturday, October 12



AVA PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

AVA Elevator Speech

Just in case you get caught up in an elevator and are asked "What is the AVA or American Volkssport Association?" you may use the description below. And it is always nice to share a story or one of your fond memories about Volkssporting!

Special thanks to the AVA's Publicity Committee for drafting this.

AVA is America's Walking Club, which is the largest organized walking organization in the United States.

We are dedicated to promoting health and wellness by providing fun-filled, well-planned, and informative walks. These walks are non-competitive, which allows participants to walk at their own pace. We also support hikes, bike rides, swimming, and in some regions, cross-country skiing, and snowshoeing.

We have more than 180 clubs across the United States, with more than 2,500 events each year. Visit our website at ava.org to locate a club and walks near you.



TEXAS VOLKSSPORT ASSOCIATION

2024 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.

May:

SAT/04 – NBW, Walk Veramendi

FRI/10-SUN/12 – SAP, Trip to Coast, Rockport, Port Aransas, Corpus Christi (Y)

SUN/12 – Palo Duro Canyon

FRI/17 – RRR, Beethoven

SAT/18 – TXW, Brook Hollow (Y)

SAT/18 – Dallas Trekkers, Coppell – Grapevine Springs Park

SAT/25 – HCV, Joshua Springs Park

June:

SAT/01 – RRR, Leon Creek (Y) (*also, Crazy Horse, SD*)

SAT/8 – VVF, Founders' Day,

Marktplatz (T)

SAT/15 – HCV, TBD

SAT/22 – **NBW, San Marcos (Y)**

SAT/29 – SAP, TBD (Y)

Club Abbreviations

ETT - East Texas Trekkers

HCV – Hill Country Volkssportverein

RRR – Randolph Roadrunners

SAP – San Antonio Pathfinders

TTR – Texas Trail Roundup

TXW – Texas Wanderers

VVF – Volkssportverein Friedrichsburg

DTI – Dallas Trekkers



Traditional Events for

May 2024: (Please check the AVA website for any changes or cancellations)

5/4/2024 – 5/4/2024 – 5, 10km

Event Number: 126861 - Veramendi

Start: Howard Payne University in

Veramendi Welcome Center,

2164 Oak Run Pkwy, Ste. 103

Event City: New Braunfels

Host Club: New Braunfels Marsch und Wandergruppe

POC: Jan Engel, jsengel@earthlink.net

or 830-660-4935

Check AVA.org for all walk

information.



5/12/2024 - 5/12/2024 - 10 km Guided

Walk – Palo Duro Canyon

Start: Mack Dick Group Pavilion

Event Number: 126732

Event City: Palo Duro Canyon State Park

Host Club: International Wanderers

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

Club Website:

www.walkingadventures.com

5/17/2024 – 5/17/2024 – Friday - 5, 10km

Event Number: 126901 – Beethoven

Mannerchor

Start: 422 Pereida St., San Antonio

Event City: King William Area, San Antonio

Host Club: Randolph Roadrunners

Event Website:

www.randolphroadrunners.info

POC: Ellen Ott, ellenott@sbcglobal.net

210-723-8574

Check AVA.org for all walk information.

5/18/2024 – 5/18/2024 – 5, 10km

Event Number: 126888 – Brazos Bend State Park, Needville, TX

Start: 21901 FM762, Needville, TX

Event City: Needville, TX

Host Club: Houston Happy Hikers

Event Website:

www.houstonhapphikers.com

POC: Catherine Kellner,

hphpresident@houstonhappyhikers.com

Check AVA.org for all walk information.

5/18/2024 – 5/18/2024 – 5, 10km

Event Number: 126856 – Grapevine

Springs Park, Coppell, TX

Start: 345 W. Bethel Rd., Coppell, TX

Event City: Coppell, TX

Host Club: Dallas Trekkers, Inc.

Event Website: www.dallastrekkers.org

POC: Deborah Carter,

debwalk@earthlink.net, 214-549-0851

Check AVA.org for all walk information.

5/25/2024 – 5/25/2024 – 5, 10km

Event Number: 126901 – Joshua

Springs Park

Start: Joshua Springs Preserve, 716 FM 289, Comfort, TX

Event City: Comfort, TX

Host Club: Hill Country

Volkssportverein

POC: John Bohnert,

johnbohnert63@gmail.com, 830 432-2850

Check AVA.org for all walk information.



Walking Improves Brain Connectivity & Memory in Healthy Older Adults

Taken From Health Hotline-Natural Grocers

New research from the University of Maryland School of Public Health shows that regular walks strengthen connections between brain networks important for clear thinking and memory. Published in the *Journal of*

Alzheimer's Disease Reports in 2023, the study included 33 participants between the ages of 71 and 85 years who walked for 30 minutes on a treadmill four days per week for 12 weeks. At the beginning and end of the study, researchers asked participants to read a short story and then repeat it out loud with as many details as possible.

Additionally, participants completed functional magnetic resonance imaging (fMRI) to measure the change in communication within and between three different brain networks responsible for controlling cognitive function.

The brain networks studied typically show deterioration in people with mild cognitive impairment and Alzheimer's disease. Eventually, these networks become disconnected, and as a result, people experience a decline in mental abilities like memory, reasoning, and judgement. Researchers in this study showed that after 12 weeks of regularly walking, participants had significant improvements in story recall abilities and also showed brain activity that was more synchronized and stronger, demonstrating that walking caused the brain to change and adapt in a positive way.



The King's Town Trekkers Volkssport Club CVF Festival

Come join us May 24-26, 2024
Kingston Ontario Canada welcomes you for a great weekend of fun, friendship and food, oops I mean fitness. Registration, hotel info and the schedule will be on the website: www.walks.ca.

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 year _____ \$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.

E-mail address _____

If the \$2.00 fee was not paid with the original application, add family members now by 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 _____