



18 July 2015

Roadrunner Happenings

Roadrunner Activities and News Sommer Edition 2015

The President's Corner

Hello fellow Roadrunners,

1st of all let me thank all the volunteers, the officers and directors that helped at our May walk. Again we had a smooth event without any complications and received many compliments for our great trails.

At our General Membership Meeting on May 17th, which was held at the German Hundeheim as a combined meeting, to incl. the volunteer helper picnic along with our yearly elections, we were able to thank all the volunteers who received certificates of appreciation, along with the accumulated RR credits vouchers, for their served time at our event. We had a great turn out and were blessed with beautiful weather, besides our RR we also had many guests from the Miesau club as well as the TV03. After the elections were held (see results below) we also had a lot of fun raffling off a variety of 36 club collected group prizes.

Election results:

Officers:

- | | |
|------------------|----------------|
| • President | Pat Massey |
| • Vice-President | Amanda Bradley |
| • Treasurer | Steve Cater |
| • Secretary | Royce Staley |

Directors:

- | | |
|---------------------------|----------------|
| • Membership | Pam Cater |
| • Tours | Gene Behrends |
| • Sales | Laura Ryan |
| • Achievements | Amanda Bradley |
| • German Liaisons/PR | Gina Massey |
| • US Publicity | Doug Strasser |
| • Volkssport-Registration | Fred Jung |
| • Trailmaster | Phil Massey |
| • Asst Trailmaster | Bert Cooper |
| • Shed/Housemeister | Terry Moseley |
| • Webmaster | Marlyn Neal |

18 July 2015

So now that everything has calmed down after our German-American friendship walk, we've had some time to look into some internal club subjects. As we've started out the beginning of the year, we're going to do another RR group walk at our 21 July General Membership Meeting. We will meet at 18:00 at Gaststaette Kraus, Johannisstr. 6, 67697 Otterberg. Please come a little earlier, because we'll have to buy start cards there, before we go out on the permanent trail and do the 7km walk together. This should take us about 1 hour and 15 minutes, so we should be back at the restaurant at about 19:30, where we will have dinner together.

We've already started planning on our upcoming Turkey Trot and the May walk 2016. This will be a big event, we will have our 40 year IVV membership anniversary, the 80th IVV RR hosted walk, which would be our 40th spring walk and our 19th Marathon.

One last thing, our German friends from the Misau club are hosting their annual volksmarch Saturday & Sunday August 8th & 9th. They are always looking for some RR to help out at their walk, if someone would like to volunteer please contact me. Currently they still have several different slots available. This is a great opportunity to build up German & American friendship.

Patrick

OTHER:

For information on upcoming walks, please check our Facebook page, I post the walks weekly:

<https://www.facebook.com/groups/RamsteinRoadrunners/>

Vice President

Car Pool Suggestions: The club is looking for some destination suggestions for car pools for the next few months. Your input on where you might like to go and walk as a group is valued. Send your suggestions to the Roadrunner email site (Attn Car Pools) and we will work out a plan.

Membership

We would like to extend a warm welcome to our new and renewing members:

- Fred Jung
- Jeanne Bridger
- Royce, Sharon, and RJ Staley
- Don Casper
- Laura Ryan
- Stephanie, Mark, Jack, Max, Sara Christensen
- Charles, Nancy, and Sara Walton
- Stacie, Kaleena, and Kannani Sais
- John Brough
- Jeffrey Cox
- Jutta and Peter Grinbergs
- Molly Black
- Christie, Troy, and Layla Monroe
- Albert, Madeline, and Erin Cruz
- Markus Neu
- Gisela Kühn
- Micheline Huntley
- Christian Bieber
- Brigitte Heigel
- Dennis Wood
- Klaus M. Michels



This month our monthly general membership meeting will be held on 21 July in in Otterberg. The meeting will consist of a group walk of the 7KM Permanent Trail hosted by Wanderfreunde Drehenthalerhof e.V followed by a group dinner.

What is a permanent trail? "Permanent trails are trails in particularly scenic regions of Germany with route lengths 5-42 kilometers. In general, the different hiking trails are open all year round and thus an attractive addition to the club sponsored walks on specific days. Permanent trails start in a local starting point, where the walker gets the start documents (a Start Card and possibly a path map). Please check the available hours for the local starting point for the trail prior to arrival." (DVV Website, link below)

How do permanent trails work? To get DVV/IVV credit for the trail you must obtain a start card from the trail local start point. This card must be completed with as much information as you have and includes information such as your name, the date you completed the trail, and the numbers for your DVV/IVV tracking books. After you obtain the start card, you will follow the trail map (provided with the start card) or small DVV signs similar to the image here. Follow the trail in the direction of the arrow on the sign or according to the map. At different intervals along the trail you will come across a sign the will DVV on it and a code or word, or some numbers. Record this code on your start card. This provides proof that you actually walked the trail. In the US the code might even be something like "the house number of the building at the intersection of Main St and 1st Avenue." Continue walking the trail until it returns you to the start point. At the start point (now the end point) you will turn in your start card and the establishment will stamp your DVV/IVV tracking books. Some clubs (such as Wanderfreunde Ludwigshafen/Rhein 1983 e.V.) may have a special control table for their permanent trails on the days they host their scheduled club sponsored walks.



Don't forget to check out our club website or our Facebook page for current news, meeting time and location updates, and trip information.

- <http://www.avaclubs.org/ramsteinroadrunners>
- <https://www.facebook.com/groups/RamsteinRoadrunners>

Join or renew your membership in any of three easy ways:

- In person at a scheduled membership meeting or contact us to arrange an in person meeting.
- By mail to our club address:
Ramstein Roadrunners, c/o 86 SVS/SVYR, Unit 3240 Box 1, APO, AE 09094
- By Electronic Bank Draft to
IBAN: DE07 5405 0220 0105 5972 07
BIC: MALADE51KLL
Bank: Kreissparkasse Kaiserslautern

Please include your name in one of the info fields.
Also, send us an e-mail to let us know that you transferred funds.

Trips & Tours

Summer is here and many of us will be hitting the road for travel and adventure. Just because the club doesn't have a bus trip going your way doesn't mean you can't get a walk in. Many German cities have some form of "altstadt wanderung" (Old City walk) that usually takes you by their best known sights; a great way to get your tourism in and get some walk credit as well. So as you make your travel plans, go to the DVV website and look under "permanente wanderwege" (permanent trails) to find one where you're going or nearby. There are also loads of permanent trails throughout Germany as well as in many of the surrounding countries. Go to the IVV web site (<http://www.ivv-web.org/pages/searchivvevents.en.php>) where there are links to the various national associations with links for scheduled walks and permanent trails. Looking farther down the road, the Roadrunners will be doing a walk and weinfest bus trip 3 Oct to Bischofsdhron and Zell. We will also do a Christmas Market and walk trip on 6 Dec to Strasbourg and Erstein. Look for pricing and sign-ups a little later.



Sales & Achievements



SALES

I'd like to say thank you to all who came by the sales table during our May walk--it was great chatting and meeting so many of you---and many of you bought some wonderful items and hope you enjoy! I've put in the special orders/special requests right after the walk--it may be 3-4 weeks before the orders are done but as soon as they are ready I will immediately contact each and every one who ordered to set up delivery/drop off times that work for you.

Check out the Ramstein Roadrunners web site for all of our fabulous gear! If there is anything you would like, drop me (Laura Ryan) an email or give me a call and I'll arrange to meet you. If there is something you would like to have our wonderful logo embroidered on, please let me know. And if you have a great idea for a new item, don't hesitate to let me know. Just drop me an email or give me a call! Happy walking!

ACHIEVEMENTS

Congratulations to club member (and our wonderful vice-president) Amanda Bradley who earned her 1000 km patch and her husband, Terry Moseley, who earned his 750 km patch! Amanda is active duty, and by keeping track of her PT workouts she is earning her way up the ladder! Way to go to you both!

As a member of the Ramstein Roadrunners, you can earn distance achievement patches by keeping track not only your volksmarch distances, but logging your own walks/runs on a daily basis--anywhere you walk or run--on a club Kilometer log. Distance traveled must be under your own power outdoors. As you reach various milestones- 125/250/500/750/1,000/1,500/2,000/2,500/3,000/3,500/4,000/5,000 km, you'll receive a pentagonal patch. After this, the patches are rectangular and are awarded at 6,500/8,000/10,000/12,500/15,000/20,000/22,500/25,000 km levels. Turn your logs into the Achievement Director Laura Ryan and receive your patches! You've earned them as a club member as long as you keep track of your mileage! Best part...these patches are FREE to all active club members!

Upcoming Events

Here's how you decode the listings - you'll find the event name (i.e. Morbach) followed by the state or the country the walk is in (RP, Saar, etc) and the trail lengths if they have been published in the terminelist. Check on the web site in the Master Distance Listing Dec 09 for how far approximately the walk is from Ramstein. You still need to check the weekly walking column in the Stars & Stripes, the walk brochures and the official listing on the DVV web site but this will give you a start. We will also suggest some nice "mini-trips" for folks who are more adventuresome. The officers have done a number of these over the years and can provide information if you need it.

Always remember to take your passport AND International driver's license if you are traveling to a walk outside the boundaries of Germany. You never know when the customs officials will enforce the borders and the fines can be steep. At best, the hassle may cost you several hours and much frustration.

Dates Location and Distances (PA=5/6km trail in France)

Date	Place	State	Distance	Notes
July				
18./19.07	Mörsdorf	RP	5,12,19 km	
18./19.07	Wadgassen	Saar	6,10,15,20 km	#
25./26.07	Seibersbach	RP	5,10,20 km	
25./26.07	Glan-Münchweiler	RP	5,10,,20 km	# Flag
25./26.07	Hülzweiler	Saar	5,10,20 km	
25./26.07	Stuttgart US	BW	6,12,22 km	X YWT
August				
01./02.08	Hottenbach	Saar	5,10,20 km	
01./02.087	Ebernahn	RP	5,10,20,42,50 km	# YWT
01./02.08	Hühnerfeld	Saar	6,10,20 km	#
01./02.08	Ersingen	BW	5,10,20 km	#
08./09.08	Konz	RP	5,10,20,30 km	
08./09.08	Miesau	RP	5,10,20 km	# Flag
08./09.08	Schmelz	Saar	5,10,15 km	#
15./16.08	Clausen	RP	5,10,20 km	
15./16.08	Tiefenbach	RP	5,10,20 km	
14./15.08	Kerlingen	Saar	5,10,20 km	AW
15./16.08	Auersmacher	Saar	5,10,20 km	
15./16.08	Crailsheim	BW	6,11,20,30,42 km	YWT
22./23.08	Sobernheim	RP	5,11,20,42,60 km	
22./23.08	Schiersfeld	RP	6,10,20,60 km	
22./23.08	Lambsborn	RP	6,10,20 km	
22./23.08	Mainz	RP	6,10,15 km	
22./23.08	Bubach	Saar	5,10,15,20 km	
29./30.08	Kirchberg	RP	5,10,20 km	
29./30.08	Höheinöd	RP	5,10,17 km	#
29./30.08	Uchtelfangen	Saar	6,10,21 km	

Legend:

RP	Rheinland-Pfalz
Saar	Saarland
BW	Baden-Württemberg
HE	Hessen
FR-M	Mittelfranken
Flag	Flagwalk
X	Walk with focus on high RR-Participation
#	Stroller friendly trails
BUS	Bustrip, see page "Trips"
YWT	Young-Walker-Tour

Long Range Event Planning

- 21 July 2015 General Membership – 18:00,
Location: Gasthaus Kraus
Johannisstraße 11, 67697 Otterberg

- 4 August 2015 Board of Director – 18:00,
Location: La Toscana, da Giovani (the old Rimini), Weltersbach

- 18 August 2015 General Membership – 18:00,
Location: Pizzeria Da Nino
Am Kiefernkopf 20, 66877 Miesenbach (next to our Starthall)

- 1 September 2015 Board of Director – 18:00,
Location: La Toscana, da Giovani (the old Rimini), Weltersbach

- 15 September 2015 General Membership – 18:00,
Location: Pizzeria Da Nino
Am Kiefernkopf 20, 66877 Miesenbach (next to our Starthall)