



Roadrunner Happenings

Roadrunner Activities and News (January 2011)

President's Corner: Lynne and I would like to wish all of our Roadrunner members and friends a very Happy New Year and express the hope to see all of you at the events and out walking in the coming months.

2011 has the potential to be an exciting year and we hope that all our members participate in our events (bus trips, car pools, meetings, May and Thanksgiving walks) to get to know their fellow members and make new acquaintances and friends. The Board of Directors are wracking their brains to come up with new things for us to do and places to go see during the year. So stayed tuned to the RR web site – we will be posting our schedules as soon as we get them finalized so you can plan them into your busy calendars. I can already provide two dates for you to pencil in – the Roadrunner annual Spring Volksmarch (8-9 May, Ramstein-Miesenbach) and our annual Turkey Trot (24 November, Ramstein-Miesenbach). The club has been putting on volksmarches in the Ramstein area since 1973 – that's a long time especially for an American Walking club – so we have a long tradition of service to walking and the community that we need to uphold in the coming year. See you on the trails and stay safe during the snow this winter.

Achievements:

- Congratulations to Gene and Sherry Behrends for reaching the 1000km (Gene) and 75 Event (Sherry) during the Roadrunner Bus Trip to Brussels last month.
- Contact Sheryl Neal if you have volunteered to help a club or achieved any of the IVV or club distance goals so we can recognize your efforts in the newsletter

Trips and Tours– Rothenburg o.d.Tauber: Our next bus trip will be our annual trip to visit Rothenburg on 26 February 2011. In addition to having three walks to choose from - the standard volksmarch (0700-1200, 6/11 and 21km or Halbmarathon trails), the Altstadt Wanderung (11km, 1200-1600 start time), and the Permanent Wanderweg (12km), there is the lure of the medieval city and all of it's charm and history. For info and reservations contact Gene Behrends (home) 06371-46.88.75 (cell) 0170-367-1573 E-mail: parrotdad@hotmail.com.

Car Pooling and Flag Walks: If anyone knows of an interesting walk in the next few months that has a neat "side trip" (museum, castle, tourist trap) let Lynne know so we can add the destination into our pool of places to see and things to do on car pools. The 2011 "plan" should be ready for the February Newsletter so watch for it.

Winter Walking Tips: I won't belabor any of you with the usual safety tips about winter driving since AFN has done that for us already. However, I would like to pass on a few tips for winter walking that may help someone from getting hurt this winter.

- Dress layered so you can keep from getting over-heated once you've started walking. Wear a hat and gloves to protect exposed flesh from the wind chills. A good pair of winter hiking boots (water proof and with good tread/spikes is sometimes a necessity) really helps in the snow and ice.
- Remember that it will take considerably longer to walk in snow/slush/ice than on a regular trail so be prepared for your walk times to get longer. The use of ice crampons or walking poles will help some but it will still be more strenuous and time-consuming. Hills become even more of a challenge.

- Don't try a 10/20km walk in snowy conditions unless you have been practicing, are in good physical condition, are dressed for it, and have water or other fluids available. Walk with a partner and always carry a cell phone for emergencies. Remember – 112 – is the number to call.
- If you are going to take your dog with you – make sure that they are well protected also – you might not want to take a short-hair out when it's super cold. You also need to remember that if it is wet and muddy, the dog will be wet and muddy at the end of the walk so make sure that you bring them inside and keep them protected until you get them home.
- Last but not least – driving and parking in the smaller villages is a challenge on a volksmarch morning when there is a lot of snow around. Remember, most places don't have adequate parking in the best of times so consider car pooling or using mass transit if possible. If you are going to drive take a smaller car. Remember that most villages don't plow the roads so either front wheel or four wheel drive with the right kind of tires is kind of nice just to get there. Parking is another significant event, be careful how and where you put your car since places to park will be limited. Parking lots will not normally be plowed and may be icy so use extra caution.

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 termineliste (**NEW for 2011**). Check on the web site in the Master Distance Listing Dec 09 for how far approximately the walk is from Ramstein-Miesenbach. You still need to check the weekly walking column in the Stars & Stripes, the walk brochures and the official termineliste 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.

<u><i>Dates</i></u>	<u><i>Location and Distances</i></u>
1 Jan 2011	Nieder-Wiesen (RP– 5/10km)
2 Jan 2011	Allendorf (RP– 5/10/15km) and Leudelage, Lux (5/10/15km)
8/9 Jan 2011	Bretzenheim (RP– 5/10/15km) and Ludweiler (Saar– 5/10km)
9 Jan 2011	Soleuvre, Lux (5/10km)
15/16 Jan 2011	Schweppenhausen (RP– 5/10/20km) and Eppelborn (Saar– 5/10km)
16 Jan 2011	Bouzonville, FR (A/10km)
22/23 Jan 2011	Kirchberg (RP– 5/10/15km) and Berschweiler (Saar– 6/10/20km)
29/30 Jan 2011	Flacht (RP– 5/10/20km), Seibersbach (RP– 5/10/15km), Kerlingen (Saar), and Riquewihr, FR (10/20km)

30 Jan 2011	Contz Les Bains, FR (A/10km) and Grossbliederstroff,FR (A/10/20km)
5/6 Feb 2011	Bernkastel-Kues (RP– 5/10/15km) and Eimersdorf (Saar)
6 Feb 2011	Yutz, FR (A/10/20km)
12/13Feb 2011	Gersweiler (Saar– 5/10km)
13 Feb 2011	Soufflenheim, FR (A/10km) and Ettelbruck, Lux (6/12km)

Long Range Event Planning

4 Jan 2011	Board of Directors Meeting – TBD, 6PM social.
18 Jan 2011	General Membership Meeting – Hundeheim (TBD), 6PM social hour
1 Feb 2011	Board of Directors Meeting – TBD, 6PM social.
15 Feb 2011	General Membership Meeting – Hundeheim (TBD), 6PM social hour
7-8 May 2011	May Walk 2011
1 Mar 2011	Board of Directors Meeting – TBD, 6PM social.
15 Mar 2011	General Membership Meeting - TBD, 6PM social hour

General Membership Meeting Location Map - Hundeheim

- The building will be open at 6PM and the owner has offered to have cooked wurst and schnitzel available for purchase if you'd like to eat before the official start at 7PM. Prices are reasonable and it's pay as you go to make it easier for Hans Peter and his staff. The Hundeheim is located just off L356 SW of the village. If you take L356 towards the water tower and Auto Kino, it will be on the left near the new railroad spur (see map). There is a paved road into the building and parking on both sides of the building.



•