

Fitness & family

Randolph walkers hit the streets Saturday

By Jessica Belasco
STAFF WRITER

GET IN A LOW-KEY WORKOUT before the day heats up with the Randolph Roadrunners Volkssport Club's SunRise 5K/10K walk on Saturday.

Like all volksmarches, the walk is noncompetitive and family friendly. Pets on leashes are allowed.

Walkers can start between 6:15 and 8:15 a.m.; finish time is 11:15 a.m. Registration costs \$3. Meet at Taco Cabana, 1533 Pat Booker Road, Universal City. Go to www.randolphroadrunners.info or call 210-723-8574.



Express-News file photo

The Randolph Roadrunners Volkssport Club doesn't let cold or heat interfere with its walks. Volksmarchers will be heading out again Saturday morning. We're betting coats won't be necessary.