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Councilman Yarbrough to Lead Lake Perris Family Hike

Perris City Councilman Mark Yarbrough will lead a low-impact family-friendly hike May 31 at the Lake Perris State Recreation Area.

The hike begins at 9a.m. at the Bernasconi Road entrance to the State Recreation Area off Ramona Expressway. To get to Bernasconi Road from Interstate 215, exit at Ramona and head east 6.5 miles. It's all part of the City's Live Well Perris healthy eating active living campaign, that includes a series of activities and sports-skills camps led by members of the City Council and City Clerk.

Live Well Perris signs will be placed along Ramona Expressway announcing the hike.

City Manager Richard Belmudez thanked Lake Perris officials for are allowing hike participants to park for free that day. The City has partnered with the Lake Perris State Recreation Area on several events in recent years, including previous hikes, bicycle rides, hosting a City centennial event in 2011 and providing a scenic route for several Tour De Perris bicycle rides.



Perris City Councilman Mark Yarbrough leads about 100 hikers on a jaunt through the Lake Perris State Recreation Area in July 2013. Yarbrough will lead another hike at Lake Perris at 9 a.m. on May 31.

Yarbrough, who led more than 100 people on a similar hike at the lake last year, said he's excited to complete the sequel. All participants who take part in the hike will receive a free pass good for 2014 to the Drop Zone, a new aquatics center that opens May 23.

"It's a great way to get the juices flowing and get the day started," Yarbrough said. "We had a great turnout last year, had a great time and would love to see a lot more people take part in 2014. It's a hike that everyone can make, including children and pets."

Yarbrough has been an enthusiastic supporter and participant in Live Well Perris programs. In addition to last year's hike at Lake Perris, he led a series of training rides in preparation for the City's signature Tour De Perris bicycle event.

He participated in many Saturday morning workouts at Mercado Park and May Ranch Park earlier this year, weekly exercise sessions that attracted 100-plus participants. He will be leading a longer, more challenging hike this fall at Lake Perris, although no specific date has been set.

"We need to lead by example," he said. "We have a program to encourage better physical fitness. It's one thing to set on the

City Council dais and talk about the program. It's another to show you care enough to participate."

Michael McDermott, the City's Redevelopment and Economic Development Manager, said participants in this month's hike will receive free refreshments, snacks and flashlights. The City also plans a "mystery surprise" for all participants.

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