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Tour de Perris Power Walk Promises to be Fun

It's about fun.

Perris City Clerk Nancy Salazar, who is hosting the Oct 4 5-kilometer power walk at City Hall, says the jaunt will allow residents to burn off some calories and build up a little sweat but mostly it's about spending time with family, friends and loved ones.

"You don't have to be a great athlete to take part in the walk," Salazar said. "It's kid friendly, it's senior friendly. Come on out and have a great day in the beautiful City of Perris. The walk is for everyone."

The walk takes place in conjunction with the City's 4th annual Tour De Perris bicycle rides and the Tour De Tots bicycle-safety program which are expected to draw hundreds of cycling enthusiasts and families. This year's activities, including the power walk, will benefit the Susan G. Komen Foundation of the Inland Empire non-profit organization, which supports breast cancer research and treatments.

Registration for the walk is \$5 and all registration fees will be donated to the Komen group. Everyone with a paid registration will receive a participation medal.



Perris City Clerk Nancy Salazar lifts a bag of cement during a recent boot-camp workout. Salazar is hosting the Oct. 4 5-K power walk at the City of Perris, which will raise funds for breast cancer research and treatment.

Salazar said walkers can register between 7 a.m. and 8 a.m. on Oct. 4 at City Hall, 101 North D Street. The walk begins at City Hall, heads west to the Downtown fire station where walkers will tackle a slight hill. From there, the group will head toward D Street and turn south to Mercado Park before proceeding back to City Hall and Foss Field Park, where it ends. Walkers will have to negotiate small obstacles and Mercado and Foss Field parks. Refreshments will be provided along the route.

The walk—and the four Tour De Perris bicycles rides and Tour De Tots safety classes—continue the City's Live Well Perris campaign, which stresses healthy living through exercise and proper diet. Salazar stays in shape by running, weight-lifting and taking part in mud runs and "Spartan Races," which feature challenging obstacles. But no such experience is needed to conquer the upcoming 5-k walk, she said.

Daryl Hartwill, Perris Assistant Public Works Director and staff liaison for the 5-K event, said that while the upcoming walk will be fun, the cause it supports is commendable.

"Cancer touches the lives of almost every family," he said. "We are pleased to partner with the Susan G. Komen foundation and we look forward to many people participating in this important event."

To honor breast cancer survivors and those who succumbed to the disease, the City will display a "Survivors & Memory Banner" at the Vendor Village. The banner will be donated to the Susan G. Komen Foundation of the Inland Empire.

Additional information about the 5-K walk is available at www.cityofperris.org.

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