



Perris Press Release

Contact: Joe Vargo, Perris Public Information Officer
Phone: 951-956-2120
jvargo@cityofperris.org

Perris Fun-Run Gets Residents Moving

More than 1,200 people—from hard-core runners to casual joggers to folks looking to spend some relaxation time with their children, friends and pets—took part in the 4th annual Fun-Run through the streets of Perris.

The five-kilometer run serves as a fund-raiser for the Perris Elementary School District, which uses proceeds from the event to support local Rotary Clubs in their efforts to develop youth leadership skills and the March of Dimes.

"This is a great community event for parents and kids," said Superintendent Vince Ponce. "It's a great way to get families together to enjoy fresh air and get some exercise."

Ponce said he was excited to help the City of Perris as it continues its wide-ranging "Live Well Perris" campaign to encourage residents to improve their physical fitness by getting more exercise and eating healthier.

The initiative kicks off June 15 with a community health fair at Foss Field Park and includes the initial weigh-in for participants in the City's version of "the Biggest Loser" as well as health screenings, healthy food vendors, rock climbing and dance contests. The health fair takes place from 11 a.m. to 7 p.m. at Foss Park, which is located adjacent to the Perris City Hall Campus.

It was clear at the Fun Run to tell which participants treated the event as serious training and competing to those out for an early morning stroll.

Andrew Crooks, 15, a sophomore from Murrieta Mesa High School, was all business. Andrew took off with the lead pack from the Orange Empire Railway Museum on A Street and 17-minutes 43-seconds later he became the first competitor to cross the finish line. Andrew set a pace of less than six minutes a mile.

His reaction?

"I've done better," he said.

Andrew runs cross-country track at the high school and usually covers 60 to 70 miles a week in training. His best time in a 5K run: 16-minutes 12-seconds.

"It was a good course," he said. "No hills to slow you down. I had a good time."

Good Hope Elementary School principal Allyson Mallory was among the first women to complete the 5K course. She credited her time of 22-minutes 48-seconds to an intensive course of cross-training, which includes lifting weights and a high-intense running regimen.

"It's a great opportunity to promote a healthy lifestyle," Mallory said. "The course encouraged all levels of runners to participate."

Juan and Jayla Sanchez represented the other end of the competitive spectrum. Juan, who lives in Coachella, carried his 3-month old daughter in a sling as he walked the course.

"Not a runner," he said.

Sanchez said he took part in the Fun Run to support the causes the event supports.

"I just came out to support all the kids," he said.

Perris teacher Kathy Flanagan took part with her two sons, Tommy and Jack.

"It's nice to bring the kids out so they can see where I work," said Kathy Flanagan, a fourth-grade teacher at Sky View Elementary School. "It's a nice community event and it's wonderful that we can do our part."

Laurie Taylor took part in the Fun Run with her four-legged companion, Kona, a shepherd-mix puppy. Like many other participants, 2013 marked her first attempt at the Fun Run.

"It's great being out in the community, seeing all sorts of kids, families and co-workers," Taylor said.

And Kona liked it all too.

"She's pretty excited," Taylor said.



Hundreds of runners take off May 11 from the starting line of the Fourth Annual Fun Run.



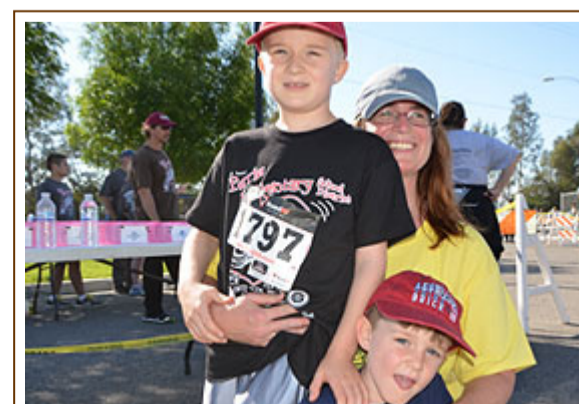
Andrew Crooks, 15, a sophomore from Murrieta Mesa High School, prepares to be the first runner to cross the finish line, completing the five-kilometer, three-mile race in 17-minutes 43-seconds.



J. Carmen Altamirano took part in the Fun Run with his daughters, Cindy, 3, Bridget, 1, and Candy, 5.



Juan Sanchez, of Coachella, holds his 3-monthold daughter, Jayla, who went along for the run.



Jack, Kathy and Tommy Flanagan after crossing the finish line at the Fun Run. Kathy Flanagan teaches at Sky View Elementary School in Perris.