



## Perris Press Release

Contact: Joe Vargo, Perris Public Information Officer  
Phone: 951-956-2120  
[jvargo@cityofperris.org](mailto:jvargo@cityofperris.org)

### Mayor and Residents Brave the Heat for "Live Well Perris" Walk

Triple-digit temperatures didn't discourage the hardy Perris residents who joined Mayor Daryl Busch for a walk around Paragon Park on June 29, the latest activity in the City's "Live Well Perris" initiative.

Busch grabbed a bottle of water, put on a cap and sunglasses as he led about 25 for a brisk morning walk around the mile-long perimeter of the park, which is heavily used by skateboarders and basketball players. Paragon was bustling with activity by the time Busch and his fellow walkers began their jaunt.

The Mayor's Walk continues the Live Well Perris program, which encourages healthy eating and active living through exercise, consuming more fruits and vegetables and fewer sugary drinks and taking more control of their overall health and fitness. The Live Well Perris initiative kicked off with a community health fair June 15 and continues throughout the summer with twice weekly aerobics workouts led by members of the City Council, a 3-on-3 basketball tournament and a hike and bicycle ride around Lake Perris.

But for the Mayor's walk, foot power took center stage.

"We're encouraging people to get out and exercise and walking is a very good form of exercise," Busch said. "But don't just walk today. Walk other days as well. It's good for your health!"

As a loudspeaker played "Eye of the Tiger" Busch and the others started off around Paragon, a former horse ranch owned by Hollywood tycoon Louis B. Mayer. The park is in a neighborhood of Perris known as Triple Crown, which has lots of street names of legendary horses and races.

Perris City Councilwoman Rita Rogers joined the walk. The thermostat in her car indicated the temperature was well over 100 degrees around the time of the walk.

"We are asking Perris residents to embrace the Live Well Perris program," she said. "It has to start with the Mayor and City Council. If we do not participate, how can we expect other residents to?"

Grace Maldonado, who exercises regularly at Paragon Park, remembered Busch from the years that he and his wife, Kay, operated a Downtown Perris restaurant. She asked the Mayor a non-exercise related question.

"What was the recipe to your chili?" Maldonado asked. "I miss it!"

Maldonado said she appreciated City officials living up to their promise to lead by example.

"I'm really glad to see our elected officials taking the time to walk and talk to regular folks," she said. "It's nice."

Perris High School junior Justwin Van-Dellen, 15, said he too was glad to walk with the City officials. He said he was impressed that elected officials were willing to do their part to promote healthy lifestyles.

"I'm glad I was able to meet the mayor in person," Justwin said. "I'm glad that they are willing to do things to help the community."

After completing a lap around the park, the mayor joined Perris staff workers in raffling off prizes like gift cards and t-shirts. After that short break, he was out again, leading another group of walkers for a second circuit around Paragon Park.

Julie Loffer, who walked with Busch and Rogers, said she is pleased to see the City emphasizing physical fitness and healthy eating in 2013.

"The City of Perris is taking action to encourage people to more healthy," Loffer said. "I think it's really positive."

The next scheduled Live Well Perris program takes place at 6 p.m. on July 10, with a Zumba class at Frank Eaton Park, 3600 Bradley Road.



Perris Mayor Daryl Busch leads a walk along the perimeter of Paragon Park on June 29, part of the "Live Well Perris" campaign of active living and healthy eating choices that continues throughout the summer.



Perris Mayor Daryl Busch under a banner promoting the Mayor's Walk, which drew about 25 people.



Perris Mayor Daryl Busch with some of the winners of raffle prizes given away during the June 29 Mayor's Walk at Paragon Park.