



First Scenic Bike Ride Gets the Gears Rolling

More than 60 people came out to the Lake Perris State Recreation Area on Sept. 7 to show their continuing support for the City's ongoing health-eating active-living initiative.

Many who came out took part in an 8-mile training ride around the scenic wildlife preserve in preparation for the Oct. 5 Tour De Perris. Three more rides, each one increasing in distance and difficulty, will take place every Saturday until the Tour. The rides leave at 8 a.m. from Perris City Hall, 101 North D Street. More information about the rides is available by calling 951-943-6100.

Those who arrived Sept. 7 without bicycles used the occasion to complete a short hike.

Whether hiking or biking, participating residents said they were glad to get in a weekend workout conducted as part of the "Live Well Perris" program, a continuing effort to encourage physical activity and healthier eating habits.

Perris Mayor Pro-Tem Mark Yarbrough led the bicycle ride. He summed up the morning's activities in one word. "Perris-dise!" he said. "It doesn't get any better than this. I'm so glad that people are taking advantage of our Live Well Perris campaign and moving toward healthy living. Getting fit and toned is a great way to improve your life. It makes all the difference.

Paul and Mary Kelly came to Lake Perris to take part in their first group ride. The couple is considering riding in the third annual Tour De Perris, which features rides of 8-miles, 30-miles, 62-miles and 100-miles.

Paul Kelly suffers from rheumatoid arthritis and said doctors have prescribed exercise as a way of combating the illness.

"I need to exercise to stay healthy," he said. "I enjoyed riding bicycles when I was younger and I'd thought I'd pick it up again."

Mary Kelly said she found the training course a "nice, scenic trail."

"We came out to enjoy the ride, have fun and meet new people," she said.

Shawn and Lanna Goffman are experienced bike riders, having taken part in organized rides throughout Southern California, including Palm Springs and Long Beach. They will ride in next month's Tour De Perris.

Lanna Goffman praised Perris officials for organizing the training rides and for its Live Well Perris program.

"It gets people out of their houses and gets them more active," she said. "We've never been to Lake Perris before. It's cool."

Sarita Orozco brought about 20 members of her workout group to take part in the short hike. Orozco has been a huge supporter of Live Well Perris, attending many of the twice-weekly workouts with City Council members at parks throughout the City.

"This is something very positive for the City," she said. "It's a great family activity and I think it's great that the City of Perris is sponsoring it."

Most of the bicyclists completed the 8-mile route in less than 40-minutes. The route was mostly flat with one noticeable hill. Upcoming training rides will provide greater tests to challenge cyclists mettle and skills.

Ted Norton, a Perris minister, completed the course first, crossing the finish line in 25 minutes.

"It was fun, a beautiful ride," Norton said.

Mayor Pro-Tem Yarbrough was equally pleased.

"A perfect ride," he said. "A great way to get a good workout in the morning."

Following the ride/hike, Perris officials raffled off a number of prizes, including sports equipment, gift cards and backpacks. The big prizes were two bicycles. They were won by Yavehn Areco, 9, a student at Nan Sanders Charter School and by Chris Bernal, who said he would give the bicycle to his daughter as a present.



Perris Mayor Pro-Tem Mark Yarbrough gives both thumbs up as he completes an 8-mile training ride Sept. 7 at the Lake Perris State Recreation Area.



Perris Mayor Pro-Tem Mark Yarbrough greets the crowd who gathered for a bicycle ride or hike at the Lake Perris State Recreation Area. He told the crowd they were in "Perris-dise!"



Riders take off at the beginning of the training ride Sept. 7 at the Lake Perris State Recreation Area.



Perris Mayor Pro-Tem Mark Yarbrough and City Manager Richard Belmudez present a bicycle to 9-year-old Yavehn Areco, who won it during a raffle following a training ride and hike at the Lake Perris State Recreation Area.