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## 2018 "Take a Hike" Series Kicks Off Feb. 10



A beach walk at the Lake Perris State Recreation Area in 2017 drew about 300 participants who strolled along the beautiful sandy beach shoreline. The City of Perris is sponsoring another beach walk Feb. 10.

The City of Perris is pleased to announce that the first 20 cars will be allowed in for free at the Feb. 10 "Take a Hike" event at the Lake Perris State Recreation Area.

A donation from Esbiedy Lomeli, a Perris resident who takes part in City-sponsored fitness classes, made the hike free for early-arriving early birds.

The "Take a Hike" series kicks off with a three-mile stroll along the beautiful sandy shore of the Lake Perris State Recreation Area at 17801 Lake Perris Drive.

"We want Perris residents to begin the New Year with a little workout," said Recreation Coordinator Josh Estrada. "The beach walk is a family-friendly hike--a little excursion--that encourages parents to bring their kids out to get some exercise in a beautiful setting."

About 300 people took part in a similar walk at Lake Perris last year. The 2018 Take a Hike series continues the City's Live Well Perris initiative, which encourages healthy living through exercise and smart food choices.

Hikers should plan on arriving to Sail Cove at Lake Perris about 7:30 a.m. That's when City fitness instructor Laura Sosa will lead the group in a series of stretches and exercises geared to warm up muscles before hitting the sandy beach. The walk begins at 8 a.m.

Dog owners are invited to take part in the event but the State Recreation Area does not allow canines to walk on the beach. No problem. Dogs and their owners can complete the walk on a three-mile paved pathway.

After the first 20 vehicles are admitted, the cost to enter Lake Perris is \$5 per vehicle. The City is encouraging participants to carpool.



Perris Recreation Coordinator Josh Estrada walks along the route of the upcoming beach walk Feb. 10: "The beach walk is a family-friendly hike--a little excursion--that encourages parents to bring their kids out to get some exercise in a beautiful setting."

Sosa said the hike is a great way to reaffirm a commitment to getting or remaining healthy in 2018.

"The City of Perris believes exercise is a great way to improve your health," she said. "It's hard to beat the scenery, the view and the camaraderie of working out with other people who want to get and stay healthy."

Several prizes, include a Fitbit, a child's bicycle, backpacks, walking poles and other exercise equipment will be raffled off after the hike.

The upcoming hike is one of three sponsored by the City of Perris in the coming months. The others include:

\*A 3.5-mile hike Saturday, March 17, at Roy W. Kabian Park, 27445 Coyote Circle, Quail Valley, CA 92587. Check in at 7:30 a.m. Hike begins at 8 a.m.

\*A challenging 4-mile hike April 14 at the Old Campfire Center at the Lake Perris State Recreation Area, 17801 Lake Perris Drive, Perris, CA 92571. Check in at 7:30 a.m. Hike begins at 8 a.m.

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