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Kabian Park Hosts Hundred-plus Hikers



Perris City Councilman Malcolm Corona walks with other hikers Sept. 9 at the start of the three-mile course at Kabian Park, part of the City's "Take a Hike" campaign.

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The 100-plus people who trekked Kabian Park in Perris used lots of words to describe the experience—invigorating, exhilarating, fantastic, a great workout, fabulous scenery, spectacular views and the perfect chance to meet fellow hikers.

The 3.5-mile journey through Kabian Park—the first in the latest round of the City of Perris's "Take a Hike" program, provided the opportunity to experience a pristine landscape that included a spectacular view of Canyon Lake. Perris Mayor Pro Tem David Starr Rabb, City Councilman Malcolm Corona and City Manager Richard Belmudez led the contingent of elected representatives and administrators at the Sept. 9 hike.

Perris residents were joined by hikers from nearby communities like Moreno Valley, Menifee and Murrieta and people who traveled an hour to get to Kabian Park. City fitness instructor Laura Sosa led participants through a series of pre-hike warm-up exercises.

Rabb said the hike provided the chance for residents and visitors to experience a park not well-known by many.

"This is a great event that brings people to a side of Perris many people didn't know existed," he said. "It's important for people to improve their fitness and this helps motivate people to try to stay fit."

Corona said the hike gives elected officials like him the "chance to see a great part of Perris, to meet the community and get some exercise." The hike is about leading by example.

"It's important to show our community that we care about the health and wellness of our residents and to offer a safe environment for families to get involved with improving their health," he said.

Corona's take on the Kabian Park hike: "Challenging but doable."



Perris Mayor Pro Tem David Starr Rabb tackles the Kabian Park hike trail at the beginning of a three-mile hike Sept. 9.

A wonderful place

The hikers departed from the entrance to Kabian Park shortly after 8 a.m. and made their way through the park along a trail that included some strenuous but not exhausting inclines before ending at Canyon Lake with a spectacular view of the water. The fastest hikers completed the course in a little under an hour and all were back within 90 minutes. Everyone found the morning's workout worthwhile and enjoyable.

"Awesome" was how Perris resident Laura Rodriguez described the hike.

"Perris is a wonderful place to live," said Rodriguez, who has called the City home for 30 years. "The Perris staff is great and works very hard to create programs for the community."

Rodriguez called the hike a "little adventurous." She said she enjoyed "the sightseeing, the people, the scenery and the beautiful wildflowers."

Former Marine Sally Hicks takes part in intense early morning "boot camp" classes sponsored by the City. She came to Kabian Park for the fun and to get a little exercise.

"It's nice being around people who want to work to improve themselves," Hicks said. "It's great."

Emily and Adam Stadnik drove in from Rancho Cucamonga to tackle the Kabian Park trail.

Emily Stadnik said she enjoys coming to Perris in the early morning to enjoy hot air balloons taking off and flying over the Perris Valley. The couple hike near their home but the Kabian Park hike was their first in Perris.

Both came away impressed.

"A great sense of community by connecting people in the area with wellness," Adam Stadnik said. "A great event. Fantastic."

Prizes included bicycles, a Fitbit, water bottles and walking sticks were raffled off at the end of the Kabian Park hike.

The next "Take a Hike" will be held Oct. 28 at the Lake Perris State Recreation Area. Registration begins at 7:30 a.m. and the hike begins about 8 a.m. The three-mile route is an easy one along the shoreline of the popular recreation spot. Water will be provided but participants are urged to bring their own as well. The State Recreation Area is charging a \$5 parking fee. A local dentist office, Perris Modern Dentistry, is sponsoring parking for the first 30 vehicles at the upcoming hike so participants are urged to carpool.



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