



home > city hall > press releases

"Take a Hike" Lake Perris - Fall 2017



Perris residents Luis Bustamante and Sandra Vargas before the "Take a Hike" event Oct. 28 at the Lake Perris State Recreation Area. Vargas says she and her husband hike to keep fit and prevent illnesses like diabetes.

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The 2017 version of the City of Perris' hugely successful "Take a Hike" series wrapped up Oct. 28 when 96 people took part in an early-morning stroll along the shoreline of beautiful Lake Perris.

But hikers, walkers, joggers and strollers should not worry.

The 2018 Take a Hike series kicks off in February.

Once again Perris City Councilman Malcolm Corona took part in the three-mile stroll along Lake Perris along with his wife, Mila, and son, Malcolm. Corona has participated in every "Take a Hike" event since the program began earlier this year.

"This is a great way for everyone to get out and get some exercise in a gorgeous place," Corona said. "It's a great family hike—and it's good for pets too. It's a great way for our City to ensure that we are providing events that encourage health and fitness."

Corona spoke as the sun rose majestically over Lake Perris, saying the spectacular site "shows what Perris has to offer."

Fitness instructor Laura Sosa got the juices flowing with a series of stretches and calisthenics to loosen up muscles in preparation for the upcoming hike. Then it was off for the jaunt along the sandy beach, which included pets, parents with strollers, experienced hikers and novices.

Michelle Austin discovered the hike on a facebook post and drove in from Corona. She said she's lost 80 pounds through dieting and exercise and wants to keep the weight off. Nothing better than burning calories with an early-morning walk. The view was hard to beat too.



Perris fitness instructor Laura Sosa leads hikers through a stretching exercise prior to the start of the 3-mile excursion along the scenic shoreline of Lake Perris.

"It's fun to get out in nature," Austin said. "It's beautiful here. Being fit is important to me."

Austin used words like "fabulous" and "awesome" to describe the City's commitment to healthy living and exercise.

"I love what Perris is doing!" she said. "It's fabulous that the City is promoting a healthy lifestyle."

Health also was on the mind of Perris resident Sandy Vargas and her husband, Luis Bustamante. Vargas works in a pharmacy and fills many prescriptions to address high cholesterol and diabetes. Her 30-year-old son suffers from diabetes. Vargas takes fitness classes with Sosa to keep in shape. She also hikes nearby Mount Rubidoux and Box Springs and plans on tackling the Terri Peak hike at Lake Perris, set for April 14.

"It's a good thing the City of Perris is doing," Vargas said of organizing and promoting the "Take a Hike" series. "It shows they care about the community."

Catalina Santana brought her son, Bobby Marquez, to the hike.

"It's a great time to get out and enjoy Mother Nature," Marquez said. "It's a good incentive for people to get up and get moving. We're looking forward to the walk today."

Santana hopes she can encourage other family members to Take a Hike in 2018.



Perris City Councilman Malcolm Corona walks with his wife, Mila, and son, Malcolm at the "Take a Hike" event Oct. 28.

"I definitely want to make this a family event," she said.

The schedule for the 2018 hikes:

*Feb. 10: The Lake Perris State Recreation Area for a walk-on-the-beach excursion.

*March 17: Kabian Park, 3-mile scenic hike course.

*April 14: Lake Perris State Recreation Area, a 4-mile challenging hike to the summit of Terri Peak. More than 250 people participated in the same hike earlier this year.

Registration and sign-in for all hikes begins at 7:30 a.m. the morning of the event. Hiking begins at 8 a.m. Water will be provided at all hikes but participants are urged to bring their own as well.

For more information, call 951-943-6603.



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