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Free Hike and Bike Events Focus on Family Fitness



Frank Eaton Memorial Park in north Perris will serve as the site of 5-mile bicycle ride on May 14.

The City of Perris is hosting a series of increasingly challenging hikes and bicycle rides to encourage families to work out together while spending quality time and burning calories.

The “Hike and Bike” events continue the City’s hugely successful Live Well Perris healthy eating active living campaign. All events are free and begin at 8 a.m. City staff will be on hand to provide some water, but participants are encouraged to bring their own as well.

“This is really the chance to show people what the City of Perris has to offer,” said Josh Estrada, the recreation coordinator who is organizing the quartet of upcoming events. “We want the chance to show off our City while encouraging people to exercise and be active.”

The City’s personal fitness instructor, Laura Sosa, will be leading each event with the support of Perris municipal staff as well as California State Park Rangers.

The series kicks off April 30 with a three-mile hike over gentle terrain that starts and ends at Lot 8 in the Lake Perris State Recreation Area. The route includes a rest stop at the half-way mark.

On May 14, a 5-mile bicycle ride takes off from Frank Eaton Memorial Park through the May Ranch community in North Perris. The route will be well-marked and should prove easily navigable as it includes only one gentle hill.

On June 4, a more challenging bicycle ride begins at the Lake Perris Fairgrounds, 18700 Lake Perris Drive, and includes a 7.5-mile course with one major hill. The route ends returns and ends at the fairgrounds.

The series concludes June 18 with a 4-mile hike at the State Recreation Area. The challenging hike begins at the outdoor amphitheater and includes an ascent to the top of Terri Peak and a course with little shade and could take up to three hours to complete.

Each event will feature giveaways to participants and a raffle of several Giant mountain bikes takes place at the final hike.

Estrada, an avid hike and cyclist, said he’s looking forward to showing off the beauty of Perris the hikes and bikes are sure to emphasize.

“It will really be cool to show people what they can do to have fun,” he said.

More information about the upcoming activities is available at www.cityofperris.org or by calling the City gym at 951.943.6603.

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