



home > city hall > press releases

Cyclists Take to the Streets for City-Sponsored Ride



Perris City Councilman Mark Yarbrough told the early morning riders they were "hard-core" and praised them for their commitment to physical fitness.

Forty-one hard-core bicycle riding enthusiasts braved chilly weather and an early-morning start to take part in a 5-mile ride through North Perris, the latest effort in the City's ongoing Live Well healthy eating active living campaign.

The riders departed Frank Eaton Memorial Park led by City fitness instructor Laura Sosa. Riders also included Perris City Councilman Mark Yarbrough, an enthusiastic supporter of the Live Well program.

"We all want to live well and the City of Perris is committed to programs that encourage people to get out, exercise and improve their health,"

Yarbrough said. "It's important for me to be here because I want to lead by example. A little bit of exercise can make all the difference."

He addressed the riders and commended them for taking part.

"You are definitely hard-core," Yarbrough said.



Perris resident Tim Allen and his son, Angel, 11, mount up prior to the start of a 5-mile bicycle sponsored by the City of Perris.

The May 14 "family ride" took place over easy-to-navigate terrain so it was easy for novice riders and those that only occasionally put on a helmet and peddle on their bicycles. Participants included several parents with their children out to enjoy an invigorating morning.

Tim Allen and his son, Angel, 11, were among the first people to arrive at Eaton Park. The pair routinely ride seven miles per day when they get the chance so the recent ride didn't strain their muscles or stamina. They heard about the ride through social media, part of the outreach effort that included facebook, Instagram and flyers left in nearby neighborhoods.

"This is a great way to spend quality time with my son," Tim Allen said. "It's enjoyable. The weather's nice. It's cool to get out and ride."

Angel, who plays trumpet in the marching band at the California Military Institute, said he and his dad were sure of one thing: "We will have a good time."

Jose Romero brought his son, Jose IV, who rode along in a child carrier. The little guy was a bit cranky but dad was raring to go.

"This is great bonding-time," Jose Romero said. "It's great being outdoors instead of indoors. I appreciate the City of Perris for hosting this really great event. This City is proactive and keeps in touch with the community in a positive way."



Jose Romero brought his son, Jose IV, who was a little-camera shy prior to the start of the bicycle ride from Frank Eaton Memorial Park.

The ride was the second of four planned outings planned as part of Live Well Perris. 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.

More information about the upcoming activities is available at www.cityofperris.org or by calling the City gym at 951-943-6603.



City fitness instructor Laura Sosa leads a procession of riders at the start of a 5-mile bicycle ride May 16 as part of the Live Well Perris healthy eating active living campaign.

Media Contact

Joe Vargo
Public Information Officer
951-943-6100
jvargo@cityofperris.org



Perris City Hall
101 N. D Street
Perris, CA 92570

Hours: Mon. - Fri. 8 am - 6pm

Phone: (951) 943-6100
[Map to City Hall](#) • [Contact us](#)

Get our mobile apps:
[Apple](#) • [Android](#)

Contact Perris

Call: (951) 943-6100 (available 24 hours/day)

Report a Problem/Ask a Question:

[Contact Form](#)

Follow us: [Facebook](#) [Twitter](#) [Instagram](#) [YouTube](#)

In this website

- [City Hall](#)
- [Government](#)
- [Residents](#)
- [Business](#)
- [Visitors](#)

Translate this site:
[Select Language](#)