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Perris Residents Take to Two Wheels



Perris fitness instructor Laura Sosa leads riders on a 5-mile bicycle ride from Frank Eaton Memorial Park on Saturday, Sept. 10.

A group of Perris physical fitness enthusiasts set their alarm clocks early, completed stretching routines and then climbed aboard bicycles to take part in an early-morning ride Sept. 10 at Frank Eaton Memorial Park.

The 5-mile family ride was the first of three ever-more challenging cycling events that continues the City's Live Well Perris healthy-eating active-living initiative.

Other rides in the "Geared Up" series include an Oct. 15 10-miler that starts and ends at the Perris Auto Speedway, 18700 Lake Perris Drive, and includes an excursion into the scenic Lake Perris State Recreation Area.

The series concludes Nov. 19 and includes a 15-mile route that starts and ends at Eaton Park and goes through portions of the State Recreation Area.

Recreation Coordinator Josh Estrada said the City hopes to inspire residents to keep moving and remain fit.

"We want people to come out and get a work out outside so they know what they have in their community," Estrada said. "We're encouraging everyone to get out and be more active."



Perris Recreation Coordinator Josh Estrada gives the thumbs up as he takes off from Frank Eaton Memorial Park during the 5-mile ride on Saturday, Sept. 10.

Many of the early-morning riders are veterans of Live Well Perris events. Monica Chen has taken part in the annual health fair, weekend and evening exercise classes and previous rides and hikes sponsored by the City. She attributed the exercise regimen with losing a few pounds and more importantly, helping her feel better about herself.

"I have more energy, self-confidence and a better self-image," Chen said. "I really feel the City of Perris does an excellent job of promoting fitness and exercise. Organizing events like the bicycle rides increases commitment and motivation."

Georgina Armenta said she often trains with City fitness instructor Laura Sosa. Since Sosa led the recent ride, Armenta said it was a no-brainer to cycle along.

"I want to get into better condition," she said. "I enjoy all the events the City organizes."

Liz Capilla rides her bike five days a week to stay in shape. She rides in the area near Sierra Vista Elementary School, where her daughter attends classes. It's an uphill ride from her home, which provides a strenuous workout.

Like the other riders, Capilla said she is grateful to the City of Perris for organizing events like the "Geared Up" series.

"I love the City of Perris!" she said. "I like to work out as part of a group. It keeps me motivated."

Other upcoming City of Perris exercise programs include:

- "Walk This Way," geared toward Perris seniors ages 55 or older. The series of four one-mile Wednesday morning walks take place Oct. 5, 12, 19 and 26. Each walk starts and ends at the Bob Glass Gymnasium.
- "Witness the Fitness," Thursday evening workouts at Bob Glass Gym and the Lake Perris State Recreation Area. The series begins with seven workouts on the lawn at the Bob Glass Gym that begins Oct. 6 and concludes Nov. 17. The final two sessions take place at 6 p.m. on Dec. 1 and 8 on the beach near Parking Lot 8 at the State Recreation Area.

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