

Join us for the first annual

# CLOVIS TRAIL FEST

Saturday, April 30, 2016  
9:00am to 1:00pm



This free community event is held along the Old Town and Dry Creek Trails from the Sierra Vista Mall to Dry Creek Park. Start or finish at any location – walk, bike, run or scooter along the trails. Activities, demonstrations, live music and snacks for all ages are offered at over 20 locations along the trail and at adjacent parks.

See the map and schedule for details and information.

The City of Clovis boasts a total of nine trails. These trails meander through Clovis a total of more than 10 miles. These Clovis Trails can be walked, hiked or cycled by adults and most children. This event highlights portions of two of those trails. Plan to enjoy all of what the City of Clovis offers you on these trails. Download your map at:

[www.visitclovis.com/pdf/ClovisTrails.pdf](http://www.visitclovis.com/pdf/ClovisTrails.pdf)

## Calories Burned By Exercise

Activity: 1 hour	130lbs.	155lbs	190lbs	225lbs
Aerobics – general, low impact	354	422	518	621
Aerobics – high impact	413	493	604	715
Bicycling – 10-11.9mph, light effort	354	422	518	593
Bicycling – 12-13.9mph, moderate effort	472	563	690	891
Bicycling – 14-15.9mph, vigorous effort	590	704	863	1080
Bicycling – 16-19mph, fast, racing	708	844	1035	1220
Running – 6mph, 10 minute mile	590	704	863	1025
Running – 10.9mph, 5.5 minute mile	1062	1267	1553	1836
Walking – 2.0mph, slow pace	148	176	218	284
Walking – 3.0mph, moderate pace	207	246	343	445
Walking – 4.0mph, very brisk pace	235	281	402	526

Be sure to be careful crossing streets, and be considerate. Watch out for (and stay out of) private property, and be careful to respect and not disturb the folks living nearby.

For more information: 559-324-2767

Bike Valet
 Parking
 Restroom
 Water

HALF MILE
   
 ONE MILE



## NUMBER BOOTH LISTING

- 1 **Water and Gatorade**  
provided by **Lowe's**
- 2 **Snack Samples**  
provided by **GNC**
- 3 **Carnival Games**  
provided by **City of Clovis Recreation**
- 4 **Carnival Games**  
provided by **City of Clovis Recreation**
- 5 **Boot Camp**  
provided by **Pinnacle**
- 6 **Recumbent Bicycle Demo**  
provided by **Clovis Bicycle Company**
- 7 **Kids' Bike Rodeo**  
provided by **Clovis Police Department**
- 8 **Obstacle Course**  
provided by **Clovis Veteran's Memorial District**
- 9 **Live Music**  
provided by **JT's Music**
- 10 **Scooter Demonstration and Tricks**  
provided by **Xtreme Customs**
- 11 **Biscotti and Coffee Samples**  
provided by **Rosetti's**
- 12 **AT TREASURE-INGMIRE PARK:**  
9-10am **Obstacle Course**  
provided by **Get A Better Body**  
10-11am **Yoga**  
provided by **Clovis Senior Activity Center**  
11am-12noon **Pilates**  
provided by **Whole Body Boot Camp**  
12noon-1pm **Boot Camp**  
provided by **Fit Body Boot Camp**
- 13 **Vitamins and Snack Samples**  
provided by **Sprouts**
- 14 **Trail Fest Workout of the Day**  
provided by **Certus Cross Fit**
- 15 **Fitness Challenge**  
provided by **FTF Fitness**
- 16 **Balance Screening**  
provided by **Fresno State**
- 17 **Calf Massage and Snack Samples**  
provided by **Fleet Feet**
- 18 **Water and Trail Information**  
provided by **City of Clovis Parks Division**
- 19 **Bird Watching**  
provided by **Fresno Bird Count**
- 20 **AT COTTONWOOD PARK:**  
9-10am **Boot Camp**  
provided by **Wit Fit**  
10-11am **Football Camp**  
provided by **Clovis Rebels Football**  
11am-12noon **Tai Chi**  
provided by **Bill Titus**  
12noon-1pm **Music Play for Children**  
provided by **Music Together**
- 21 **AT DRY CREEK PARK:**  
9-10am **Soccer Drill**  
provided by **Clovis Junior Soccer League**  
10-11am **Boot Camp**  
provided by **Whole Body Boot Camp**  
11am-1pm **Tumbling, Parachute and Games for Children**  
provided by **The Little Gym**  
9am-1pm **Pet Adoption**  
provided by **Clovis Animal Services**

## CATEGORY BOOTH LISTING

### BEVERAGES AND SNACKS

- 2 **Snack Samples**  
provided by **GNC**
- 11 **Biscotti and Coffee Samples**  
provided by **Rosetti's**
- 17 **Calf Massage and Snack Samples**  
provided by **Fleet Feet**
- 13 **Vitamins and Snack Samples**  
provided by **Sprouts**
- 1 **Water and Gatorade**  
provided by **Lowe's**
- 18 **Water and Trail Information**  
provided by **City of Clovis Parks Division**

### ENTERTAINMENT

- 9 **Live Music**  
provided by **JT's Music**
- 21 **Pet Adoption**  
provided by **Clovis Animal Services**

### ACTIVITIES & DEMONSTRATIONS

- 16 **Balance Screening**  
provided by **Fresno State**
- 19 **Bird Watching**  
provided by **Fresno Bird Count**
- 12 **Boot Camp** (12noon-1pm)  
provided by **Fit Body Boot Camp**
- 5 **Boot Camp**  
provided by **Pinnacle**
- 21 **Boot Camp** (10-11am)  
provided by **Whole Body Boot Camp**
- 20 **Boot Camp** (9-10am)  
provided by **Wit Fit**
- 3 **Carnival Games**  
provided by **City of Clovis Recreation**
- 4 **Carnival Games**  
provided by **City of Clovis Recreation**
- 15 **Fitness Challenge**  
provided by **FTF Fitness**
- 20 **Football Camp** (10-11am)  
provided by **Clovis Rebels Football**
- 7 **Kids' Bike Rodeo**  
provided by **Clovis Police Department**
- 20 **Music Play for Children** (noon-1pm)  
provided by **Music Together**
- 8 **Obstacle Course**  
provided by **Clovis Veteran's Memorial District**
- 12 **Obstacle Course** (9-10am)  
provided by **Get A Better Body**
- 12 **Pilates** (11am-12noon)  
provided by **Whole Body Boot Camp**
- 6 **Recumbent Bicycle Demo**  
provided by **Clovis Bicycle Company**
- 10 **Scooter Demonstration and Tricks**  
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