

Join us for the  
second annual

# CLOVIS TRAILFEST

presented by



Saturday,  
May 6, 2017

9:00am to 1:00pm

[www.CityofClovis.com/TrailFest](http://www.CityofClovis.com/TrailFest)

This free community event is held along the Old Town and Dry Creek Trails from 5th Street to Alluvial Avenue. 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



## NUMBER BOOTH LISTING

- 1 Inflatable Obstacle Course**  
provided by Clovis Veterans Memorial District
- 2 Live Music**  
provided by Mellowtones Band
- 3 Kids Bike Rodeo**  
provided by Clovis Police
- 4 Coloring for Kids**  
provided by Prader-Willi California Foundation
- 5 Biscotti & Coffee**  
provided by Rosetti's
- 6 Bike & Recumbent Trike Demos**  
provided by Clovis Bicycle Company
- 7 Snacks**  
provided by Sprouts
- 8 Work Out Fun**  
provided by Doc Martin's Gym
- 9 Free Speech Area**
- 10 Protein Bar & Shake Samples**  
provided by Neo Life
- 11 Trail Fest Information Area**
- 12 Spin Bike Demos**  
provided by CycleBar
- 13 Carnival Games**  
provided by City of Clovis Recreation
- 14 Pet Adoption**  
provided by Clovis Animal Services
- 15A Tai Chi – 9:00am**  
provided by Tai Chi with Bill Titus
- 15B Yoga (bring a mat) – 10:00am**  
provided by Yoga with John Shanoian
- 15C Light Impact Exercise (all ages) – 11:00am**  
provided by Exercise with Christy
- 16 Bike Repair Station & Demos**  
provided by Steven's Bicycles
- 17 High Fitness Workout Demo & Protein Shakes**  
provided by Get Fit Clovis
- 18 Parachute Play, Tumbling, Music**  
provided by The Little Gym
- 19 Treats & Water for Dogs**  
provided by Petsmart
- 20 Trivia Activity & Fruit Snacks**  
provided by Resources for Independence
- 21 Water & Trail Info**  
provided by Clovis Parks
- 22 Work Out Demo**  
provided by Curves
- 23 Speed & Agility Training & Snacks**  
provided by Clovis Rebels Football
- 24 Dance, Gymnastics, Tumble Bus**  
provided by America's Kids
- 25 Beginner Boot Camp, Pilates, Yoga**  
provided by Whole Body Bootcamp
- 26 Yoga (bring a mat)**  
provided by Clovis Roundup Newspaper

## CATEGORY BOOTH LISTING

### BEVERAGES AND SNACKS

- 5 Biscotti & Coffee**  
provided by Rosetti's
- 10 Protein Bar & Shake Samples**  
provided by Neo Life
- 7 Snacks**  
provided by Sprouts
- 21 Water & Trail Info**  
provided by Clovis Parks

### ENTERTAINMENT

- 2 Live Music**  
provided by Mellowtones Band

### ACTIVITIES & DEMONSTRATIONS

- 25 Beginner Boot Camp, Pilates, Yoga**  
provided by Whole Body Bootcamp
- 6 Bike & Recumbent Trike Demos**  
provided by Clovis Bicycle Company
- 16 Bike Repair Station & Demos**  
provided by Steven's Bicycles
- 13 Carnival Games**  
provided by City of Clovis Recreation
- 4 Coloring for kids**  
provided by Prader-Willi California Foundation
- 24 Dance, Gymnastics, Tumble Bus**  
provided by America's Kids
- 9 Free Speech Area**
- 17 High Fitness Workout Demo & Protein Shakes**  
provided by Get Fit Clovis
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