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Hundreds of walkers participate in the American Heart Association's annual Heart Walk Los Angeles.



Get 'Metro Fit': Volunteers Needed for Upcoming Fitness Events

By DAVE SOTERO

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(Aug. 25, 2004) Are you into physical fitness and looking for a new fitness challenge? Want to represent Metro in three upcoming fitness events in the Los Angeles and Long Beach areas?

Metro's Public Relations and Communications Departments are now forming Metro Fitness teams for three high profile fitness events: Heart Walk Los Angeles 2004, scheduled Sept. 11-18; the Long Beach Marathon on Sunday, Oct. 10; and Metro's own Fitness Campaign, "Metro Fit," also scheduled for October.

Heart Walk Los Angeles

More than 15,000 walkers are expected to participate in this year's Heart Walk Los Angeles, sponsored by the American Heart Association.

The event will feature five fitness walks throughout Los Angeles to raise funds for lifesaving research and education programs. The Heart Association's mission is to fight heart disease and stroke, the Number 1 and Number 3 killers in America.

The Heart Association will stage a 5K fitness walk in downtown Los Angeles, Wednesday, Sept. 15, at 5 p.m. The event will also include a Wellness Festival with health screenings, free food, giveaways, music and fun.

Employees interested in raising funds for Heart Walk can register online at www.heartwalkla.org.

Long Beach Marathon

The Oct. 10 Long Beach Marathon will include opportunities to participate in any or all of the following events:

- Full Marathon
- Half Marathon
- Inline skating Marathon
- Bike Tour
- 5 K Run
- Finish Line Festival

More than 30,000 will be participate in this year’s marathon – the most scenic in Southern California. Most of marathon will be near or within view of the ocean.

Metro employees interested in participating in the Long Beach Marathon event as a corporate team runner, Oct. 10, should contact Fran Curbello, Metro Communications, at 922-5608. The Long Beach Marathon can be contacted directly at 562-728-8829 or by logging onto www.runlongbeach.com and registering online for other participation activities.

Metro Fit

Metro’s Public Relations Department is also planning a fitness campaign that utilizes public transportation, and is looking for employees who usually walk during lunch for a special mid-day media event.

A group of Metro walkers will take a short tour of downtown Los Angeles in an effort to “lose pounds, save money and discover Los Angeles.” This event is currently scheduled for early October.

If you are interested in joining a Metro walking team for the Heart Walk Los Angeles or Metro Fit media events, contact Dave Sotero, Metro Public Relations, at 922-3007.