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PHOTOS BY GAYLE ANDERSON



- See [Slide Show](#): Go Metro! L.A. Marathon Winners
A Pictorial Review of Race Day Achievements

- PLUS! [Who we missed](#). (oops)

L.A. Marathon Not a Typical Event for Metro's Runners, Bikers

By BILL HEARD, Editor

(March 10, 2005) Apparently, there's no such thing as a typical L.A. Marathon – at least not for the Metro employees who participated in last Sunday's 20th annual event.

Ethics Officer Mayumi Lyon, a first-time runner, twisted her ankle at the 16th mile, but managed to limp to the finish line in six hours, 22 minutes. "I just wanted to do the whole 26.2 miles."

Public Relations Secretary Luis Inzunza and his 11-year-old son, Daniel, rode a tandem bike. Dad rode in front as "captain" and Daniel took the second seat "stoker" position.

"We rode around our block about 10 times to train," says Daniel, who got a little tired when the pair not only had to bike the Marathon, but had to pedal more than nine miles each way between home and the starting line.

Division 1 Mechanic James Wilson rode first in the bike tour. Then, he zipped back to his division, threw his bike in his car, and a friend drove him to the Marathon starting line. He arrived 10 minutes after the starting gun, but within several miles had managed to catch up with some other Metro runners.

'Hit the wall hard'

Things went smoothly until Mile 23 when his legs began to lock up. "I hit the wall hard," he says. "I hadn't trained as well as I had intended because of the rain."

Wilson finished in something over five hours, ahead of his coworkers. "I still have bragging rights here at Division 1."

Ron Stamm, principal deputy county counsel, is a Marathon veteran, but he found this event a bit difficult, mostly because of the warmer temperatures. He saw a lot of runners walking in the latter stages of the race.

"The sun was out and at times I didn't feel a breeze," he recalls. "I felt very hot." His 5 hour, 7 minute finish time was his worst of his Marathon experience.

A slower pace

Mike Payne, a mechanic leader at Central City Division 1 and his colleague, Mechanic Saul Audelo, biked the course. They were impressed with the organization of the event, but were somewhat frustrated by a pace slower than they normally ride on their own.

"This is a tour, not a race," says Payne. "They don't allow you to do more than 18 miles an hour."

"You can't really open up on this race, it's too crowded" adds Audelo, who noted that, when the bikers thinned out a little, "I got really motivated and I wanted to get my heart pumped up a little."

Senior Security Officer Luis Medrano, a veteran runner, was most impressed by the support of people in the neighborhoods along the course. They gave the runners orange slices, bananas, candy, bagels and even impromptu massages.

"The support of the community was fabulous," he says. "That support takes you to the finish line."



What they look like.



Who we missed>

- For sure, Division 8. Asst. Mgr. Ralph Gray sent us photos we just couldn't retrieve off of the e-mail. Not pictured are: Ralph Gray, Don Dell, Robert Bennett and Russell Modell. All polished off the Acura Bike Tour in about an hour and a half and then polished off breakfast at Denny's. They were back home by noon.
- Division 5 - But not for long. We'll run Rich Morallo's report on Marco Pedemonte's Marathon run and on James Everett, who came in THIRD in the Marathon's 5K race. Stay tuned.
- Anybody else? Let us know. --from Gayle Anderson

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