

[Metro.net](#) (web)

## Resources

► [Safety](#)

► [Pressroom](#) (web)

► [CEO Hotline](#)

► [Metro Projects](#)

► [Facts at a Glance](#)  
(web)

► [Archives](#)

► [Events Calendar](#)

► [Research Center/  
Library](#)

► [Metro Cafe](#) (pdf)

► [Metro Classifieds](#)

► [Retirement  
Round-up](#)

## Metro Info

► [Strategic Plan](#) (pdf)

► [Org Chart](#) (pdf)

► [Policies](#)

► [Training](#)

► [Help Desk](#)

► [Intranet Policy](#)

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Marco Pedemonte, equipment maintenance supervisor, and son Daniel, hoist Marathon gold. At left, Operator James Everett with 5-K award - With a time of 20:38 minutes, Everett earned a third place finish in the 50-54 age division. *Photos by Rich Morallo.*

## Metro South Bay Operators Bag Race Medal, 5-K Trophy at L.A. Marathon

By RICH MORALLO

Marco Pedemonte's strategy in running the L.A. Marathon was simple. "I decided to stay in the middle of the pack, run a mile, stop to hydrate at the water stops, walk a minute, and then resume running," remarked the equipment maintenance supervisor from the Arthur Winston Division.

His plan gave Pedemonte a finish time of four hours, 49 minutes and 15 seconds for his 19th L.A. Marathon.

"The only year I missed running was in 1990 - for health reasons, and my best time ever was 3:19:00 in 1986," said Pedemonte who prepared for the marathon by logging 25 miles a week throughout the

year on the outskirts of the Rose Bowl in Pasadena.

After Pedemonte and the 25000 other marathoners cleared the start of the route along the Los Angeles downtown streets, James Everett took off on the 5-K run.

Like Pedemonte, Everett, a bus operator out of Carson Division 18, had trained year round by participating in monthly 5-K runs in the area. "Last Sunday I took off fast, maintained my speed, got a little tired later but by the grace of God, I finished," James said.

Everett, who has been running since he was an All-American at Hutchinson Junior College in Kansas, finished 49th out of 2100 runners. With a time of 20:38 minutes, Everett earned a third place finish in the 50-54 age division.

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| [Home](#) | [Phone Directory](#) | [Forms Online](#) | [FIS Online](#)