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Assistant Transportation Manager Bryshear Davis and Senior Safety Specialist Scott Boim are two of the North Los Angeles Division 3 employees who are running in the LA Marathon on Sunday, March 19. Photo by Jimmy Stroup



Division 3 Employees are Shaping Up to Run the LA Marathon

BY JIMMY STROUP

(March 14, 2006) In league with North Los Angeles Division 3's wellness program, at least nine employees – operators, maintainers and managers – have entered the LA Marathon, a 26-mile trek through downtown set for Sunday, March 19.

Some are going to bike the course as part of Acura LA Bike Tour XII, but most are going to run or walk the marathon. A 21-year tradition, the marathon was inspired by and started after Los Angeles hosted the Olympics in 1984.

While one of the Division 3 runners has done a few marathons, most are new to the sport — like Bryshear Davis, assistant transportation manager.

Davis says he's biked long distances in some Orange County events, but the LA Marathon is his first attempt at running such a long distance.

"I just want to finish, OK?" he joked when talking about how he expects to do. "I figure I'll run until I can't anymore, and then walk the rest."

In training for the long event, Davis says he's faithfully been running eight miles every other day for the last few weeks, and plans to kick it up to everyday for the entire week before the run. He's also planning

to try the whole course once before the big race.

No stranger to marathoning

Unlike Davis, Senior Safety Specialist Scott Boim is no stranger to marathoning — this is his fourth LA Marathon. His experience with marathon running has taught him that trying to run the entire course isn't a reasonable goal. He would like to finish in under six hours, depending on the heat.

Boim's best marathon finish, at a Rock and Roll Marathon in San Diego, was at just over six hours.

"I'll probably walk about half of it and run half of it," he says. "A lot of people just walk the whole way."

On Marathon day, bikers start at 6 a.m. near the USC campus and have to be done by 8:15 a.m. Runners start at the intersection of Figueroa Avenue and 5th Street after the bikers have finished. Except for the starting and ending positions, the bike and run courses follow the same track around LA.

Along with Davis and Boim, Lelan Chui, Gary Itoku, Silvestre Flores, Jose Gallardo, Ruben Goytia, Mario Interiano and Timothy Wong are also planning to either run or bike the course.