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In the Metro Spotlight:

- All Gain/No Pain: Legacy runner Everett Wilson shares the glory.
- It hurts, but [Marco Pedemonte](#) nails number 28.



Sangeeta Patel credits legacy runner Everett Wilson for her first Marathon medal.

She couldn't walk a half mile at first, but Sangeeta Patel was determined to get in shape and do more at marathons than sit on the sidelines and cheer her husband on. When she took up walking at lunch time with a group of co-workers, Everett Wilson stepped in. The legacy runner - that's a special classification of runners who have finished all 21 of the L.A. Marathons - had some good advice, training tips and ultimately, excellent karma for the walkers, who were soon hiking to Division 10 and back. Wilson, who's racked up a total of 71 marathons, averaging four or five a year, offered real-time advice on how to buy good running shoes (You can get \$80 shoes for \$39.95 at Big 5; just be sure they're \$80 shoes), how to train (Run half of what you *think* you can run, every other day to start), and the secret power of negative motivation (a trade secret that works!). Patel's workouts quickly surpassed the trek to Division 10, gradually piling up a total of 4 half-marathons and a vertical climb up the Eiffel Tower while on vacation. When it came time for the showdown, Patel had no worries. She ran and walked Marathon XXI at a steady pace, finishing in a little over seven hours. For now, the medal she carries with her is more than a trophy; it's a triumph. "I owe it all to Everett," she said. "He inspired me." -- from Gayle Anderson

• Marco



**Pedemonte
completes 28th
marathon**

By RICH MORALLO

Thinking about his family helped push Marco Pedemonte to finish his 28th marathon race in spite of cramps at Sunday's Los Angeles Marathon.

"I had leg cramps at mile 15 and by mile 19 I had to start walking," remarked Pedemonte, an equipment maintenance supervisor at the Arthur Winston Division.

"Then I started thinking of my wife, son and daughter who were all at the race, and how important it is to have them backing me up," said Pedemonte.

"The families, volunteers and people alongside the street were cheering the runners on," Pedemonte said. "If it were not for them half of the runners would not be able to complete the event, so my hat goes off to them."

Pedemonte ran in his first Los Angeles Marathon in 1986 and skipped the event in 1990 due to health reasons.

To prepare himself for this race Pedemonte said he ran three miles a day four times a week for a year. Running most of the way with an old friend, Metro retiree Miguel Enriquez, Pedemonte crossed the finish line in 5:40:57.