



[Metro.net](#) (web)

Resources

- ▶ [Safety](#)
- ▶ [Pressroom](#) (web)
- ▶ [Ask the CEO](#)
- ▶ [CEO Forum](#)
- ▶ [Employee Recognition](#)
- ▶ [Employee Activities](#)
- ▶ [Metro Projects](#)
- ▶ [Facts at a Glance](#) (web)
- ▶ [Archives](#)
- ▶ [Events Calendar](#)
- ▶ [Research Center/Library](#)
- ▶ [Metro Classifieds](#)
- ▶ [Bazaar](#)

Metro Info

- ▶ [30/10 Initiative](#)
- ▶ [Policies](#)
- ▶ [Training](#)
- ▶ [Help Desk](#)
- ▶ [Intranet Policy](#)

Need e-Help?

Call the Help Desk  
at 2-4357

[Contact myMetro.net](#)

## Metro Marathoners: They ran, they conquered L.A. XXII; Bikers navigated the 22-mile route of the Acura L.A. Bike Tour

- [MORE:](#) [Photo op I](#) | [Photo op II](#)



Sailing through the heat and maze of the 22nd L.A. Marathon, **Vazgen Vartanian** shaved off two minutes from last year's triumph for an astounding finish line time of 3:21. The daily runner, who's completed close to 60 marathons, runs six miles a day and pounds out long-distance runs on the weekend - he'll go for 20 hours on Saturday and cool his heels on Sundays with a mere 13 or 14 miles.



Legacy runner **Everett Wilson** has run all 22 L.A. Marathons, and that's not all. The 61-year-old Wilson averages four or five marathons a year and has collected medals from nearly 75 marathons, including hilly San Francisco, the much cooler Long Beach, and the upcoming Palos Verdes.



On the road: Mario Mendoza keeps the pace at Figueroa.

(Photo courtesy of Mario Mendoza)



**Double resolve:** Runner Carlos Roque, and biker Sal Martinez are intent on raising the bar at RRC, challenging other ECTs to join in a training program for next year's marathon.



**Trained during split time:** Operator Filiberto Lopez, a Metro employee for seven years, works the extra board at West Hollywood Division. Lopez, who began running during his split time at work to pass the time, has completed three L.A. Marathons. He is married with 3 children.



**Trooper:** Carl Velasquez, Stops & Zones. It's the sixth long run for this marathon trooper, who trains with the Roadrunners of Walnut. He took the heat okay, but the swelter knocked him back from his best time of 4:38 in the cooler 2005 to a still-respectable 5:47. "It's not hard you fall," he says, "it's how fast you get up."



**Legacy Runner:** West Hollywood Division Operator Manuel Duarte has worked for Metro for 18 years. He is a Los Angeles Marathon Legacy Runner, meaning he has completed all 22 L.A. Marathons. His best time is 4 hours and 8 minutes. He is married with three children.





**The Prize:** Acura L.A. Bike Tour Silver for bike riders; the Honda Gold for marathoners.

**These Metro marathoners made it to the finish line *and* the photo op:**



**PHOTO OP I:** Click on image above for the close-ups and vital statistics.

Hail, hail, the gang is NOT all here. No one *really* knows for sure just how many Metro employees took the 26.2 mile trek around town in the Los Angeles Marathon XXII, but these winners made it to the finish line *and* the photo op in fine shape. Runners have red ribbons, bikers have blue.

**PHOTO OP II:** Click on image below for the close-ups and vital statistics.



*Photos and text by Gayle Anderson*