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More than 30 employees from Arthur Winston Division 5 and Carson Division 18 ran or walked in the 17th annual American Heart Association *Los Angeles Start! Heart Walk 5K*. Division 5 employees appear in black shirts and Division 18 employees are in yellow. Transportation Operations Supervisor Sharif Ford (extreme lower left) finished first among the Metro participants. Photo by Jimmy Stroup



## Metro Employees Walk for Heart Disease and Personal Health

By JIMMY STROUP

(Oct. 2, 2007) On a winding course marked by stars fixed to the ground, more than 30 Metro employees ran or walked five kilometers around Exposition Park, last Saturday morning. The event was meant to raise awareness and money for heart disease and stroke, and was hosted by the American Heart Association.

Arthur Winston Division 5 and Carson Division 18 employees turned out for the event as part of ongoing health regimens at both divisions. Acting Assistant Transportation Manager Regina Bird said employees at Arthur Winston have lost a combined 40 pounds through recent health efforts.

"It was a challenge, but one we were all up for," Bird said of the 5K event. "Ultimately, we all prevailed because we endured."

Assistant Transportation Manager Cheryl Brown has been propelling the wellness efforts at Division 18, and said the event was as much fun as it was a good cause.

"A lot of the folks who ran here today are looking to take [the wellness programs established at our divisions] Metro-wide, since this was so much fun," she said. "It was for a good cause and it felt good to get out and do this exercise, but also to represent Metro."

The "winner" for Metro was Transportation Operations Supervisor Sharif Ford of Division 5. He was closely followed by Operator Rahsaan Earl from the same division.

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