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[Club Scene @ Metro] by GAYLE ANDERSON

You have to be well-rounded, grounded and sport a variety of interests if you want to make the club scene at Metro these days. Ten clubs, ranging from basketball and cycling to yoga and knitting cover the gamut of physical and social realms of interaction. The clubs sprouted up at the first of the year, when Metro Employee Activities invited employees to organize groups of similar interest and came up with a budget to provide up to 10 clubs with funds for operation.

A quick glimpse at conference rooms at the Gateway Building offered these insider looks at the goings on. Here's what's up for three of the hottest clubs at Metro:

- [Lunch Walkers @ Metro](#)
- [Metro Cycling Club](#)
- [Metro Yoga](#)

Lunch Walkers @ Metro: Director of Transportation Duane Martin has broken through the glass ceiling of the formerly all-female walking group and can be seen on the regular speed walks through Union Station, along with two more new members of the male persuasion, Alan Gee and Carlos Fabro. In an e-mail communiqué to members, coordinator Vilma Hernandez welcomed some 17 new members. Do the math – the club has almost doubled its initial membership, skyrocketing from 19 diehards to nearly 37 regulars. More math: a three-mile walk that loops through Union Station can add 3,000 steps towards a daily fitness goal of 10,000 steps. Walker Marie Tervalon clocked in 13,000 steps the other day to Duane Martin's 12,000.

Hernandez also announced that the name of the club has been changed officially to "Lunch Walkers @ Metro," just in time to give the agency a presence in the [5k Revlon Run/Walk for Breast Cancer](#) on May 10. So far, ten Lunch Walkers have registered for the fundraiser, but the club needs a total 25 walkers registered to group #519 by Friday, April 18, to qualify as a team. "The club is dedicating the walk in memory and support of friends, co-workers and family members that have suffered from this disease," said Hernandez. Friends and family members qualify as walkers on the Metro team. For more information, including how to register, send Vilma an e-mail at hernandezv@metro.net.

The daily communiqués from Hernandez often include health tips. Dateline March 28: "Apples lower cholesterol and blood pressure, aid in digestion, stabilize blood sugar, work as a natural toothbrush and aids in weight loss. So, how about an apple?" In response, Fanny Ortiz writes: "So if I lost 7 pounds from 1/23/08 to 3/25/08, is this average?"

Meanwhile, the Lunch Walkers conduct daily walks at 11:30 a.m. (Meet at the Customer Relations Dept. door on the Plaza level) If that isn't in your schedule – no need to miss any power meetings – take up with one of many other groups that take off at different times during the day.

To belong to the club, which is trimming waistlines as well as boosting energy levels all over



Stair climbing at Union Station East Portal: Metro is my gym.

the agency, members must commit to walk three times per week for at least 30 minutes and log the distance, time and calories calculated on the club-issued pedometer onto the personalized workout sheet.



Scene on the plaza: from left, club members Cory Zelmer, David Pulsipher, Dave Sotero and Tony Jusay examine a commuter's dream bike. It folds! It's green! Can I ride it?

Metro Cycling Club – Watch the road! You can be a cycling enthusiast starting here, starting now, says Chair Cory Zelmer, who presides over the monthly meetings held the first Thursday of every month at the Gateway Building. Members now number around 25 and often include the 10 or so members of the Metro P.O.W.E.R. Bicycling Club from Gateway Division 10. “The club is developing into a forum where we can share ideas and build enthusiasm for cycling,” says Zelmer. “Whether you’re thinking about buying a bike or you ride to work every day or you go the distance on weekend rides, the cycling club is a resource,” he said.

The group keeps up with cycling goings-on in this big town, which amounts to quite a bit of wheel spinning. The club was on the scene at the Amgen Tour of California finale Feb. 24, working as bike valets. Besides parking some 200 bikes in the intermittent rain, the team pitched the “Bike to Work” Day on May 15 to the cycling crowd. Smaller excursions included a tour by bicycle on March 14 of Pasadena art museums, where seven or so club members pedaled off the workday stress for a bit of haute cuisine and joie de vivre on a Friday evening.

Next: Saddle up for a lunchtime ride on [Earth Day to Wilshire Center](#), where the Wilshire Center Business Improvement Corporation (WCBIC) is closing off Wilshire Blvd to through traffic from Western Ave to Harvard on April 22, allowing only pedestrians and cyclists on the street. Events will include live music performances, green information, a street bike raffle and a reusable grocery bag giveaway. Zelmer notes: “Don’t want to hassle with the traffic? Just wheel yourself onto the Metro Purple Line and exit on the spot at the Wilshire/Western station.”

The lunch-hour ride might serve as warm up for the big event – the [Los Angeles River Ride](#) sponsored by the Los Angeles County Bicycle Coalition (LACBC) and the Honorary Ride Chairman, actor Ed Begley Jr., on June 8. Here is your chance to join some 2000 other riders for a day of cycling along the Los Angeles River. Rest stops include music, food and an Eco Expo.

Cycling 101: A workshop is in the works. It may shape up to be a six-hour nuts and bolts on everything cycling from maintenance to safety rules to taking charge in traffic. The plan is to land a certified instructor to teach the course and set aside two Saturdays to pack in everything you need to know.

The hour-long meetings are held the second Thursday of the month at noon at different locations in the Gateway building. Get on the e-mail list by sending your name to Cory Zelmer at zelmerc@metro.net.

Metro Yoga. Serenity now! For the rest of us, there’s nothing like a little bliss to take the edge off of a board report. Some 15 yoga students are stretching it out on conference room floors every Tuesday at noon. The class is suitable for all levels and open to all employees, said Metro Yoga coordinator Avital Shavit. Wear or bring comfortable clothing. Mats are provided, or bring your own. The fee is \$10.

Certified yoga instructor Jillian Szafranski has designed an hour-long class of Yoga poses that feature stretching and energizing breathing techniques that simultaneously increase energy levels while reducing the effects of stress.

“I’ve lost weight, toned up, and feel incredible,” said Shane Allen, a consultant in Corporate Safety who is new to Yoga. “Our instructor is fabulous and really gives us personal instruction for all levels. The breathing techniques really do reduce stress.” Garth Garrett welcomes the opportunity to work with a teacher during the work day. “It’s invigorating,” he said, “and each little adjustment the teacher makes to my posture improves and refreshes my program.” Ditto for Sangeeta Patel, who has discovered she needs the calming and stretching regimen of Yoga to balance her running program. “When I take the class, I feel refreshed and energized for the rest of the afternoon,” she says.



Follow your bliss on Tuesdays.

Interest in bliss is building, so much so that the group is considering offering a Thursday class and coordinating with the Wellness program to start a yoga class at a division. (What a way to spend that three-hour split in the middle of a shift. Traffic? What traffic?) For more information and to get meeting notification, send an e-mail to Metro Yoga coordinator [Avital Shavit](#).