

[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](#)

[Club Scene]



The Lunch Walkers @ Metro team joined forces for the Revlon Run/Walk May 9 at Exposition Park.

Participants include * Jose Acosta * Milagritos Acosta * Maria L. Aguilar * Carlos Alvarado * Kirsten Bell * Frances Calzada * Juanita Cook * Jessica Cook * Isabella M. Davila * Maria Diaz * Juan Diaz * Carlos Fabro * Mariah C. Felix * Claudia Galicia * Kiana A. Garcia * Vilma Hernandez * Silvia Huaste * Duane Martin * Andrea Murrell * Glenda Murrell * Paula Faust * Sal Perez * Maria Puentes * Jennifer Ramirez * Alejandro Ramirez * Martha Ramirez * Jessica Ramirez * Ricky Rodriguez * Jose Vasquez

Lunch Walkers Raise Funds for Cancer Research

- New walkers always welcome

By LAURA KLOTH
Staff Writer

(May 14, 2009) The Lunch Walkers @ Metro recently completed their second Revlon Run/Walk on May 9 at Exposition Park, raising \$1,782 to help fund women's cancer research.

And while the money raised this year was less than the \$5,000 raised last year, the group's leader, Customer Relations Agent Vilma Hernandez, said the event went wonderfully and fulfilled its purpose.

"It was fun. You feel the energy of hope because you see a lot of ladies

that are survivors. It is possible for us to find a cure," she said, noting the group is actively recruiting members.

This year, Hernandez said, she was especially inspired by two participants, Customer Service Agent Maria Diaz, who is currently battling cancer, and Train Operator Glenda Murrell, who actually survived the disease.



Customer Service Agent Maria Diaz, who is currently battling cancer, and Train Operator Glenda Murrell, a cancer survivor, inspire others who walk for cancer research.

"It is an inspiration that one is a survivor, and one is going through chemo, and they are still walking," Hernandez said. "To me, that motivates and inspires me to do this type of walk to help find a cure for anyone. Anyone could be next."

The Lunch Walkers have been going strong for more than a year now, and currently boasts 30 steady walkers including Rail Transportation Operations Director Duane Martin, who applauds members for inspiring one another and creating "great camaraderie" as they work to stay healthy.



Rail Transportation Operations Director Duane Martin, a committed member of the Lunch Walkers, met up with Club President Vilma Hernandez to carry the club banner at the Revlon Run/Walk.

Martin said his walking regimen usually occurs at home after work due to scheduling conflicts, but he is always inspired by the efforts of the club and encouraging emails sent by Hernandez, adding the group is hoping to participate in the Diabetes walk in October.

The group held its first salad luncheon in February feasting on healthy foods such as ground turkey albondiga (meatball) soup, a variety of green salads with light dressings and desserts. A second salad feast is planned for June.

The event is the culmination of the Lunch Walkers' weekly salad lunch events, at which members take turns buying and creating salads to get each other to eat healthier during the work week.



Salad days: With soup in the crock pot and fruit for dessert, the Lunch Walkers' salad bar tops the nutrition charts, tastes better than anything, and makes everyone smile the rest of the day.

Hernandez thanked those who attended the event as she made the rounds in the third-floor Overflow Board Room. Hernandez has been getting more members, motivating them with daily email reminders to walk, and always including excellent tips on health and nutrition in her emails.

New members are required to commit to walking 30 to 35 minutes, three times a week during your lunch break or before or after work. Some walkers venture through the Union Station tunnel, while others prefer to hike up and down the stairs.