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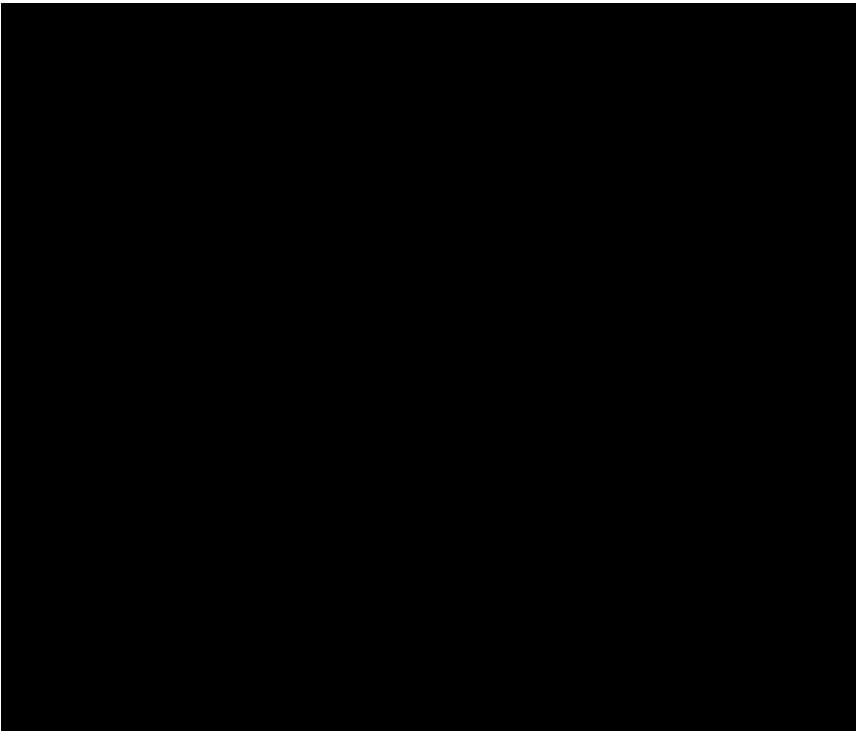
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Video by Rich Morallo. Not hooked up to YouTube at work? Watch at home at http://www.youtube.com/watch?v=Poo_kBvzBiE NOTE: This YouTube link is being sent to you for the purpose of viewing the Metro video only. Metro employees are subject to the Employee Code of Conduct that generally restricts the use of company time/equipment to conducting Metro business. Please click on icon above to view the video.

Metro Family Members Join Agency’s Own Legacy Runner at LA Marathon

By Rich Morallo
Community Relations / Volunteer Coordinator

(March 23, 2010) In the Sunday morning darkness at Dodger Stadium Parking Lot G, a pumped-up Pablos Rios limbers up, dancing and swaying his arms. It’s 5:15 a.m., a little more than two hours before the start of the 26.2 mile Los Angeles Marathon.

“This is my first LA Marathon. I’m excited and a little nervous. This is a new challenge for me -- one of my goals,” says Rios, 29, son of Metro Red Line General Clerk Rosa Rios. The younger Rios works as a special education teacher at the L.A. Academy. “Four and a half hours is my goal to finish the marathon,” he says.

Rios spent four months of rigorous training to prepare for this momentous event, and now he heads for the starting line accompanied by a fellow teacher, a parent and two students. There, he will meld into a vast horde of 25,000 other runners gathered from all over the world to participate in Southern California version of the ultimate foot race.

“My goal is 6 ½ hours,” says Everett Wilson, “I’m having some feet

problems and this will be one of my hardest races."

Wilson, 63, is a Metro Assistant Auditor and has participated in all prior 24 Los Angeles Marathons – a feat making him one of the event's 233 Legacy Runners. "Today will be my 80th...I've been a marathon runner since 1986."

Wilson slept all day Saturday and started Sunday with an early morning breakfast of cereal and soy milk. "I'll be running marathons as long as I can," he says.

For Metro Division 2 Bus Operator Stephen Drury, the "big race" was his sixth LA Marathon. "I run for fun and fitness," he says, relying on the lessons learned in plenty of cross country conditioning and a reliance on his experience as a hiker and mountain climber.

Running was a cherished hobby for Div. 18 Bus Operator Division Vanessa Maldonado. "I loved to run but never had a chance to run marathons," she said. "I didn't have my family's support, but today I'm here for my daughter Excarlet, who is running the marathon."

Maldonado's 15-year old daughter participates in the race as a member of Students Run L.A., a community group that encourages LAUSD middle and high school students to cultivate positive habits.

Excarlet first gave up junk food and soda and started training in September running twice a week in a circuit around USC, the LA Coliseum and the Staples Center. "I want to accomplish something," says the ninth grader.

"Any parent who can feel this moment the way I feel...it's something beautiful," her mother says. "My daughter has accomplished my dream."