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FOR IMMEDIATE RELEASE

Go Metro To Long Beach International City Bank Marathon

- **Metro Blue, Green Lines offer park and ride lots on way to Oct. 10 marathon event**

Runners interested in participating in the 20th Annual Long Beach International City Bank Marathon Sunday, Oct. 10 can bypass traffic and get there easily and cost-effectively using Metro Rail.

The marathon, called the most scenic marathon in Southern California, will feature a marathon, half marathon, inline marathon, bike tour and 5K Run and will include health and fitness exhibits, vendors and displays. The marathon will begin on Shoreline Drive at 7:30 a.m.

Runners can leave their vehicles at convenient park and ride lots along the Metro Blue Line and Green Line to avoid the long traffic lines expected for the event. Bicycles are allowed on both Metro Rail and Buses.

The Metro Blue Line offers several park and ride locations adjacent to rail stations throughout the 22-mile route. Willow Station, for example, provides more than 900 spaces inside the facility's parking garage. Additional park and ride lots can be found at the Artesia, Del Amo, Florence, and Wardlow Metro Blue Line Stations.

The Imperial/Wilmington/Rosa Parks Station provides nearly 1,000 parking spaces, and is the transfer point to the Metro Green Line. Additional parking is available at 12 station locations along the Green Line's 20-mile route. The two largest lots are the Norwalk Station, with 2,000 spaces, and the Aviation Station, which offers 800 spaces. Other Metro Green Line park and ride lots include Avalon, Crenshaw, El Segundo/Nash, Harbor Fwy, Hawthorne, I-605/I-105, Lakewood, Long Beach, Marine/Redondo and Vermont Stations.

Marathon participants should purchase a Metro Day Pass available at station ticket vending machines or on-board Metro Buses on the day of travel. Passes cost \$3, and are valid from time of purchase until 2 a.m. the next morning. Passes allow unlimited daily access to the entire Metro Bus and Rail system. For more information, visit the Metro web site at WWW.METRO.NET. For more information on the Long Beach International City Bank Marathon, visit WWW.RUNLONGBEACH.COM.

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