

Metro News



**Go Metro
For Your Health**

Including:

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Metro™



Make a New Year's resolution to Go Metro for your health.



The new extra-long Metro buses with a sleek look, carbon fiber bodies and more passenger seats are now operating on some Metro Rapid lines.

New Year, New You. Go Metro For Your Health

Health advocates recommend walking to a bus stop or train station as part of the 10,000 steps per day needed to maintain physical fitness.

But you can also take it a step further with the “Metro Stair Challenge” utilizing the Metro Rail subway steps to increase your heart rate and improve cardiovascular health. Subway portal steps range from 60 to 200 steps, with Wilshire/Vermont Metro Red Line Station having the most: 324 steps.

And there are other ways to improve your health on Metro. Discover the sights of downtown Los Angeles by taking a walking tour. Or take your family on a weekend outing with a free guided Metro Rail art tour.

Find out more at metro.net and click on Metro Fit.

Make a New Year's resolution to use Go Metro for your health. [MN](#)

Report All Suspicious Packages

Metro continues to increase security efforts to ensure the safety of its passengers and system.

Patrons are urged to report any suspicious or unattended items or packages on buses and trains to Metro personnel or authorities.

Contact the Metro Sheriff at 1.888.950.SAFE or 323.563.5000. [MN](#)

More Metro, More Often For The New Year

The new year brings 250,000 more hours of Metro service on the street with the addition of scores of buses to several lines, two new Metro Rapid lines and three new local bus routes.

The two new Metro Rapid lines are Line 740 between Hawthorne and downtown Los Angeles traveling along Hawthorne, Crenshaw, Martin Luther King boulevards, Broadway and Aliso/Arcadia streets and Line 780 between Hollywood, Glendale and Pasadena.

New weekend service has been added on Line 265 between the Lakewood Mall and Pico Rivera, and there's new limited stop service on Line 317 along Fairfax Avenue and Line 378 from Arcadia to downtown Los Angeles via Las Tunas and Huntington. [MN](#)

Buy Metro Passes Online

It's easier than ever to buy your Metro Pass. Do it online.

Monthly Metro passes and regional EZ transit passes can be ordered online with a credit card. Visit the website at metro.net/passes. Click on Metro Pass and use your credit card. Your order will be placed within minutes.

Order by the 15th of the month to get the pass by the 1st of the following month. [MN](#)

Eastside Readies For Tunneling, Drilling And Grouting At 1st/Boyle

Crews in Boyle Heights are drilling support piles to begin underground station construction and tunneling for the Metro Gold Line Eastside Extension.

The piles create the underground structure to make way for the initial stages of tunneling. It is one of the first major construction activities prior to excavating the area where the tunnel boring machine will be placed underground for tunnel excavation.

Soil stabilization work at the underground Mariachi Plaza site has also begun to improve ground conditions.

The six-mile-long rail extension includes a 1.8-mile tunnel and two underground stations. It will connect communities in East LA with the Gold Line at Union Station when it opens in 2009. [MN](#)

Get Your Boss To Buy Your Pass.

You already Go Metro to work. Why not have your boss pay your fare?

Did you know that your company can add Metro passes to it's employee benefits package? Metro has a special program for employers that provides incentives for your company to buy you a pass. Whether you work for a large business or a small one, Metro has a program to fit the company's needs and make it easy for your employer to pay your way all year 'round.

So have your boss call 213.922.2811 to find out about Metro's employer pass program and you may be able to Go Metro FREE! [MN](#)



Go Metro to...

World Press Photo 04 At USC January 10-29

More than 200 winning photographs from the world's largest annual press photography contest will be on display at the free World Press Photo 04 exhibit at the USC Annenberg School for Communications January 10-29.

Several Metro Bus lines serve the area and there are convenient connections to Metro Rail. Visit metro.net and click on the Trip Planner for exact routes.

This year's World Press Photo 04 contest attracted a record 63,093 entries from more than 4,000 photographers worldwide. The exhibit showcases images of historic world events ranging from the war in Iraq to wildfires in California. For more information, visit worldpressphotola.com

The exhibit is open from 10 am to 8 pm Monday through Friday and from noon to 5 pm on Saturdays.

The USC Annenberg School is on the campus of the University of Southern California near downtown Los Angeles at 3502 Watt Way. USC is located off Figueroa Street and Vermont Avenue between Jefferson and Exposition boulevards. [MN](#)



Synchronized swimming school, Moscow, Vladimir Vyatkin/Ria Novosti

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