

METROLINK®

JULY 2004



Beach Train Schedule

Departure (a.m.)	Station	Return (p.m.)
7:35	Rialto	7:12
7:50	San Bernardino	7:05
8:10	Riverside Downtown	6:25
8:21	Riverside La Sierra	6:15
8:30	North Main Corona	6:06
8:36	West Corona	6:00
9:00	Orange	5:37
9:04	Santa Ana	5:33
9:15	Irvine	5:22
9:25	Laguna Niguel/ Mission Viejo	5:19
9:30	San Juan Capistrano	5:09
9:40	San Clemente	5:00
9:45	San Clemente Pier	4:55
10:05	Oceanside	4:30

Remember, you may only board the train with a pre-purchased ticket. Tickets cannot be purchased from the ticket vending machines at the station. They may be purchased in person, by mail, or online.

Beach Trains Are Back

Are you ready to hit the sand and celebrate summer the California way?

Hot weather season is back and it's time to cool off at the beach. Inland Empire and Orange County residents know that warm temperatures and long days signal one thing: It's time to get onboard the Beach Train!

The 9th Annual Beach Train Season began Saturday, June 26, and continues through Sunday, October 3. You can avoid traffic jams, long car rides, and outrageous parking rates by breezing right to the sand and surf on a Metrolink train. The Riverside County Transportation Commission (RCTC) and the Orange County Transportation Authority (OCTA) are chartering Metrolink trains for service to San Clemente Pier, San Juan Capistrano, and Oceanside. Trains depart from Rialto at 7:35 a.m., San Bernardino at 7:50 a.m., Riverside-Downtown at 8:10 a.m., Riverside-La Sierra at 8:21 a.m., North Main Corona at 8:30 a.m., West Corona at 8:36 a.m., Orange at 9:00 a.m., Santa Ana at 9:04 a.m., Irvine at

9:15 a.m., Laguna Niguel/Mission Viejo at 9:25 a.m., San Juan Capistrano at 9:30 a.m., San Clemente Metrolink Station at 9:40 a.m., San Clemente Pier at 9:45 a.m., and Oceanside at 10:05 a.m.

Thanks to OCTA and RCTC, cooling off at the beach has never been easier. And there are many exciting seaside events planned throughout the summer, including the San Clemente Ocean Festival, Oceanside Harbor Days, and prize giveaways. After a great day of fun in the sun, you can enjoy a relaxing train ride back home. Trains will depart at 4:30 p.m. from Oceanside, 4:55 p.m. from San Clemente Pier, 5:00 p.m. from the San Clemente Metrolink Station, and 5:09 p.m. from San Juan Capistrano.

Beach Train tickets are now available for purchase. **Regular Metrolink tickets and fare media are not valid for these trains.** Tickets are available for

Inside



(continued on page 4)

Biking on Metrolink

By Jeff Labno

Before I moved six months ago, I was able to ride my bicycle to and from work every day. When it became necessary to use Metrolink to get to work, I had to learn a whole new system of doing things, including the ins and outs of taking my bicycle on the train.

My hope in writing this is to reach out to people who may be thinking about riding their bikes as part of taking Metrolink. My morning begins with a two-mile ride to Glendale Station, where I then take the train to Chatsworth to work.

When you take your bike on the train, there is a bike rack on the lower level of each car. The seat against the side of the car folds up, revealing two sets of holders for two bicycles. You place your front or back wheel in a holder, strap it in, and then do the same for the other end of your bicycle. I have always found that people quickly offer to move if they are sitting on the side where the bike holders are located.

Additionally, the conductors are very helpful, so if you have any questions about putting your bike on board, just ask them.

If there is another bike in the rack, secure yours right next to it. You probably should sit where you can see your bike, in case the other cyclist gets off the train before you do. That way, you can help her or him by moving your bike out of the way.

When I get to Chatsworth, I ride one mile to work. The nice thing about bike riding is that it works wonders to help keep you fit! Riding also improves your mood. Other bike riders you meet along the way are also very friendly, so you become an instant member of a type of club.

When I return to Glendale I take Amtrak. Only the Pacific Surfliner has bicycle racks on board. The two cars behind the café car have three bike racks each. There are hooks on the back side of

those cars' front sections. You have to lift your bicycle up and hook the front wheel on the top hook, and the back wheel on the bottom one. This can take a while to get used to. Again, do not hesitate to ask the conductor for assistance, should you need help.

At both train stations on my route, there are many buses that can take you to other parts of town. Most of these buses have bicycle racks on their fronts, with room for two bicycles. The racks are made out of black metal. In order to put your bike on the rack, you pull the latch on the top, and the rack comes down into position. You lift up your bike and put the wheels in the holder (sideways on the front of the bus). There is a spring-type latch that you pull out, then lift over your front wheel. It might be wise to ask the bus driver how this system works the first time.

When it is time to get off, I try to be the first one off. Always exit at the front of the bus so that you can tell the bus driver in advance that you need to take your bike off at a certain stop.

When you remove your bike,

lift the rack back up into its original position.

Taking your bike on the Metro is a bit more difficult, because you are not allowed to do so during rush periods. (Call 1-800-COMMUTE for more information.)

If you do end up riding your bike as part of your Metrolink commute, always make sure that you are up to speed on bicycle-safety tips. To brush up, check out www.dmv.ca.gov/about/bicycle.htm.

Happy Biking!

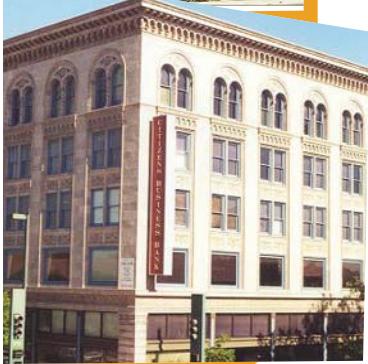
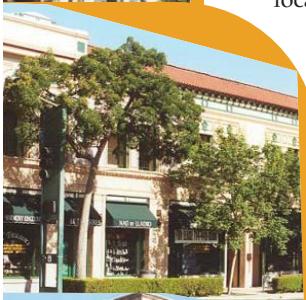
Jeff Labno is a specialist at Tools for Wellness and a regular Metrolink commuter.



Jeff Labno



"Bike to Work" photo courtesy of OCTA.



shade trees, decorative walkways, and numerous cafés, shops, and restaurants. This small-town atmosphere may suggest a lack of urban delights, but Fullerton is teeming with music, nightlife, and cultural events.

Developed, owned, and operated by BRE Properties, Inc., Pinnacle at Fullerton offers floor plans ranging from studio apartments to three-bedroom-plus-den townhomes. These apartments are just steps away from the historic downtown in one direction and the Metrolink/Amtrak station in the other. Those who move in to Pinnacle are eligible to receive free Metrolink passes through the "Buy One, Get Two Free" program.

This controlled-access community offers an array of concierge-style services to help make the busy commuter's life a little easier, including a gourmet espresso bar, valet dry cleaning, and package-acceptance services.

Pinnacle at Fullerton is located at the corner of Lemon and Commonwealth. To learn more, visit www.pinnacleatfullerton.com or call (714) 879-0635 to schedule a tour. To learn more about the City of Fullerton, log on to www.ci.fullerton.ca.us.

Transit-Sensitive Development Debuts in Fullerton

Small-town charm and big-city style is conveniently located near the Fullerton Metrolink Station. Pinnacle at Fullerton is now renting luxury apartments for the busy commuter who wants to walk, not ride, to the local train station, and also have access to the other charms of an urban center.

And if you have not enjoyed the charms of Fullerton, you have been missing out on one of the liveliest little gems of the Metrolink family.

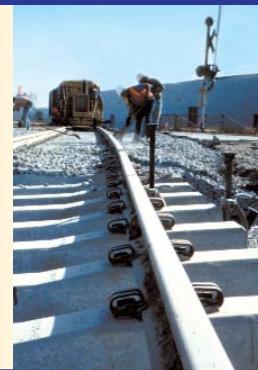
Located just twenty-two miles southeast of metropolitan Los Angeles, in the center of North Orange County, the home of the original Red Hat Ladies is just a Metrolink ride away. Downtown Fullerton offers a traditional pedestrian-friendly old-town atmosphere with a cluster of more than seventy historic buildings, beautiful

numerous cafés, shops, and restaurants. This small-town atmosphere may suggest a lack of urban delights, but Fullerton is teeming with music, nightlife, and cultural events.

Construction Corner

Metrolink Maintenance Targets Improvement of Grade Crossings

Metrolink's maintenance crews have been busy improving and updating several highly utilized railroad crossings in San Bernardino and Orange counties. The following crossings have recently been upgraded: Benson Avenue, Mountain Avenue, and Euclid Avenue in Upland; Grove Avenue in Ontario; Vineyard Avenue and Haven Avenue in Rancho Cucamonga; Riverside Avenue in Rialto; East Broadway in Anaheim; and Main Street in Orange.



Option Rideshare— Incentive to Rideshare

San Bernardino County residents may receive a \$2-per-day financial incentive for each day they rideshare to work during a three-month period. This incentive is known as Option Rideshare, a San Bernardino Association of Governments (SANBAG) program to encourage employees to carpool, vanpool, ride the bus, ride Metrolink, bicycle, walk, or telecommute.

The incentives begin once an employee uses one or more of these alternative transportation methods to get to work at least five days each month for three months. After the three-month trial period ends, gift certificates are provided.

To qualify for the program, an employee must:

- Be a resident of San Bernardino County
- Currently drive alone to a work site in Southern California
- Not have participated in a rideshare arrangement within the past 90 days
- Not have received an incentive from another publicly funded commuter-incentive program within the past six months
- Work for an employer who has been registered or is willing to register with the Option Rideshare program.

For more information about Option Rideshare, call (909) 884-5459 or 866-RIDEShare (743-3742), or e-mail SANBAG at sanbag@its-consulting.net.

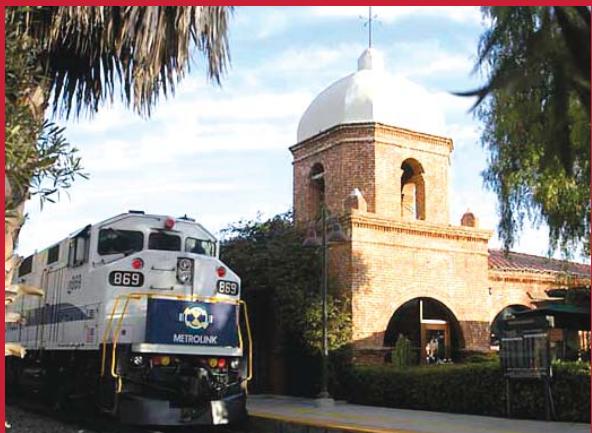


The following passenger is the monthly-pass drawing winner from the Make-up IEOC LINK Event, held Thursday, June 3, 2004:

James Farley, Moreno Valley, CA

Events

Station City News



San Juan Capistrano Station is a Beach Train destination.

Tustin—The annual 4th of July celebration at Tustin High School's football stadium will begin at 6:30 p.m. and will include entertainment by the Bootie Shakers, scheduled to perform a variety of '70s disco favorites—bell bottoms and puffy hair are optional. The event will also feature music by the Community Chorus, a speech by the mayor, the national anthem sung by Ms. Tustin, and food for all. Fireworks will shoot off at 9:00 p.m. For more information on this event and/or other programs, please contact the Tustin Parks and Recreation Department at (714) 573-3326.

Burbank—Nestled in the Verdugo Mountains, the Starlight Bowl is Burbank's premiere outdoor entertainment venue. The Starlight Bowl's convenient location, great sight lines, grassy picnic area and comfortable seating are complemented by the high quality family entertainment presented on July 4th and each Sunday evening throughout the summer. The annual 4th of July celebration includes the Bill Elliott Swing Orchestra, The United States Air Force Band of the Golden West and a giant fireworks display. The rest of July's entertainment will include on July 11 – Direct from Vegas – The Rat Pack a tribute to Frank, Dean and Sammy. On July 19 revisit the pop music phenomenon of the 70s and early 80s with Bjorn Again – The ABBA Experience. And July 25 – the Starlight will feature the Fab Four. Tickets range from \$4.00 to \$17.00 (most are \$7.00 and under) depending on the event. For more information please call, (818) 525-3721 or logon to www.starlightbowl.com.

Correction

The Santa Monica Big Blue Bus **does not** participate in the EZ Pass program.

Metrolink Holiday Schedule

Because the 4th of July falls on a Sunday this year, the following holiday schedule will be observed:



Sunday, July 4, 2004 – Metrolink will operate its regular San Bernardino Line Sunday schedule.

Monday, July 5, 2004 – No Metrolink Service will be operated, in observance of Independence Day.

Have a happy and safe Independence Day.

Beach Trains Are Back (continued from page 1)

purchase online at www.takethebeachtrain.com or www.octa.net. You may also purchase tickets in person at the following locations: Corona Parks, Recreation, and Community Services; Moreno Valley Parks and Recreation; Rialto City Clerk; Riverside Parks and Recreation; and San Bernardino Parks and Recreation.

Visit www.takethebeachtrain.com or www.octa.net for more information and to print out an order form to purchase tickets by mail. Round-trip tickets are \$16 for adults, \$11 for children (ages 2–15), and \$14 per person for groups of four or more adults. Purchase season passes at \$150 for adults and \$100 for children, and every summer weekend can be spent at the beach. (Season passes are available by mail order only.)

As a extra bonus, select Beach Trains will give riders the opportunity to have their photos taken for free and posted on www.takethebeachtrain.com.

If you have any questions about Beach Trains, please call RCTC at [REDACTED] or OCTA at (714) 560-5932.

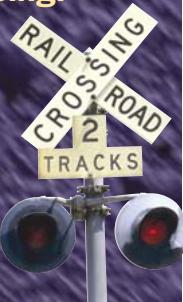
Enjoy one of the timeless pleasures of Southern California by spending part of your summer at the beach. All you have to do is suit up and get onboard the Beach Train.

Safety Matters

Never stop your car on a railroad crossing.

It's against the law to stop your vehicle on railroad tracks, even if you are waiting for a signal change at an adjacent intersection. Always wait behind the limit line painted on the street. Do not proceed across the tracks until there is enough room for your vehicle on the other side.

Always stop when the red lights begin to flash and the warning bell begins to ring at the crossing. Proceed only when the crossing gates are fully upright and the lights and bells have stopped flashing.



METROLINK MATTERS

Editor-in-Chief: Denise Tyrrell

Writers: Tracy Berge and Anja Magnani

Designer: Harlan West

C.E.O.: David Solow

Director, Communications and Development: Steve Lantz

Manager, External Communications: Francisco Oaxaca

Send comments or story ideas to metrolinkmatters@scrra.net or to

Metrolink Matters,

700 S. Flower St., Suite 2600, Los Angeles, CA 90017.

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