You are not alone in helping someone in crisis. There are many resources available to assess, treat and intervene. Crisis lines, counselors, intervention programs and YOU’LL BE CONNECTED TO A SKILLED, TRAINED COUNSELOR IN YOUR AREA.

METROLINK RIDERS ARE RIDESHARERS
metrolinktrains.com/rideshare
For more information, go to:
incentives in Los Angeles, Orange, Riverside, San Bernardino, San Diego and Ventura counties.

The various counties that Metrolink serves offer special benefits and rewards programs for commuters that rideshare. Check out the link to learn more about ridesharing services and time and money, but did you know you could be receiving additional perks for ridesharing?

MTL543_SuicidePreventionPoster24x36(ds2bh).indd
OCTOBER 3-7
SUICIDE PREVENTION HOTLINE
877.727.4747

Inquiring in a straightforward manner about whether they have had suicidal thoughts or have made a
Sharing your feelings with them. If you feel that they may make a reckless decision, tell them you are
someone you know is thinking about suicide, show that you care by:

According to the National Suicide Prevention Lifeline, suicidepreventionlifeline.org
were suicides. Many of those who have died this way informed friends or family of their suicidal thoughts
more than 1 million people reported making a suicide attempt in the past year.

Suicide - it’s a topic many people find difficult to discuss. The Centers for Disease Control and

concerned about them. They need to know that they are important to you and that you care.

As the first week of
Pennies
The Los Angeles Rams have returned home to Southern California and fans
are packing the L.A. Coliseum to see their team. Special train service will
helps commuters save
California. Metrolink
and improving air
vehicles off the road
and
choosing Metrolink,
to thank you for "doing
week, we would like
Details about the Los Angeles Rams special trains and the Clear Bag Policy,
please go to:

All four Metrolink lines will operate to the seven home Rams games, except
VALLEY LINES to the Rams home games.

The 29th annual
San Clemente Seafest is
more. The 29th annual
surf contest, view
sun, taste some of the
Enjoy a fun day in the
For more events and destinations, go to: metrolinktrains.com/destinationsandevents

CALIFORNIA SCIENCE CENTER AT EXPOSITION PARK/USC
OCTOBER 15, 2016 – APRIL 9, 2017
THE SCIENCE BEHIND PIXAR EXHIBIT

showcases the science, technology, engineering, and math (STEM) concepts
used by the artists and computer scientists who help bring Pixar's award-
winning films to the big screen. More information at:

SAVE ON ADMISSION WITH PROMO CODE INSPIRE!
Enjoy $2 off
being used by the artists and computer scientists who help bring Pixar's award-

Terms and conditions — IMAX discount can only be redeemed if the guest is also purchasing a ticket
used by the artists and computer scientists who help bring Pixar's award-

the San Bernardino Line.
the Santa Clarita Line,
on three routes, including
It's been 24 years since

METROLINK TRAVELS THROUGH MILES OF RUGGED TERRAIN TO SERVE PASSENGERS

METROLINK ROLLING ON THE ANTELOPE VALLEY LINE
WORD FROM THE CEO

NORTHBOUND TRAINS PROVIDE SERVICE TO DISTANT COMMUNITIES

ARTHUR T. LEAHY | CHIEF EXECUTIVE OFFICER | METROLINK

Our trains leave LA Union Station throughout the day, with two of seven lines heading north. One is going to Lancaster at the end of the Antelope Valley Line and the other goes northwest to Ventura at the end of the Ventura County Line. We are proud to provide passenger rail service to these regions. Building rail lines around rocks and through tunnels was a big challenge during Metrolink’s 24 years of service. During the recent Sand Fire in Antelope Valley, our Metrolink crews worked alongside fire and emergency personnel as we restored train service for residents as quickly as possible. Many people experienced devastating losses and the feeling of being cut off from communities to the south. Our hearts go out to them. This edition is dedicated to the residents and emergency personnel who worked hard and long hours to save lives, valued belongings, buildings and landscapes.

MAINTENANCE WORK WILL INTERRUPT WEEKEND SERVICE ON THREE METROLINK LINES IN OCTOBER

Metrolink and other rail providers will experience service interruptions on three lines over the weekends of October 8-9, 15-16 and 22-23 due to several major construction and maintenance projects. This weekend work will reduce future service interruptions and improve safety and reliability for passengers. Service will be impacted on the Orange County, Inland Empire-Orange County and 91/Perris Valley lines. Metrolink will supplement limited train service with limited bus bridge service to provide transportation for those without other options.

The three major projects requiring the closures include:
- Demolition of the old 6th Street Bridge by the City of Los Angeles;
- Work on the Los Angeles-San Diego-San Luis Obispo (LOSSAN) Rail Corridor by the North Central Transit District; and
- Track maintenance work on the Olive Subdivision and an area south of Laguna Niguel by Metrolink.

For more details about the service interruptions, timelines, train and bus schedules, please go to our website at: metrolinktrains.com/octobermaintenance

SCHEDULE CHANGE EFFECTIVE OCTOBER 3

ANTEROPE VALLEY AND VENTURA COUNTY LINES

will see widespread changes, usually of five minutes or less at LA Union Station. Scheduled travel times will reflect the amount of time it actually takes to travel the line. Express service will be retained, but with more accurate travel times.

SAN BERNARDINO LINE trains will generally see slightly faster travel times following a review of recent schedule performance. Also, train 302 will leave LA Union Station earlier to avoid congestion and will thus have a longer travel time.

91/PERRIS VALLEY LINE will see faster travel times on the PVL extension, based on experience gained since the line opened. Train 731 will now arrive in Riverside before 8 a.m., and trains 732 to 736 will also change to allow this.

RIVERSIDE, ORANGE COUNTY, AND IEOC LINES will each receive one minor adjustment, based on customer feedback and a review of schedule performance.

For the complete schedule, please go to: metrolinktrains.com/schedulechange

STATION NAME CHANGE:

The Pedley Station on the Riverside Line was changed to the Jurupa Valley/Pedley Station to reflect Jurupa Valley’s recent incorporation as a city. Please note station name change in the schedule.
Heading north out of Los Angeles Union Station, two Metrolink train lines venture into a new kind of territory, unlike the populous urban, suburban and coastal areas of the other five Metrolink lines in Southern California. The two lines stay on the same route through Glendale and Burbank, but then the two lines split. The Antelope Valley Line (AVL) continues north, bound for Lancaster 76.6 miles from Union Station, and the Ventura County Line (VCL) veers off to the left and heads west to Ventura, 70.9 miles from Union Station. When Metrolink began operating in 1992, a portion of the Antelope Valley Line (then called the Santa Clarita Line) and a portion of the Ventura County Line were two of the three new lines to begin service. The San Bernardino Line was the third line to operate on opening day.

**ANTELOPE VALLEY LINE**

Trains on the AVL stop at 11 stations along their route. The AVL trains climb to 3,222 ft. elevation at the highest point before they descend to Lancaster in the High Desert. The trains pass through three tunnels and wind along curving tracks as they weave around mountains.

**VINCENT GRADE/ACTON STATION IMPROVEMENTS**

Metrolink, with funding from LA Metro and the California Transportation Commission (CTC), is constructing several improvements to the Vincent Grade/Acton Station on the AVL. In addition to the existing western-style station located on the west side of the mainline (see photos), a second platform with three new passenger waiting structures has been constructed on the east side of the double-tracks, which are being extended nearly 5,000 ft. to accommodate longer freight trains. A new pedestrian at-grade crossing was also added. These changes will improve safety, reduce idling and travel times, reduce emissions, and provide efficient operations for Metrolink and freight trains along the AVL.

**VENTURA COUNTY LINE**

Trains on the VCL stop at 12 stations along their route. During their trek west to Ventura, the VCL trains climb to 1,138 ft. elevation at the highest point before they descend to Ventura. The trains also pass through three tunnels and wind through spectacular rock formations between the cities.

**RAIL 2 RAIL**

Metrolink and Amtrak share the same line along the VCL. The Rail2Rail program is a partnership between the two agencies that allows Metrolink monthly pass holders to ride on Amtrak at no additional cost. Metrolink does not offer weekend service on the VCL, but riders can utilize the Amtrak service for most of their needs. For details, go to: metrolinktrains.com/rail2rail

**TROLLEY SERVES CAMARILLO STATION**

The Camarillo Trolley offers a connection from the Metrolink Camarillo Station to the Premier Outlet Mall and restaurants. Sponsored by the city and chamber of commerce, the trolley makes 11 stops that circle around on the north side and south side of the Ventura Freeway. For details: camarillotrolley.org

Send newsletter comments to metrolinkmatters@scrra.net or to Metrolink, 1 Gateway Plaza, Los Angeles, California 90012
WHAT ARE RAILROAD “QUIET ZONES?”

**FRA TRAIN HORN RULE**  Under the Federal Railroad Administration (FRA) Train Horn Rule, locomotive engineers must begin to sound train horns at least 15 seconds, and no more than 20 seconds, in advance of reaching all public railroad crossings. Train horns must be sounded in a standardized pattern of two long, one short and one long blast. The pattern must be repeated or prolonged until the lead locomotive or cab car occupies the grade crossing. The maximum volume level for the train horn is 110 decibels and the minimum is 96 decibels.

**ESTABLISHING QUIET ZONES**  In recent months, some residents living near Metrolink rail lines have inquired about establishing quiet zones at railroad crossings in their communities. If a quiet zone is approved and established at a railroad crossing, the train is not required to blow its horn when passing through. The engineer may still blow the train horns in emergency situations.

To mitigate the increased risks caused by the absence of the horn sound, cities must enhance safety measures, which include but are not limited to the following: upgrade warning devices such as blinking lights; install double crossing guard arms; extend and raise medians to improve the flow of traffic; improve signage; synchronize traffic and rail signals to prevent motorists from waiting on the tracks at red lights; completely close a street crossing to vehicle traffic by creating dead-end cul-de-sacs on both sides of the tracks; construct a grade separation, which is either an underpass or overpass; add a railing to guide pedestrians; and add tactile warning strips.

**PLANNING A QUIET ZONE**  The creation of a quiet zone starts at the community level. Communities wishing to establish a quiet zone must work through their city or county government. They must then develop a plan to ensure there is no increased risk caused by the reduction of horns blowing. The city bears the costs associated with establishing the planning document. It can take several years to create a quiet zone.

**EXAMPLES OF ORANGE COUNTY QUIET ZONES**

Orange County is home to the nation’s largest railway quiet zone. Safety enhancements were made at 52 railroad crossings in eight cities throughout the county. Improvements included upgraded and updated warning devices, additional gate arms, extended and raised medians, improved signage and coordinated traffic signals. The project took seven years to complete (in 2012) at a cost of $85 million.

**SAFETY FIRST**  Safety is the top consideration when establishing quiet zones. To watch our video about quiet zones, please visit Metrolink’s website: metrolinktrains.com/quietzones

Or visit the Federal Railroad Administration website: www.fra.dot.gov/Page/P0889

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BNSF LOCOMOTIVES TO BE PHASED OUT BY NOV. 1

**CAB CARS PUT BACK IN THE LEAD**

In 2015, Metrolink leased 40 BNSF locomotives to take the lead position on Metrolink trains. This was a safety measure to protect passengers while an assessment was conducted on the Rotem Cab Cars (shown below).

In July 2016, it was determined that the cab cars could be repaired. As repairs on the cab cars are completed, they will be put back in service at the front of the trains and the BNSF locomotives will be removed. This should be completed by November 1. We apologize for the inconvenience these have had on the community.

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MOBILE APP UPDATE

The Metrolink Mobile App has some enhancements we want to share. We added links to schedule information, tickets/pricing, station information and service advisories in the app. We also added information buttons for all ticket types to clearly explain the ticket before it is purchased. These were enhancements that customers requested and we are happy to deliver.

Download Metrolink’s Mobile App to your mobile device by going to: metrolinktrains.com/app
METROLINK RIDE SHARERS

As the first week of October is rideshare week, we would like to thank you for “doing the ride thing” and choosing Metrolink, contributing to taking vehicles off the road and improving air quality in Southern California. Metrolink helps commuters save time and money, but did you know you could be receiving additional perks for ridesharing? The various counties that Metrolink serves offer special benefits and rewards programs for commuters that rideshare. Check out the link to learn more about ridesharing services and incentives in Los Angeles, Orange, Riverside, San Bernardino, San Diego and Ventura counties. For more information, go to: metrolinktrains.com/rideshare

PREVENTING SUICIDE IS A TOP CONCERN AT METROLINK

Suicide - it’s a topic many people find difficult to discuss. The Centers for Disease Control and Prevention report suicide is the 10th leading cause of death among Americans and estimates that more than 1 million people reported making a suicide attempt in the past year.

Sadly, many people choose to involve railroad equipment and employees in their suicidal acts. This year, approximately 37 percent of the fatalities that occurred on Metrolink rights-of-way or at grade crossings were suicides. Many of those who have died this way informed friends or family of their suicidal thoughts and intentions. Unfortunately, their comments were not taken seriously or addressed, leaving many affected by suicidal actions.

According to the National Suicide Prevention Lifeline, suicidepreventionlifeline.org, if you think someone you know is thinking about suicide, show that you care by:

- Listening to them with sincere concern for their feelings. Do not offer advice. Let them know that they are not alone.
- Sharing your feelings with them. If you feel that they may make a reckless decision, tell them you are concerned about them. They need to know that they are important to you and that you care.
- Inquiring in a straightforward manner about whether they have had suicidal thoughts or have made a suicidal plan. If you cannot ask the question, find someone who can.

You are not alone in helping someone in crisis. There are many resources available to assess, treat and intervene. Crisis lines, counselors, intervention programs and more are available to you, as well as to the person experiencing the emotional crisis.

CALL THE NATIONAL SUICIDE PREVENTION LIFELINE AT (800) 273-TALK (8255), 24 HOURS A DAY, 7 DAYS A WEEK. FREE AND CONFIDENTIAL; YOU’LL BE CONNECTED TO A SKILLED, TRAINED COUNSELOR IN YOUR AREA.
PREVENTING SUICIDE IS A TOP CONCERN AT METROLINK

Metrolink riders are ridesharing.

For more information, go to: metrolinktrains.com/rideshare

The various counties that Metrolink serves offer special benefits and rewards programs for commuters that rideshare. Check out the link to learn more about ridesharing services and incentives in Los Angeles, Orange, Riverside, San Bernardino, San Diego and Ventura counties.

RIDESHARE WEEK

You are not alone.

877.727.4747

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Sharing your feelings with them. If you feel that they may make a reckless decision, tell them you are concerned about them. They need to know that they are important to you and that you care.

Listening to them with sincere concern for their feelings. Do not offer advice. Let them know that they are not alone.

If you have concerns about someone you know is thinking about suicide, show that you care by:

• Being there to talk
• Not judging
• Showing you care

The Science Behind Pixar Exhibition. This 12,000 sq. ft. interactive exhibition showcases the science, technology, engineering, and math (STEM) concepts used by the artists and computer scientists who help bring Pixar’s award-winning films to the big screen. More information at: metrolinktrains.com/pixar

SAVE ON ADMISSION WITH PROMO CODE INSPIRE! Enjoy $2 off adult and $1 off child admission to the exhibition; and $2 off adult and $1 off child admission to any IMAX film.

Terms and conditions — IMAX discount can only be redeemed if the guest is also purchasing a ticket used by the artists and computer scientists who help bring Pixar’s award-winning films to the big screen. More information at: metrolinktrains.com/pixar

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24 YEARS IN SOUTHERN CA

It’s been 24 years since Metrolink began operating on three routes, including the Santa Clarita Line, Ventura County Line and the San Bernardino Line.

UPCOMING HOLIDAY SCHEDULES & EVENTS

• Thanksgiving Day Train Schedule, Nov. 24: NO train service on five lines; limited service on two lines (see link below).
• Rail 2 Rail® Blackout Dates: Mon., Nov. 21, through Sun., Nov. 27, 2016. For schedule details: metrolinktrains.com/thanksgivingday
• LA Union Station Holiday Tree-Lighting, Nov. 30: Annual ceremony at Union Station. Time and details TBD.