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Metrolink Speeds to NASCAR!

Looking for exciting racing action? Get your kicks with high-speed NASCAR excitement at the Auto Club 500! Let Metrolink be your ride to all the racing action at San Bernardino County's California Speedway. San Bernardino Associated Governments (SANBAG) has chartered special Metrolink trains for the big race on Sunday, February 24. Trains will arrive at the Speedway early enough to allow you plenty of time to enjoy the midway and pre-race excitement, and will depart one hour after the race ends.

Only charter trains will take passengers to the Speedway on Sunday, February 24. Regular Metrolink San Bernardino Line trains will not stop at California Speedway that day. Charter train tickets must be purchased in advance and cannot be purchased out of Metrolink ticket vending machines.

To purchase charter train or race tickets, get schedules, or find more information, go to www.californiaspeedway.com—select "fan info", then "Metrolink"—or call (800) 944-RACE (7223). Tickets may also be purchased in advance at California Speedway, located at 9300 Cherry

Avenue in Fontana. Space is very limited, so get your tickets today.

If you are looking to get to California Speedway on Friday or Saturday, February 22 or 23, selected Metrolink regular-service San Bernardino Line trains will make stops at California Speedway on those days. You must buy a regular Metrolink round-trip ticket from the Ticket Vending Machine prior to boarding Friday or Saturday trains to the Speedway. Just select "Round-Trip Ticket" and choose "Fontana" as your destination. Please remember that California Speedway and the Fontana Station are separate destinations, so pay close attention to your conductor's announcements when riding to avoid missing your stop. You will find Metrolink California Speedway Friday and Saturday schedules at www.metrolinktrains.com or by calling (800) 371-LINK (5465). See you at the race!

Inland Empire Maintenance Facility

With Metrolink's locomotive and car fleet expected to quadruple in the next 25 years, the Southern California Regional Rail Authority (SCRRA) is working hard to ensure that we'll be able to maintain the growing fleet without a hitch. The Central Maintenance Facility, located just three miles from Los Angeles Union Station, where we currently inspect and service cars and locomotives, won't be able to support the expanded fleet on its own—which is why SCRRA is working on the construction of a second maintenance facility.

The new facility, called the Eastern Maintenance Facility, will be based in the Inland Empire. Since two-thirds of the Metrolink fleet already spends the night in the Inland Empire, this is an ideal location.

Further, having a maintenance facility at an outlying location will make it possible to perform minor servicing overnight, and that means Metrolink can keep equipment in top shape without having to take it out of rotation.

The project is being developed in phases. The land-acquisition phase was completed in mid-December, and bids for the first phase of construction are already coming in.

The Eastern Maintenance Facility is a key part of SCRRA's Strategic Plan to keep Metrolink running smoothly as it grows. With the additional facility, we'll be able to keep train equipment in top condition without interrupting your ride.



Perris Valley Line

Riverside County is about to get more Metrolink. Since 1994, Metrolink service in the county has ended at downtown Riverside. With the rapid growth of local communities, the Riverside County Transportation Commission is eager to extend the benefits of Metrolink further into Riverside County.



The Perris Valley Line will extend the popular Metrolink 91 Line 22.7 miles farther into Riverside County, offering easy access to the Inland Empire/Orange County and Riverside lines. The line will serve Perris, the business development at March Air Reserve Base, Moreno Valley, the UC Riverside area, and the Hunter Park Business Development in northern Riverside.

That should be a great boon to residents and employers alike. Today, Riverside County residents, on average, endure the longest commutes in the region. The Perris Valley Line will provide many of them with a welcome commute alternative. Employers will also benefit from the new line, which will make several Riverside communities more attractive sites to locate business operations. No longer will Metrolink primarily enable Riverside County residents to work outside of the county; now they'll be able to travel easily to jobs within the county as well. Further, the Perris Valley Line will serve students, faculty, and staff at UC Riverside, one of the region's largest employers and the fastest-growing UC in terms of enrollment.

Needless to say, the project has strong community support. In 1988 and 2002, Riverside County voters approved Measure A, which provided the funds needed to purchase the Perris Valley Line right-of-way, by wide margins. The Riverside County Transportation Commission is currently awaiting approval from the Federal Transit Administration to move forward with preliminary engineering on the project. We hope to have passenger service rolling by 2010.



North Main Corona Parking Structure

In last month's *Metrolink Matters*, we mentioned the construction that was about to commence for the North Main Corona Station's new parking structure. You can now visit www.metrolinktrains.com/northmaincoronaparking for updates on the upcoming construction. Construction on the 1,000-space structure began in January, and will probably take about 18 months. A portion of the existing parking lot will be closed due to the construction, which means our riders will be affected.

Safety Matters

In the last edition of "Safety Matters," we reviewed earthquake safety. In the event of a major emergency such as an earthquake or other natural disaster, experts recommend that you be prepared to shelter in place for up to three days. Here are some ways to prepare in case a shelter-in-place order is given while you are at work.

What "Shelter in Place" Means:

This is a precaution aimed to keep you safe while you remain indoors. (This is not the same thing as going to a shelter in a storm.) "Sheltering in place" means selecting a small, interior room, with no or few windows, and taking refuge there. It does not mean sealing off your entire home or office building. If you are told to shelter in place, follow the instructions provided below.

How to Shelter in Place at Work:

- Close the business.
- If there are customers, clients, or visitors in the building, provide for their safety by asking them to stay—not leave. When authorities direct people to shelter in place, they want everyone to do so immediately, where they are, and not drive or walk outdoors.
- Unless there is an imminent threat, ask employees, customers, clients, and visitors to call their emergency contacts to let them know where they are and that they are safe.
- Turn on call-forwarding or alternative telephone-answering systems or services. If the business has voice mail or an automated attendant, change the recording to indicate that the business is closed and that staff and visitors are remaining in the



Healthy Travel Tips: Preventing Deep Vein Thrombosis

When Vice President Dick Cheney told doctors about a feeling of mild discomfort in his calf last March, they took it seriously. Cheney had just completed a nine-day international trip that involved more than 60 hours of plane travel. As it turned out, the vice president was suffering from more than mild discomfort—he had a blood clot, also known as deep vein thrombosis (DVT), in his lower leg. Left untreated, such clots can be fatal. And anyone who spends long periods of time in a seated position is at risk.

According to Healthwise, 250,000 to 300,000 people are admitted to U.S. hospitals annually for deep vein thrombosis. DVT itself is not life threatening, though it can cause pain and circulation problems. But if a blood clot in a deep leg vein detaches and travels through the

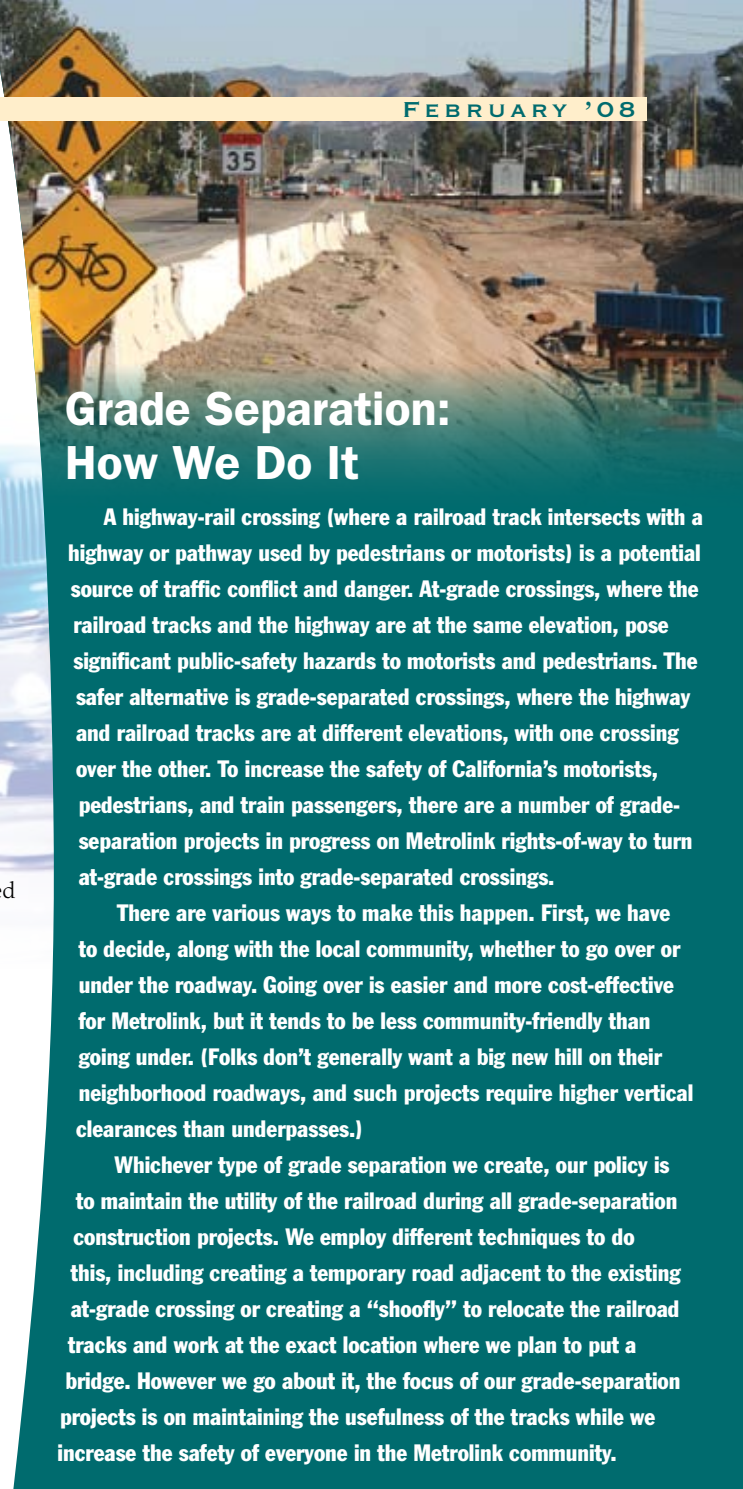




building until authorities indicate that it is safe to leave.

- Close and lock all windows, exterior doors, and any other openings to the outside.
- If you are told there is danger of explosion, close the window shades, blinds, or curtains.
- Gather essential disaster supplies, such as nonperishable food, bottled water, battery-powered radios, first-aid supplies, flashlights, batteries, duct tape, plastic sheeting, and plastic garbage bags.
- It is ideal to have a hard-wired telephone in the room(s) you select. Have the phone available in case you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged during an emergency.
- Bring everyone into the room(s). Shut and lock the door(s).
- Write down the names of everyone in the room(s), and call your business's designated emergency contact to report who is in the room with you and each individual's affiliation with your business (e.g., employee, visitor, client, customer).
- Keep listening to the radio or television until you are told that all is safe or that you need to evacuate. Local officials may call for evacuation in specific high-risk areas.

Remember that instructions to shelter in place are usually provided for durations of a few hours, not days or weeks. There is little danger that the room in which you are taking shelter will run out of oxygen, causing you or others to suffocate.



Grade Separation: How We Do It

A highway-rail crossing (where a railroad track intersects with a highway or pathway used by pedestrians or motorists) is a potential source of traffic conflict and danger. At-grade crossings, where the railroad tracks and the highway are at the same elevation, pose significant public-safety hazards to motorists and pedestrians. The safer alternative is grade-separated crossings, where the highway and railroad tracks are at different elevations, with one crossing over the other. To increase the safety of California's motorists, pedestrians, and train passengers, there are a number of grade-separation projects in progress on Metrolink rights-of-way to turn at-grade crossings into grade-separated crossings.

There are various ways to make this happen. First, we have to decide, along with the local community, whether to go over or under the roadway. Going over is easier and more cost-effective for Metrolink, but it tends to be less community-friendly than going under. (Folks don't generally want a big new hill on their neighborhood roadways, and such projects require higher vertical clearances than underpasses.)

Whichever type of grade separation we create, our policy is to maintain the utility of the railroad during all grade-separation construction projects. We employ different techniques to do this, including creating a temporary road adjacent to the existing at-grade crossing or creating a "shoofly" to relocate the railroad tracks and work at the exact location where we plan to put a bridge. However we go about it, the focus of our grade-separation projects is on maintaining the usefulness of the tracks while we increase the safety of everyone in the Metrolink community.

Vein Thrombosis

bloodstream, it may lodge in the heart, brain, lungs, or other organ, causing serious—and potentially fatal—damage. Symptoms of DVT include pain, tenderness, heat, changes in skin color, or swelling in only one leg. But take note: according to the National Heart, Lung, and Blood Institute, only half of the people with DVT have any symptoms at all. Your best bet is to prevent a clot from forming in the first place. One of the biggest risk factors for DVT is prolonged immobility, whether from extended bed rest or lengthy travel. Metrolink encourages riders to take steps to prevent DVT. The American Physical Therapy Association suggests walking around every hour or so during seated travel, as well as performing some simple exercises in your seat. Try heel raises and toe lifts (ten reps with holds of



five to ten seconds each), ankle rolls (15 times in each direction), overhead arm stretches, and back twists. When walking up and down the aisles, walk on your toes one way, and then on your heels the other way. Alan Lee, an assistant professor of physical therapy who commutes between Oceanside and L.A. Union Station via Metrolink, regularly stretches during his two- to three-hour train ride. He's concerned that too few of his fellow riders are doing the same. He knows that people are increasingly aware of the threat of DVT during air travel, thanks to in-flight exercise guides offered by several airlines. But many people, he fears, are "not thinking about it in terms of their daily commute—and they should be."



If you have symptoms of DVT, see a doctor right away. Metrolink wishes all of our riders a happy and healthy commute.

32nd Annual Home Show

Metrolink riders can save 50 percent on the price of admission to the Home Show by showing a valid Metrolink ticket or pass at the ticket booth. Start off 2008 with new ideas for home-improvement projects and services at the Home Remodeling and Decorating Show. The 32nd Annual Home Show will return to the Los Angeles Convention Center February 22 to 24, 2008. Spend the day attending seminars and workshops with local and national celebrities for DIY projects, or learn new cooking tips from leading chefs. Enter to win one of many prizes or home-improvement packages for \$5,000 in new windows and \$5,000 for kitchen remodeling.

It's easy to get to the Home Show by riding Metrolink to Union Station:

To the Los Angeles Convention Center:

From Union Station, transfer free to the Metro Red or Purple Line and get off at 7th/Metro Station. Walk upstairs and board the Metro Blue Line (Long Beach) to Chick Hearn/Pico Station. The Convention Center is across the street.



“Dining in the Dark”

On March 20th, 2008 at the Riverside Convention Center you will have the opportunity to experience firsthand what it would be like to be completely blind. “Dining in the Dark”, an event by Blindness Support Services, Inc. (BSSI), takes you on a journey of taste, sound and touch all in the dark. You will be seated in a pitch black dining room and served by blind servers, who have been specially trained, to guide you through your gourmet meal. The impact of this experience is instant and profound. When your meal is over you will know firsthand just some of the challenges facing

those who are blind or visually impaired. Join

Metrolink in supporting the valuable services BSSI offers the sight impaired community in the Inland Empire. For more information and to buy tickets to this event please call Allison Alejo at (951) 341-6334. All proceeds to benefit Blindness Support Services, Inc.



METROLINK MATTERS

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Stick Shots and Free Throws

Remember, Metrolink passengers can save \$\$\$ on select L.A. Clippers and L.A. Kings games by ordering online or simply by showing a Metrolink pass at the box office. It's a great way to spend time with friends and family while supporting the home teams!



L.A. Clippers

Save 20 percent on \$35 and \$85 tickets for the following games this month:

Wed., February 13 @ 7:30 p.m.
vs. Washington Wizards

Wed., February 27 @ 7:30 p.m.
vs. Portland Trail Blazers

L.A. Kings

The next “Hockey Night Out” will be March 29 against the Dallas Stars, with a 1 p.m. start time. Ticket packages start at \$52 for two tickets, two nachos, and two drinks. Call your Metrolink representative, Daniel Smith, at (213) 742-7199 to order your tickets.



Go to www.metrolinktrains.com and click on “Special Events” for more details.

What do you want to accomplish in 2008?

- Advance at work
- Change careers
- Explore a new hobby or interest

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To request a catalog, call 951.827.3806, e-mail moreinfo@ucx.ucr.edu or visit our Web site www.extension.ucr.edu

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