

MILEPOSTS

A Newsletter for MTA Metro-North Railroad Customers June 2019

- **SmarTrack** ▪ **Quiet Cars[®]** ▪ **Going Green** ▪ **Connect with Us!** ▪
- Blood Drive** ▪ **Getaways** ▪ **Safety Rules** ▪ **Courtesy Corner** ▪

We're "Smart" About How We're Repairing Track

This spring, we started Metro-North's SMARTRACK program

in the area from Mount Vernon East to Pelham on the New Haven line.

Thanks in part to the April 14 schedule changes, Metro-North track and power crews can concentrate their time on areas of track to get a multitude of work completed at the same time — thus the word "smart."

With an approximate 40-person crew working on the fixes at the same time, taking one track out of service more than doubles our productivity, makes the work safer, and allows us to remove speed restrictions on your train travel.

It's all part of our **Way Ahead plan**, to focus on improving our infrastructure with innovative solutions, while ensuring the safe operation of our trains.



From now until the end of June, between Mount Vernon East and Pelham,



we will be replacing about 4,000 feet of rail and about 2,000 rail ties, removing and replacing about 600 feet of ballast (the cut stone under the tracks that provides support, and drains excess water), inspecting all of the track in that section for possible defects, and testing the rail for safety.

In addition, we will be changing out three "frog" panel sections at an interlocking (a control point which is a location where trains can cross from one track to another), close to Mount Vernon East Station. "Frogs" are track structures used at the intersection of two running rails permitting wheels on either rail to

cross one another — and actually bear a similarity in design to frogs.

And between the Third and Fourth Avenue overhead bridge locations, we are replacing the ties with new, composite ties that last longer in wet areas, and which are in the long run, more cost effective.

Our crews will also be fast at work

cleaning up the track area, removing excess debris and materials to make the work areas safer, and your vista more enjoyable.

During this time, power professionals — our experts on train power and electricity — will be replacing third rail components with new, safer and more damage resistant brackets and insulators — the parts that hold the third rail down and make the connection to the running rail — to reduce the incidence of wear and tear on the third rail that can lead to damage and cause service disruptions.

We hope that come July, you will enjoy the new and improved, and safer ride!

Metro-North's SMARTRACK will continue on at other locations as we do work through 2019.



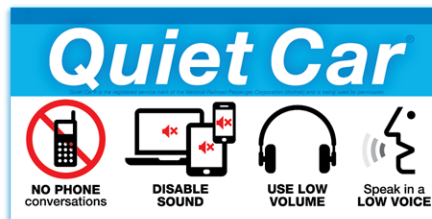
[Back to Top](#)

When It Comes To The Quiet Cars,[®] It's LIFO, or *Last In First Out!*

At our recent "**Connect with Us**" sessions, one of your primary concerns was that some fellow passengers may not understand or comply with the **Quiet Car[®]** designation.

Sometimes, knowing which car is a Quiet Car[®] before you board the train can help make everyone's choices easier.

New Quiet Car[®] signs are being added to our cars this summer, so that should help.



But it's also good to know this rule of thumb when boarding the train:

Quiet Cars[®] follow the LIFO Rule — Last In, First Out
(or in our case **Last Inbound** to GCT, **First Outbound** from GCT)

On PEAK weekday trains,

All peak hour trains have **2 Quiet Cars[®]**

Quiet Car[®] is the registered service mark of the National Railroad Passenger Corporation (Amtrak) and is being used by permission.

← **Last two cars on Inbound trains**



First two cars on Outbound trains →

On OFF-PEAK weekday trains,

All off-peak trains have **1 Quiet Car[®]**

Quiet Car[®] is the registered service mark of the National Railroad Passenger Corporation (Amtrak) and is being used by permission.

← **Last car on Inbound trains**



First car on Outbound trains →

If you do not want to follow these rules, we ask that you do not sit in a Quiet Car[®].
Please note: on weekends, there is no LIFO at all! That is, there are no Quiet Cars[®].

If there is any question about the car you are in, look up for the sign, or ask the conductor.

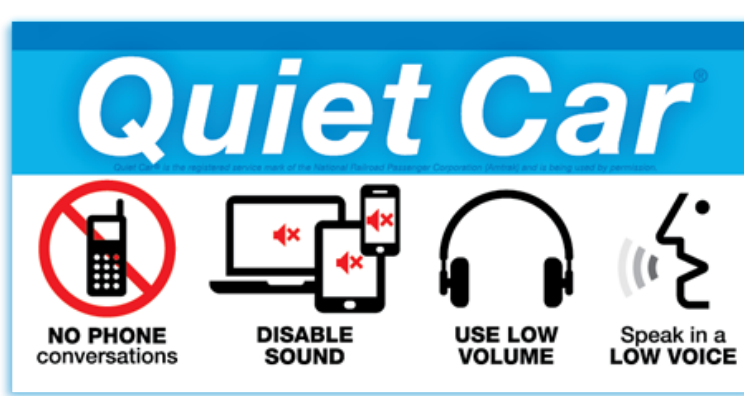
While in one of these quiet cars,

we ask that you do not use cell phones, that you turn off the sound on your devices, (including video), speak in a subdued voice, and use headphones at a volume that cannot be heard by your fellow passengers.

In addition, it should be noted that a Quiet Car[®] is not a "Silent" Car!

All regular announcements will continue to be made in the designated Quiet Car[®]. For more information, call Metro-North Customer Service at 511 (in CT, 877-690-5114).

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[Back to Top](#)

Go Metro-North, Go Green: What We Do To Reduce Our Carbon Footprint

It's estimated that more than 1 billion people participated in Earth Month this spring alongside many of the world's major organizations, including Metro-North Railroad.

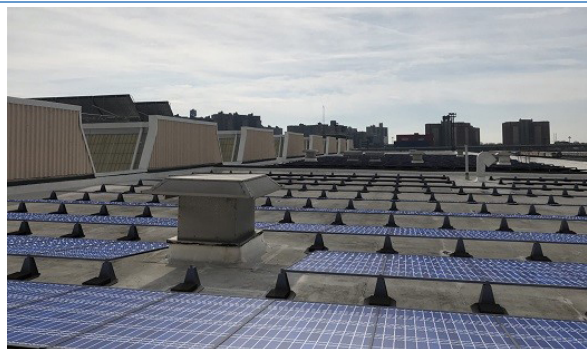
After all, moving people out of cars and into public transit is one of the best things we can do for the planet.

The Metropolitan Transportation Authority in total prevents about 17 million metric tons of greenhouse gasses (GHGs) from being used per year,

while emitting only 2 million tons, making our collective agencies perhaps the single biggest source of GHG avoidance in the country.

Most recently, the MTA announced agency-wide Request for Proposals to add solar panel canopies

to some of our facilities, among them, **Metro-North's Cortlandt Station east side parking lots, and the Wassaic Station operations area.** Once built, those panels will provide us a new way to reduce on-site electricity costs.



Though the electricity that energizes our trains is fueled by power stations, the fact that our trains are carrying millions of passengers make Metro-North one of the most carbon-efficient modes of transport in the country on a per passenger mile basis.

But what else is Metro-North doing to reduce its carbon footprint?

The truth is, we've been making energy savings a major part of our **Way Ahead plan** for some time now.



Metro-North is the first railroad in North America to achieve ISO 50001 Energy Management Systems certification,

which we accomplished through significant efforts in controlling fuel consumption in our facilities and on our equipment.

We're also rebuilding our existing locomotives,

thereby reducing the emissions of pollutants like particulate matter and nitrogen oxides. And through our regular equipment maintenance programs, we are ensuring our locomotives operate at the most efficient levels for their class.

Our P32 locomotive fleet is also in the process of being replaced and, once complete, will be "Tier 4" compliant, a standard signed into rule by the Environmental Protection Agency requiring emissions of particulate matter and nitrogen oxide be further reduced by about 90% over previous standards.

LED lighting is much more efficient and cost-effective



than other types of lighting, and at Metro-North, we are installing LED high mast lighting in yards, LED shop lighting inside our facilities, and LED platform lighting in Grand Central Terminal.

At many of our new station improvement projects, such as at Harlem-125th St., White Plains, Riverdale, Crestwood, and Port Chester, we are installing new LED lighting in customer areas.

We're also including a heated side platform and stairs at White Plains Station, which will reduce cleaning costs and minimize damage to our infrastructure from deicing salts. That means we won't have to

replace the platforms for many more years to come because they will last longer.

On the mechanical side, we are performing regular maintenance of HVAC systems.

In Grand Central Terminal, we've replaced the steam distribution system, chillers and cooling towers with more energy efficient models.

At our stations,

we have installed controls for the electric heaters in platform shelters and station overpasses with "Push for Heat" on demand heating, which has resulted in substantial energy savings.



[Back to Top](#)

Connect with Us

Please join us to speak about your concerns, give us feedback or simply ask questions!

Metro-North senior management and customer service representatives will be available at the following locations to speak with you:

Connect with Us!

Metro-North's Series Of Informal

Customer Forums

Talk with

Metro-North Customer Service Representatives & Management

Bridgeport Station

Tues., June 25
6 AM – 8 AM

Station Building

Woodlawn Station

Tues., July 23
7 AM – 8:30 AM

Entrance to Inbound Parking

South Norwalk Station

Tues., Aug 20
7 AM – 8:30 AM

Inbound Platform

Ask questions! • Give us your input! • Share your comments, concerns and suggestions!



Way Ahead



Please continue to check back at www.mta.info/mnr and social media for additional dates and locations

[Back to Top](#)

Thank You for Giving!

On April 25, the New York Blood Center and #MetroNorth teamed up at Vanderbilt Hall in Grand Central Terminal for the 2019 Blood Drive.

And this year, we are happy to report, was a great year!

Thank you,

customers for contributing alongside our employees to donate **341 pints of blood**, a record since the 2013 blood drive.

One blood donation has the potential to save 3 lives, so this campaign could help save 1,023 lives!

We want to thank each and every one of you who participated.



[Back to Top](#)

Safety Rule of the Issue

Railroad Street Level Crossing

Emergency Notification System

Each Metro-North railroad crossing bears an emergency notification sign, like the one shown here.

If you are near the tracks, and need to report an emergency,

please **immediately call the phone number posted on the sign**, and reference the crossing number on the sign to the emergency responder.

REPORT EMERGENCY
OR PROBLEM
TO 1-888-682-9117
CROSSING 836 597 H

- **Call the number** and give the DOT *(Department of Transportation)* **crossing number** found on the sign to identify your location.
- The sign may be located on the **crossbuck post** or **signal post**.
- If you cannot locate the ENS sign, **call 911** or **the local police**.

We bring you these rules because your safety is always our first priority all year long!

[Back to Top](#)

Getaways For A Song!



Hot Jazz Age Frolic

Saturday, June 16

2:30 PM – 8:30 PM

Caramoor Center for Music and the Arts

Two of the torch bearers of hot jazz — Vince Giordano and Bria Skonberg— heat up Caramoor with swingin' jazz of the 1920s and '30s.

Gates open at 10 AM if you want to **enjoy the grounds**, there will be **dance lessons** between performances, and at 2:30 PM the kids can enjoy a special **family set**.

[See details on this discount package.](#)

Package price from GCT/Harlem-125th Street: Adults, \$58; seniors, persons with disabilities and individuals receiving Medicare, \$53.50; children 12-18, \$41.25; children 5-11, \$21.25; children under 5, \$19.25.

See details on Metro-North [Package Pricing from other stations](#).

Getting there is simple:

Take the [Harlem Line](#) to Katonah Station. Free shuttles to/from Caramoor start at 1 PM.

Clearwater Festival

June 15 – 16

11 AM – 8:30 PM

Croton Point Park

Pete Seeger was green before it was cool. Over 40 years ago he created Clearwater's Great Hudson River Revival to raise funds for environmental education.

Some of this year's performers include: Ani DiFranco, The Wailers, Tom Paxton and the DonJuans, Tom Chapin, Vance Gilbert, Cliff Eberhardt and of course we have to mention Railroad Earth!

[See details on this discount package.](#)

Metro-North Package Prices Single-Day

Admission from GCT/Harlem-125th Street

Adults, \$80.50; seniors, persons with disabilities and individuals receiving Medicare, \$70.50;

Two-Day Admission from GCT/Harlem-125th Street
Adults, \$108.50 seniors, persons with disabilities and individuals receiving Medicare, \$96.50;

Children 11 and under are free to the Festival but shall pay applicable rail fare.

See details on Metro-North [Package Pricing from other stations](#).



Getting there is simple:

Take the [Hudson Line](#) to Croton-Harmon Station for a free shuttle to the festival.

American Roots Music Festival

Saturday, June 22

Gates open 11 AM,

Music starts at 12 Noon



**Performances start at 7:30 PM
Caramoor Center for Music and the Arts**

Enjoy an exciting array of folk, country, bluegrass, gospel, blues, old time, and folk fusion performances throughout Caramoor's lawns and gardens.

[See details on this discount package.](#)

Package price from GCT/Harlem-125th Street: Adults, \$46; seniors, persons with disabilities and individuals receiving Medicare, \$41.50; children 12-18, \$34, children 5-11, \$14; children under 5, \$12.

See details on Metro-North [Package Pricing from other stations.](#)

Getting there is simple:

Take the [Harlem Line](#) to Katonah Station. Free shuttles to/from Caramoor start at 10:30 AM.

We can make sure you have something to do every weekend
[See a complete list of our Getaways.](#)

[Back to Top](#)

Courtesy Corner



Take-Out? Take-With!

Now that the warm weather is finally here, dining "al fresco" (*that's Italian for "in the outdoors"*), is "de rigueur" (*that's French for "best practice."*)

For those with leisure time, that means having lunch or dinner sitting outside at a sidewalk café.

But for those of us in a perpetual rush (*and who isn't these days?*), it means scarfing down some take-out on the train.

If you are "enjoying" the latter, please remember to take all your garbage with you and not to leave any "remains" behind.

This way, the next person using the seat can enjoy their train trip as well.

[It's the courteous thing to do!](#)

[Back to Top](#)

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