Caltrain Launches Suicide Prevention Web Page

This year, the commuter railroad is focusing efforts to address death by a suicide, a complex community health issue. Nearly 40,000 suicides were reported throughout the United States in 2011, making suicide the 10th leading cause of death for Americans.

For the past 20 years there have been an average of 13 deaths a year on the Caltrain tracks; the majority of these were as a result of suicide. Although suicide by Caltrain makes up 3 percent of suicides in the Peninsula region, they are the focus of public attention because they impact so many people.

To provide another resource to the community, Caltrain launched a new page on its website dedicated to suicide-prevention. The page features a crisis hotline number and relief on peak-hour morning and evening trains that are packed beyond their seated capacity. Weekday ridership on the system that runs from Gilroy to San Francisco has more than doubled over the last 10 years to nearly 60,000 people.

The Bombardier bi-level rail cars will be purchased from Southern California Regional Rail Authority, which operates the Metrolink service. The cars are similar to the Bombardier cars Caltrain uses. Caltrain officials estimate the cars, which will require substantial rehabilitation, could be in service in a year. Caltrain's newer Bombardier equipment and Gallery trains are currently configured with five

Board Approves Purchase of Additional Rail Cars to Ease Commute Crowding

Recent tweet: "#SB376 departed SF standing room only & at capacity for bikes." It's the best of times and the worst of times for Caltrain and its customers. Peak commute ridership is up and many Bay Area commuters are choosing Caltrain as their preferred choice for getting to work. Unfortunately, the unprecedented increase in ridership has customers experiencing standing room only conditions during peak hours.

Relief is on the way. Caltrain announced plans to purchase 16 surplus Metrolink rail cars that will be used to extend train sets and provide more capacity. The additional cars are intended to provide short-term capacity relief on peak-hour morning and evening trains that are packed
San Mateo Bridges Project Begins this Fall

The long-awaited San Mateo Bridges Replacement Project is set to begin construction in early November and will last for approximately two years. Caltrain, in cooperation with the city of San Mateo, is preparing to replace four rail bridges in San Mateo’s North Central neighborhood. The 100-year-old bridges, located at Tilton, Monte Diablo, Santa Inez and Poplar avenues, do not meet current seismic safety standards.

The $38 million project will ensure that the aging bridges are safe and equipped to meet the region’s future transportation needs, including new electrified rail service, and improved traffic flow on city streets.

The four bridges will be replaced with single-span structures to comply with current federal and state seismic safety standards. The construction of the single-span bridges, combined with updated vehicle clearance regulations, requires a more robust design that raises the height of the tracks. The new height of the bridges will require the construction of both a retaining wall and fence to support the raised berm.

During the construction period, work will take place during the week and will require both night and weekend work. It will be necessary to close each of the four streets for approximately eight weeks during the construction of the new bridge to ensure the safety of pedestrians and neighbors in the area, and facilitate bridge construction. Road closures are not expected to take place until late 2015 into 2016. Updates on the project are available at www.caltrain.com/SMBridges.

Rail Safety Month

highlight local resources for people. A list of guidelines developed by mental health professionals for the media outlining the most effective way to cover suicide also is available. In addition, Caltrain put up a poster at the stations.

"Preventing suicide requires a broad community approach," said Stephen Kaplan, Director of San Mateo County Behavioral Health and Recovery Services. "We highly value our partnership with Caltrain and applaud their efforts to educate their riders and make help and crisis line information highly visible."

Caltrain’s website received more than 7 million visits last year. “We hope that this message will reach a new audience that might not be aware of these resources,” said Executive Officer of Public Affairs Mark Simon. “All of us are touched in one way or another by suicide, whether we ride the train or have a friend or family member who may be struggling with mental health issues. By posting this information on our website we are creating another opportunity to have an honest dialog about this very painful subject and to let people know that there is hope and help.”

Over the years, Caltrain has worked to address the issue of death by suicide in a variety of ways. In 2001, signs were posted along the 50-mile rail corridor with a telephone number to a crisis prevention center and the message that help is available. In 2010, the signs were redesigned as part of a national study to assess their effectiveness. In 2012, all the signs, which had begun to fade, were replaced.

New Youth Fare Category

Effective Dec. 21, the Youth fare category will include 18 year olds. This will allow those traveling to school, work or for fun to continue to purchase the Eligible Discount fare products, priced at half of the cost of an adult ticket or pass.

The age change is part of a regional effort to have a consistent age for “youth.”

Busy Summer for CalMod

The Caltrain Modernization team was busy this summer. The Advanced Signal System project, also called Communications Based Overlay Signal System Positive Train Control, is being installed along the Caltrain corridor. In September, installation of the fiber optic cable between Redwood City and San Jose was completed. Crews are working in the San Carlos, Belmont and San Jose areas.

At a recent Caltrain Board meeting, CalMod staff provided an update on the new Electric Multiple Unit train procurement process and shared information learned from the Request for Information meetings, which were completed in June. The RFI is a critical step in the procurement process and provides up-to-date information about the EMU industry. With this information, staff can begin to more clearly understand the availability of “off-the-shelf” EMUs that can be best utilized for electrified Caltrain service.

The meeting kicked off the first of a two-phase public outreach effort on the EMUs. Staff is sharing information from the RFI process at public meetings and at Caltrain stations and soliciting public input on structural and capacity issues related to bathrooms, seats and standees, and bike capacity. Public feedback will be coupled with technical analysis to inform staff recommendations to the Board regarding the EMU Request for Proposal, scheduled to be released early next year.

Phase two of the outreach will occur after the car builder has been selected and will focus on interior design, configuration and aesthetics. Stay up to date at www.caltrain.com/emu.
What Effect Does an Earthquake Have on Caltrain Service

It’s the 25th anniversary of the Loma Prieta earthquake. So, it seems timely to look at how an earthquake could affect Caltrain service.

Caltrain has a membership in the University of California at Berkeley's Rapid Earthquake Data Integration system. The computer is located in the Caltrain Central Control Facility in San Jose.

Since 1994, Caltrain has used the REDI system to identify the magnitude and location of earthquakes and their possible impact on Caltrain's tracks and structures. Without REDI, Caltrain maintenance of way staff would have to physically inspect all 50-route miles between San Francisco and San Jose.

**Magnitude 4.5**
(Within a 50-mile radius) alarm will sound. No action needed.

**Magnitude 5.0 - 5.7**
If within a 50-mile radius, operate at restricted speed.

**Magnitude 5.8 - 6.2**
If within a 50-mile radius, stop until track can be inspected. If within a 100-mile radius, operate at restricted speed.

Caltrain inspects tracks using a hi-rail vehicle. It could take a number of hours to inspect the tracks (this also depends on how much damage is out there).

Caltrain crews look for anything unusual, i.e. anything that wasn’t there the last time they looked. The crews also check the condition of the tracks, the bridges, the tunnels and look around to see if there are any potential hazards, such as trees or electrical wires ready to fall.

Within the hours of the recent North Bay earthquake, Caltrain crews completed track and bridge inspections. Trains were back on schedule and were able to get fans to the 49ers game in time for kickoff.

**Hockey Season Is Back!**
The San Jose Sharks are back at the SAP Center. The Sharks will be seeking their 11th straight playoff appearance this season. Before boarding, buy a Day Pass. Clipper card users (e-cash and 8-ride tickets) are reminded to tag on and tag off. Also remember, open alcoholic beverage containers aren’t allowed onboard trains starting at 9 p.m. on game nights. Visit www.sharks.nhl.com for Sharks season schedule.

Caltrain Adjusts Holiday Schedules

Caltrain will operate a Sunday schedule on Thanksgiving Day, Thursday, Nov. 27. On the day after Thanksgiving, Friday, Nov. 28, Caltrain will run a Saturday schedule.


Take the train to the San Francisco Bowl at Levi's® Stadium on Dec. 30 at 7 p.m. For post-game service, check www.caltrain.com/events.

Once again Caltrain will provide free rides on Dec. 31 beginning at 8 p.m. and continuing until the end of the service day. Extra service will be provided on New Year's Day to accommodate homeward bound post-party travelers with trains departing San Francisco at 12:45 a.m., 1:15 a.m., 1:45 a.m. and 2:15 a.m., or when full.

**Board Approves Purchase of Additional Rail Cars**

Caltrain will cover the remaining majority of this funding will be covered by a farebox revenue bond. The total cost of purchasing and renovating the equipment is approximately $15 million. The majority of this funding will be covered by a farebox revenue bond, which include two bike cars. Trains can carry between 550 and 650 seated passengers. The new cars will be used to expand a number of peak-hour trains to six cars. Some station platforms may be unable to accommodate the longer train sets, so Caltrain plans to make platform improvements before putting the trains into service.

**A Letter to Caltrain**

**Sincerely,**

**Edward**

**Football Fans Taking the Train**

49er fans have made Caltrain part of their game plan when heading to Levi's® Stadium. Fans ride the train to Mountain View and transfer to VTA light rail. Customers also can avoid long lines at the ticket machine by using Clipper® or buying a joint Caltrain/VTA adult Day Pass. For more information, go to www.caltrain.com/49ers.
Annual Holiday Train Returns Dec. 6 & 7

Santa and his elves will be making whistle stops along the Peninsula this year as part of the train crew for the 2014 Caltrain Holiday Train presented by Silicon Valley Community Foundation. The glittering show train returns Saturday, Dec. 6, and Sunday, Dec. 7.

Glowing with thousands of lights and holiday decorations, the train will make stops at nine stations over the two nights, collecting toys for underprivileged children in the area. Representatives from the Salvation Army and members of the U.S. Marine Corps Reserves Toys for Tots Program will be on hand to collect donations of new, unwrapped toys.

Entertainment will be provided at each station prior to the train's arrival. During each 20-minute stop, people can enjoy holiday music led by a traditional Salvation Army brass band and onboard carolers. Santa, Mrs. Claus, Frosty, Rudolph and the rest of the North Pole gang will get off the train to greet children and their families and pose for pictures.

The train starts both nights at 4 p.m. at the San Francisco Caltrain Station. On Saturday, the festivities will kick-off with a brief ceremony to welcome the crowd that will include speakers, musical entertainment and a chance to meet Santa before he heads down the Peninsula.

Santa's helpers can get into the holiday spirit by donating to the Holiday Train at www.holiday-train.org.

<table>
<thead>
<tr>
<th>Saturday, Dec. 6, 2014</th>
<th>Arrive</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Francisco</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Burlingame</td>
<td>5:15 pm</td>
</tr>
<tr>
<td>Redwood City</td>
<td>6:15 pm</td>
</tr>
<tr>
<td>Mountain View</td>
<td>6:55 pm</td>
</tr>
<tr>
<td>Santa Clara</td>
<td>8:10 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunday, Dec. 7, 2014</th>
<th>Arrive</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Francisco</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Millbrae</td>
<td>5:15 pm</td>
</tr>
<tr>
<td>San Mateo</td>
<td>6:20 pm</td>
</tr>
<tr>
<td>Menlo Park</td>
<td>7:45 pm</td>
</tr>
<tr>
<td>Sunnyvale</td>
<td>8:40 pm</td>
</tr>
</tbody>
</table>