

○ NOVEMBER | ○ 2011



▶ MANY CONGRATULATIONS AS RONNIE ALMOND IS RECOGNIZED FOR HIS ARTISTIC TALENTS AND THIS FANTASTIC PIECE OF ART... 11



▶ INTER-RAIL HAS MANY PAST AND PRESENT SERVICEMEMBERS FEATURED THROUGHOUT THIS NEWSLETTER. WE HONOR AND REMEMBER THEM. READ WHAT EACH FACILITY HAS TO SAY.

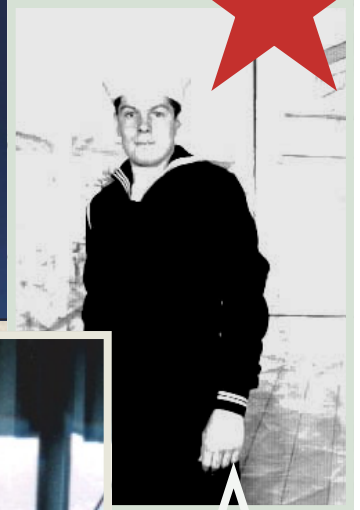


▶ OCTOBER IS ALSO BREAST CANCER AWARENESS MONTH! READY FOR SOME FOOD FOR THOUGHT ON THIS ISSUE? READ ON. 15

Inter-Rail *Express*



Defending Liberty and Freedom
VETERANS DAY
HONORING ALL WHO SERVED
11.11.11



A Note from Mike Kelley...

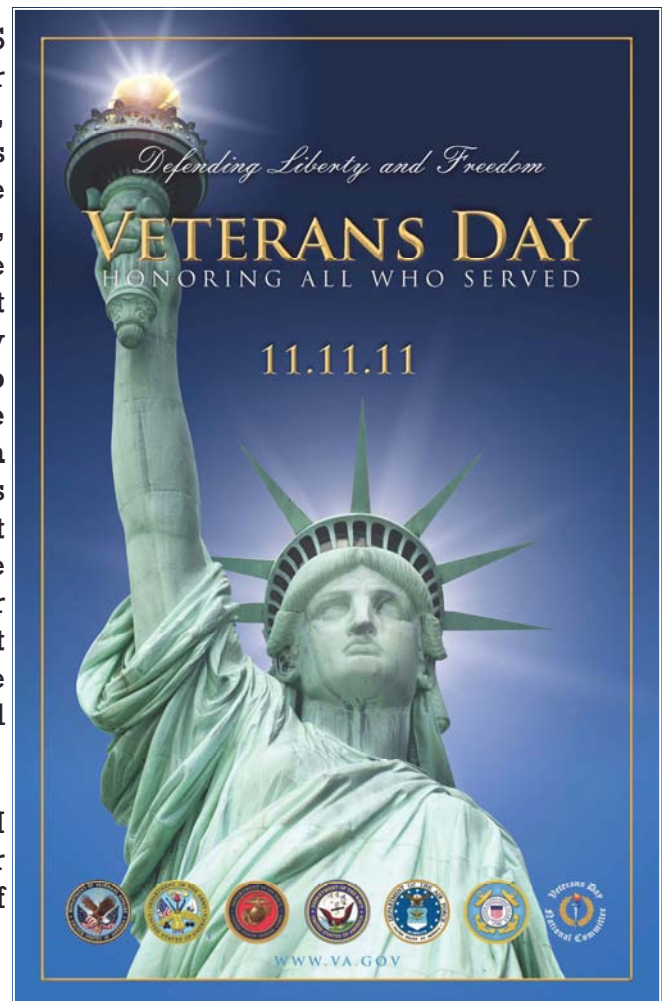
At this time of year, most of us take a few moments to reflect on all the many things that we have to be “thankful” for in our lives. I would ask that when you are doing this, please think about this great country that we live in and the men and women who have sacrificed so much so that we can enjoy the blessings and freedom that are ours today. Take a moment to think of our forefathers, many of whom took great risks to come to this country and fought long and hard to develop it into what it has become today. As Veteran’s Day rapidly approaches, I think about those individuals who have served in the armed forces, both past and present who have not only put their own lives on the line to protect our FREEDOM, but have also asked their friends and families to make sacrifices so that we can have a better life and a safe place to live.

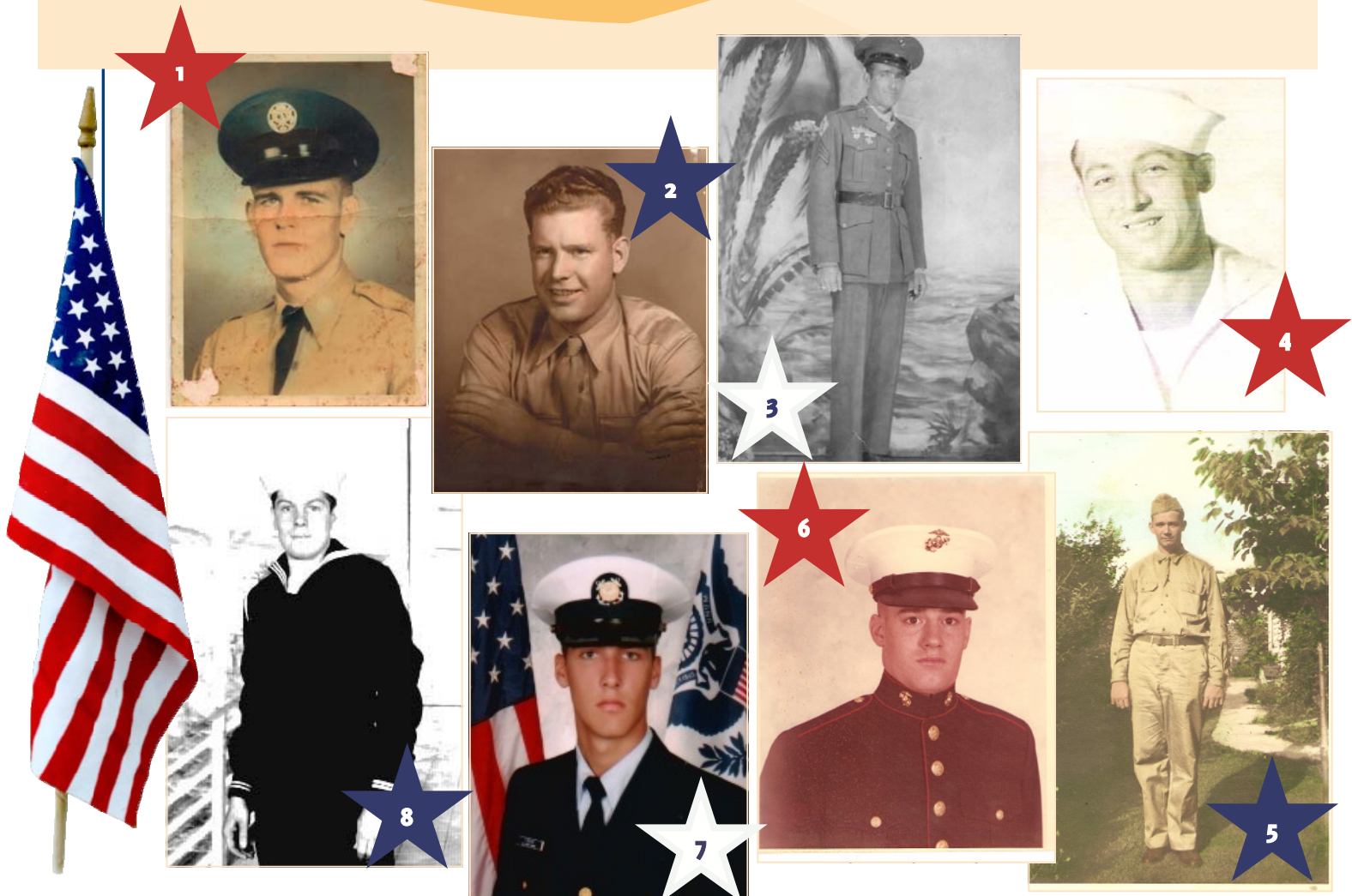
Over the years as I have stood on the platform of the USS Arizona and at the “Tomb of the Unknown Soldier” or Arlington National Cemetery, and so many other places, tears have filled my eyes and gratitude filled my heart as I realize how much they have given and how much we owe them and their families. Like many of you, my father, father in law, uncles, cousins and many others have served our country both in peace and in war. Words can’t say enough to express our appreciation for all that they have done. **I would like to challenge each of you to make it a point to do something for someone in the military or their families this month to show them that we care and that they will not be forgotten.** Let’s start by protecting our people with a SAFE environment day in and day out both at work and at home. Many of the veterans noted in the articles of this newsletter gave their lives to provide safety and protect others that they did not even know, so don’t you think we can and should go the extra mile to protect those we work with and our loved ones at home?

I wish each of you the best this holiday season and I would like to personally thank each of our customers for your support and all that you do for us as well as each of our employees for your hard work and dedication.



Sincerely,


Mike Kelley, President






Lawrenceville, GA:  Debbie Garrett's father, **William (Bill) Brown**, joined the Air Force when he was 19. He served in the Vietnam war and retired in 1972, after 20 years of service.

Dilworth, MN: Wendi Manning (Jamie Manning's wife), maternal grandfather Sergeant  **Andrew Clifton Hisel**, served in WWII as a Marine, and received a purple heart and Jamie Manning's maternal grandfather  **L.D. Estridge**, served in WWII with the Army, and received a purple heart

Wentzville, MO: Jim Matzker's father  **Edward Matzker**, MM3, US Navy, served in WWII (1915-1999) — Karen Matzker (Jim Matzker's wife)'s father  **Jesse Barker**, Cpl in the US Army, WWII (1922-1988) — Karen Matzker's brother  **Mark Barker**, Cpl in the US Marines (1957-2009).

Home Office, Centreville, MD: Sarah Turano's son Petty Officer  **Steven Turano** is currently serving for the National Coast Guard stationed at Cape Cod in MA. — Melinda Biehl's father  **Carl Biehl**, U.S. Navy, Aviation Machinist's Mate Third Class served post World War II and U.S. Naval Reserves during the Korean War (1928-2010).

New Boston, MI



If you are a sports fan, it is a good time to be in Detroit. The tigers went to the play-offs. Unfortunately, The Rangers took them out of contention. The Detroit Lions are 5-1 and the Red Wings are on a roll. It has been hard to find a parking spot in down town Detroit. One of my sons and one of my daughters and I did the Detroit Marathon last weekend and the town was hustling. The run actually went over the bridge into Canada and back into Detroit through the tunnel that goes under the Detroit River. A very well organized event. It is good to see Detroit on a "Come Back". Go Detroit.

TDSI and Jack Cumming provided the New Boston facility with an appreciation luncheon held on 9/8/11. Jack thanked the everyone for the last AAR audit held on 8/5/11 with an over all score of 99.435%. Enjoying the fruits of our labor are Butch Prush, Jon Noble and Jake Scheidel to the left.

As we all know, Veterans day is on Nov. 11th. I can not help but feel pride for our soldiers and what they do to protect our country. With that said, we would like to recognize a few vets that help run NBRS. Jon Noble was in the United States Navy from 1984 through 1988. From there he was shipped over to Naples, Italy. His specialties included being in-charge of 4 boats, fuel analysis on helos', and diesel and gas turbine generators. Outstanding Jon. Thanks for your services.

Butch Prush was in the United States Marines as a Combat Engineer from 1995 through 1999. He was stationed at Okinawa Japan for one year and eventually was assigned to the 2nd Combat Eng. Battalion at Camp Legeune N.C. He spent the rest of his tour traveling the world. Mr. Prush senior was also a Marine.

I too, served 20 years in the United Sates Army from 1975 through 1995. . At the time, I was a General's driver with "The Big Red One" stationed at Goepping, Germany. I finally retired as the First Sergeant of 528th Special Ops Support BN, B Co. – Transportation, Fort Bragg, N.C. The military life was very good to my family and I. To this day I still dream about being in uniform.



Ken Howes as a young Buck Sergeant standing at attention (second from left)

Everyone at NBRS would like to thank all current and prior service members for their great contributions and for the sacrifices they made to make our country great. What a pleasure it is to work side by side with such an outstanding group of soldiers!

A final note: My wife and I have six children and our youngest son **Ray** has currently been activated and deployed with the National Guard. Our thoughts and prayers go out to you each and every day. We are both extremely proud of you and look forward to your return. Stay safe!

—Ken Howes, Regional Manager

Wentzville, MO

Wentzville has been a busy place the last two months. We placed our gas ramp back in service after being down for a time. Not only was it placed in service, it received a new coat of paint along with our stationary ramps. We also started to implement a recycling program. The less we put in the landfill and reuse, the better it will be for generations to come. We are also trying out and utilizing stamps with the employees' numbers to replace ink pens when filling out the vehicle tags.

Wentzville welcomes two new employees: Brad Ewing who started with us on August 13th and Robert "Red" Kelbel III who came to us on September 21st. On September 8th, we wished Supervisor Paul Miller happy birthday with cake.

— *Jim Matzker, Operations Manager*



I would like to honor my cousin, **Eric Brown**, who is currently stationed in Fort Campbell, Kentucky. Eric recently returned to the states, after serving nearly a year in Afghanistan. Thank You, Eric for all you have done and continue to do for our country!

— *Kaci Dietz, Supervisor*



Salt Lake City, UT

I would like to welcome one of our newest employee, David Mounts. David has been with us for a little over a month now, and he also serves for our country. He is part of the US ARMY Reserves. It's a pleasure to have you on board, and thank you for your service!

I would like to congratulate Team Roper for the long awaited AAR audit. This facility has been waiting for this audit for the last 3 years and it's finally paid off with a passing score of **99.71%**. I just want to thank every one of the crew members for all the hard work they have put into this place. Great job Team Roper.

— *Raul Correa, Operations Manager*



Back row: Mike Kelley, Francisco Oliver, Vincent Garcia, Chris Ashcraft, Brooke Ricketts, Paul Holden, AD Gallegos, Rick Neumann (UP)
 Front row: Jose Robles, Luis Martinez, Armando Lopez, Nick Woodington (below), David Mounts, Raul Correa

Orillia, WA

What a great month October has been! A lot has gone on within our wonderful Orillia facility and with its employees. From our recent new-hires learning more and more and getting stronger everyday, to our facility's maintenance quickly improving. Orillia has been blessed with responsible order, honest morale and great working conditions that have us striving to be better every chance we get. We've been given the "GO" for a new roof! Very Exciting! This facility has been making drastic changes to keep up with the times and to attract the eye to a clean, safe and healthy business.

Our close-as-family team here at Orillia would especially like to thank Cleo Childers for such a wonderful night in Bellevue, WA the 6th of October. She had taken us all out to Novijos Brazilian Steakhouse for dinner. AMAZING ! Such a great idea, Cleo! I don't think that there's a better steak house around. Awarding us for our **99.05% AAR** audit score, she had taken the liberty to set up an entire evening where we were all able to invite a guest and eat, laugh and be merry. I think that dedicated hard work with soft rewards brings strong business together and also brings forth a higher level of trust between coworkers. Thank you SO much, Cleo.

Veteran's Day is a time for recognizing and remembering our country's fallen and serving military members. Orillia has no present active military personnel, but we have those who have served in the past. Bo Foster (Selland) served in the US Army, Dave Pederson (Vascor) served in the US Air Force, Franco Donato (Vascor) served in the Italian Navy and Garry Housden (Orillia IRT Clerical) served in the US Navy. Orillia, (and speaking for Inter-Rail) shows great respect towards what they have accomplished for us all to remain safe and free. Their efforts have never gone overlooked. Thanks guys for all you have been a part of. We love working with you and wish you good fortune for days and years to come.

— *Garry Housden*

Amarillo, TX

Fall weather is starting to show its face in Amarillo and we are enjoying it. After a long hot summer we are looking forward to cooler temperatures. Along with fall, I would also like to welcome Thomas Allen. He joined our team in September 20, 2011 and has caught on fairly quick. He continues to be a great addition to the team. Thomas is also the lead singer of a local metal band here in Amarillo and will be performing in Clovis, NM for the first time at the end of this month. We wish them the best of luck.

—*Chris Gallegos, Operations Manager*

Tampa, FL

The cars are coming! The cars are coming! Tampa has seen a large increase in business since the last newsletter. The past week was our best week so far this year. Along with the increase in business we have also hired a number of new employees; we now have a strong crew of eleven unloaders and look forward to any increase in business over what we have already seen. Unfortunately we recently lost our regular conductor/ground man to another job so we have been dealing with green crews that have never spotted autos in the past. It has been a struggle but we have spent a lot of time with the new crews showing them our expectations and correcting them if they do anything that would be counted as an exception during an audit.



Thank you goes out to all veterans past and present who protect our country's freedom. The picture, left, is of my brother Steven Staycoff. As Saddam laid hidden, my brother got to check out his palaces, including one of his gold lined thrones.

— Mike Staycoff, Operations Manager

El Mirage, AZ

El Mirage was visited by Julio Tapanes, Mike Goicovich, and Tosh Muraviov from Honda who presented us with the 2nd Quarter Destination Audit Award! Big thanks to the crew for all of their efforts and working SAFE every day.

October is a big birthday month for us. We celebrated switcher Rodney Barton's 45th birthday on 10/10, Operations Manager Jon Lawrence's 35th birthday on 10/13, Check Point guard Isaac Sandoval's 29th birthday on 10/25 and Check Point guard Josiah Sotoa's 32nd birthday on 10/31.



In other news, Operations Manager Jon Lawrence was the hero of the day when he rescued the facility and it's patrons from this guy who was found lounging around our break room on a crisp October morning. The battle was intense but in the end he prevailed and was able to safely relocate "Striker" to the furthest bush AWAY from the buildings.

A special thanks to **Peter Bella**, Specialist E4 in the National Guard.

—Jon Lawrence, Operations Manager



San Diego, CA

I'm sitting and thinking of what I could possibly put down in words on how to say thanks to all the men and women who have served in our military protecting the freedoms that we enjoy as Americans. Not having served myself I can only try to imagine the sacrifices these heroes and their families have made especially during the times of war. Many of you who have read Inter-rail's newsletter this past year have read about the bike ride I did and the amount of training I did for it. What you don't know is that a lot of my training rides were to Ft. Rosecrans National Cemetery. I visited my dad there who served in the US Navy during the Korean and Vietnam Wars. When I started writing this article I had realized that my dad and I had made a sacrifice. The sacrifice of not knowing your own father. My dad died in 2009 and this past year I've spoken to him more than I had the previous 54 years of my life combined. I say to those who have done their service, who have returned home or about to return home, we that stayed behind are here. We are here to support you, care for you and love you and especially thank you for the sacrifices you made for us.

New Employee Abran Fierro served in the Navy. Loader Jeremy McMahon's father and Nicholas Arguilla's grandfather also served in the Navy. Sal Aguilar's brother served in the Marine Corps in Afghanistan and Iraq. New employee Steven Garcia's father, both grandfathers and his brother served in the Military. My grandfather also served in the Military and was stationed at Pearl Harbor when the Japanese attacked. Thanks to all.

— Ben Arguilla, Operations Manager

Titusville, FL

Finally the heat is gone! Well at least today it is. You never know what the weather will be here in Titusville, while unloading yesterday it was a blistering 90 degrees followed by 4 inches of rain, heavy thunder and lightning, and heavy winds. After unloading we all went home to dry off and relax and woke up this morning to a very nice 55 degree clear sky, we all hope it stays this way but are not counting on it.

Aside from the weather we have had some good things going on in Titusville. Mr. Denny Ford was here for a cookout, and afterwards was able to get all of the guys certified in Class I inspections. The guys really enjoyed Denny's class and all of the great railroad stories that come along with it; unfortunately we do not have pictures from the events due to camera issues. In Titusville we do not have any active or ex military but would like to honor those who did and do serve and say thank you for your service and dedication to this great country. As always we are focusing on safety and striving to improve!

— Chip Rountree, Operations Manager

Shreveport, LA

Shreveport Ramp Services would like to honor **Christopher Tinsley** this month as Chris is currently on active duty for the United States Air Force. Normally Chris is in the National Guard Reserves but recent events at the local Air Force base resulted in his troop being sent to fill in and serve locally. Chris is a valued member of our team, a dedicated and hard worker. He has worked with the company for nearly a year and while on the job here at our site, Chris was always on time, ready to work, and doing anything he could to help out. Usually this meant him staying over to help the shuttle team catch up with plant production. We know that he carries that same dedication to his job while in his current role serving our country, which we feel is lucky to have such a dedicated individual coming to our aid. Fortunately, Chris will be staying local and he and his family will not need to relocate, and will be returning to work after his service is done next year. Team Shreveport would like to thank Chris and all the other employees who are serving or have served from other sites, as well as all of our Armed Forces for all that they do for us and our country.

— *JD Hughes*

Home Office, MD

Everyone has been asking when the volume would return after the tragic Earthquake and Tsunami struck Japan. We were told that the 4th quarter of 2011 would be that time and they were right! Around June we started warning our managers to hire more employees during the summer months, so they could be trained and would be ready by September. We have used the saying “prior planning prevents poor performance” a lot recently. This action has paid off as we have done a great job of unloading every unit, every day and sending everyone home in the same condition as they arrived. I applaud our managers for making this happen as hiring and training is no easy process. I also applaud the employees for taking their time with newer employees and showing them the ropes. With all the new faces I have seen over the past few months I’m excited to see that we are building the Inter-Rail family again!



As we celebrate Veterans Day it is a time to remember those who currently serve, have served, or lost their life serving this country. I’m proud to have come from a military family as my Grandfather (Lieutenant **John Leverette**) was in WWII. He was a Navigator/Bombardier on a B-17 during the early years of WWII and he was one of the first crews to complete his 25 missions over Europe. You can see his picture in front of his B-17 above. My grandmother passed away this year and all of my grandfather’s military records were given to me including his flight log, pieces of German Flak, and old uniforms. After reading his flight log, I can say without doubt that they truly were the greatest generation. Thank you to all that serve or have served this great country!!!

— *Seth Ricketts, General Manager*

Home Office, MD

Veteran's Day is a very important day for my family and me. It is a time for reflection, a time for remembrance, and a time to honor those who have sacrificed their lives for God and Country.

If you did not already know, I come from a military background. I served in the Army for ten years and my husband is currently serving with 23 years thus far. It is not an easy life. There are times when I feel as though I could break down and cry when my husband is gone for long deployments. Hurricanes, hospital visits, trying to explain to a young child why his father couldn't come to his first football game while all the other kids' dads are present, these are just a few of the obstacles I have encountered.



Sergeant Major Tom Price, US Army,
photo taken in 2000

Would I ever change my life and ask to be part of a "normal family"? My answer would be a resounding no because we are like every other family in America, living our lives one day at a time. We deal with daily issues like everyone else, except instead of being on a business trip, my husband is deployed to Afghanistan or other parts of the world with no definite return timeline. Does that mean that we don't go on with our everyday lives? No, it means we **MUST** go on with our everyday lives. We have surrounded ourselves with friends and family who are willing to lend a hand whenever that may be and love us unconditionally.

Our family is so proud of my husband, selflessly he serves his country, protecting our rights and the rights of all Americans. He doesn't complain, he does his job and is rarely thanked for it. He misses what most people often take for granted—baseball games with the kids, plays, and haunted hayrides... the little things in life.

Living a soldier's life or being part of a military family is hard, but no one forced him or us ...we chose this life because it's the life we know and love. My husband is proud to be a service member and I am so proud of him.

Please take a few minutes and look around you and all that you have. Then think about that soldier who is currently deployed sleeping on a cot in a foreign country never complaining, just doing their job. Makes you feel pretty lucky doesn't it... God bless all the men and women who have or are serving in the military, your sacrifice makes our great country what it is today.

—Terri Price



Staff Sergeant Terri Price, US Army.
Picture was taken aboard the USS
Kennedy in 2000 while stationed at Joint
Task Force Headquarters Kuwait

Commerce, GA

This past quarter at Commerce has been exciting! The team passed 1 year Injury free on October 4, 2011 which also completed our first year operating the facility with Norfolk Southern & Southeast Toyota. Congratulations to the Team on this outstanding accomplishment!

Our newest employee Jamison Johnson has graduated from his lemon drop yellow bump cap to a very respectable White Cap! Congratulations Jamison! And may you never answer to “hey rookie!” again.



Our own now veteran Ronnie Almond was selected Artist of the Month by establishedmayhem.com (you can find the article showcasing Ronnie on the website) for his work entitled ‘Day & Night’. Ronnie is quoted for the article: “I don’t want to be famous, I want to be known.” Congratulations on your recognition Ronnie!



Finally, the team at Commerce has a new member: a 5 month old baby Chihuahua named Jax! The new baby boy belongs to Christina who is a fan of the FX show ‘Sons of Anarchy’, and whose main character is named Jax. She also calls Jacksonville, FL her hometown which is also referred to in short as Jax. Little Jax made

an appearance at the facility last week on his way to his first check up. I bet we can fit him into an Inter-Rail baby jumper since he’s only about 4 pounds. Welcome to the family, Jax!



—Craig Millbauer, Regional Manager

Lawrenceville, GA

On Sept. 28 Honda representatives Shawn Carlson and Michelle Buice hosted a luncheon for the crew for winning the 3rd Quarter Destination Ramp award. Jack Cummings and Scott Routzahn of TDSI and Mike Kelley of Inter-Rail Transport along with Wendy Ferguson of Alaplex and Richard Rhoden and Robin Casto of AIMS Inspection also celebrated the total team effort needed to achieve the award. Lunch was catered by Texas Roadhouse and Honda presented everyone with a cap.

I would like to thank the crew for another outstanding job as this makes the 4th year in a row that we have received a quarterly award with 2 years winning the overall Destination Ramp of the Year award.

—Sean Rider, Operations Manager

Kansas City, KS

It's been busy around here!!! Going back to the end of August, the entire Kansas City Inter-Rail Team along with their significant others attended the AAR Appreciation dinner compliments of Dan Meyers, Director of Automotive for the BNSF. It was a very enjoyable evening with great food and conversation. We were also joined by our very own Seth Ricketts and Mike Kelley who flew in for not only the dinner but to look in on some of the other projects going on in our area. That particular day they spent up in Omaha reviewing the revamping of the facility in preparation for startup.

But getting back to Kansas City... the BNSF has awarded new Toyota traffic to our ramp and current volumes are booming. All this traffic means KC needed more space. After many, many meetings, telephone and email conversations, negotiations and preparations, we were finally able to open the Offsite lot in Kansas City which we like to call the Speaker Lot (It's located on Speaker Road). Quite a bit of work had to go into this location to prepare it for vehicles including asphalt maintenance, fence repairs, a new trailer, k-rail put in place and removal of weeds and brush along the fenceline. The striping was completed by the first weekend of October and by 10/10 we were shuttling cars. With this project Inter-Rail has had to hire a shuttle crew and checkpoint staff for that location so look forward to some new employee profiles in future newsletters.

With all this going on we are working with our crews to stay safe and keep up the quality work! Thanks everyone for your patience and assistance in these busy times!

—Heather Magenheimer Reed, Office Manager

Palm Center, FL

I have had the pleasure to spend 14 days at Palm Center, Florida in the middle of October, I can say this is by far one of the nicest facilities I have had the chance to work at or visit and I have been to many facilities over the years. You don't get too many with Palm Trees surrounding the lead track area, not to mention a beautiful double retention pond with water fountains out in front of the office, mix that in with the 70 degree temperatures in October and I'm thinking about finding a way to stay. Most importantly though is the Team here at Palm Center, I have been impressed with all the courtesy and help the team has afforded me on my first visit here, Teresa and Jose have been extremely helpful, I would like to Thank the entire team for making me feel at home and for doing an outstanding job each day spotting and unloading, the level of work performed here is top notch and a outstanding example of Teamwork!

—Craig Millbauer, Regional Manager



Phoenix, AZ

Team Phoenix would like to wish all of the Service men and women a very Happy Veterans Day. Thank you, to all of you who serve and protect our country every day and those of you who have in the past. We would also like to give a special thanks to Union Pacific's Special Agent Ron Giger who served in the military and MYO, and Raphael Esquer who is still serving our country.

With volumes on a steady rise every month, safety is focused on with a high priority. Pictured is the crew after receiving their 2nd and 3rd quarter safety awards for going accident and injury free.



Top row: Daniel Truax, William Ward, Davantay Ellis, Mike Klaum, Peter Bella, Enrique Gonzalez, Richard Palma and Jesus Yanez
Bottom row: Rodney Bernal, Jim Gallagher, Jamie Murry, Rodrigo Molina and Christian Andujo

Phoenix also has some new additions to the team. We would like to welcome back Philip Cusumano to the unloading team. Also, another much needed addition is our new shuttle van. Thanks Mike Kelley and Francisco Oliver!

Happy (early) Birthday to: Christian Andujo (11/4), Ann Lewis (11/13), Rodney Bernal (11/22), Richard Palma (12/16) and Jamie Murry (12/31).

Hope everyone has a Happy Halloween with all of the little ghouls and goblins and that everyone gets to spend some time with their family and loved ones on Thanksgiving!

—Jim Gallagher, Operations Manager

San Bernardino, CA

I would like to thank all of the employees of San Bernardino for doing a great job so far this year. We have handled a total of 130,242 units since the beginning of the year. We've also reached our 2nd level safety award for going 266 days without an accident.

I'd also like to thank the switch crew for making sure everything is on spot and for building the outbound trains safely and on time.

Happy Birthday to all our October employees: Roger Herrera (10/2), Adan Nava (10/18), Paul Salas (10/20)

—Chris Pope, Operations Manager



Portland, OR



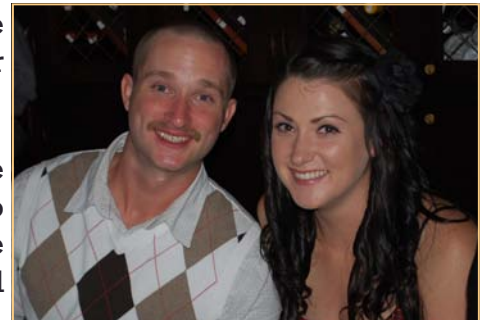
Brian James and Kathy enjoy dinner and they want YOU to get a high AAR score so you can enjoy the rewards as well!

This month Cleo Childers from the BNSF railroad treated us to an amazing dinner at the Ringside Steakhouse in downtown Portland for our **99.43%** score during our AAR audit this year. Everyone from our crew showed up to enjoy the dinner including Larry Holmquist, our Manager and a special visitor, Seth Ricketts. A great evening was had by all as Seth got to meet the Portland crew for the first time. He got to see the great relationship we have developed with Cleo Childers over the years. Without Cleo we would not have been able to achieve our high score. Through keeping our facility in tip top shape or working with us to get our short tails extended she has been instrumental in our success. Our crew decided to show her how much we did appreciate all the

help with a card signed by all of us with a gift card included. The crew was all smiles as bonuses were handed out after what was for some the best dinner we have ever had in our life.

The following day was also an enjoyable event as we got the opportunity to show Seth Ricketts just how our operation continues to achieve high AAR scores and strives for an accident and injury free facility on a daily basis. We would like to thank Seth for his visit and joining us for an amazing celebration.

—Dan Vickery, Assistant Manager



Zachary Altig and his partner take a moment to smile at the camera



Back: Larry Holmquist, Antonio Sparano, Thomas Lowery, Brian James, Andy Noack, Zachary Altig, Chris Prakash
Front: Dan Vickery, Seth Ricketts, Steven Conn, John Peake

Oklahoma City

What do you think of when you hear the word “perseverance?” Do you think of a runner in a race? Do you think of enduring a long day of work? I recently had an insight to a deeper meaning.

The morning was borderline cold and my mind was unfocused. I was about to run a 5k race in downtown OKC for ‘Race for the Cure’. Being Breast Cancer Awareness month, I decided to do my best to help out. The only problem was that the night before, I only managed 2 hours of sleep. I didn’t want to be there. I wanted to go back home and go to sleep until early afternoon. I couldn’t do that because I had already paid the money and was expected to show. My girlfriend is a runner. She did cross country in high school. I, on the other hand, have always hated running. I can run 4 miles, but I won’t like any inch of the trek. Nonetheless, there I am with a small group of friends getting ready to join thousands of others to bring what assistance we can to fight breast cancer. We inch our way to our preferred pace. As we waited for the non-competitive race to start, we enjoy a few laughs and exchange a few stories. I start to feel a little better about not having much sleep, but I know my body won’t like it when we start. Startlingly, the gun sounds and the mob begins to creep forward like a bunch of zombies. Finally, there is breathing room and we can break free of the crowd. Everything is going surprisingly well. 1k passes with ease. 2k; there is still not much of a sign of waning. At the 3k point my body decided it had enough. On a normal day, I would have no problem finishing the 3.2 or so miles, but my mind wasn’t there to rescue me. It was still lying in my bed, asleep. Then something came to me: the people I am running to support don’t get the option to quit in their fight against cancer. They don’t get to stop and take a break or slow down the agony or pain. How could I justify quitting when I am an able-bodied, fit, young man? I must push forward. With a new burst of energy and inspiration, I was able to finish without stopping. My time wasn’t the best and I didn’t come in first, but I know that not quitting was the least I could do to show I wasn’t there for myself. Standing at the finish line and watching the survivors walk, run, or wheel through, gave me a sense of accomplishment. Even if I never see the results of that day, I know it will make a difference. What are you doing to help?



—Daine Griffin, Supervisor

Port Allen, LA

We are having some track repair and asphalt work done here at Pt. Allen. As you can see, the replacement track was built and will be slid into place. I was told that the track rails that are being replaced are actually straight and just look curved. We want to thank Union Pacific and Bob Jumbeck for getting this work done for us and making our work place a much safer place.

—Berkeley Redmon, Operations Manager



Home Office, MD

The cool crisp days of autumn are rolling in on the Eastern Shore of Maryland. October is such a great month, pumpkins, apple cider, the kick off month for football, and in some ways, it's the kick off to the holidays and time to spend moments together with friends and family. The perfect time to reflect on those we love and those we have lost to cancer.

Home Office teamed up this month to honor the American Cancer Society's National Breast Cancer Awareness Month. The town of Centreville Maryland holds an event called "Paint the Town Pink". Store fronts and homes get creative for the cause. They hold a decorating competition, a health fair, and a 5k run, all to benefit the ACS. Everyone at the home office got together and created a masterpiece decorating the front of our building! As you can see, Inter-Rail Transport is in the **PINK!**

Please visit www.cancer.org and www.nationalbreastcancer.org for more information. Together we can make a difference in someone's life.



Seth and Amanda made a Baltimore Ravens' sandwich out of Terri's Tennessee Titans Pride. The happy ending for Terri came when a week later, the Titans defeated the Ravens 26-13!

—Sarah Turano, HR Generalist

