



## #RailDay2025 Social Media Cheat Sheet


Congressional offices *watch social media*—especially for posts from constituents! Sharing your [Railroad Day](#) experience helps amplify our collective voice for freight rail policy.

### Quick Posting Tips

- **Tag your Member of Congress** (Example: @RepSmith)
- **Include a photo** (at their office, with your team, etc.)
- **Use hashtags:** #RailDay2025 (official), #RailChampions, #FreightRail
- **Mention your hometown** — Make your voice personal and local.
- **Stay positive and professional** — Thank them for meeting.
- **Engage others** — Share and like posts across platforms from @GoRail, @ASLRRRA, @AAR\_FreightRail.



### Copy & Paste Posts

- From rural towns to bustling cities, freight rail is the backbone of American commerce. On #RailDay2025, we're meeting with lawmakers to advocate for policies that keep our railroads safe, efficient, and competitive. Together, we drive progress.   
#RailChampions
- Freight rail isn't just about tracks and trains—it's about people. From small towns to big cities, railroads fuel local economies and provide some of America's highest-paying jobs. Today, we're talking with Congress about smart policies like the 45G tax credit and infrastructure grants. #RailDay2025 #RailChampions
- Today, rail professionals from across the country—from shortlines to Class I railroads and suppliers—are on Capitol Hill to share how freight rail powers jobs and communities. Our message: smart policies = stronger hometown economies. #RailDay2025 #RailChampions
- Passionate about freight rail's role in powering our economy and protecting our planet? Become a #RailChampion this #RailDay2025! <https://gorail.org/campaign/rail-champions>



### Create Your Own Posts

Fill in your **state/region/city**, and **tag your Member of Congress**:

- Big thanks to [@MOC] for talking rail at #RailDay2025. Smart tax policy like the 45G Tax Credit Modernization Act fuels rail investment—and [State] reaps the benefits.  
#RailChampions #FreightRail
- Great chat with [@MOC] at #RailDay2025. From safety grants to faster permitting, Congress can make sure rail continues to power [City]'s economy and future.  
#RailChampions

- Freight railroads invest billions in private infrastructure, easing the burden on taxpayers and highways while trucks underpay for road damage. Grateful to [@MOC] for discussing why Congress should oppose increases in truck size and weight limits. #RailDay2025 #RailChampions
- Freight rail cuts truck traffic and protects [State] roads. Thanks [@MOC] for backing a stronger, user-funded Highway Trust Fund. #RailDay2025 #RailChampions
- Rail delivers for [State]: jobs, economic vitality, and strong infrastructure. We urge Congress to fully fund CRISI, RCE, and Section 130 to keep communities moving safely. Thanks [@MOC]! #RailDay2025 #RailChampions

## Key Messages

- **Freight Rail Fuels America’s Economy:** Every \$1 invested in rail transportation drives \$2.50 in economic activity. Every railroad job creates 3.9 additional jobs in industries like manufacturing, logistics and technology.
- **Freight Rail Powers Top-Tier Careers:** With 153,000 employees, rail jobs pay 40% above the national average and rank among the safest industries to work in the nation.
- **Balanced Policies Drive Rail Investment:** Smart regulations enable freight railroads to invest \$23 billion annually in infrastructure, service, and sustainability—reducing emissions, easing congestion, and lessening taxpayer burden.
- **Grant Programs Result in Safer and More Efficient Communities.** Federal grant programs like Consolidated Rail Infrastructure and Safety Improvements (CRISI), Railroad Crossing Elimination (RCE), and Section 130 are essential to keeping railroads and the communities they serve safe.

## Resources

<p><b>Policy Positions</b></p> <ul style="list-style-type: none"> <li>● <a href="#">State Impact Fact Sheets/Pages</a></li> <li>● <a href="#">Tax: 45G Modernization</a></li> <li>● <a href="#">Freight Rail: Reconciliation Tax Principles</a></li> <li>● <a href="#">Freight Rail: Environmental Permitting</a></li> <li>● <a href="#">Surface Reauthorization Principles</a></li> <li>● <a href="#">Truck Size &amp; Weight Limits</a></li> <li>● <a href="#">Economic Impact Report Rail Jobs Report</a></li> </ul>	<p><b>Data</b></p> <ul style="list-style-type: none"> <li>● <a href="#">State Impact</a></li> <li>● <a href="#">Economic Impact Report</a></li> <li>● <a href="#">Monthly Rail Industry Overview</a></li> </ul> <p><b>Partner Websites</b></p> <ul style="list-style-type: none"> <li>● <a href="#">ASLRRA</a></li> <li>● <a href="#">GoRail</a></li> <li>● <a href="#">AAR</a></li> </ul> <p><b>Take Action</b></p> <ul style="list-style-type: none"> <li>● <a href="#">Become a RailChampion</a></li> <li>● <a href="#">Sign up for The Signal newsletter</a></li> </ul>
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