

From the American Public Transportation Association website.

Heavy Rail is high-speed, passenger rail cars operating singly or in trains of two or more cars on fixed rails in separate rights-of-way from which all other vehicular and foot traffic are excluded. Also known as "rapid rail," "subway," "elevated (railway)," or "metropolitan railway (metro)."

http://www.apta.com/links/transit_by_mode/heavyrail.cfm

Light Rail is lightweight passenger rail cars operating singly (or in short, usually two-car, trains) on fixed rails in right-of-way that is not separated from other traffic for much of the way. Light rail vehicles are typically driven electrically with power being drawn from an overhead electric line via a trolley or a pantograph. Also known as "streetcar," "tramway," "trolley car."

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