Our Annual Meetings have come to an end for the year and the Holiday season is upon us! We enjoyed the camaraderie among our fellow ITE members at the 3rd Annual ITE NY Upstate Section Holiday Socials in Albany, Syracuse, Rochester, and Buffalo. We celebrated and reflected on this year’s accomplishments. Some areas also hosted their event jointly with other professional organizations, such as NYSATE, ASCE and ASHE, further expanding our professional networks.

Conferences: Speaking of this year’s accomplishments, the NY Upstate Section Annual Meeting in October was a successful two day event held in Syracuse. The conference was strategically located in the Syracuse University Campus where attendees were able to walk out the front door of the Sheraton Hotel to see and learn about the newly constructed “Connective Corridor.” Our current Treasurer, Mark Budosh, gave an excellent technical presentation on the design details of this true “complete street” with a signature urban strip used by cyclists, pedestrians and transit. This model project incorporated many of Onondaga County’s “Save the Rain” design strategies such as porous concrete and green stormwater infrastructure. We learned even more about this green initiative from the two keynote speakers: Paul Mercurio, Transportation Planner for the City of Syracuse and Matthew Millea, Onondaga County Deputy County Executive for Physical Services, both whom gave informative and inspiring presentations.

Other highlights of the Meeting included the Annual Awards Dinner where three ITE NY Upstate Section members were recognized for becoming Life Members of the Institute this year. Please join me in congratulating Robert Brackman and Gerard Cioffi from the Albany area, as well as Robert Miller from the Buffalo area for their awards. I would also like to extend my gratitude for their services to ITE and our Upstate Section. Last but not least, I would like to thank the conference chair, immediate past president, Kim Fabend and the entire LAC for organizing a fantastic event packed with professional development and networking opportunities for our members. See page 4 for a full recap of the conference!

Closing out the conferences this year for our Upstate Section was Albany’s 22nd Annual Transportation and Planning Symposium held at the Century House in Latham on November 7th. This all-day event had six technical sessions along with Keynote Speaker (Continued on page 8)
The INTERCHANGE

A quarterly publication of the New York Upstate Section of the Institute of Transportation Engineers. Send comments or articles to:

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Congratulations Life Members!!

We would like to congratulate three of our Section members who have been awarded Life Member status this year. Thank you for your support and contributions to ITE over the years.

Robert Brackman is a Certified P.E. and P.T.O.E. with over 40 years of experience in all aspects of transportation planning and engineering. Prior to joining Manhattan College, Mr. Brackman was Manager of Transportation Systems for Jacobs Engineering in NY and NJ. Before that he served as Regional Supervisor of Transportation Planning and Development for the NYC office of the NYSDOT. Mr. Brackman is a Past President of the ITE Met Section and a recipient of the Ivor Wisepart award for “Significant Contribution to the Field of Transportation Engineering”.

Gerard Cioffi is a retired Certified P.E. who worked for the NYSDOT in the Albany area. During his tenure at the NYSDOT he was Director of the Corridor Management Group and Director of the Mobility Management Bureau. Mr. Cioffi was also involved in developing the Statewide ITS Master Plan.

Robert Miller is a Transportation Analyst/Planner who started his career working for the NYSDOT in Buffalo NY. After 23 years with the Buffalo Metropolitan Organization (GBNRTC) Mr. Miller also worked for the consulting firm, Nussbamer & Clark, in the Buffalo area before retiring in 2009. Mr. Miller is a past president of the NY Upstate Section and a recipient of the Carol A. Keck distinguished service award. He also was chair of the ITE Buffalo/Niagara joint conference and has been involved in organizing many other ITE conferences throughout his career.

Welcome New Members

The ITE NY Upstate Section is proud to welcome our newest members. Below is a list of members that have joined the Section since our last publication. We look forward to meeting you at our next event!

Charles Asamoah
Student

Michelle Mekker
Student

Santiago Navarro
Student
There has been much emphasis lately on bicycling as a healthy, environmental friendly alternative for travel. Almost all of us have ridden a bicycle at one time or another. But what is it like to commute regularly by bicycle? Isn’t Upstate New York too cold to offer good bicycling experiences?

A few years ago, I tried riding my bike to work on a few Fridays (our dress down day at work) with dry, comfortable weather. I found out it was very manageable, about 40 minutes each way for a 7 mile trip. Most of the trip was along the Erie Canal on a level, grade separated multiuse trail. I also noticed my bike, which was a hand me down, wasn’t the greatest fit for me.

In 2011, I decided to try riding regularly to work. In early June, I bought a hybrid commuter bicycle that would suit the purpose – sized for me, comfortable seat, toe clips for efficient pedaling, shock absorbers for bumps, fenders in case it rained, saddle bags with lots of storage capacity, lights for riding after dark, and durable tires so I could ride off trail and not worry about getting a flat tire. All these accessories made the bicycle heavier and somewhat slower, but I looked at it as getting a better workout.

As I arrived proudly at work on my new bicycle, I totally forgot about the toe clips and as soon as I stopped, I fell down on the sidewalk. Fortunately, there were no witnesses (at least none that came forward). It was a humble beginning.

I generally rode the bicycle on days with a reasonable weather forecast and when I didn’t have a commitment immediately after work. I soon discovered which clothes worked best for various temperatures, found that fenders work surprisingly well when riding on wet pavement, discovered that getting caught in the rain was not a bad experience, gradually expanded my temperature range, and watched my average trip time drop to around 30 minutes each way. I developed routines such as carrying a changes of clothes with me and packing my lunch on the bike. I also fully equipped my locker at work with everything I needed to shower and clean up. As the days got shorter, I gradually got used to riding in the dark. The cold temperatures eventually brought my riding to an end as winter approached.

In 2012, I decided to ride unless the weather was particularly bad or I had to be somewhere far away right after work. Driving became the exception. I ran errands on the bicycle, rode to doctor and dental appointments, took the bicycle to meetings and to the grocery store, took it to the polling place to vote, and even rode to the car dealership to pick up a car (putting the bike in the back for the last leg). I rode on days as cold as 25 degrees and as hot as nearly 100 degrees, through snow flurries, sleet, rain, heavy winds, and thunderstorms. I also met others who regularly bicycle to work or exercise along the trail, some who commute farther than I do and others who ride year round.

So what did I learn from all this that I can share with others? Bicycling does take longer than driving, but maybe not as long as you think. For example, my 30 minute bike ride takes nearly 15 minutes by car.
On October 10th and 11th, the ITE NY Upstate Section hosted their Annual Meeting at the Sheraton Syracuse University Hotel & Conference Center on University Hill in Syracuse, New York. Approximately 50 attendees enjoyed the two-day event that was filled with a wide variety of PDH-approved technical sessions, great local keynote speakers, vendors and lots of networking and socializing opportunities.

As part of the conference, we implemented a vendor passport to encourage the attendees to visit each table and learn about the latest industry technologies. At the end of the conference, David Tuttle from Pittsford Traffic and Radar won the raffle – an SU prize pack including a backpack, hat and a men’s and women’s T-shirt all displaying the SU logo.

Our Welcome Lunch speaker was Paul Mercurio, Transportation Planner for the City of Syracuse. He spoke of his passion for ensuring the transportation network for the City works for all people, regardless of age, ability or income. His presentation provided an overview of the evolution of transportation in Syracuse and how the idea of accommodating all modes of transportation is not a new idea but could become a part of the City’s future.

The Annual Awards Banquet is the Section’s opportunity to recognize the accomplishments of its members. This year, a number of awards were presented by Section Vice President Mark Sargent:

**Young Transportation Professional of the Year:**
Meaghan Capuano, P.E.
Monroe County Department of Transportation

**Transportation Professional of the Year**
Jennifer Michniewicz, P.E., PTOE
Clark Patterson Lee

**Transportation Project Award**
Syracuse Connective Corridor – Phase 1
Barton & Loguidice, P.C., City of Syracuse, SU

(Continued on page 10)
Our Fall/Winter 2012 ITE NY Upstate Section member in the spotlight is Adam Frosino, ITE member since February 2008 and the Local Activities Coordinator for our Rochester area.

Adam Frosino grew up in the Town of Gates, NY in the Rochester area. He attended the University of Connecticut where he received a BS in Civil & Environmental Engineering.

Adam’s interest in engineering began when he took and Introduction to Engineering class in high school that exposed him to many different aspects of engineering. In this class, they used CAD to design and build a balsa wood bridge, a miniature car designed to protect passengers (eggs) during a collision with other classmates cars, and a battle bots style “Sumo Car” project. The winning teams in the inter-class competition went on to compete at the regional level. “It was a very hands-on and thought provoking experience that really got me excited about engineering in general.”

Adam is a Senior Civil Engineer at McFarland Johnson in Canandaigua where he is involved with site and transportation projects. He conducts traffic analyses for private & airport development projects, designs intersection improvements & traffic signals, designs site layouts and drainage, as well as conducts SWPPP and airport construction inspections.

Prior to working at McFarland Johnson, Adam spent six years at Stantec, where he focused on transportation projects, but was involved in a variety of aspects, such as traffic analysis & design, roadway drainage design with hydrologic & hydraulic analysis, and preparation of SWPPPs.

When asked what his favorite project experience has been, he described a project that he completed a drainage design for:

“My favorite project experience is the drainage design for the NYS Route 15 expressway extension project in Presho, NY near the Pennsylvania border. This project involved the design and construction of a 5-mile expressway that was carved into the side of the mountains. My project responsibilities consisted of the drainage design, erosion and sediment control design and the SWPPP preparation. This included very challenging designs of large detention ponds and culverts to convey the water through the site without creating any erosion to the hillside. The magnitude and complexity of the project is what really made it so challenging and interesting. The project is still under construction but all of the drainage features have been completed and it was very rewarding to see in person what we spent so much time and effort designing.”

When asked who is role model is, Adam reflected on his father’s attributes:

“He was an optical engineer at Kodak and he is a very hard worker, whose work ethic is taught by example. He never complains about anything and also looks at situations both logically and optimistically.”

(Continued on page 10)
ITE NY Upstate Section co-sponsored the 22nd Annual Transportation and Planning Symposium on November 7, 2012. ITE collaborated with other transportation organizations in the Albany area including the Albany Society of Engineers (ASE), American Society of Civil Engineers (ASCE), American Society of Highway Engineers (ASHE), Capital District Planners Association (CDPA), and NYS Society of Professional Engineers (NYSSPE). Nearly 100 transportation engineers and planners benefited from a robust technical program and professional networking.

ASE, ASCE, ASHE, CDPA, ITE, and NYSSPE each sponsored a technical session during the one-day conference. Session topics included a summary of interesting and challenging local transportation projects such as Erie Boulevard Reconstruction in Schenectady; Washington Ave/Fuller Road Intersection Reconstruction in Albany; Emergency Restoration of Route 103 over Lock 9 & Mohawk River in Rotterdam Junction; and the I-87/US Route 9 Integrated Corridor Management Plan. Additional technical sessions included Civil Integrated Management; Integrating Multiple Data Sources in 3D - an FHWA Every Day Counts Initiative, and Construction Materials Engineering and Testing.

Michael Shamma, Assistant Chief Engineer of the New York State Thruway Authority and New York State Canal Corporation was the luncheon speaker. Mr. Shamma provided an overview of high-profile projects, the remarkable effect that natural disasters have had on the agencies’ infrastructure and the important impact that the thruway and canals have on our state economy.

Thank you to ITE members Bernie Schatz, Christina Doughney, P.E., PTOE and Christine Lilholt, P.E., PTOE for serving on the Local Arrangements Committee with me for several years. Through the efforts of this dedicated group of ITE members, transportation professionals in the Albany area look forward to this conference year after year.

Happy Retirement to Michael Schauer!!

We would like to offer our congratulations and best wishes to Section member, Michael Schauer, who is retiring at the end of the year after 36 years of service! Below is an announcement that was circulated from FHWA. For more information or to RSVP, contact Randy Warden at FHWA at Randy.Warden@dot.gov or 518-431-8852.

Retirement is a milestone in anyone’s life, and after a life-long career at an organization, a retiree certainly deserves a proper send-off from their family, friends, and especially, from their colleagues! The New York Division is honored to celebrate Mike’s achievements and invites those that are able to attend to join our celebration at the Hampton Inn in downtown Albany on January 9th.

If you are not able to join us for the luncheon - we’re working to create a memory book and ask that you not only share your well wishes, but any memories, photos, funny stories, etc.

Also, Mike has been a perfect illustration of Winston Churchill’s words, “We make a living by what we get, we make a life by what we give.” Please feel free to send him your well wishes.

If you have any questions regarding this “not to be missed event” please feel free to contact Randy Warden or anyone from NY Division leadership.

When: January 09th at 12:30
Where: The Hampton Inn (Downtown Albany)
Cost: $25 per person, includes lunch and your contribution to his retirement gift
The City of Syracuse, in partnership with Syracuse University (SU), has invested significant resources in creating a unique vision of a true bicycle, pedestrian and transit corridor that would connect major portions of downtown Syracuse and University Hill while revitalizing the areas in between. The Connective Corridor is a traffic calming project with emphasis on improving pedestrian and bicycle facilities and accommodations and public transportation to create a “complete” street and signature urban strip within the heart of the City, linking cultural heritage and public art destinations with local academic, commercial, and entertainment districts between Syracuse University and downtown Syracuse.

Phase I of the Connective Corridor Project is part of a three phase project. This first phase encompasses East Genesee Street from Forman Park to University Avenue, and University Avenue between East Genesee Street and Waverly Avenue. Subsequent phases extend the Corridor west along East Genesee Street and Fayette Street to the Near West Side area of Syracuse.

As part of this project, the City and SU have teamed up with Onondaga County by participating in the County’s Save the Rain project. Through Save the Rain, green stormwater infrastructure has been incorporated to reduce the current impacts of stormwater runoff to the existing combined sewer system. Specific proposed green stormwater improvements include use of permeable pavers, porous concrete, stormwater planters and rain gardens, and infiltration and underground storage. Green Design Strategies include:

- Porous Concrete
- Permeable Pavers
- Tree Pits
- Stormwater Planters
- Silva-Cell®
- Pipe & Stone Storage
- Designed slow-release to CSO
- Rain-garden “bump-outs”
- Landscape Plantings

The design for University Avenue includes construction of a new Cycle Track, the first of its kind in the City of Syracuse. The cycle track is a hybrid of a bike lane and off-street bike path, separated from both motor vehicle traffic and the sidewalk. This Cycle Track and the all other bicycle facilities utilize green methacrylate pavement color per new FHWA guidelines (April 2012).

A good example of a Complete Streets strategy, the project offers both a physical and symbolic connection between the City and Syracuse University. Early reports are encouraging, as the first phase is reaching completion. People are accepting the new multi-modal route from the University to the East Genesee St. area, with pedestrians and bicycles regularly using it. As the route is extended further west into the heart of downtown Syracuse, additional usage is sure to occur.
President’s Message
(Continued from page 1)

Michael Shamma, the assistant Chief Engineer for the NYS Thruway Authority/NYS Canal Corporation. A big thank you to Shelly Johnston and her committee members for organizing this event each year! See page 6 for a full recap of the Symposium.

Election Results: This has been a big election year for our Country and our Upstate Section also held an election this past fall for next year’s Executive Board. Your elected Treasure for 2013 is David Tuttle, who will take office in January. We had two excellent candidates from the Rochester area this year, so thank you to both David and Jonathan Walczak for your continued involvement in ITE. Congratulations to our new Board for the year 2013 and thank you to the Board members for your continued ITE leadership.

2013 Executive Board
President: Mark Sargent
Vice President: Jeffrey Lebsack
Secretary: Mark Budosh
Treasurer: David Tuttle
Immediate Past President: Meaghan Capuano
Director: Kim Fabend

Reminders/Updates: Here are a few updates and planned events for ITE:

- Future City competitions take place January 19th in the Western NY Region and January 26th in the Capital District. Contact your local coordinators to get involved in this educational program for middle school students http://futurecity.org/
- Capital District’s Engineers Week, February 14-15, get up to 10 PDH’s www.capitaldistricteeweek.org/
- 2013 ITE Technical Conference and Exhibit, March 3-6, San Diego, CA.
- We have the ITE International Annual Meeting coming to our District in 2013! This is a great opportunity to attend an international event, so save the date August 4-7.
- Want to be a candidate for the 2013 Treasurer Election? We will be looking for candidates from the Albany area next year.

I would like to wish everyone a safe and happy New Year!

~ Meaghan Capuano
Exploring Transportation’s Role in Reducing Childhood Obesity

The Institute of Transportation Engineers (ITE) recently concluded a three-year-long project to promote changes to community environments in ways that encourage increased physical activity and aid in reversing the U.S. childhood obesity epidemic. The goal of the project was to help ITE’s more than 17,000 members, who include traffic engineers, transportation planners, academicians, and transportation policy leaders, have a positive impact on the level of physical activity, health, and quality of life of individuals in the communities they serve. The work was supported by a grant from the Robert Wood Johnson Foundation (RWJF).

ITE’s primary goal was to inform, motivate, and advocate for a change in the implementation and behavioral habits of transportation decision makers to create healthier communities. The primary resources that were developed through this effort include sponsored sessions at a series of three of ITE international meetings; participation in local or regional meetings addressing this topic; and development of an information clearinghouse of Web-based articles, references, presentations, links and other relevant materials.

ITE utilized the expertise of a technical advisory committee for this effort as a means to research and collect statistics, policies, resources, Web-based articles, references, technical presentations, links to national events, and partner organizations. As a result, ITE developed an information clearinghouse of materials that are easily available for download. The project’s deliverables are hosted on the ITE Web site at http://www.ite.org/childhoodobesity/default.asp.

ITE will continue to demonstrate a commitment to being a bridge as professional communities tackle the opportunities and challenges of the nexus between transportation and health. A more detailed article about the project is feature in the January 2013 ITE Journal.

Commuter Bicyclist
(Continued from page 3)

During the bike ride, you get valuable exercise. You also get experiences such as seeing wildlife up close, enjoying the smell of barbecues in the park, and encountering people with much friendlier attitudes than those you typically experience when you drive. You arrive at work in a good mood and you can put work completely behind you on the way home. The financial and environmental benefits are also significant. I saved 3,000 miles of driving in the last two years and more than paid for the bicycle.

This experience has been very helpful in understanding the needs of the bicycle community. I recognize how good shoulders can make even a busy road safe to ride and can spot a tough bike riding situation. I also learned that having a locker, shower, and a safe place to store the bicycle at work is important to making a regular commute work.

While bicycling is not for everyone, it is a practical way to get around for many. And no, it’s not too cold in Upstate New York for bicycling. Our comfortable summers are ideal for riding. Try it out sometime!

Jim’s Final Stats for 2012

Last ride day was December 13th
125 ride days vs. 89 days of driving

And he just bought a much brighter light so he can ride in the dark more comfortably.

Central Parking: DOT Cuts Down on Car Lanes to Make More Room for Joggers, Bikers

Cycling in Central Park has gotten a lot of attention of late following a few nasty accidents and a campaign by the Daily News—repeated every few years—where intrepid reporters venture into the park, speed guns in hand, to make a stink about scofflaw bikers breaking the 25 mile per hour speed limit. More...
Annual Meeting Recap
(Continued from page 4)
This year, we also had the pleasure of awarding three members with a Life Membership. Obtaining this status is no small feat! To be considered as a Life Member, the member must be at least 65 years old and have been a dues-paying member for a minimum of 25 years. The members recognized from the Upstate Section this year are Robert Miller, Robert Brackman and Gerard Cioffi. The Awards Banquet keynote speaker was Matthew Millea, the Deputy Onondaga County Executive for Physical Services. Matt spoke about the County’s “Save the Rain” effort – a multi-million dollar public works program using both grey and green infrastructure approaches to mitigate sewer overflows into Onondaga Lake. We were honored to have Matt speak at our banquet, especially since he had recently presented at a White House conference on green technology in municipal stormwater systems.

Thank you to all who attended and a special note of appreciation to the local arrangements committee. The conference could not have been as successful as it was without the help and dedication of the following folks (pictured from left to right in photo below):

- Chair: Kim Fabend
- Technical Sessions: Siva Jonnavithula, Mark Budosh
- Gifts/Social: Mary Rowlands
- Sponsor/Vendor Support: Gordon Stansbury
- Registration: Doug Stansbury

Member Spotlight
(Continued from page 5)
Adam resides in his hometown of Gates, NY with his wife and one-year old twins. As a new father, he says for the time being, the twins occupy most of his time outside of the office. He is sports-lover and plays recreational soccer, softball and basketball throughout the year. During the summer months, his family enjoys weekends at their family cottage on Silver Lake.

Adam Frosino & Meaghan Capuano represent ITE at the RIT Professional Association Day
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Happy New Year!