



Institute of Transportation Engineers Northeastern District Annual Meeting May 19-21, 2010



Welcome

We Welcome You

On behalf of the New England Section, welcome to the 2010 ITE Northeastern District Annual Meeting in beautiful and historic Portland, Maine. Frommer's Travel Guides named Portland one of the top twelve "surprising, thriving and emerging world travel destinations." In October 2009, Bon Appetit magazine named Portland as America's Foodiest Small Town. Portland is a beautifully compact city. From anywhere on the Peninsula, it is a short distance to the waterfront with its splendid views, nestled against the cobblestone streets of the Old Port. From there, a leisurely stroll through the center of the business district takes you to the Arts District, crowned by the world-class Portland Museum of Art.

The host hotel is the Portland Regency, located within the Old Port retail district at the Portland waterfront. The Regency was invited by the National Trust of Historic Preservation to become a distinguished member of the Historic Hotels of America because of its preservation of a historically significant building and its superior service. It offers an attractive site for experiencing Portland and the Maine Coast --- the rooms are comfortable, the food is excellent, the meeting facilities satisfy our needs, there is an on-site spa, and the Old Port attractions are only a few steps from the front door. The Old Port is a charming, cobble-stoned quarter renowned for its award-winning restaurants, lively pubs, and world-caliber shops and galleries.

The local arrangements committee has worked diligently

to develop rewarding, educational, and fun technical, social, and companion programs. The technical program includes ten sessions on current hot topics such as complete streets, safety, innovative technologies, sustainable transportation projects, and ties between land use and transportation. Full descriptions of the technical session speaker presentations are on the District meeting website and will be printed in the registered delegate packet distributed at the meeting. On Wednesday, delegates will have the opportunity to attend an advanced Synchro/SimTraffic workshop and take technical tours of the Maine Turnpike Authority Operations Center and Maine's Eastern Trail.

The social program tees off Wednesday with a 9-hole scramble at Riverside Municipal Golf Course and a welcome reception on board a Casco Bay Lines ferry. At the Thursday morning breakfast, the three ITE vice presidential candidates will talk about their goals and plans for the future of ITE. During the day, the companion program will include a tour of the Portland Museum of Art and a meal and shopping in Freeport. The annual awards banquet that evening will conclude with Down East entertainment, a'yuh.

The New England Section, the Maine Chapter, and the local arrangements committee look forward to welcoming you to the 41st Annual Meeting of the ITE Northeastern District. This is Maine; the recommended attire is business casual.

Kevin Hooper, Meeting Chair

Local Arrangements Committee

Sandi Duchesne, Technical/Tour

Diane Morabito, Social

Paul Godfrey, Facilities/Exhibitors

Tom Errico, Registration

Tom Gorrill, Publicity

Rod Emery, Consultant Support

Peter Hedrich, Golf/Gifts

Ken Petraglia, Traffic Bowl

John Adams, Concierge

Photos on cover and page 2 are provided courtesy of the Greater Portland Convention & Visitors Bureau.



Registration Form

Name:	Nickname for badge:
Title:	ITE office held:
Agency/Firm:	Phone:
Street Address:	Fax:
City, State, Zip:	Email:
Are you a member of ITE International? <input type="checkbox"/> Yes <input type="checkbox"/> No	Guest Name:

Registration Fees

Registration Type	Description	Registration cost/(cost after April 19)	Subtotal
Full	Welcome reception, breakfast on Thursday & Friday, Thursday luncheon, awards banquet, refreshments during breaks and welcome gift.	\$250/(\$350)	
Student	Welcome reception, breakfast on Thursday & Friday, Thursday luncheon, awards banquet, refreshments during breaks and welcome gift.	\$25/(\$50)	
One Day—Thursday	Breakfast, lunch, banquet and welcome gift.	\$175/(\$225)	
One Day— Friday	Breakfast and welcome gift.	\$50/(\$100)	
Technical Only (Plus Lunch)	Lunch on Thursday and welcome gift.	\$100/(\$150)	
Awards Banquet Meal Selection (check one)	<input type="checkbox"/> Haddock Fillets <input type="checkbox"/> Chicken Conchetta <input type="checkbox"/> Steak Diane Contact Thomas.Errico@tylin.com for special diet requests		Included in full, student, and Thursday registrations

Technical Tour (not included in registration)	Date/Time	Cost	Quantity	Subtotal
Bike Tour -Short Option <i>*bike/helmet rental info/cost</i>	Wed., May 19, 1:00 pm–4:00 pm	\$10		
Bike Tour -Long Option <i>*bike/helmet rental info/cost</i>	Wed., May 19, 1:00 pm–4:00 pm	\$10		
MTA operations —first 20 registrations only. (Lunch included)	Wed., May 19, 10:30 am–noon	\$10		
Technical Workshop (not included in registration)	Date/Time	Cost	Quantity	Subtotal
Synchro Training	Wed., May 19, 8:00 am–12:00 pm	\$90		
Social and Guest Functions (additional tickets)	Date/Time	Cost / (Companion Cost)	Quantity	Subtotal
Welcome Reception on Casco Bay	Wed., May 19, 5:00 pm–8:00 pm	\$90 / (\$60)		
Breakfast	<input type="checkbox"/> Thurs., May 20, 7:30-9 <input type="checkbox"/> Fri., May 21, 7:30-8:30	\$30 / (\$25)		
Golf—Riverside Golf Course	Wed., May 19, 1:00 pm	\$35		
Companion Program	Thurs., May 20, 9:30 am–3:30 pm	\$40		
Thursday Lunch	Thurs., May 20, 12:30 pm–2:00 pm	\$35 / (\$30)		
Awards Banquet Meal Selection (check one)* <input type="checkbox"/> Haddock Fillets <input type="checkbox"/> Chicken Conchetta <input type="checkbox"/> Steak Diane	Thurs., May 20, 6:30 pm–9:30 pm	\$100 / (\$65)		

*Contact Thomas.Errico@tylin.com for bike/helmet rental info/cost & special diet requests

Total

Method of Payment:
 Make check payable to:
**ITE Northeastern District
 Annual Meeting**
*(Purchase orders do NOT
 constitute payment for early
 registration discount purposes)*

Send Registration & Payment to:
 T.Y. Lin International
 12 Northbrook Drive, Building A, Suite One
 Falmouth, ME 04105
 Attn: Thomas A. Errico, PE
 tel: (207) 347-4354
 fax: (207) 781-4753
 Thomas.Errico@tylin.com

For more information, please
 contact Kevin Hooper at
 khooper1@maine.rr.com
 (207)878-5790
 Look for updated
 information at northeasternite.org,
 www.maineite.org or on Facebook
 at ITE Northeastern District 2010
 Annual Meeting

Conference Program

Day 1—Wednesday, May 19, 2010			
8:00 – 12:00	Exhibit Area Open at 2:00	Technical Workshop - Advanced Synchro/SimTraffic Techniques <i>8:00 am - 12:00 pm</i>	
10:30 - 12:00		Technical Tour A <i>Maine Turnpike Authority Operations Center</i>	
12:00-4:00		Golf	Technical Tour B <i>Bicycle Tour of Maine's Eastern Trail - Short Option</i> Technical Tour C <i>Bicycle Tour of Maine's Eastern Trail - Long Option</i>
2:30 - 4:00		Session 1 <i>Sustainable Growth for Rural, Small Urban, and Large Urban Corridors</i>	
5:00-8:00		Welcome Reception	

Technical Program—Wednesday May 19, 2010

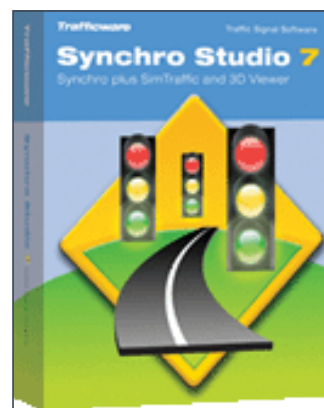
Technical Workshop—Advanced Synchro/SimTraffic Techniques

8:00 am–12:00 pm

Instructor: John Albeck, PE, PTOE

This workshop is for experienced Synchro users who are interested in becoming power users. It will explore the full functionality and versatility of the Synchro and SimTraffic traffic modeling software, as well as new features and capabilities in Synchro 7 that were not available in earlier versions. Registrants will be invited to e-mail John before the workshop date with their specific technical questions and goals for the workshop, and he will incorporate as many as possible into his presentation and demonstrations for the class.

Students will receive a comprehensive reference handout to take home, but there will be no hands-on computer use other than by John of the projector screen. Lunch is included for paid participants only (4 PDH)



Technical Tour A: Maine Turnpike Authority Operations Center (www.maineturnpike.com)

10:30 am–12:00 pm (van will leave Portland Regency at 10:00 am)

Registrants will tour the new, LEED-certified Maine Turnpike Authority building, view a demonstration of the EZ Pass Electronic Toll Collection system and other ITS enhancements, watch an informative film on turnpike operations, and have the opportunity to ask questions of MTA staff. Transportation to and from the hotel will be provided (or you can drive directly to MTA at Exit 46 of the Maine Turnpike; contact us for directions). Lunch is included for paid participants only. *(1.5 PDH)*

Technical Tour B: Bicycle Tour of Maine's Eastern Trail - Short Option (www.easterntail.org)

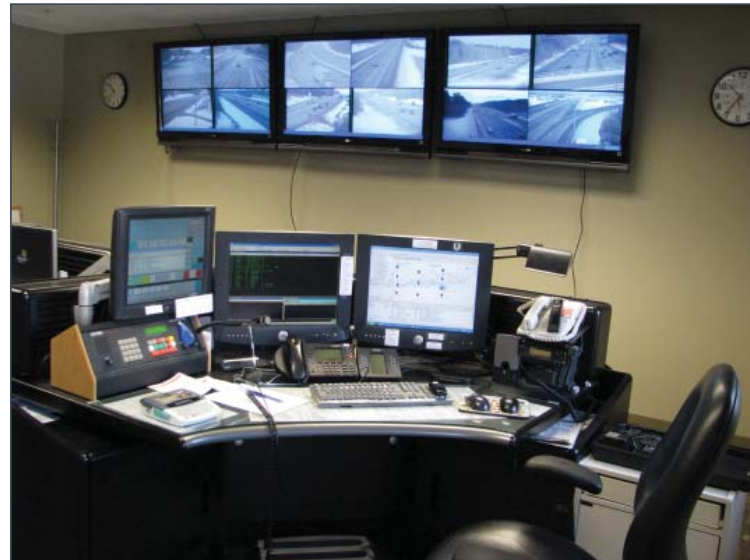
1:00 pm–4:00 pm

This is an easy-paced, 13-mile round-trip bicycling tour of a portion of the Eastern Trail, part of the East Coast Greenway Trail System that will eventually extend from Calais, Maine to Key West, Florida. Frequent stops will highlight transportation funding, planning, and engineering challenges involved in trail layout and construction, and how they were addressed. Road or hybrid touring bicycles are most appropriate for both tours. Bicycle and helmet rentals are available upon request, and can be reserved with a credit card. You may bring personal equipment (shoes, pedals, helmet) to use with the rental bicycle if you prefer. Please contact Paul Niehoff, 207-774-9891 or pniehoff@gpcog.org, by April 30 to make your individualized rental arrangements. A healthy snack and water will be provided. *(2 PDH)*

Technical Tour C: Bicycle Tour of Maine's Eastern Trail - Long Option (www.easterntail.org)

1:00 pm–4:00 pm

This is a faster-paced, 26-mile round-trip bicycling tour that will leave directly from the hotel and will cover more of the Eastern Trail than Tour B, but with the same



focus on the planning and engineering work that went into the trail layout and construction. Recommended for physically fit, relatively speedy bicyclists who are comfortable riding single-file on urban roads, and who want to combine a good afternoon workout with their technical tour. Road or hybrid touring bicycles are most appropriate for both tours. Bicycle and helmet rentals are available upon request, and can be reserved with a credit card. You may bring personal equipment (shoes, pedals, helmet) to use with the rental bicycle if you prefer. Please contact Paul Niehoff, 207-774-9891 or pniehoff@gpcog.org, by April 30 to make your individualized rental arrangements. A healthy snack and water will be provided. *(2 PDH)*

Session 1: Sustainable Growth for Rural, Small Urban, and Large Urban Corridors

2:30 pm–4:00 pm

Moderator: TBD

L. Murphy, PE, “A Roundabout Way to Sustainable Roadway Design”

J. Ready, EI, “The ATRC MPO Transportation Management System”

D. Matton, “It’s All About Timing – A Case Study”

Conference Program

Day 2— Thursday, May 20, 2010				
7:30–9:00	Buffet Breakfast <i>ITE International Vice Presidential Candidates' Speeches</i>			
9:00–10:30	Exhibit Area <i>Open at 8:30</i>	Session 2-A. <i>Back to the future: Integrated Transportation and Land Use Planning</i>	Session 2-B. <i>Sustainable Transportation: Operational Practices</i>	Session 2-C. <i>Executive Track: The Business Of Transportation Consulting</i>
10:30–11:00		Break and Exhibits		
11:00–12:30		Session 3-A. <i>Sustainable Transportation: Design Practices</i>	Session 3-B. <i>Innovative Technologies</i>	
12:30–2:00		Lunch		
2:00–3:30		Session 4-A. <i>Sustainable Transportation: Creating Viable Alternatives to Single-Occupant Vehicle Travel</i>	Session 4-B. <i>Transportation Safety: Challenges and Solutions</i>	Session 4-C. <i>Elected Leadership Session</i>
3:30–4:30		Student Poster Session		
4:00–6:00		District Annual Meeting and Traffic Bowl		
6:30–9:30	Annual Meeting Banquet with Awards and Entertainment by Maine Hysterical Society			

Technical Program—Thursday May 20, 2010

Session 2-A. BACK TO THE FUTURE: INTEGRATED TRANSPORTATION AND LAND USE PLANNING

9:00 am–10:30 am

Moderator: Lisa Tierney, PE, ITE Traffic Engineering Senior Director

R. Ballou, AICP, "The American Suburb As We Know It is Dying"

G. Hebert, PE, PTOE, "Long-Term Trip Generation for a Mixed-Used Development in Cambridge, MA"

G. Jacquemart, PE, AICP, "Estimating Traffic Generation and Shared Parking Demand of Mixed-Use Projects"

C. Welzel, "The Ties Between Transportation and Land Use in Maine Corridor Studies"

Session 2-B. SUSTAINABLE TRANSPORTATION: OPERATIONAL PRACTICES

9:00 am–10:30 am

Moderator: TBD

J. Lindley, PE, "Role of Operations in Achieving Livability

and Sustainability Objectives"

S. Levine, "Accommodating Population Growth with Adaptive Traffic Control"

S. Murthy, PE, PTOE, "Real-Time Signalized Monitoring"

M. Talas, Ph.D, PE, PTOE, "New York City's ITS Infrastructure for Traffic Control"

Session 2-C. EXECUTIVE TRACK: THE BUSINESS OF TRANSPORTATION CONSULTING

9:00 am–10:30 am

Moderator: John Kennedy, PE, PTOE, Principal, VHB

The ITE Consultants Council is developing a series of webinars on topics targeted for small and mid-size consulting firms such as: how to make money, how to be a consultant, effective communication, prime/sub relationships, contract negotiations, personnel reviews, and ownership transition. Session details will be posted on the meeting website and e-mailed to persons who sign up for this session.

Session attendees should be CEOs or senior staff at small and mid-size consulting firms (limit one person per firm). If you are interested in attending the session, please contact Kevin Hooper at khooper1@maine.rr.com or at 207-878-5790.

Session 3-A. SUSTAINABLE TRANSPORTATION: DESIGN PRACTICES

11:00 am–12:30 pm

Moderator: Jeremiah Bartlett, PE, PTOE, Project Engineer, Gorrill-Palmer Consulting Engineers, Inc.

M. Elizer, Jr., PE, PTOE, “Sustainable Street Design”

J. Blumenthal, PE, and J. Nitsch, PE, LEED AP, “Greener Streets – Ushering in a New Era of Sustainable Transportation Engineering”

G. Soffian, PE, D. Arcement, PE, et al., “Redesign of Jackson Avenue at the Pulaski Bridge, Long Island City, Queens”

M. Piscitelli, PE, and T. DeSantos, PE, PTOE, “Downtown Crossing New Haven – Changing Our Design Conventions”

Session 3-B. INNOVATIVE TECHNOLOGIES

11:00 am–12:30 pm

Moderator: Kelly Thompson, PE, Senior Project Manager, Bergmann Associates

J. Sangster, PE, “Adaptive Traffic Control Systems: North American State of Practice”

M. Sucher et al., “Developing Measures of Effectiveness for a Traffic Simulation Model by Integration of GIS with VISSIM”

R. Chamberlin, PE, “Appropriate AVL Technology for a Rural Transit Provider”

C. Cate and T. Davis, PE, “Use of Integrated GIS and GPS to Streamline Travel Time Studies”

Session 4-A. SUSTAINABLE TRANSPORTATION: CREATING VIABLE ALTERNATIVES TO SINGLE-OCCUPANT VEHICLE TRAVEL

2:00 pm–3:30 pm

Moderator: TBD

J. LaPlante, PE, PTOE, “Complete Streets as Part of Sustainability”

P. Niehoff, “Regional Consistency of Bike Lane Plans and Infrastructure Improvements”

A. Bhowmick, “Ferry Experience as a Sustainable Transport in New York Harbor”

J. Rosenblum, PE, and P. Goff, LEED AP, “Tracking Pedestrian/Bicycle Transportation Through Innovative Counting Techniques”

Session 4-B. TRANSPORTATION SAFETY: CHALLENGES AND SOLUTIONS

2:00 pm–3:30 pm

Moderator: Doug Prentiss, PE, PTOE, Senior Principal Engineer, Fay, Spofford & Thorndike

K. Pyke, PE, PTOE, “Safety is the Best Transportation Practice”

L. Goodman, PE, PTOE, “Lines on the Pavement: Drivers Don’t Know...Shouldn’t We Care?”

M. Croce, PE, et al., “Safety Assessments – The Ontario County (New York) Experience”

Session 4-C. ELECTED LEADERSHIP SESSION

2:00 pm–3:30 pm

Moderator: TBD

Representatives of the elected boards of the Northeastern District, Met Section, Upstate New York Section, New England Section, Atlantic Provinces Section, and Quebec Section are invited to a work session with ITE International leadership. A meeting agenda and list of discussion topics will be circulated prior to the meeting

Student Poster Session

3:30 pm–4:30 pm

This session will offer an opportunity for students to present the results of research and analysis they have undertaken. All meeting delegates will have the opportunity to interact with the student authors directly, in a unique one-on-one basis to learn the details of their work.

Conference Program

Day 3— Friday, May 21, 2010			
7:30–8:30	Buffet Breakfast		
8:30–9:30	Exhibit Area <i>Open at 8:30</i>	Session 5. The New AASHTO Highway Safety Manual: Theory and Practice	
9:30–10:00		Break	
10:00–12:00		Session 6. FHWA Curve Advisory Speed Workshop	Session 7. Sustainable Transportation Planning, Design, and Operations for Urban Environments
12:00	Adjourn		

Technical Program—Friday May 21, 2010

Session 5. THE NEW AASHTO HIGHWAY SAFETY MANUAL: THEORY AND PRACTICE

8:30 am-9:30 am

Speakers and facilitators: Bruce Iburguen, PE, State Traffic Engineer, Maine Department of Transportation; Darryl Belz, PE, Safety and Scoping Unit Supervisor, Bureau of Planning, Maine Department of Transportation

Mr. Iburguen actively participated in the development of the new AASHTO Highway Safety Manual, which allows engineers to select cost-effective treatments and strategies for different crash types. He will present a strategic overview of the recently issued manual. Mr. Belz will follow with a technical user's perspective, presenting case studies in which he used the manual to mitigate real-world highway safety hazards on Maine roads. There will be plenty of time for questions, comments, and active discussion by session attendees.

Session 6. FHWA CURVE ADVISORY SPEED WORKSHOP

10:00 am-12:00 pm

Workshop Leader and Facilitator: R. Milstead, PE, PTOE, Brudis & Associates, Inc.

It is estimated that half of all speeding roadway departure crashes occur on curves. Advisory speeds that are not consistent can be a contributing factor. This workshop will cover guidelines for determining when an advisory speed is needed, criteria for identifying the appropriate advisory speed, an engineering study method for determining the advisory speed, and guidelines for selecting other curve-related traffic control devices.

Session 7. SUSTAINABLE TRANSPORTATION PLANNING, DESIGN, AND OPERATIONS FOR URBAN ENVIRONMENTS

10:00 am-11:30 am

Moderator: TBD

B. Swanson and R. Chamberlin, PE, PTOE, "Estimating Air Quality From Traffic and Transportation Networks"

J. Lebsack, PE, PTOE, AICP, "Creating a Scenic Entry Road Through Niagara Falls State Park"

J. Sangster, PE, "Barriers to Innovation in Traffic Design: Unconventional Intersections"

L. Neudorff, PE, "Transportation Systems M&O for Reduced Greenhouse Gas Emissions"

Special Events

Golf Outing

Wednesday, May 19, 1:00–4:00 pm

(check-in starts at 12:00 pm)

Begin your stay in Maine with a round (9 holes) of golf at Portland's Riverside Golf Course! Designed by legendary architect Geoffrey Cornish, the course has earned a reputation as a player friendly course and yet is one of Southern Maine's more challenging layouts. Many of New England's ranking amateurs and professionals test the 6,406-yard North Course annually during the Maine Open and Greater Portland Open. Rolling hills and a traditional beauty give the Riverside golfer a feeling of spaciousness and relaxation. But the challenges are subtle: there are sand, bogs, trees and more.

If you have questions or would like more information on the outing, please contact Peter Hedrich at phedrich@gorrillpalmer.com or (207) 657 6910. To learn more about the golf course, visit <http://www.portlandmaine.gov/riverside/riverside.asp>.

You do NOT need to register at our meeting desk at the Portland Regency prior to the golf outing.

- You can drive directly to the course (1158 Riverside Street in Portland, near Exit 48 of the Maine Turnpike). Contact Peter Hedrich for directions.
- If you attend the Maine Turnpike Authority technical tour in the morning, you can drive directly to the course or we will carpool you there (less than a 10 minute drive).
- If you attend the Synchro/SimTraffic workshop in the morning or arrive at the Portland Regency by 12 noon, you can drive to the golf event or we will transport you in a van from the hotel (leaving at 12 noon).

There will be sufficient time after golf to return to the Portland Regency in time to check in and walk to the Welcome Reception. Awards for all deserving golfers will be given during the Welcome Reception.



Welcome Reception on Casco Bay

Wednesday, May 19, 5:00–8:00 pm

Join your colleagues aboard the Bay Mist for a sunset sail and welcome reception on Casco Bay (www.cascobaylines.com). This cruise will offer stunning views of the Portland skyline, Casco Bay islands and the Maine coastline with two enclosed, carpeted decks and lots of windows. Outside decks will allow you take in the fresh Maine air while watching the harbor lights. Grand hors d'oeuvres will be served all evening by The Black Tie Company and an open bar will allow you to select beverages of your choice.

The ferry terminal is a three block walk from the Portland Regency. When you check in at the meeting desk, we will provide you clear directions ("walk to the water and turn left").

Companion Program

Thursday, May 20, 9:30 am – 3:30 pm

Begin the day with a tour of the Portland Museum of Art (www.portlandmuseum.org). The museum's collection contains more than 17,000 fine and decorative art works, dating from the 18th century to the present. The collection includes American works by such artists as Winslow Homer, Rockwell Kent and Andrew Wyeth. A sampling of European artists represented are Claude Monet, Mary Cassat and Pierre-Auguste Renoir.

Enjoy a fine luncheon along the Maine Coast and then spend the afternoon shopping in Freeport, recently recognized by Yankee Magazine as the # 1 shopping village

in New England (www.freeportusa.com). Freeport is the home of L.L. Bean and numerous outlet shops, including J. Crew, Jones New York, Nine West, Polo Ralph Lauren and The North Face.

Thursday Breakfast

Thursday, May 20, 7:30 am – 9:00 am

Breakfast will include speeches from each of the three ITE vice-presidential candidates. Ray Davis and Rock Miller from California and Troy Peoples from North Carolina will talk about their goals and plans for the future of ITE. Meeting delegates will also have the opportunity to talk with Troy, Rock, and Ray during the Wednesday evening welcome reception.

Thursday Lunch

Thursday, May 20, 12:30-2:00 pm

Lunch will include an update on the state of ITE from ITE International President Paul Eng-Wong and Lynn LaMunyon, International Director. Candidates for the International Director position, Don Adams and Paula Benway, will also be introduced and given the opportunity to tell us their plans for the future of ITE.

Northeastern District Annual Business Meeting

Thursday, May 20, 4:00-5:00 pm

All meeting delegates are invited to attend the annual business meeting of the ITE Northeastern District. See first-hand and help discuss how the District uses its resources to serve its membership and to promote our profession.



Agenda items include approval of the annual budget, reports from the District officers and our International Director, and an update from the 2011 annual meeting chair.

Traffic Bowl

Thursday, May 20, 5:00–6:00 pm

A fun tradition of the Northeastern District meeting is the annual Traffic Bowl. This is your opportunity to find out just how much you know about ITE and the practice of transportation engineering and planning. Cheer and jeer for your friends and colleagues as they battle for the highly coveted Traffic Bowl trophy. There will be teams from each section. If you would like to participate in the Traffic Bowl, contact your section or chapter president, the Traffic Bowl emcee (Ken Petraglia, kpetraglia@beta-inc.com) ... or just volunteer 10 minutes before the show starts! If you want to submit a question or two, please contact Ken Petraglia.

Annual Awards Banquet and Entertainment

Thursday, May 20, 6:30 – 9:30 pm

The banquet dinner menu includes Haddock Fillets with Maine shrimp, shallots, parmesan cheese, and lemon cream sauce; Chicken conchetta stuffed with prosciutto and asparagus and topped with boursin cream sauce; and Steak Diane, a tenderloin steak sautéed with mushrooms, shallots, dijon mustard, and espagnole sauce. And you're in Maine, so everyone will receive lobster stew. After dinner, the District will present several awards, including the 2010 Harvey Boutwell Award.

After dinner entertainment will be provided by the Maine Hysterical Society (www.mainehysterical.com), a trio of 'the finest kind'. It's three of Maine's most entertaining variety artists, actors, musicians and Downeast humorists. Randy Judkins, Barney Martin and Steve Underwood present a comedy variety show of original songs and parodies, hilarious Maine characters, 'wicked good' juggling, and the most hysterical sketches you'll ever see. Your face will hurt and your sides will ache... even the day after!!! (... what we call a Maine 'Humor Hangover')

Lodging

Portland Regency Hotel & Spa (www.theregency.com)

Located two blocks from Portland's working waterfront, the Portland Regency Hotel and Spa is the centerpiece of the historic Old Port Exchange. This neo-classic Armory was built in 1895 at a cost of \$20,000 for Maine's National Guard. It was once regarded as one of the finest and best equipped armories in New England. In 1990 as recognition for its preservation of a historically significant building and its superior service, the Portland Regency was invited by the National Trust of Historic Preservation to become a distinguished member of the Historic Hotels of America. The Regency is the only hotel in downtown Portland to have its own fitness center and full day spa. Guests are invited to use our Jacuzzi, steam rooms, and saunas. Located on Casco Bay, Portland offers great entertainment and museums, antiques, galleries and Old Port shops, glorious coastline, sandy beaches and so much more. And, the Portland Regency is only 20 minutes to the heart of Freeport's outlets.

Book Now!

The room rate is \$159 per night and includes complimentary high-speed wireless access. Make your reservation by calling (800) 727-3436 before April 12. Reference the meeting name (Northeastern District of ITE) when making your reservation. The Regency has a total of 95 guest rooms so it is possible the hotel will fill up with our meeting delegates. We suggest you make your reservation early.

Valet parking is \$13 per day.

The Portland Regency Hotel & Spa • 20 Milk Street •
Portland, ME 04101

Reservations & Information: USA: 1-(800) 727-3436 or
1-207-774-4200



Alternative Accommodations:

Hilton Garden Inn

65 Commercial Street
Portland, Maine, USA, 04101
1-207-780-0780

Holiday Inn By the Bay

88 Spring Street
Portland, Maine 04101
Tel: (207) 775.2311
Toll Free: 1.800.345.5050

Residence Inn (Marriott)

145 Fore Street
Portland, ME 04101
(207) 761-1660

Portland Harbor Hotel

468 Fore Street • Portland, Maine 04101
Phone: (207) 775-9090 • Fax: (207) 775-9990
Toll Free: 1-888-798-9090

Travel

Travel Information

How far away is Portland?

- 100 miles from Boston
- 200 miles from Hartford
- 310 miles from New York City
- 270 miles from Albany
- 490 miles from Rochester
- 320 miles from Fredericton
- 270 miles from Quebec City

BY CAR

From the South

- Drive north on I-95.(Maine Turnpike)
- Take Exit 44 and follow signs for I-295 North
- Follow I-295 to Exit 7, Franklin Street
- Travel Franklin Street to the sixth traffic signal and turn right onto Fore Street
- At the 3rd intersection, turn right onto Market Street
- Turn right onto Milk Street at next intersection

From the North

- From I-95, take Exit 103 onto I-295 South
- Follow I-295 to Exit 7, Franklin Street
- Follow same directions listed above for “from the south”

BY RAIL

The Amtrak Downeaster [www.amtrakdowneaster.com] provides five roundtrip trains daily between Boston’s North Station and the Portland Transportation Center. Complimentary hotel van shuttle service is provided from the Transportation Center

BY AIR

The Portland International Jetport (www.portlandjetport.org) has service by JetBlue, AirTran, US Airways, Delta Air Lines, Continental Airlines, United, and Air Canada. Complimentary hotel van shuttle service is provided from the Jetport

Concierge

The local arrangements committee wants you to get out of the hotel and explore and experience things of interest to you in Maine. To help, we have appointed John Adams as your personal concierge on your visit. You can reach John at 207-856-0277 (Ext 249) or [jadams@sebagotechnics.com]. Meeting registration questions should be directed to Tom Errico at [Thomas.Errico@tylin.com] or (207-347-4354). The following are links to some example activities

Professional Sports

- Baseball – the Portland Sea Dogs (AA-affiliate of the Boston Red Sox) have home games against the New Britain Rock Cats on May 18-20 and against the Trenton Thunder on May 21-23 [www.portlandseadogs.com]
- Hockey – the Portland Pirates (American Hockey League affiliate of the Buffalo Sabres) might still be playing in the AHL playoffs [www.portlandpirates.com]

Fishing – The Portland waterfront is home to many fishing charters, including [www.mainesaltwaterfishing.com], [www.odysseywhalewatch.com], and [www.fishinganddiving.com]

Shopping – In addition to the many retail outlets in Freeport [www.freeportusa.com] only 20 minutes from the hotel, there are many unique shops in downtown Portland. Visit the Portland Downtown District [www.portlandmaine.com] and Portland Convention and Visitors Bureau [www.visitportland.com] websites for information.

Lighthouses

- Portland Head Light [www.portlandheadlight.com] is only a 15-minute drive from the Portland Regency
- Spring Point Ledge Lighthouse [www.springpointlight.org] is only a 10-minute drive from the hotel.

Golf – There are numerous public courses nearby

- Sable Oaks Golf Club [www.sableoaks.com] is 1 mile from Maine Turnpike Exit 45
- Nonesuch River Golf Club [www.nonesuchgolf.com] is 1.5 miles from Maine Turnpike Exit 45

Hiking

- Portland Trails is creating a 50-mile network of trails in Greater Portland. Check out their maps at www.trails.org
- Bradbury Mountain [www.bradburymountain.com] has an easy climb to its summit

Gardens

- At Coastal Maine Botanical Gardens, you'll discover stunning ornamental gardens and exceptional natural beauty, waterfalls, and incomparable stonework and sculpture. Miles of trails allow you to experience waterfront and woodlands that are quintessentially Maine [www.mainegardens.org]

Museums

- Portland Museum of Art [www.portlandmuseum.org]
- Wadsworth-Longfellow House [www.mainehistory.org]

Architecture

- Greater Portland Landmarks [www.portlandlandmarks.org]

Maps

- Eartha, the world's largest revolving/rotating globe (yes, the largest!) can be visited at the Delorme headquarters building in Yarmouth, a 15-minute drive from the Portland Regency [www.delorme.com/about/earth.aspx]
- The Osher Map Library at the University of Southern Maine, one exit from Franklin Street on I-295 [www.usm.maine.edu/maps/], houses an incredible collection of old maps.

Sightseeing

- Casco Bay Lines [www.cascobaylines.com]
- Several whale watch boats [www.odysseywhalewatch.com] and schooners [www.portlandschooner.com] sail out of Portland harbor
- Walk out any of the dozen working wharfs on the waterfront
- Penobscot Narrows Observatory – Visit the tallest public bridge-observatory in the world (437 feet above the Penobscot River) [www.penobscotnarrowsobservatory.com]

Restaurants – in October 2009, Portland was named America’s Foodiest Small Town by Bon Appetit magazine [www.bonappetit.com/magazine/2009/10/Portland_maine]. Portland Food Map [www.portlandfoodmap.com] contains a comprehensive set of reviews to get you started. The Convention Bureau and Downtown District websites also list many possibilities.

Bars – When you arrive at the meeting registration desk, a map and critique of the many bars within a short walk of the Portland Regency will be available.

Children

- Children’s Museum of Maine (0.6 miles from the hotel) [www.childrensmuseumofme.org]
- Maine Wildlife Park (30-minute drive from the hotel) [www.maine.gov/ifw/education/wildlifepark/index.htm]

Other Sources of Things to See and Do

- Portland Downtown District [www.portlandmaine.com]
- Portland Convention and Visitors Bureau [www.visitportland.com]

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**Institute of Transportation Engineers
Northeastern District Annual Meeting
May 19-21, 2010
Portland Regency
Hotel & Spa
Portland, Maine**

