

Utah Technology Transfer Center Newsletter

T² ON THE MOVE

The Direction in Transportation Progress

Volume 13, Number 3

Fall (September) 2000

Recycled Asphalt Materials are Black Gold to Local Highway Agencies

Through the partnership of the Utah Department of Transportation (UDOT) several Utah counties and towns are recipients of some excellent road building materials. Over the past few years UDOT has had a number of major rehabilitation and reconstruction projects involving the roto-milling of deteriorated asphalt pavements. The roto-milled asphalt materials make excellent base and surfacing materials for local roads and streets.

Box Elder County is the latest recipient of UDOT's team spirit. Major reconstruction projects on Interstate 15 in Box Elder County (11 +/-miles) have yielded approximately 300,000 cubic yards of

recycled asphalt materials. Arrangements were made to provide this material to Box Elder County at no charge. In fact, there were savings to UDOT and their contractors by eliminating the cost of double handling and stockpiling the material. Box Elder County was able to coordinate operations with the contractor so they could load and haul the recycled asphalt material as the milling operations were being performed.

Box Elder County used belly-dump trucks to haul and spread the recycled material on the gravel roads selected for upgrading. The following photograph (figure 1) shows the existing condition

of one of the gravel roads on which the recycled asphalt material was placed.

Using the belly-dump trucks en-



Figure 1. Existing Conditions

abled Box Elder to place the material in a windrow, making it easy for the motor grader operator to spread the material to the planned 6 inch thickness prior to compaction. This operation is shown in the second photograph (figure 2).



Figure 2. The Operation
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About *On the Move*

On the Move is published quarterly by the Utah Transportation Technology Transfer Center at Utah State University. Subscriptions are free and are available by calling, writing or e-mailing:

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About the *Utah T² Center*

The Transportation Technology Transfer Program is an integral part of a nationwide Local Technical Assistance Program (LTAP) financed by the Federal Highway Administration, state departments of transportation and local transportation agencies. The Center bridges the gap between research and practice by translating the latest state-of-the-art technology in transportation into implementable products and information for the special use of local transportation agencies and personnel.

For more information about the LTAP program or items in this newsletter, please call us at 1-800-822-8878.



Legislative & Regulatory Update

Federal Motor Carrier Safety

Administration Issues Proposed Hours of Service Regulations for Motor Carriers

excerpt taken from <http://www.fmcsa.dot.gov/>

There is a general consensus that modifications to current hours-of-service (HOS) regulations would substantially improve commercial motor vehicle (CMV) safety by reducing the fatigue factor in CMV-involved crashes. There is evidence that many crashes occur as a result of CMV driver error, that driver error is often the result of inattention, that inattention can often be the result of fatigue, that the fatigue which causes inattention is often related to sleep deprivation, and that sleep deprivation is often related to working conditions of drivers.

The hours-of-service proposed rule is based on a large body of sound research dealing with work, fatigue, alertness, sleep cycles and related matters. The Federal Motor Carrier Safety Administration (FMCSA) reviewed nearly 150 research studies and other documents, many of which were submitted or referred to by docket commenters. Many of the reviewed documents reported on research conducted on motor carriers and CMV drivers. Others, such as studies on shiftwork, sleep and performance, and the physiological nature of sleep, were relevant to the issue of CMV driver safety.

FMCSA Acting Deputy Administrator, Clyde J. Hart, Jr., in comments before the Subcommittee on Ground Transportation, Committee on Transportation and Infrastructure for the U.S. House of Representatives, discussed the following principles for improving hours-of-service rules:

- Establishment of a 24-hour work cycle.
- Increasing time off to allow sufficient opportunity for 7-8 hours of continuous sleep.
- Providing for periods of at least two nights of recovery sleep.
- Enhancing driver health and safety by providing rest periods of sufficient length for recovery from cumulative fatigue, including the period between midnight and 6 am.
- Increasing regulatory flexibility to accommodate differences in modern commercial motor vehicle operations.

The proposed rules would make three major changes to the current rules:

1. The new rules would be science-based (related to sleep cycles) and put all drivers on a 24-hour daily cycle.
2. The rules would reduce the maximum allowable number of hours a driver can drive from 16 to 12 hours in a given 24-hour cycle.
3. Long-haul and regional drivers would be required to use electronic on-board recording devices, ending the current requirement for drivers' paper log books.

These changes serve to emphasize drivers' need for rest. And, if adopted, these rules are estimated to save approximately \$3.4 billion over the next 10 years by reducing CMV-involved crashes.

For more information about this proposed rule making, please check out the FMCSA website at [<http://www.fmcsa.dot.gov/>].

Hats Off...to Millard County Utah's "You Show Us" Contest Winner!



Maintaining 2500 miles of gravel roads in a smooth and safe condition isn't easy, especially with maintenance costs running high. So, Millard County found a better way to do the job!

Spurred on by a 1998 T² Center Gravel Road Maintenance workshop, they applied the principles to better preparing and stabilizing their gravel roads. The first year they graded and treated 32 miles of their most frequently traveled roads with magnesium chloride (a dust palliative and road base stabilizer). In 1999 they treated an additional 50 miles! This wasn't easy with the initial cost of the stabilization material at \$1800 per mile (for a 26 foot wide road). But the second year they used their own employees and equipment to apply the magnesium chloride and saved approximately \$250/mile. This also allowed them to treat short sections on an as-needed basis.

The overall project has resulted in a significant time and cost savings. They went from needing to grade some of their roads once a month (and in some cases once a week) to only grading their stabilized roads once a year! With the cost savings, they were able to upgrade 8 miles of their previously treated roads with a double chip seal and better serve the traveling public! Our hats are off to the Millard County Road Department and their supervisor, W. Thayne Henrie! GREAT GOING!!!

Make a Note of New E-mail Address for T² Center & Staff

You're okay for now, but next time you try to send us an e-mail, please update your system with our new e-mail addresses!

Utah T² Center utaht2@cc.usu.edu
Doyt Y. Bolling.....doyt@cc.usu.edu
Keri Shoemaker keri@cc.usu.edu

Our e-mail will continue to be forwarded from our previous accounts for a while yet, but make these changes as soon as possible so we can keep in touch with you!

Farewell to Garyn Perrett & Jared Holland

Anyone who has checked out the T² Center website lately has noticed that two key staff members are no longer listed. Our Field Manager, Garyn Perrett, and our Special Projects Manager, Jared Holland, have left the Center to pursue other career options. We wish them well in their new opportunities.

We are now in the process of beginning a job search for a qualified circuit rider to fill some of the Center's training and field work needs. Interested individuals should contact the Center for more information.

Advisory Board

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Utah State University

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Utah Department of Transportation

Jon Ruiz

Ogden City

Dean Steele

Utah Risk Management Mutual
Association

The T² Center Advisory Board meets twice annually (and as needed) to make recommendations and evaluate the effectiveness of the program.

What Our Partners Are Doing

You Need to Know

Our thanks to these important partners for sharing this information and working with us in our efforts to serve the local agencies of Utah.

Utah League of Cities & Towns

If you desire more information on League activities, or to register for a League sponsored event, please call the Utah League of Cities & Towns directly at (801) 328-1601 or 1-800-852-8528 or go to their website [<http://www.ulct.org>].

Utah Association of Counties

For more information on UAC activities, or to register for a UAC sponsored event, please call them directly at (801) 265-1331 or go to their website [<http://www.uacnet.org>].

Nov. 15-17 (Dixie Convention Center)
UAC Annual Convention

APWA, Utah Chapter

For more information on APWA activities, call Bob Davis with DMJM at (801) 484-9884 extension 5075.

ITE, Utah Chapter

For information on ITE activities, please call Don Adams at (801) 323-0887.

Utah Local Governments Insurance Trust

For information on these and other Trust activities, please call Joe Anderson at 1-800-748-4440 extension 315. (Please leave a message if Joe is not available.) You can also e-mail Joe at [jjanderson@ulgt.org]. Also, check out their website at [<http://www.ulgt.org>].

October 5, 2000 (Moab)
October 12, 2000 (Hurricane)
October 19, 2000 (Logan)
October 26, 2000 (Clinton)
Sewer Back-up Liability Prevention (8 am to 12 noon)

Snow Plow Liability (1-2 pm)
Winter Hazards/Liability (2-3:30 pm)
Developing/Implementing a Performance Management System (8 am to 4 pm)

For training details on these offerings, please check out the Trust training page on their website.

October 20-21, 2000 (North Logan)
November 3-4, 2000 (Moab)
December 1-2, 2000 (North Salt Lake)
Citizen Planner Workshop. Elected officials, planning commissioners, Board of Adjustment members and office staff are encouraged to attend. Cost is \$25 for Trust members, \$50 for non-members and includes supplies, manuals, continental breakfast and lunch.

Utah Risk Management Mutual Association

For information on these and other URMMA activities, please call Joanne Glantz at (801) 225-6692.

October 13 (Worker's Compensation Fund of Utah Building)
Emergency Management. Lessons learned from the Oklahoma City Bombing presented by Aden Hogan, Jr. Earthquakes and fire in Oakland presented by Craig Kocian. \$30 for members, \$60 for non-members.

October 18 (Layton)*
Land Use for Planners. Presented by Jody Burnett. Professional staff presentation from 1-4 pm. Appointed and elected officials presentation from 6:30-8:30 pm. No charge for members, \$10 for non-members.

October 25 (West Valley City)*
Documenting Discipline/Techniques for Working with the Difficult Employee.

Presented by Connie Reed from 8 am to 12 noon. No charge for members, \$10 for non-members.

November 2 (West Valley City)
Managers as Mediators. Presented by Dr. Dan Dana the "Conflict Doctor." \$20 for members, \$50 for non-members.

November 15 (Cedar City)*
November 22 (Orem)*

OSHA Training. Workshop from 8:30 am to 4 pm. \$10 for members, \$20 for non-members.

December 5 (Riverdale)*
December 6 (Orem)*
"Formula for Success in the Police Liability Area: Lessening the Liability in Police Misconduct Litigation."

Presented by Peter Walsh from 8 am to 4 pm. \$30 for members, \$60 for non-members.

*These workshops are URMMA required training for 2001 (goes from October 2000 to October 2001).

Utah Operation Lifesaver

For information on Utah Operation Lifesaver activities, or to get involved with this worthwhile effort, please contact the State Coordinator, Brett Barney by calling (801) 489-9668 or e-mail at [chiefb@utah.uswest.net].

Need More Information?

For our continuously updated workshop and training calendar, please check out our website [<http://www.utaht2.usu.edu/>].

FYI: For Your Information

Rocky Mountain Asphalt User-Producer Group Annual Meeting

October 3-5, 2000
 Sheraton City Center
 150 West 500 South
 Salt Lake City

For more information on the conference, please contact Judy Gaines by calling (303) 471-6286. You can also reach her by e-mail at [jcgaines@uswest.net]. The cost is \$100 before September 15 and \$125 after September 15. Registration forms and fees should be mailed to: RMAUPG, PO Box 260196, Littleton, CO 80163-0196.

Don't forget to check out their website [www.RockyMountainAsphalt.com].

Hotel reservations can be made by calling (801) 532-3344 or toll-free 1-800-421-7602.

County Road Advisor Conference

October 25-26, 2000
 Ramkota Hotel
 Rapid City, South Dakota

You won't want to miss this important opportunity to learn from your peers about important developments in the field of county and local roads! Cost is \$50 per attendee and includes one lunch, one breakfast, social hour, breaks and all handouts. You can register at the door, but prior registration is strongly encouraged! Send your registration information to:

Bobby Meister
 c/o Minnehaha County
 PO Box 704
 Sioux Falls SD 57101
 (605) 367-4316 or FAX (605) 367-7255

Please make your own hotel reservations by calling the Ramkota Hotel at (605) 343-8550 no later than October 2!

UDOT Engineering Conference

November 28-30, 2000
 David Eccles Conference Center
 2415 Washington Blvd
 Ogden, Utah

The cost is \$200 per attendee if paid by October 30 and \$250 after October 30.

Registrations are to be returned to:

Julia Winfield
 UDOT Region 1
 PO Box 12580
 Ogden UT 84412-2580

For any questions call Julia at (801) 399-5921 extension 367. You can also view updated information at their website [<http://www.dot.state.ut.us>] in "Events link to Conferences." Or link from the T² Center Calendar on-line.

October 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Rocky Mountain Asphalt User-Producer Group Annual Meeting (Salt Lake City)	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 County Road Advisor Conference (Rapid City, South Dakota)	26	27	28
29	30	31				

November 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
		Heavy Equipment Operator Training (Tooele County Fairgrounds) REGISTER EARLY!!!				
12	13	14	15	16	17	18
		Asphalt Pavement Preservation (SLC)	UAC Annual Convention (St. George)		Flexible Pymnt Preservation (St. George)	
19	20	21	22	23	24	25
						
26	27	28	29	30		
		UDOT Engineering Conference (Ogden)				

For more information about any of these activities, please call the Utah T² Center at 1-800-822-8878.

December 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		NHI Media Relations for PW (SLC)				
10	11	12	13	14	15	16
		Asset Management (SLC)				
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						
31						

Attention Supervisors!!! Are you Maximizing Return on Your Greatest Investment? WE CAN HELP!

As we begin the fall/winter training season now is the time to assess what we are doing to build our most valuable resource: PERSONNEL! It is important that you determine what your current and future training and personnel needs will be so that your department will be prepared to meet the increased demand on that limited workforce! Here are some suggestions for making your assessment:

- Analyze current/future job requirements with regard to KSAs--knowledge, skills and abilities.
- Inventory current staff KSAs and compare with current/future job requirements.
- Identify gaps in staff KSAs and potential staff turnover/retirements.
- Evaluate ways to improve productivity.
- Develop a list of training/personnel development needs.
- Establish a 3-5 year staffing plan to address current/future work needs.
- Set up programs to meet personnel needs.

The Utah T² Center and our partners stand ready to assist local, state and Federal agencies in meeting your workforce needs. We have provided you with an outline of our proposed training program in the center of this newsletter. Please remove that section (which includes our three-month training calendar on the back)! Then post it where it can help you to tap into training opportunities and give you ideas on how to get the most out of your most valuable asset...your personnel! You can schedule or request a workshop by calling Keri at 1-800-822-8878!

(continued from page 1)

Recycled Asphalt Materials are Black Gold to Local Highway Agencies

Once the recycled asphalt material was spread to proper depth, the material was compacted with a steel wheel vibratory roller. The resulting product after compaction is shown in the following photographs (figures 3-4).



Figures 3-4. Compaction Results

Box Elder County Road Superintendent John Collom reported that the best results were achieved in spreading and compacting the recycled material when temperatures were the warmest. Water was also used to facilitate the spreading and compaction process. The material is more workable and can be compacted to its maximum density under these conditions. This process yields a road with a stabilized asphalt base that can carry heavy agricultural truck loads year round. From a pavement design perspective it is estimated that a structural number on the order of 1.50 is achieved which is equivalent to about three and one half inches of asphalt concrete surfacing.

Box Elder has taken a second step in their road upgrading process and that is to place a chip seal over the recycled asphalt

material. This seals the surface and keeps surface moisture from soaking into the recycled asphalt base and roadbed. The chip seal consists of an asphalt emulsion (CRS-2) placed at a rate of 0.5 gallons per square yard and a one half inch maximum size aggregate chip placed at 25 +/- pounds per square yard. An example of the completed road is shown in the photograph below (figure 5).



Figure 5. Completed Road

The estimated cost of Box Elder County's road improvement program using the recycled asphalt material including chip seal is about \$36,000 per two lane (26 feet wide) road mile. This includes all equipment, labor and materials costs. In addition, they have become heroes in the eyes of Box Elder County residents. Ms. Ida Cannon, secretary for the county road department, reports residents are standing in line to have the road to their house upgraded accordingly.

Similar road improvements using recycled asphalt material have been done in Summit County, Sevier County, and a number of towns in Utah. We commend UDOT, their contractors, and the county road department personnel who have taken the initiative to use this renewable road building resource, "black gold," to provide excellent road and street facilities to the user at minimal cost.

As the old saying goes, "One man's junk is another man's treasure." Recycled asphalt pavement materials can truly be a treasure to local highway agencies. A special thanks goes to the Utah Department of Transportation for working so closely with local highway agencies and making this valuable resource available.

New Video Catalog Now Available & On it's Way to YOU!

After months of work and long hours, we have just finished updating our T² Center Library Catalog and it is on it's way to YOU! Two copies are being sent to each city, town and county road department in Utah. The new catalog includes an item number to streamline the ordering process as well as full descriptions and other information useful to library users. Don't forget to make copies of the order form so you'll have them on-hand to send in your requests!

If you haven't received your copy by October 31, please check with your front office, and then call us at 1-800-822-8878. A limited number of additional copies will

be available for those who need one. We want to make sure you have the tools you need to meet the needs of your staff and the public you serve!

Despite our best efforts to keep our catalog up-to-date, we will already have some new materials not listed in the publication. So, please check out our constantly updated listing of all library materials on-line! You can search by title or topic to make your search easier. While you're there, you can also submit your request on-line! These and other resources are available at [<http://www.utaht2.usu.edu/>].

FEMA'S Project Impact Proactive Approach to Disaster

Washington D.C. September 13, 2000 -- Today the Federal Emergency Management Agency (FEMA) announced Project Impact: Building Disaster Resistant Communities, a nationwide effort to make America disaster resistant, has added 62 new communities. Since the 1997 inception of FEMA's Project Impact, there have been 185 communities working to save homes, lives and businesses through disaster prevention.

Project Impact's goal is to equip all communities in the U.S. with the knowledge and tools to reduce disaster damage. Communities in all 50 states and Puerto Rico are now involved, including four here in Utah. With the addition of these new communities, the number of localities participating in Project Impact is 247.

"I'm pleased to announce the expansion of FEMA's Project Impact efforts," Witt said. "This initiative has demonstrated that prevention works, and Project Impact will continue to help even

more businesses and residents shift their focus from simply responding to disasters to taking actions in advance to stop the devastating property damage and loss of life."

FEMA, state and local governments work with Project Impact communities to support disaster prevention actions, reduce future disaster potential, and ensure a community's new buildings and growth help avoid the vicious disaster cycle of damage-rebuild-damage.

The four Project Impact communities in Utah are Salt Lake City, Provo, Centerville and Logan. These cities have worked to assess the full picture of their disaster risk, and are taking steps to mitigate that risk. The program encourages them to form public-private partnerships to help accomplish preparedness goals. Even responding to unexpected disasters, like Salt Lake City's 1999 tornado, was enhanced by their participation in Project Impact. To learn more go to [<http://www.fema.gov/>].

Education "Yields" School Safety And we've got some important videos to help!

After a long, hot summer, our children are back in school and with them go our hopes and fears. This is particularly so when we hear of more and more deadly incidents between school children and drivers in a hurry. It means greater vigilance and training for those who stand between our children and danger...crossing guards!

To help school districts train these important public servants, the Utah T² Center is offering a video entitled "School Zone Safety" to introduce the importance of vigilance on the job, and how to best safeguard our most precious resource--our children! You can obtain a copy for your school or district, by calling the Utah T² Center at 1-800-822-8878. Cost of this video is just \$5. You can also borrow a copy from our lending library, free of charge. While you're calling, ask about our "Danger Signs" video!

Looking Ahead Utah Asphalt Conference March 7-8, 2001 Salt Lake City Hilton Hotel

Mark your calendars now for the Utah Asphalt Conference to be held in Salt Lake City! The cost is \$75 per person if paid by February 20, and \$100 after that! Return registrations to Keri Shoemaker in the Utah Technology Transfer Center office!

Vendors are welcome, and should contact Keri at 1-800-822-8878. You can check out updated information after December 1st at our website [www.utaht2.usu.edu].

Check out the New Look & Resources on Our Updated T² Center Website

So much has happened since we first introduced our T² Center website more than 3 years ago. Technology has expanded, more of you are on-line, and connections to on-line resources are faster and more user-friendly.

To help you better utilize our on-line resources, we've updated our website with a new, more user-friendly look. We've layered the site, so you can access information quickly and easily to save you valuable time and effort! Our site also contains more downloads and other material you can tap into at the click of the mouse.

Our lending library is on-line and available to review. Look for materials by title or topic. E-mail your request, and get the material without making a single phone call!

Look up our 3-month calendar. Find out about our training opportunities. Read our newsletters on-line even before they hit your desk and utilize the built-in links to the websites referenced. Then find out more about our research projects and technical services.

"Safety & Operations Electronic Reading Room"

Now Available on CD-ROM & On-line

FHWA has just released a new CD-ROM entitled "Safety and Operations Electronic Reading Room." This resource, produced in 1999 by FHWA, is a compilation of information on products, publications and research reports on Advanced Traveller Information Systems (ATIS), driver and human performance, driver information systems, intelligent vehicle/in-vehicle, ITS capabilities, older drivers,

Did you miss one of our presentations at Road School? It's on-line and available for you to download and review! Have you ever wondered about innovative contracting and how it might benefit your local agency? Check out our searchable database of innovative contracting techniques.

We partner with many other organizations to better serve you. You can see their training calendar in this publication, or you can go on-line and check out their entire website of resources! It's all there at the click of the mouse!

Over the next few months we'll be adding even more downloads and other handy features to our site. We encourage you to check them out, use them and let us know what you think!

Please e-mail our web manager, Brian Birch at [s1967@cc.usu.edu] or any member of the Center staff at [utaht2@cc.usu.edu] if you have any suggestions or ideas about how our website could serve you better! We're here to serve you in any way that we can!

pedestrian/bicyclist safety, roadway and roadside safety, safety management, traffic management systems and work zones. It also includes the FHWA publication "Improving Highway Safety at Bridges on Local Roads and Streets." The T² Center has ordered 10 copies for Utah local agencies to review, borrow, etc. and will also post it on-line at our website!

We're Updating our Mailing List & We Need YOUR Help!

It's been a while since we checked with you, and we've got a few things we need to know!

- Did you inherit this newsletter from your predecessor and it's still in their name?
- Is your office getting more copies than you need?

If you answered yes to these questions and would like to make a change, PLEASE contact us to update our database. We can't do it without you!

We use our database to distribute this quarterly newsletter and to send out periodic brochures about upcoming training opportunities. To get this important information where it needs to go, and when it needs to be there, we need you to let us know where you are! (If you do not want to receive this newsletter or other mailings, we'd like to know that as well.)

You can contact us by e-mail, phone, fax or mail. It's simple, it's easy, and it's painless! And it allows us to better serve you!

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FAX (435) 797-1582

If you use fax or mail, please complete the form on the last page of this newsletter and fax the entire page so we can see your original mailing label!

Please Help Us Update Our Mailing List!

Please type or print.

Name: _____

Title: _____

Organization: _____

Address: _____

Phone: _____

Fax: _____

E-mail: _____

Are you currently on the T² Center mailing list? Yes No

Is this information a change from the mailing label of this newsletter? Yes No

Do you want to be included on our e-mail alert list? Yes No

Please FAX to the Utah Technology Transfer Center(435) 797-1582

Check out the Links

LTAP Clearinghouse Has "You Show Us" Solutions On-line

Have you been wondering if anyone has any great ideas on a guardrail cleaning device? Find out at the website for the LTAP Clearinghouse [www.ltapt2.org]. Creative and cost-effective solutions like this, and many more, are detailed there.

Just click where the Region 8 "You Show Us" Winners are listed and review the best ideas shared from this contest over the years!

You just might realize you have a good idea of your own to share for next year's contest!



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Federal Highway Administration

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