

## AARS - join a rich tradition

The American Association of Railroad Superintendents is one of the oldest—if not the oldest—organization of its kind on this continent. The parent organization, The Association of Railway Superintendents, was organized in 1881 and it functioned in about the same manner as we do today.

## Membership benefits

- Quarterly newsletter
- Annual meetings
- Winter meetings
- Seminars
- Scholarships
- Networking forums

## Members include

- CEOs
- AVPs
- Presidents
- Superintendents
- Trainmasters
- Terminal Managers
- Engineers
- Operating managers
- Training managers
- Government leaders
- Division managers
- Administration managers
- Safety managers
- Railroad vendors
- And many more...



Seaside in Portland, Maine

## AARS Delivers Double Meeting In *Portland, Maine*

**TWO GREAT EDUCATION AND NETWORKING OPPORTUNITIES IN ONE LOCATION!**

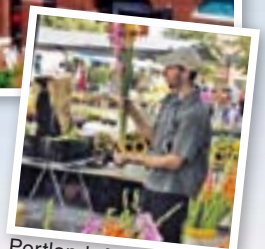
With an eye toward keeping costs down for our attendees and for the first time in its history, the AARS will offer two meeting opportunities in one location. In addition to its Annual Meeting, July 16-18 in Portland, Maine, the AARS will also offer a Derailment Investigation Seminar July 15-16 in the same location that features Gary Wolf of Rail Sciences, Inc. For those seeking derailment investigation education and who would like to take advantage of the educational and networking opportunities of the AARS Annual Meeting, this is a great two-in-one solution.

At the Annual Meeting, attendees will learn about hot topics such as the potential impact of the \$787 billion Federal Stimulus Bill passed in February, implementation of requirements of the Rail Safety Improvement Act and how leading railroads are improving productivity with technology. The meeting will feature charge speaker, David Fink, Pan Am Railways

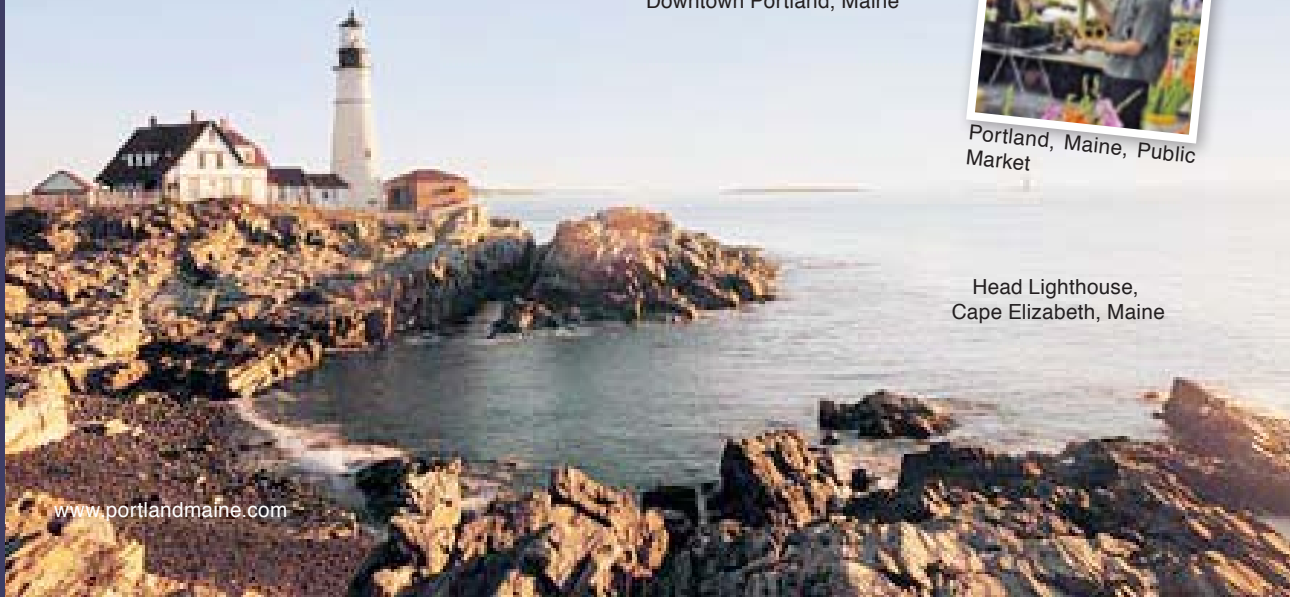
Continued on page 2



Downtown Portland, Maine



Portland, Maine, Public Market



Head Lighthouse, Cape Elizabeth, Maine

# Portland, Maine

Continued from page 1.

president, and luncheon speaker, Joe Szabo, newly appointed FRA Administrator.

The derailment seminar will provide attendees with working knowledge of basic track structure and performance; examination of detail on axle loads, traffic density and operating speeds; more effective job performance; practical answers to questions about yard derailments; and the latest information about methods and technologies used in current railroading practice and applicable rules, regulations and standards.

AARS Annual Meeting attendees will be treated to a seaside dinner in Old Portland as well as a Saturday tour on the Maine Eastern Railroad. The area offers an abundance of attractions for visitors including lighthouse tours, boat tours of the Casco Bay and islands, historic Northeast landmarks, the famous L.L.Bean shop and more.

Register online now at [www.railroad-superintendents.org](http://www.railroad-superintendents.org) or mail in the enclosed registration forms.

## **En Route to Portland, Maine? AARS visits the eastern seaboard for July Meeting and Derailment Seminar.**

Portland is an old seacoast town. It is also a funky city filled with galleries, one-of-a-kind boutiques and shops, and incredible restaurants serving everything from New England clam chowder, lobster rolls and Maine seafood to nouvelle cuisine.

Portland stands as one of the few working waterfronts remaining in the U.S. and is New England's largest tonnage seaport and second largest fishing port.

Portland is also the second largest oil port on the East Coast and the largest foreign inbound transit tonnage port in the United States!

At every turn, Portland is an experience for everyone. Visitors can never run out of things to do in Portland. Although

a small city, Portland offers the historical, recreational, and cultural activities of a major metropolitan region.

The Henry Wadsworth Longfellow House is open to the public. Built in 1785, it is the oldest standing structure on the Portland peninsula, and the only family residence to survive in the downtown business district. It was the boyhood home of poet Henry Wadsworth Longfellow, one of the most famous men of his time. Original furnishings reflect the differences in style of the three generations who lived there. The House is preserved as a memorial to Henry Wadsworth Longfellow and his family.

Visitors throng to the "Old Port," located along Portland Harbor and Casco Bay. A revitalized warehouse district, this vibrant old seaport has been reconstructed to 19th century Victorian splendor, with cobbled streets and quaint shops and restaurants in restored commercial buildings.

Portland is home to many cultural sites of interest, including the Portland Museum of Art, Portland Stage Company, and SPACE Gallery, to name a few.

A wide variety of tours are available, either on land or water. Whether it be a walking tour to Greater Portland landmarks or the many historic parks within the city, or a narrated trolley tour, or a cruise along Casco Bay, Portland has something for everyone.

Recreational opportunities are many, including white water rafting, deep-sea or fresh-water fishing, golfing, mountain climbing, biking, or hiking along any of Portland's one hundred miles of nature trails.

Portland has a national reputation for the quality of its restaurants, of which there are 230, offering visitors a wide dining selection.

Learn more about Portland and the south coast of Maine by visiting [www.maine.com](http://www.maine.com).

## **American Association of Railroad Superintendents Frank J. Richter Scholarship Program**

The American Association of Railroad Superintendents is pleased to announce the availability of \$1,000 annual scholarships for eligible college or university students enrolled at an accredited college or university in the United States or Canada.

### **To be eligible**

Be enrolled at the time of application as a full-time undergraduate or graduate student at an accredited college or university. Preference will be given to those applicants enrolled in the transportation field. All applicants will be considered.

Demonstrate successful completion of the previous year's study by maintaining at least a 2.75 accumulated grade point average on a scale of 1 to 4 with an "A" equal to 4.

Accumulate enough credits from accredited school(s) in time for the fall semester to have obtained at least a sophomore level standing at the college or university of enrollment.

Scholarship funds, awarded annually, are sent to the financial aid office at each recipient's institution at the beginning of the fall term of his/her second year of study.

Application deadline is July 1.

Applications must be sent to the President of the AARS and post-marked no later than July 1 for consideration for the following fall term. Applications are available through the AARS Web site: <http://www.railroadsuperintendents.org>, or the AARS Office, P.O. Box 200, LaFox, IL 60147 708-342-0210.

## **Announcing a New AARS Web site**

Although the AARS is more than 130 years old, our Web site must reflect the needs of today's members. That's why we are updating our Web site to provide more educational content, more networking opportunities and the latest insights from our meeting speakers and members. Members will soon receive an e-mail announcing the launch of the site. When members log on,

they will be prompted to update their profile so that other members can easily connect with them. Members will be given the option to show as much or as little of their contact information as they wish on the site. And if members haven't yet paid 2009 dues, it will provide an online option to get memberships up-to-date. Stay tuned for your e-mail notification to log on!

## A moment with Mike Paras, Belt Railway Company of Chicago

# Improving Productivity with Technology

Mike Paras, Belt Railway Company of Chicago general manager-Transportation, will speak to AARS attendants July 17 at the meeting in Portland, Maine. Paras grew a seasoned background through his varied positions with companies such as the Denver & Rio Grande Western Railroad, Southern Pacific, and later at Union Pacific. His vision for the future of the railroads holds a simple, but dedicated approach. Come to the meeting in Portland, to learn more!

**Who is Mike Paras?** Paras has worked in the railroad industry for 37 years, working in various capacities including clerk, trainman, yardmaster, trainmaster for the Denver & Rio Grande Western Railroad. He has worked as a superintendent in Illinois, Kansas and Colorado, before moving to UP's headquarters in Omaha, Neb, in 2004 as the safety initiatives general manager. In 2005, he joined the Belt Railway Company of Chicago as the general manager.

**Who does the Belt Railway serve?** Fourteen railroads in the Chicago area depend on the skill of the Belt Railway to efficiently transfer freight through Chicago. The Belt Railway's "belt line" links every major railway in Chicago and serves South Chicago and the Calumet districts. Approximately 100 industries are located on the belt line, allowing access to the major railroads that the Belt Railway serves.

As a leader in the industry, Paras believes in credibility.

"If you don't have that in the industry, you don't have anything," he said.

As the Transportation GM, it is imperative that his department works well with all other departments to ensure the Belt's success.

**What are some suggestions you have of products that improve technology?**

"The way I look at technology, you can break it down into three buckets: technology that improves the physical plant, technology to improve processes and technology that can make managers more effective by making their tools more accessible, user friendly and mobile.

Most people think of technology improvement as mostly the physical plant, but it is much more than that."

**Is it important to invest capital for better results?** "I used to work for Dennis Duffy at UP; he always said before

you invest in capital you look at improving and streamlining all processes and shore up that side before you get to the point you put rail in the ground. You eliminate gaps first and then you can start considering new rail in the ground. The last thing you should do is improve the physical plant."

**What have you experienced on the Belt Railway Company of Chicago when implementing new technology?**

"We implemented a messaging system in our computer network to code and classify cars. If we plan for a car's outbound train, it will allow our customers more knowledge and satisfaction in our service. I have taken this philosophy to heart. Reducing the gaps, and maintaining a disciplined operation has made us more effective. Ninety percent of inbound receipts make their first available connection. Belt Railway installed radio-controlled hydro switches to help clear grade crossings and increase capacity.

Our managers are all mobile. Each has a laptop with a wireless Internet card."

**How have you seen technology benefit other railroads?** "All railroads are after the same thing – more user friendly applications and making managers more effective. We don't want to spend more money to put more rail in the ground; what we want is to become more efficient, but we may have different spins."

**What is the first step?** "Look at where the gaps are and ask yourselves: Where do we see the opportunities for our railroad? Then, eliminate the waste and reduce the gaps. Ask yourself is what you are doing really necessary? Look at your situation from a whiteboard, but you don't need to reinvent the wheel. Discover your needs and be patient."

**What should we expect in costs to implement new technology?** "It is pretty economical and there are several solutions. Don't be afraid to learn from each other. Develop an effective implementation plan and follow-through. Be patient and see it through. Then, if you need to tweak it after implementation, be sure to work with the user and make sure it still fits the need. Most importantly, always keep the customer in mind."



Mike Paras



## AARS Offers MSU Scholarship for Railway Certificate Program

The American Association of Railroad Superintendents is pleased to announce the availability of the MSU Scholarship for the Certificate Course in Railway Management Scholarship from Michigan State University. The scholarship is available to any current railroad employee. The applicant does not have to be a member of the AARS to qualify for

this opportunity.

The scholarship is offered in the amount of \$15,000, and is fully funded by MSU.

The deadline for application is July 30, 2009. Applications are available online at [www.railroadsuperintendents.org](http://www.railroadsuperintendents.org) or by calling the AARS office at 331-643-3369. Applications are to be

submitted to the AARS office at the address listed below.

For those interested in information regarding the course, please contact Dennis Neilson, Director Rail Projects, Michigan State University, at [neilson@msu.edu](mailto:neilson@msu.edu).

The dates and locations for the 2009 Session IV course are located on Page 8.

# Registration Forms & Meeting Schedule

## MEETING SCHEDULE

### Thursday, July 16, 2009

5:30-7:30 p.m. Registration/Reception  
Technical Showcase  
Exhibitor Recognition

This years raffle prizes include Arctic Armor™ suits from IDIGear!!

### Friday, July 17, 2009

7 a.m. Technical Showcase, Continental Breakfast  
8 a.m. Opening Remarks by AARS Second VP Don Orseno, Chief Customer Service Officer, Metra  
Safety Briefing, AARS Third VP Earl Wacker, Vice President - Rail, URS Corp.  
Invocation, AARS Immediate Past President Tom Lobello, COO, New Orleans Public Belt  
President's Address by Ronald L. Batory, President and Chief Operating Officer, Consolidated Rail Corporation  
8:15 a.m. Charge to Superintendents by David Fink, President, Pan Am Railways  
9 a.m. Improving Productivity with Technology by Michael Paras, General Manager of Transportation, Belt Railway Company of Chicago  
10 a.m. Technical Showcase/Break  
10:30 a.m. Federal Stimulus Impact and Outlook for the Rail Industry Panel  
Noon Annual Luncheon  
Keynote Address by Joe Szabo, FRA Administrator  
1:15 p.m. Rail Safety Act Implementation Update by Ed Pritchard, FRA Director of the Office of Safety Assurance and Compliance  
2:15 p.m. Future Outlook of the Railway Industry in the Northeast  
Moderated by Drew Galloway, Amtrak  
Panelists: Kit Morgan, New Hampshire DOT, Nathan Moulton, Maine DOT and Robert Ide, Vermont DOT  
3 p.m. Technical Showcase/Break  
3:15 p.m. CSXT Outlook  
4 p.m. Business Session  
5 p.m. Adjourn  
5:45 p.m. Board buses for the AARS Annual Dinner Bayside at the "Saltwater Grille"  
(231 Front St., South Portland, ME 04106)  
8 p.m. Buses return to Holiday Inn by the Bay (88 Spring St., Portland, ME 04101)

### Spouse/Guest Program

9 a.m. Land and Sea Tour of Casco Bay, Lighthouses and Lunch in Old Portland  
4 p.m. Return to hotel

### Saturday, July 18, 2009

8 a.m. Technical Showcase  
Continental Breakfast  
9 a.m. Board Bus to Maine Eastern, Railroad Brunswick Depot  
10 a.m. Board Maine Eastern for Oceanside Trip to Rockland, Maine  
Noon Arrive in Rockland for a traditional New England luncheon  
(Bus will be available for those who require early return to hotel.)  
3:45 p.m. Board train for return to Brunswick  
6 p.m. Arrive in Brunswick and board bus to return to hotel  
6:45 p.m. Arrive at hotel.

**Our thanks to 2009 Annual Meeting Committee:  
Don Orseno, Program Chairman  
Committee: Joe DeMike, Darin Fries, Joe Garofolo,  
Dick Neumann, Don Saunders, and Gary Shaw**

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**AMERICAN ASSOCIATION OF RAILROAD SUPERINTENDENTS**  
**113th Annual Meeting and Technical Showcase July 16-18, 2009**  
 Holiday Inn by the Bay, Portland, Maine 1-800-345-5050

(Only one registrant and spouse/guest per form please)

Name: \_\_\_\_\_ Title: \_\_\_\_\_  
(PRINT NAME AS IT IS TO APPEAR ON BADGE)

Company: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Spouse/Guest's name(s) appear on badge(s): \_\_\_\_\_  
(Business Associates may not register as a spouse/guest)

**Please check all the events you and your spouse/guest plan to attend:**

	Attendee/Exhibitor	Spouse/Guest	Extra Guest
<b>Thursday, July 16</b>			
Technical Showcase/Reception	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Friday, July 17</b>			
Continental Breakfast	<input type="checkbox"/>		
Annual Luncheon	<input type="checkbox"/>		
Spouse/Guest Tour		<input type="checkbox"/>	<input type="checkbox"/>
Friday Evening Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Saturday, July 18</b>			
Continental Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maine Eastern RR Tour	<input type="checkbox"/>		

**Amount Enclosed**

Exhibitors Fee .....	<input type="text"/>	\$325 (Table, Reception, Breakfast, Lunch, Dinner)
Member Registration .....	<input type="text"/>	\$295 (Reception, Breakfast, Lunch & Dinner)
Non-Member Registration .....	<input type="text"/>	\$370 (Same as Member plus one year's membership)
Spouse/Guest Registration .....	<input type="text"/>	\$150 (Includes Reception, Tour & Dinner)
Extra Guest .....	<input type="text"/>	\$90 (Includes Reception, Tour & Dinner)
<b>Total Amount Enclosed</b> \$	<input type="text"/>	

**To pay by U.S. Mail, please submit this form with a check payable to AARS.**

**Registration and Cancellation Policies**

Registration form cannot be accepted without accompanying payment.

A refund of 85 % will be given for cancellations made before July 3.

For cancellations after July 3, registration fees will be applied to future meeting registration

**Hotel Reservations**

Hotel reservations must be made directly with the hotel:

Holiday Inn by the Bay 88 Spring Street Portland, Maine 04101 **1-800-345-5050**

Room Rate for AARS: \$159/night

To obtain AARS rate, specify your attendance at the AARS Annual Meeting and Technical Showcase and make your reservation by **June 16, 2009**.

Room Cancellation Policy: 48 hours notice

**AARS, P. O. Box 200, LaFox IL 60147 / Phone: 331-643-3369 / FAX: 630-762-0755**

**Email: [aars@railroadsuperintendents.org](mailto:aars@railroadsuperintendents.org)**

# Derailment Seminar Registration & Schedule

## Wednesday, July 15

8:00	Introduction	
	Course Objectives and Goals	
	What is a Derailment?	
	Derailment Myths and Misconceptions	
	Industry Statistics	2:30
	L/V Ratio	2:45
	Wheel Climb Factors	
	Rail Rollover Factors	
10:00	Break	
10:15	Track and Engineering Issues	
	Elements and Basics of the Track Structure	
	Rail Identification	
	Rail Wear and Effect on Rollover Potential	4:30
	Broken Rail Derailments	
	Fasteners (Spikes and Clips)	
	Cross-ties, Differential Plate Cutting	
12:00	Lunch	
12:45	Continuation of Track Issues	

	Ballast and Subgrade	
	Rail Anchors	
	Track Buckle Derailments	
	Curve Super-elevations Issues	
	Switches & Turnouts (Wedges)	
	Break	
	Continuation of Track Issues	
	Rail Lubrication	
	Track Cross-level and Twist	
	FRA Track Safety Standards – Gage, Cross-level, Elevations, Horizontal Alignment, Recording And Plotting Measurements	
	Mechanical Issues	4:30
	Car and Casting Identification	
	The Anatomy of the Three Piece Truck	
	Side Frame Bottoms	
	Purpose of Friction Dampers (Wedges)	
	Adjourn	5:00

## Thursday, July 16

8:00	Continuation of Mechanical Issues	
	Wedge Rise, Harmonic Rock and Roll	
	Vertical Bounce, Track Hunting, Curving Mechanics and the Warped Truck	3:00
10:00	Break	3:15
10:15	Continuation of Mechanical Issues	
	Conventional Side Bearings	
	Influence of Tight Side Bearings On Derailments	
	Constant Contact Side Bearings	
	Centerbowl/Centerplate Issues	4:00
	Stiff Truck Derailments	
	New Car Syndrome	
12:00	Lunch	
12:45	Continuation of Mechanical Issues	
	Frame Bracing Issues	
	Wheels:	
	Thin/Vertical Flange, Tread	
	Wear, Wheel Profile Issues,	
	Wheel Flange Angle, Hollow	
	Worn Wheels, Wheel Tapes	
	Back-to-Back Measurements	
	Bearings and Bearing Adapters	
	Roller Bearing Failure Derailments	
	Mechanical Inspections Forms and Data	
2:00	Track/Train Dynamic Issues	
	Air Brake Issues, Emergencies and UDE's	
	Locomotive Independent Brake Issues	5:00
	How to read and interpret Event Recorder Data	
	Excessive Draft Force, Stringlining	
	Excessive Buff Force, Jackknifing, Rail Roll Over	

	Tractive Effort	
	Dynamic Breaking Effort	
	Slack Action Derailments	
	Train Make-Up and Car Placements	
	Break	
	Human Factor Causes	
	Statistics and Typical Causes	
	A Systematic Approach to Human Factor Derailments	
	Team Approaches to Prevention of Human Factor Causes	
	Site Investigation Techniques (The Derailment Dozen)	4:00
	Overview – 12 Steps to a Successful Investigation	
	Safety at Site	-
	D&A Testing	-
	Train Documentation	-
	Crew Interview	-
	Photo/Videos	-
	Metallurgical Specimen Handling	-
	Event Recorder Data	-
	Finding the POD	-
	Using Rail Marks as Investigative Tools	-
	Finding First Wheel to Derail	-
	Car/Mechanical Measurements	-
	Track/Engineering Measurements	-
	Adjourn	5:00

Seminar attendees are invited to join Annual Meeting attendees at the AARS Technical Showcase and Reception from 5:30 - 7 p.m. at the Holiday Inn by the Bay

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**AMERICAN ASSOCIATION OF RAILROAD SUPERINTENDENTS**  
**6th Derailment Seminar**  
**Presented by Gary Wolf, Rail Sciences Inc.**  
Holiday Inn by the Bay, Portland, Maine  
**July 15-16, 2009**

(Only one registrant per form please)

Name: \_\_\_\_\_ Title: \_\_\_\_\_  
(PRINT NAME AS IT IS TO APPEAR ON BADGE)

Company: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

**Amount Enclosed**

Meeting Registration  \$395

To pay by mail, please submit this form with check payable to AARS.

**Registration and Cancellation Policies**

Registration form cannot be accepted without accompanying payment.

A refund of 85 % will be given for cancellations made before July 3, 2009.

For cancellations after July 3, registration fee will be applied to future meeting.

**Hotel Reservations**

Hotel reservations must be made directly with the hotel:

Holiday Inn by the Bay

**1-800-345-5050**

Room Rate for AARS: **\$159/night**

To obtain AARS rate, specify your attendance at the AARS Derailment Seminar and make your reservation by **June 16, 2009**.

Room Cancellation Policy: 48 hours notice

**AARS, P. O. Box 200, LaFox, IL 60147 Phone: 331.643.3369 FAX: 630.762.0755**

**Email: [aars@railroadsuperintendents.org](mailto:aars@railroadsuperintendents.org)**

**OUR MISSION:** To be a professional and educational association for persons engaged in the planning, design, management, supervision and/or regulation of, or the training of persons for, operations of the North American freight, passenger and metropolitan transit railroad systems. The Association shall gather, develop, evaluate and disseminate information for promoting railroad safety, reliability and efficiency by enhancing the knowledge, skills and professionalism (and thereby the effectiveness) of each member.

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Director Interline MGMT (Ret.), CP

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Chief Customer Service Officer, Metra

**Third Vice President:** Earl Wacker

Vice President - Rail, URS Corp.

**Treasurer:** Jim Ford

Superintendent, CTCO

Belt Railway Company of Chicago

**This is your newsletter**

AARS Journal appears under the direction of the board and administrative manager Carrie Foor. For news coverage, contact News Link newsletter office at 402-475-6398, fax 402-475-6398 or mail 1845 S. 11th Street, Lincoln, NE 68502-2211. E-mail jamie@newslink.com. This material is intended to be an overview of AARS news. In the case of discrepancies between this newsletter and official documents, those documents govern. AARS reserves the right to alter, suspend plans and programs described in this newsletter.

**AARS** American Association of  
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# MSU Railway Certificate Scholarship

Continued from page 3.

## 2009 Session IV course

<p><b>Week One</b>          November 8-13, 2009          MSU Campus          Fundamentals—An Introduction to          Railway and Transportation Issues</p> <p><b>Week Two</b>          December 6-11, 2009          Pueblo, CO          Working with Customers and          Financial Stakeholders</p> <p><b>Week Three</b>          February 14-19, 2010          Chicago, IL          Infrastructure, Rolling Stock, and          Command and Control</p> <p><b>Week Four</b>          March 14-19, 2010          MSU Campus          Reading and Understanding Reports</p>
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**Eligibility**

To be eligible for consideration, an applicant must:

- Be currently employed by a railroad.
- Have full support of their company during the course time.

Amount of Scholarship Award - \$15,000

The scholarship is funded by the Michigan State University Railway Certificate Program.

The cost of the four-week course is \$15,000 includes all lodging, breakfasts, lunches, textbooks and other classroom and field trip costs. Transportation costs to and from the course and most dinners are not included in the scholarship.

Application Deadline – July 30, 2009

Applications are available through the AARS Web site, [www.railroadsuperintendents.org](http://www.railroadsuperintendents.org) or the AARS Office 331-643-3369. Applications must be mailed, e-mailed or faxed (PO Box 200, LaFox IL 60147, [aars@railroadsuperintendents.org](mailto:aars@railroadsuperintendents.org), Fax: 630-762-0755) and

must be received by AARS no later than July 30, 2009. The successful candidate will be notified the week of Aug. 22.

**Application Process**

To apply for the scholarship the following materials must be completed and submitted to AARS:

1. A completed application for the MSU Railway Certificate Scholarship listing educational profile, employment profile, and one-page narrative.
2. A completed Company Sponsorship Form from the applicant's department supervisor.

**Evaluation and Notification**

The AARS Scholarship Committee will base its evaluation for awards on the materials submitted. Please note the scoring criteria on the application form. There is competition for this scholarship, so take the time to present yourself completely in your application. Candidates will be notified of the Committee's decision by Aug. 22, 2009.