



# DTP NEWSLETTER



Dulles Transit Partners, LLC, 1595 Spring Hill Road, Suite 600, Vienna, VA 22182  
[www.DullesTransitPartners.com](http://www.DullesTransitPartners.com) (703) 852-5900

## A Year of Dulles Rail Construction Progress

Stations, Guideways, Tunnels Under Construction  
for Phase 1

It's been a year of progress for Dulles Rail. Since the Federal Transit Administration's approval of \$900 million in "new starts" funds to complete the financial package for construction of Phase 1 of the Dulles Corridor Metrorail Project in March 2009, construction has started all along the 11-mile alignment from East Falls Church to Reston.

More than 95 percent of the construction of manholes and duct banks necessary for relocating the 21 utilities in the Route 7 alignment area have been completed. Some overhead power lines have been permanently removed and utility crews are now working in those manholes underground to connect the new lines.

### CONTACT US:

*For further information on DBE opportunities with Dulles Transit Partners:*

Felicia Bell, DBE Liaison  
(703) 852-5848

[Felicia.Bell@DullesTransitPartners.com](mailto:Felicia.Bell@DullesTransitPartners.com)

Revella Warega, DBE Coordinator  
(703) 852-6152

[Revella.Warega@DullesTransitPartners.com](mailto:Revella.Warega@DullesTransitPartners.com)

Nicole Wiley, DBE Coordinator  
(703) 852-4738

[Nicole.Wiley@DullesTransitPartners.com](mailto:Nicole.Wiley@DullesTransitPartners.com)

DTP Website:

[www.dullestransitpartners.com](http://www.dullestransitpartners.com)

Main number: (703) 852-5900

Project Website (MWAA): [www.dullesmetro.com](http://www.dullesmetro.com)

Main number: (703) 572-0500

Bid Opportunities:

[www.dullestransitpartners.com/Documents/Bid%20Opportunities.pdf](http://www.dullestransitpartners.com/Documents/Bid%20Opportunities.pdf)

### Project Update

The Project is very proud of its accomplishments to date, but three more years of work are ahead.

We appreciate the patience and support of the Tysons Corner community as we complete utility relocation and ramp up construction operations.

Over the next year, please pay particular attention to significant road closures and detours that may affect your commute as we build the Metro extension. The Project provides weekly updates to the public – so “know before you go!”

For more information on the Project, please visit our website at [www.dullesmetro.com](http://www.dullesmetro.com) or call 703-572-0500.



*The outbound tunnel that will carry rail between Route 123 and Route 7 in Tysons Corner is currently more than 500 feet long and passes completely under International Drive. Photo by Rich Silva, Dulles Corridor Metrorail Project*

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In spite of the record winter storms:

- Construction of the Wiehle Avenue Station on the eastern edge of Reston is underway.
- Crews this month will begin work on the Tysons East Station, the first of four stations that will serve Tysons Corner.
- Many of the piers are now in place for the guideway that will carry the trains from the existing Orange Line to the middle of the Dulles Connector Road and from the Dulles Connector Road to to the northwest side of Route 123 near Capital One.
- Preparations for guideway work are starting at Route 7 and the Dulles Toll Road.
- And, the mining of the two tunnels that will carry trains from Route 7 to Route 123 is proceeding on schedule.



*Pier guideway construction underway at the I-66 and Dulles Connector Road (Route 267) interchange. Photo by Dulles Corridor Metrorail Project*

The outbound tunnel now extends completely below International Drive and mining is about 200 feet into the inbound tunnel.

## Big Changes Coming to Route 7



*Construction of retaining walls on Route 7, necessary to build up the service roads to the same grade as Route 7 for lane shifting. Photo by Dulles Corridor Metrorail Project*

Heavy snow delayed plans for major changes to Route 7 in Tysons Corner until April. Here is what to expect:

- Elimination of all mid-block left turns.
- Shifting of traffic lanes on eastbound Route 7 between Route 123 and Gosnell Road to make room for construction of the Tysons Central 7 Station.
- Continuing construction of retaining walls along some sections of eastbound Route 7 where crews are elevating the existing service roads to the same grade as Route 7. This is taking place near Pike 7 Plaza and Best Buy.

### Fun Facts:

- More than 1,100 are now working on Dulles Rail.
- 214 caissons, underground supports for the aerial structures, have been built.
- More than 207 concrete sections of the aerial guideway that will support the rail track have been built at a staging area at Dulles Airport.
- Bridges are under construction to carry the rail tracks over Pimmit Run and Magarity Road in Falls Church/McLean, and the Washington & Old Dominion (W&OD) Trail in Reston.

# Health and Wellness in Construction: Are you a Diabetic?

*By: Arnaldo Cruz-Ayala  
DTP Occupational Health Nurse*

## All Accidents are Preventable

Sounds familiar, doesn't it? It should. Dulles Transit Partners holds this statement as one of its Core Values. However, our commitment to employee safety doesn't stop there – we also value your health and recognize the connection between a worker's health and his or her safety. To help all of our employees achieve Zero Accidents and maintain healthy and productive lives, we have implemented periodic health and wellness topics for our employees.

## Diabetes

The Centers for Disease Control recently indicated that nearly 24 million Americans have Diabetes and of those, 25 percent (about 6 million people) are unaware of their disease. Even worse, prior to the onset of Type 2 Diabetes, most people develop "Pre-Diabetes." This means their blood glucose levels are higher than normal, but not high enough to be called Diabetes. People with Pre-Diabetes are more likely to develop Diabetes within 10 years, have heart and blood vessel disease, and develop eye and kidney disease.

What's the good news? Proper treatment of Pre-Diabetes can completely prevent or at least delay the onset of Type 2 diabetes. Here are the signs and symptoms you should be aware of:

- Extreme thirst
- Frequent urination
- Unexplained weight loss
- Excessive hunger
- Increased fatigue
- Irritability
- Blurry vision

So, now you know the symptoms and are probably wondering, "What do I do now?"

- If you smoke - Stop!
- Treat high blood pressure and high cholesterol.
- Eat a heart healthy diet high in fruits and vegetables.
- Lose weight - even a small weight loss (five to 10 percent) can make a huge difference.
- Exercise - try to exercise 30 minutes a day, five days a week.

**Remember, being safe is no accident!**

For additional information, [view the Centers for Disease Control website](#).



# The Aging Worker in the U.S. Construction Industry

*Reducing the physical demands on all workers in construction is essential*

By: Laura Welch

Occupational Health & Safety

March 1, 2010

[Read the online version of this article](#)

Construction workers, like the rest of the U.S. population, are getting older. The average age in construction was 40.4 years in 2008, 4.4 years older than in 1985 (see Figure 1). More than 40 percent of construction workers are "Baby Boomers," that is, they were born between 1946 and 1964. The proportion of construction workers in this age range varies from 23 percent among roofers to 54 percent among construction managers. And construction workers overall stop working at an earlier age than other workers. These demographics predict an exodus of experienced workers from the industry in the next decade. CPWR – The Center for Construction Research and Training (formerly known as the Center to Protect Workers' Rights) is evaluating ways to increase work participation as construction workers age.

Because of the physical demands of the work, construction workers who are employed have to be healthier than the general population, but the same physical demands cause workers with injuries or illness to leave the industry. We know that 10 percent of construction workers do not return to work after an injury, and that construction workers with a musculoskeletal disorder (MSD), lung disease, or injury are more likely to retire on disability than workers with the same conditions in less physically demanding work.

And even without an injury or an MSD, construction workers have a high risk for serious diseases down the road. Construction workers in the United States have the highest rate of smoking among all occupations, at 37.7 percent, compared to a national average of 22 percent, carrying a risk for lung cancer and chronic lung disease. Forty-three percent of U.S. construction workers are overweight, compared to 35 percent of all workers, with a risk for diabetes and heart disease. Because construction work includes a lot of material handling, awkward posture, and other physical demands, many construction workers also develop work-related MSDs, such as chronic low back pain or shoulder problems. Research shows that a worker will retire early if his work is physically demanding or his workplace has limited opportunity for job accommodation; these factors are prevalent in construction. If one looks at the increasing age of workers in this industry, the likelihood of a construction worker developing an MSD or other chronic disease, combined with the industry characteristics mentioned, one can anticipate a shortage of experienced workers in the next decade.

## Addressing Major Risk Factors

Work ability is a measure of the balance between work and personal capacity; older age is linked to a reduction in both quality of life and work ability. The Work Ability Index (WAI) was developed in the early 1980s to identify factors that would sustain work as workers age. The questionnaire is now available in 26 languages and is commonly used in research worldwide. Physical work load is an important determinant of work ability among construction workers, and in turn work ability is highly predictive of disability among construction workers. A construction worker between the ages of 45 and 54 with a low Work Ability Index and severe low back pain has a 40-fold increased probability of disability retirement compared to a construction worker without

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those risk factors. New research shows that reducing obesity, smoking, and manual materials handling, plus improving the worker's control over his own work tasks, can keep construction workers successfully employed.

A study among construction roofers in the United States demonstrated that workers over 55 had lower physical functioning and were more likely to have both a chronic medical condition and an MSD. Consistent with the prior research noted above, older age, reduced physical function, and lack of job accommodation among these roofers were each predictive of early retirement. This study also found that construction roofers who had received job accommodation for an MSD or a medical condition were four times less likely to retire compared to workers with similar medical status but without accommodation. Some form of job accommodation was offered to more than 30 percent of the workers in the study, and many of the accommodations were relatively simple, such as allowing more time to accomplish a task or changing the work schedule; few employers provided new tools or equipment.

These findings are not all that surprising, since we know from research in other industries that job accommodation reduces disability and that vocationally oriented multi-disciplinary rehabilitation programs reduce sickness absence and delay retirement. However, construction job sites are by definition temporary and mobile. The absence of steady employment relationships may discourage job accommodation; the employer may be more likely to hire a new worker than accommodate an injured one. An intervention program for construction workers in the Netherlands demonstrated that such programs are both feasible and effective in the construction industry. More information on the effectiveness and cost-benefit of job accommodation in US construction is needed.

### **Other Interventions**

So how can we keep construction workers active and productive at work? A program developed in Finland to promote work ability and prevent premature retirement among all workers identified four important areas: Improvement in work demands, improvement in work organization, promotion of the worker's health and function, and promotion of the worker's professional competence. Relevant research initiatives at CPWR are focused on (1) improving safety culture and work organization, (2) implementing design for safety to reduce injury and MSDs, (3) identifying solutions to reduce the physical demands of work, and (4) reducing the burden of chronic disease among construction workers. Success in each of these areas requires both understanding how the construction industry is different from other industries, and taking advantage of its special characteristics. The work is physically demanding and every changing. The industry values field innovation, and respects the skills and autonomy of the craft worker. Given these factors, participation of workers, trade unions, and contractors is essential in the development of solutions to improve work ability.

Reducing the physical demands on all workers in construction is essential. Success will require changing the culture of construction, developing new task-specific ergonomic innovations and promoting participatory ergonomics programs for this industry. The construction work environment changes as a project moves through various stages of construction, workers change to new work locations frequently as projects are of relatively short duration, and the majority of construction work occurs at the ground and ceiling levels, placing workers in awkward postures for the majority of their work. By

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understanding these challenges, researchers have developed effective interventions that can reduce physical demands in construction. These interventions include reducing back stress in masons through adjusting work height, eliminating shoulder strain during overhead drilling tasks with a drill support, and a variety of approaches to reduce manual materials handling.

At the same time, CPWR and partners have identified important factors that facilitate or impede interventions for this industry. Interventions that are more likely to succeed have a relative advantage, are compatible with prevailing norms or practices, can be tried before being implemented, and have a readily observable impact. CPWR is planning a rigorous analysis of a participatory ergonomic program for construction workers to gather data on these and other factors that enhance or impede adoption of solutions for the high physical stress in construction.

Improved safety culture is associated with reduced injury, better compliance with personal protective equipment (PPE), and other factors. One CPWR project is working with pipefitters and plumbers and their employers from three geographical regions. Activities include: (1) Surveying worker and contractor representatives to identify barriers to safe working behavior considered to be most prevalent and severe; (2) implementing training programs for worker and contractor representatives that address ways to alleviate these barriers; and (3) assessing the effectiveness of these training programs for reducing barriers, increasing safety behaviors, and decreasing injuries (4) developing the most attractive and effective dissemination channels of safety research findings based on focus groups of worker, contractor, and other safety representatives; (5) tailoring safety campaigns to worker and contractor representatives; and (6) evaluating the

effectiveness of the safety communication campaigns for increasing knowledge and awareness about construction safety barriers. Although not yet proven, it is likely that companies with a good safety culture would be more successful in implementation of a participatory ergonomics program, as well.

Health promotion programs are needed to reduce obesity and smoking among construction workers, and programs that integrate health promotion with information on occupational hazards in construction have been shown to be more effective than health promotion alone. Occupational physicians have worked successfully with labor unions on effective health promotion/health protection programs and helped change the social context for smoking and other risk factors for chronic disease. CPWR is partnering with health and welfare funds in the construction industry to implement evidence-based disease management programs, with an initial focus on diabetes and cardiovascular disease; the evaluation will include measurement of both the costs and the quality of medical care provided.

Now that factors affecting work ability among construction workers have been identified and effective tools and approaches to these factors described, the construction industry and the occupational health community need to increase the range and scope of programs to reduce physical demands, reduce obesity and smoking, and improve work ability. New technologies, educational materials, Web sites, and training workshops alone are not sufficient to improve the work environment and work ability. Successful implementation of rehabilitation programs, ergonomics and health promotion require integration and implementation of these programs within the community of construction. Let's get to work.

**Featured DBE Firm:  
Crystal Steel Fabricators, Inc.**



Founded in 1992 in Delmar, Del., Crystal Steel Fabricators, Inc. has grown to become a leading structural steel fabricator in the Mid-Atlantic region and a global business. Crystal Steel is an *AISC Certified Fabricator* and a certified DBE/MBE in multiple jurisdictions. Crystal Steel serves the largest and most sophisticated clients in the industry including *Bechtel, Gilbane, Whiting-Turner, Turner, Holder, and Hess*. The company delivers steel to jobsites from Virginia to New York on time, and as promised.

Crystal Metalworks Inc., its Miscellaneous and Ornamental Metals division headquartered in Hatfield, Pa., provides award-winning craftsmanship and allows the firm to offer a complete metals solution to our clients. With one of the largest in-house detailing

organizations in the industry, Crystal Steel can produce shop drawings for the most difficult jobs and meet the most demanding schedules. It has more than 50 detailers, each trained to use 3D structural detailing software, giving Crystal Steel the capacity to detail 20,000 tons of steel per year.

Crystal Steel is proud to be providing the structural steel frame for five station mezzanines on the Dulles Corridor Metrorail Project. It will be fabricating and delivering more than 1,500 tons of structural steel starting with the Wiehle Avenue station in Summer 2010 and continuing through the construction of the Tysons East Station in Fall 2010, the Tysons West Station in Winter 2010-2011, the Tysons 123 Station in July 2011 and Tysons Central Station in September 2011.



**William Lo**  
**9317 Old Racetrack Road**  
**Delmar, DE 19940**  
**(302) 846-0613**  
[www.crystalsteel.com](http://www.crystalsteel.com)

## UPCOMING EVENTS & OTHER INFO

Local community group leaders who want to ensure that your organization's members can benefit from contracting opportunities:



Consider joining the  
Virginia MegaProjects Community Resource Board (CRB)  
The next meeting is  
Tuesday, June 8, 2010  
5-7 p.m.

VA MegaProjects office  
6363 Walker Lane, Alexandria, VA  
If interested, please call Carolyn Wolcott at 703-483-2602

### DTP DBE PROGRAM: Getting Certified as a DBE

#### DTP has a DBE Project Goal of 10 percent

- Two (2) agencies issue DBE certifications applicable to the DTP DBE Program:
  - Metropolitan Washington Airports Authority (MWAA)
    - DBE Certification Application Website Address:  
[http://www.mwaa.com/business\\_information/contracting\\_opportunities/equal\\_opportunity\\_programs/ldbe\\_dbe\\_certification](http://www.mwaa.com/business_information/contracting_opportunities/equal_opportunity_programs/ldbe_dbe_certification)
  - Virginia Department Minority Business Enterprise (VDMBE)
    - DBE Certification Application Website Address:  
<http://www.dmb.e.virginia.gov/dbecert.html>

#### NEED ASSISTANCE WITH YOUR DBE/LDBE CERTIFICATION? Contact:

Pawnee L. Wentt  
PLW & Associates  
7718 Saratoga Ridge Court, #201  
Springfield, VA 22153  
(703) 629-7510  
[plwassociates@verizon.net](mailto:plwassociates@verizon.net)

# Meet DTP's DBE FIRMS

*The following firms are currently under contract at DTP*

	DBE Firm	Work Description	ST	Point of Contact	Phone #	Email
1	AA Group	Site Preparation	VA	Konplay Chanthamixay	703-594-2677	
2	AB Consultants	Landscape Design	MD	Amrish Patel	301-470-2476	<a href="mailto:AMRISH.PATEL@ABCONSULTANTSINC.COM">AMRISH.PATEL@ABCONSULTANTSINC.COM</a>
3	ABM Trucking, LLC.	Trucking and Hauling	VA	Claudia Fuentes	703-843-6589	<a href="mailto:FUENTESCLAUDIA21@YAHOO.COM">FUENTESCLAUDIA21@YAHOO.COM</a>
4	AC & DC Power Technologies	Furnish and Install UPS and Batteries	GA	Marlene McCartha	678-817-7996	<a href="mailto:MCCARTHA1@EARTHLINK.NET">MCCARTHA1@EARTHLINK.NET</a>
5	ADA Trucking, LLC.	Trucking and Hauling	VA	Alexander Sandoval	703-296-7138	<a href="mailto:SALEXANDER@ADATRUCKING.COM">SALEXANDER@ADATRUCKING.COM</a>
6	Aggregate Relocation Specialists	Trucking and Hauling	VA	Ginger Goff	540-347-4039	<a href="mailto:GOFF364@COMCAST.NET">GOFF364@COMCAST.NET</a>
7	Air, Water and Soil Laboratories, Inc.	Environmental Research and Development Laboratories	VA	Carmela Tombes	804-358-8295	<a href="mailto:CTOMBES@AWSLABS.COM">CTOMBES@AWSLABS.COM</a>
8	Alvarado Trucking, Inc.	Trucking and Hauling	VA	Rutilio Alvarado	571-225-1770	<a href="mailto:ROALVARADO@ALVARADOTRUCKING.COM">ROALVARADO@ALVARADOTRUCKING.COM</a>
9	Alvarenga Trucking	Trucking and Hauling	VA	Manuel Alvarenga	703-314-4307	<a href="mailto:DANNY1215@VERIZON.NET">DANNY1215@VERIZON.NET</a>
10	AM-1 Trucking, LLC.	Trucking and Hauling	VA	Alfred Medina	703-898-5911	<a href="mailto:RAWKEY00@GMAIL.COM">RAWKEY00@GMAIL.COM</a>
11	A&M Concrete Corporation	Concrete Services	VA	Joe Alves	703-867-0634	<a href="mailto:ACORADO@AOL.COM">ACORADO@AOL.COM</a>
12	Amelie Construction and Supply Company	Structural Steel, Poured Concrete Structure Construction	PA	Danielle Proctor	724-352-4700	<a href="mailto:DPROCTOR@AMELIECONSTRUCTION.COM">DPROCTOR@AMELIECONSTRUCTION.COM</a>
13	Amtrac Railroad Contractors of Maryland, Inc.	Railroad Construction	MD	Jacqueline Manzini	301-797-3730	<a href="mailto:JMANZINI@AMTRACMD.COM">JMANZINI@AMTRACMD.COM</a>
14	Andy & Eddie Trucking, Inc.	Trucking and Hauling	VA	Eduardo Estrada	703-856-7837	<a href="mailto:EDUCLA03@HOTMAIL.COM">EDUCLA03@HOTMAIL.COM</a>
15	Aquia Trucking, Inc.	Trucking and Hauling	VA	Wilde Moran	571-237-6507	<a href="mailto:MORAN33645@AOL.COM">MORAN33645@AOL.COM</a>
16	ARG Tile, LLC	Trucking and Hauling	VA	Adalberto Rodriguez	703-587-4066	<a href="mailto:AYRTRUCKING@YAHOO.COM">AYRTRUCKING@YAHOO.COM</a>
17	Athavale, Lystad & Associates, Inc.	Staff Augmentation	VA	Tewolde Iyob	703-893-3104	<a href="mailto:TIYOB@ALAENGR.COM">TIYOB@ALAENGR.COM</a>
18	Baistar Mechanical	Plumbing, Heating and Air Conditioning	VA	H. K. Jun	703-941-9582	<a href="mailto:HK@BAISTAR.COM">HK@BAISTAR.COM</a>
19	Barbee Curran Elevator Company	Elevators and Escalators	MD	Maureen Barbee	301-468-0470	<a href="mailto:MOBARBEE@AOL.COM">MOBARBEE@AOL.COM</a>
20	Basnight Hauling	Trucking and Hauling	VA	Ted Basnight	757-963-6365	<a href="mailto:DOREENRAYMOND@MSN.COM">DOREENRAYMOND@MSN.COM</a>
21	Blaize Events & Media, Inc.	Marketing Consultants	VA	Vivian E. Blaize	757-473-0456	<a href="mailto:VIVIAN@BLAIZEEVENTSANDMEDIA.COM">VIVIAN@BLAIZEEVENTSANDMEDIA.COM</a>
22	B&W Excavating and Land Clearing Company, Inc.	Excavating & Land Clearing	VA	Judy Beaty	703-631-0505	<a href="mailto:JBEATY396@AOL.COM">JBEATY396@AOL.COM</a>
23	Century Fence Construction, LLC	Temporary Fencing	MD	Bridget Burns	301-599-2073	<a href="mailto:CENTURYFENCE@CENTURYFENCE.NET">CENTURYFENCE@CENTURYFENCE.NET</a>
24	Cerritos Jr Trucking, LLC	Hauler of Material	VA	Oscar Cerritos	703-906-2512	
25	Cheshil Consultants, Inc.	Staff Augmentation	VA	Chet Bhimani	703-569-8763	<a href="mailto:CVBHIMANI@CCIONE.COM">CVBHIMANI@CCIONE.COM</a>
26	Cottoms Trucking, INC.	Trucking and Hauling	VA	Herbert Cottoms	540-659-4543	<a href="mailto:REVCOTT@VERIZON.NET">REVCOTT@VERIZON.NET</a>
27	Councell Computer Products Inc	Office Supplies	MD	Marianne Councell	301-220-0417	<a href="mailto:MCOUNCELL@COUNCELL.COM">MCOUNCELL@COUNCELL.COM</a>
28	Crystal Steel Fabricators, Inc.	Fabricated Structural Metal Manufacturing	DE	Bill Lo	302-846-0613	<a href="mailto:WLO@CRYSTALSTEEL.COM">WLO@CRYSTALSTEEL.COM</a>
29	CTI/DC	Ready Mix Concrete	DC	Darryl Stuckey	202-863-0904	<a href="mailto:DSTUCKEY@CTI-DC.COM">DSTUCKEY@CTI-DC.COM</a>
30	Dapaber Hauling, Inc.	Trucking and Hauling	VA	Dario Bernal	703-328-1340	<a href="mailto:DBER050@MSN.COM">DBER050@MSN.COM</a>
31	Del Cid General Contractors, Inc.	Painting	VA	Nelson Del Cid	703-329-8481	<a href="mailto:DELCIDCONTRACTORS@YAHOO.COM">DELCIDCONTRACTORS@YAHOO.COM</a>
32	Devcon Contracting, Inc.	Trucking and Hauling	VA	Derek Francis	804-400-6635	<a href="mailto:LETSHAULIT@AOL.COM">LETSHAULIT@AOL.COM</a>

	DBE Firm	Work Description	ST	Point of Contact	Phone #	Email
33	District Safety, Inc.	Safety Products	VA	Joseph S. Williams	703-802-8226	<a href="mailto:CUSTSERV@DISTRICTSAFETY.COM">CUSTSERV@DISTRICTSAFETY.COM</a>
34	Diversity Enterprises, L.L.C.	Trucking and Hauling	VA	Joseph Welch	703-491-3480	<a href="mailto:JANETP@VERIZON.NET">JANETP@VERIZON.NET</a>
35	Domingo Gonzales Associates, INC	Architectural Lighting Consultant	NY	Elizabeth Marin	212-608-4800	<a href="mailto:ADMIN@DGalight.com">ADMIN@DGalight.com</a>
36	E. Ann Jackson	Jacking and Boring	VA	Ann Smith	804-265-5633	<a href="mailto:EANNJACKSONINC@YAHOO.COM">EANNJACKSONINC@YAHOO.COM</a>
37	EMC2, INC	Support of Excavation Design	MD	Surinder Singh	301-424-8696	<a href="mailto:SURINDER@EMC2ENGINEERS.COM">SURINDER@EMC2ENGINEERS.COM</a>
38	Engineering and Materials Technologies, inc.	Geotechnical Testing	VA	Shaz Moosa	703-361-9898	<a href="mailto:SHAZ@EMTECHENGINEERS.COM">SHAZ@EMTECHENGINEERS.COM</a>
39	EPCM, Inc	General Contract, Design, Engineering	VA	Bhupinder Sohi	703-503-0900	<a href="mailto:BSOHI@EPCM-INC.COM">BSOHI@EPCM-INC.COM</a>
40	Esteban A & Company	Reproduction and Printing Services	VA	A. Chris Esteban	703-532-6090	<a href="mailto:CESTEBAN@ESTEBAN.COM">CESTEBAN@ESTEBAN.COM</a>
41	EV Trucking, Inc.	Trucking and Hauling	VA	Maria Vina	703-582-7505	<a href="mailto:EJVINA@YAHOO.COM">EJVINA@YAHOO.COM</a>
42	Executive Personnel Services, Inc.	Personnel/Construction Labor/ Janitorial Services	DC	Gerald Shealey	202-772-4278	<a href="mailto:PERSONNEL@EPSISTAFFING.COM">PERSONNEL@EPSISTAFFING.COM</a>
43	Fairchild Trucking, Inc.	Trucking and Hauling	VA	Layton Fairchild	540-582-5374	<a href="mailto:DMAMAJANE@AOL.COM">DMAMAJANE@AOL.COM</a>
44	Fine Art Photography	Photography	MD	Billie Nicholson	301-460-7977	<a href="mailto:MARK@HOTSHOTSPHOTOGRAPHY.COM">MARK@HOTSHOTSPHOTOGRAPHY.COM</a>
45	FMC & Associates	Materials Testing	DC	Fadil Abdelfatah	202-863-0911	<a href="mailto:FADIL@FMCASSOC.COM">FADIL@FMCASSOC.COM</a>
46	Gazu Trans	Trucking and Hauling	VA	Deterlino Revollo	571-344-0300	<a href="mailto:Y2KGAZU@YAHOO.COM">Y2KGAZU@YAHOO.COM</a>
47	Gil Trucking	Trucking and Hauling	VA	Jorge Gil	703-726-8624	<a href="mailto:GILTRKI@AOL.COM">GILTRKI@AOL.COM</a>
48	G&C Equipment	Construction Supply	CA	Gene Hale	310-515-6715	<a href="mailto:GENE@GANDCCORP.COM">GENE@GANDCCORP.COM</a>
49	Golden Eagle Construction Co. LLC	Construction Supply; Highway, street and bridge construction	VA	Kenneth Witcher	703-369-7623	<a href="mailto:GOLDENEAGLECO@AOL.COM">GOLDENEAGLECO@AOL.COM</a>
50	Goel Construction Services, Inc.	Site Demolition	MD	Piyush J. Goel	202-457-0111	<a href="mailto:PJ-GOEL@GOELCONSTRUCTION.COM">PJ-GOEL@GOELCONSTRUCTION.COM</a>
51	Great Lakes Contracting	Custom Metal Fabricators	WI	Bill Beson, Jr.	414-463-9355	<a href="mailto:WRB@GREATLKS.COM">WRB@GREATLKS.COM</a>
52	Greenhow & Sons Trucking	Trucking and Hauling	VA	Greg Greenhow	703-404-3688	<a href="mailto:THEGREENHOWFAMILY@HOTMAIL.COM">THEGREENHOWFAMILY@HOTMAIL.COM</a>
53	Hampton Trucking, Inc.	Trucking and Hauling	VA	Teresa Hampton	703-834-9760	<a href="mailto:EARLEHAMPTON@AOL.COM">EARLEHAMPTON@AOL.COM</a>
54	Hernandez Trucking	Trucking and Hauling	VA	Milton Hernandez	571-436-1727	<a href="mailto:HFMILTON@HERNANDEZ.COM">HFMILTON@HERNANDEZ.COM</a>
55	H.F. Morales Trucking, Inc.	Trucking and Hauling	VA	Hugo Morales	571-259-7187	
56	HSA, Inc.	Geological Engineering Services	DC	Harish Senapathy	202-269-6110	<a href="mailto:HARISH.SENAPATHY@HSAINC.BIZ">HARISH.SENAPATHY@HSAINC.BIZ</a>
57	International Resources Group	Land Surveying	VA	Chris Allison	703-239-2658	<a href="mailto:CVAB98@LINKABIT.COM">CVAB98@LINKABIT.COM</a>
58	Irays 1 Trucking, Inc.	Trucking and Hauling	VA	Samuel Villalta	703-595-1805	<a href="mailto:SVUKKAKTA@IRAYSTRUCKINGINC.COM">SVUKKAKTA@IRAYSTRUCKINGINC.COM</a>
59	Jacobo, LLC	Trucking and Hauling	VA	Jacobo Carcamo	703-609-0798	<a href="mailto:CARCAMO.5@HOTMAIL.COM">CARCAMO.5@HOTMAIL.COM</a>
60	Jaime R. Arispe	Trucking and Hauling	VA	Jaime Arispe	703-606-9069	<a href="mailto:ARISPE@YAHOO.COM">ARISPE@YAHOO.COM</a>
61	Jaimie Pozo Fernandez DBA CJP Trucking	Trucking and Hauling	VA	Jaime Fernandez	571-722-4680	
62	Jara Trucking, Inc.	Trucking and Hauling	VA	Jose Jara	703-402-3756	
63	J. Baires Trucking, LLC	Trucking and Hauling	VA	Jose Baires	571-259-0149	<a href="mailto:JBAIRESRUCKING@COMCAST.NET">JBAIRESRUCKING@COMCAST.NET</a>
64	J Brooks Trucking, LLC.	Trucking and Hauling	VA	Joseph Brooks	703-932-6338	<a href="mailto:NICENSLW267@YAHOO.COM">NICENSLW267@YAHOO.COM</a>
65	JD Littlejohn	Trucking and Hauling	VA	James Littejohn	703-492-2700	<a href="mailto:JDLITTLEJOHNINC@YAHOO.COM">JDLITTLEJOHNINC@YAHOO.COM</a>
66	Jose Alvarenga d.b.a. Top Dogs Hauling	125 J Clubhouse Drive SW, Unit 9J	VA	Jose Alvarenga	703-898-6100	<a href="mailto:AMYALVARENGA@YAHOO.COM">AMYALVARENGA@YAHOO.COM</a>
67	JP and Concepts Co.	Railroad Equipment and Supplies	FL	Joann Forance	239-437-3108	<a href="mailto:FORANCEJ@AOL.COM">FORANCEJ@AOL.COM</a>
68	K&B Summers	Trucking and Hauling	PA	Rebecca Summers	717)733-3139	<a href="mailto:KANDB@SUMMERSTRUCKING.COM">KANDB@SUMMERSTRUCKING.COM</a>
69	KC Engineering	Staff Augmentation	IA	Kent Claus	712-252-2100	<a href="mailto:KENT@KCENGINEER.COM">KENT@KCENGINEER.COM</a>
70	Keys Material & Utilities	Construction/Water/Sewer Material Supplier	MD	Jerrie Ann Keys	301-854-5283	<a href="mailto:KEYSINC@COMCAST.NET">KEYSINC@COMCAST.NET</a>
71	KGJ Trucking	Trucking and Hauling	VA	Parminder Athwal	703-431-1053	<a href="mailto:SUNTO3@VERIZON.NET">SUNTO3@VERIZON.NET</a>
72	L&M Trucking, Inc.	Trucking and Hauling	VA	Luis Guzman	571-437-4183	<a href="mailto:IMGZMAN@COMCAST.NET">IMGZMAN@COMCAST.NET</a>
73	L J Trucking, LLC	Trucking and Hauling	VA	Lilian Hernandez	571-212-3288	<a href="mailto:ZOYROSA09@YAHOO.COM">ZOYROSA09@YAHOO.COM</a>
74	LL&G Lawncare	Landscaping	VA	Lawrence Easley	434-476-1316	<a href="mailto:LLANDGLAWNCARE@HOTMAIL.COM">LLANDGLAWNCARE@HOTMAIL.COM</a>

	DBE Firm	Work Description	ST	Point of Contact	Phone #	Email
75	Lopez S Trucking, Inc.	Trucking and Hauling	VA	Saul Lopez	703-401-4220	
76	M & S Fabricators, Inc.	Structural Steel	VA	Renata Allbeck	434-369-1170	<a href="mailto:MANDSFAB@AOL.COM">MANDSFAB@AOL.COM</a>
77	M.A.A.C Trucking, LLC	Trucking and Hauling	VA	Miguel Alvarez	571-490-1239	<a href="mailto:MAACTRUCKING@GMAIL.COM">MAACTRUCKING@GMAIL.COM</a>
78	MA Engineering Consulting	Civil Engineering, Environmental and Land Surveying Services; Utility Location	NC	Arvin Maniktala	877-623-2123	<a href="mailto:MAEC@MAEC.COM">MAEC@MAEC.COM</a>
79	Maison Culinaire, Inc.	Catering Services	VA	Sus Grondin-Butler	571-203-0111	<a href="mailto:SUS@MAISONCULINAIRE.COM">SUS@MAISONCULINAIRE.COM</a>
80	Marvin Trucking LLC	Trucking and Hauling	VA	Martin Castro	571-337-3848	<a href="mailto:OCTRI@AOL.COM">OCTRI@AOL.COM</a>
81	MCV Associates	Transportation Consultants	VA	Joe Mehra	703-914-4850	<a href="mailto:MCV@MCVAINC.COM">MCV@MCVAINC.COM</a>
82	Melvin & Son Trucking, Inc.	Trucking and Hauling	VA	Yanci Portillo	703-444-3077	<a href="mailto:PORTILLOFAMILY@YAHOO.COM">PORTILLOFAMILY@YAHOO.COM</a>
83	Mendoza Trucking, LLC	Trucking and Hauling	VA	Anselmo Mendoza	703-906-4834	<a href="mailto:ANSELMO@NOEMAIL.COM">ANSELMO@NOEMAIL.COM</a>
84	Mid-Atlantic Security Agency	Security Guard Services	DC	Larry Davidson	443-277-7920	<a href="mailto:MIDATLANTICSECURITY@COMCAST.NET">MIDATLANTICSECURITY@COMCAST.NET</a>
85	Mimar Architects, Inc.	Architectural and Eng. Services	MD	Khalid Bhatti	410-944-4900	<a href="mailto:KBHATTI@MIMARCH.NET">KBHATTI@MIMARCH.NET</a>
86	Molecular Systems, Inc.	Roofing Contractor/Materials Supplier	MD	Mack Jenkins	301-499-6826	<a href="mailto:MSI9200@AOL.COM">MSI9200@AOL.COM</a>
87	Monte Trucking, Inc.	Trucking and Hauling	VA	Neri De Jesus Marquez	371-915-7553	
88	Moore, William G & Son	Supply of Lumber, Timber and Allied Products	NJ	Audrey Troise	732-303-6049	<a href="mailto:WGMOORELBR@AOL.COM">WGMOORELBR@AOL.COM</a>
89	Morcom International Inc.	Electrical Contractors	VA	Manuel Ojeda	703-263-9305	<a href="mailto:EWRIGHT@MORCOM.NET">EWRIGHT@MORCOM.NET</a>
90	Morgan Oil Corporation	Fuel	VA	Mary C. Morgan	540-364-1591	<a href="mailto:MORGANOILCORP@HOTMAIL.COM">MORGANOILCORP@HOTMAIL.COM</a>
91	Murcia Trucking, Inc.	Trucking and Hauling	VA	Maximiliano Murcia	703-650-8999	<a href="mailto:MURCIAMAX@VERIZON.NET">MURCIAMAX@VERIZON.NET</a>
92	Nationwide Electrical Services	Electrical Contractors	DC	John Young	202-636-3800	<a href="mailto:JYOUNG@N-E-S.NET">JYOUNG@N-E-S.NET</a>
93	New York Sky, LLC	Trucking and Hauling	VA	Rosa Sibrian	703-955-9041	<a href="mailto:MSHENRIQUEZ727@YAHOO.COM">MSHENRIQUEZ727@YAHOO.COM</a>
94	NIS Corporation	Engineering Consultants	VA	Kingsley Obaji	703-435-3330	<a href="mailto:KOBAJI@NISSOLUTIONS.COM">KOBAJI@NISSOLUTIONS.COM</a>
95	Oehlerking Hauling, Rigging and Heavy Equipment, Inc.	Rigging large-scaled Equipment, Trucking and Hauling	MD	Angela Oehlerking	301-274-3803	<a href="mailto:ANGELA@OEHLERKINGHAULING.COM">ANGELA@OEHLERKINGHAULING.COM</a>
96	Old Dominion Electrical Supply	Electrical Supply	VA	Harold Parker	804-344-5440	<a href="mailto:ODES01@VERIZON.NET">ODES01@VERIZON.NET</a>
97	One of a Kind Trucking	Trucking and Hauling	VA	Jose Mejia	703-297-1804	<a href="mailto:ONEOFAKINDTRUCKING@GMAIL.COM">ONEOFAKINDTRUCKING@GMAIL.COM</a>
98	On Site Photography	Construction Photography	MD	Stella Crase	443-254-5184	<a href="mailto:SCRASE@ONSITEPHOTOGRAPHY.BIZ">SCRASE@ONSITEPHOTOGRAPHY.BIZ</a>
99	P.J. Casanave Land Clearing Company	Site Preparation/Clearing and Grubbing	VA	Jean Casanave	804-785-2392	<a href="mailto:JCASANAVE@SITECLEARING.COM">JCASANAVE@SITECLEARING.COM</a>
100	Pessoa Construction Company	Utilities and Concrete	MD	Julio Pessoa	301-322-5190	<a href="mailto:MIKE@PESSOACON.COM">MIKE@PESSOACON.COM</a>
101	Portico Realty Services	Electrical and Heavy Highway Construction, Facility Maintenance Services	VA	Brenda Frank	571-323-5965	<a href="mailto:BRENDA.FRANK@PORTICO.SERVICES.COM">BRENDA.FRANK@PORTICO.SERVICES.COM</a>
102	Precision Communication & Technology	Telephone Equipment	VA	Perry L. Gaskins	571-237-9570	<a href="mailto:GASKINSP@PRECISIONCT.COM">GASKINSP@PRECISIONCT.COM</a>
103	Premier Reprographics	Reproduction and Printing Services	VA	Vickie Banks	703-370-6612	<a href="mailto:VICKIE@PREMIERREPRO.COM">VICKIE@PREMIERREPRO.COM</a>
104	Prime 1 One Inc	Janitorial Services	VA	Johnny L. Smith	703-221-8919	<a href="mailto:PRES@PRIMEONE-POWER.COM">PRES@PRIMEONE-POWER.COM</a>
105	Prince Construction	Building Construction Equipment	DC	Alberto Gomez	202-889-5050	<a href="mailto:ALBERTO.GOMEZ@PRINCECONSTRUCTION.COM">ALBERTO.GOMEZ@PRINCECONSTRUCTION.COM</a>
106	Promotions Unlimited, Inc.	Promotional Items	MD	Geri Kessler	410-484-8111	<a href="mailto:PROMOGERI@AOL.COM">PROMOGERI@AOL.COM</a>
107	Quality Building Supplies for Industry	Structural Steel, Roofing Materials	OH	Edward Haynes	419-832-2202	<a href="mailto:QUALITYBLDGINC@AOL.COM">QUALITYBLDGINC@AOL.COM</a>
108	Quantum Dynamics, Inc	General Contract, Design, Engineering	VA	Audrey Price	703-356-5240	<a href="mailto:APRICE@ODYNCORP.COM">APRICE@ODYNCORP.COM</a>
109	RDB Trucking	Trucking and Hauling	Va	Rene Balcazar	703-498-1046	<a href="mailto:RDB@AOL.COM">RDB@AOL.COM</a>
110	RE8 Trucking, LLC.	Trucking and Hauling	VA	Jose Romero	571-220-5308	
111	RECON2, LLC	Office Furniture	VA	Sam Reid	703-459-6475	<a href="mailto:RECON2@COX.NET">RECON2@COX.NET</a>
112	Roadside Inc.	Mowing Services	VA	Bonnie Dean	757-898-6151	<a href="mailto:ROADSIDE2@COX.NET">ROADSIDE2@COX.NET</a>
113	Rojas Largo Trucking Inc.	Trucking and Hauling	VA	Janet Rojas	703-675-1787	<a href="mailto:RLTINC@COMCAST.NET">RLTINC@COMCAST.NET</a>

	DBE Firm	Work Description	ST	Point of Contact	Phone #	Email
114	RTR Technologies, Inc.	Heating Products and Systems	MA	Rosalie Berger	413-298-0025	<a href="mailto:R.BERGER@RTRTECHNOLOGIES.COM">R.BERGER@RTRTECHNOLOGIES.COM</a>
115	Sabra Wang & Associates Inc	Civil/Structures/Traffic Engineering Consultants	MD	David Wang	410-737-6564	<a href="mailto:DWANG@SABRA-WANG.COM">DWANG@SABRA-WANG.COM</a>
116	Santos R. Bonilla d.b.a RB Trucking	Trucking and Hauling	VA	Santos Bonilla	703-999-4914	<a href="mailto:SANTOSBONILLA@RBTRUCKING.COM">SANTOSBONILLA@RBTRUCKING.COM</a>
117	SAS Electrical Service, Inc.	Electrical Services	VA	Shirley Stewart	703-464-0033	<a href="mailto:SHIRLEY.STEWART@VERIZON.NET">SHIRLEY.STEWART@VERIZON.NET</a>
118	Shark Trucking, LLC	Trucking and Hauling	VA	Hector Calderon	703-496-6844	<a href="mailto:SHARKTRUCKING@GMAIL.COM">SHARKTRUCKING@GMAIL.COM</a>
119	Shayan Trucking	Trucking and Hauling	VA	Sharahrouz Sharifaie-Arabi	703-843-4259	<a href="mailto:SHAHR1963@YAHOO.COM">SHAHR1963@YAHOO.COM</a>
120	Shej Incorporation	Trucking and Hauling	VA	Jagtar Singh	571-274-9493	
121	Sidhu & Associates	M/E/P AND IT Engineering Services	MD	Devindar Sidhu	410-329-1115	<a href="mailto:SIDHU@SIDHUI.COM">SIDHU@SIDHUI.COM</a>
122	Swanson Services, LLC.	Security Guard Services	VA	Wayman Swanson	804-641-2610	<a href="mailto:WMS@WAYMANSWANSON.COM">WMS@WAYMANSWANSON.COM</a>
123	Tavares Concrete	Highway, Street and Bridge Construction/Concrete Paving	VA	Armando Tavares	703-550-7377	<a href="mailto:ATAVARES@TAVARESCONCRETE.COM">ATAVARES@TAVARESCONCRETE.COM</a>
124	The Matthews Group, Inc.	Grading And Site Preparation	VA	Rusty Cook	800-610-9005	<a href="mailto:TMATTHEWS@TMGWORLD.NET">TMATTHEWS@TMGWORLD.NET</a>
125	Tidewater, Inc.	Engineering Consultants	MD	H. Prasad Dissanyake	410-997-4458	<a href="mailto:PRASAD@TIDEH2O.NET">PRASAD@TIDEH2O.NET</a>
126	TK Services, Inc.	Heating and Plumbing Contractors	VA	Margaret Kennedy	703-778-3319	<a href="mailto:MKENNEDY@TKSERVICESINC.COM">MKENNEDY@TKSERVICESINC.COM</a>
127	Tobar Construction	Poured Concrete Foundation and Structure	MD	Emilio Calderon	301-595-2042	<a href="mailto:CONCRETE@TOBARCONSTRUCTION.COM">CONCRETE@TOBARCONSTRUCTION.COM</a>
128	TRS Consultants	Payroll Services	CA	Ranjit Chakravorti	925-275-9870	<a href="mailto:RANJITC@TRSCONCULTANTS.COM">RANJITC@TRSCONCULTANTS.COM</a>
129	Universal Adaptive Consulting Services	Computer Services	VA	Colleen Payne	804-288-8270	<a href="mailto:COLLEEN@UACSL.COM">COLLEEN@UACSL.COM</a>
130	U.S International Marketing, Inc.	Computer Services	VA	Sonal Dharia	703-222-0894	<a href="mailto:SONAL@USIMKT.COM">SONAL@USIMKT.COM</a>
131	Valley Business Forms	DTP Orientation and Outreach Handouts	VA	Marcia Wills	540-967-3962	<a href="mailto:VAFORMSLADY@AOL.COM">VAFORMSLADY@AOL.COM</a>
132	Valley Green Landscaping	Landscaping	VA	Cheryl Sheppard	703-820-5030	<a href="mailto:VALLEYGREENLANDSCAPING@COX.NET">VALLEYGREENLANDSCAPING@COX.NET</a>
133	Veteran Steel Solutions	Reinforced Steel, Welding	VA	Yaw Acheampong	301-503-9090	<a href="mailto:ACHEAMPONG@VET-STEELPROD.COM">ACHEAMPONG@VET-STEELPROD.COM</a>
134	Vigil Contracting, Inc.	General Contractor	MD	JJ Vigil	410-451-9510	<a href="mailto:JJ@VIGILBUSINESS.COM">JJ@VIGILBUSINESS.COM</a>
135	Villanueva Trucking, Inc	Trucking and Hauling	VA	Jose Villanueva	571-437-1222	
136	Wings Enterprises, Inc.	Reinforced Steel Supply and Installation	DC	Jean Wanner	202-636-0047	<a href="mailto:WINGSENTPR@AOL.COM">WINGSENTPR@AOL.COM</a>
137	WD Trucking, LLC.	Trucking and Hauling	VA	Bill Washington	540-903-6776	<a href="mailto:WASHINGTON1216@AOL.COM">WASHINGTON1216@AOL.COM</a>
138	WRM Trucking	Trucking and Hauling	VA	Walter Maldonado	571-291-1523	<a href="mailto:WRMITRUCKING@GMAIL.COM">WRMITRUCKING@GMAIL.COM</a>
139	Wunna Contracting, Inc.	Concrete Installation Services	VA	Nyein Min	703-303-6142	<a href="mailto:NMIN@WUNNACONTRACTING.COM">NMIN@WUNNACONTRACTING.COM</a>

### Frequently Asked Questions

**Q:** How can I do business on the Dulles Corridor Metrorail Project (DCMP)?

**A:** Visit our website at [www.dullestransitpartners.com](http://www.dullestransitpartners.com) and review the bid opportunities section. This list is updated every two weeks with upcoming packages and deadlines.

**Q:** I'm a DBE firm and I am interested in working on the Dulles Corridor Metrorail Project. What do I do?

**A:** All of the major subcontracts and purchase orders have DBE goals attached to them. Check the DTP website often for bid opportunities and stay updated with our weekly Procurement Alert which will list important dates and DBE goals for all upcoming packages. (If you do not receive the Procurement Alert, email [dbe.program@DullesTransitPartners.com](mailto:dbe.program@DullesTransitPartners.com) to be added to the distribution list.) For DBEs looking to team with qualified primes, the bidders list is posted on the website for all major packages.

**Q:** I am a minority business and LDBE and LSDBE certified. Does that count?

**A:** To be considered a DBE-Disadvantaged Business Enterprise as it applies to the DCMP, you must be certified as a DBE in the state of Virginia by either Metropolitan Washington Airports Authority (MWAA) or the Virginia Department of Minority Business Enterprise (DMBE). Email us to find out more information.

Questions or comments, please write to [dbe.program@DullesTransitPartners.com](mailto:dbe.program@DullesTransitPartners.com)