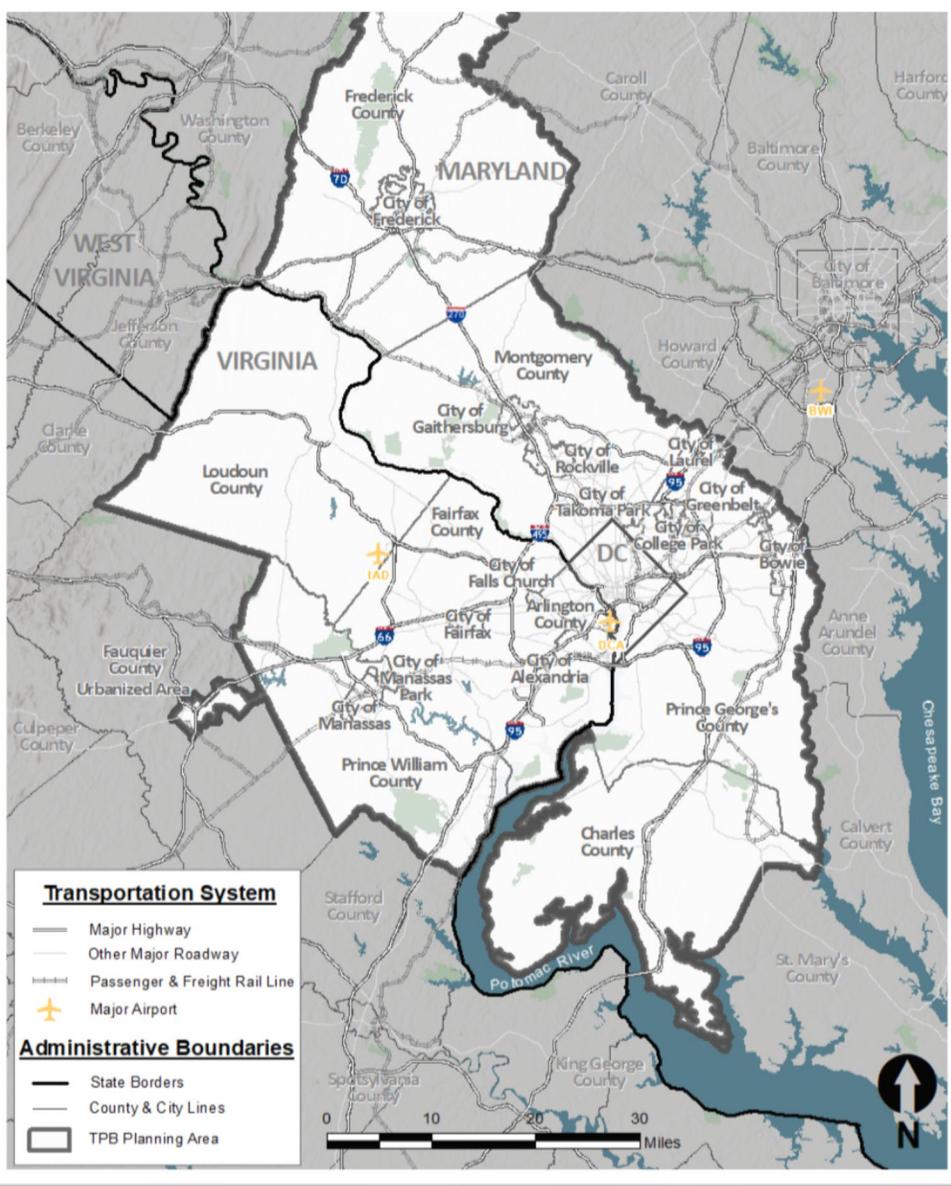


FREIGHT PLANNING

Program Overview

Ceriann Price
Transportation Planner

Community Advisory Committee
March 12, 2026

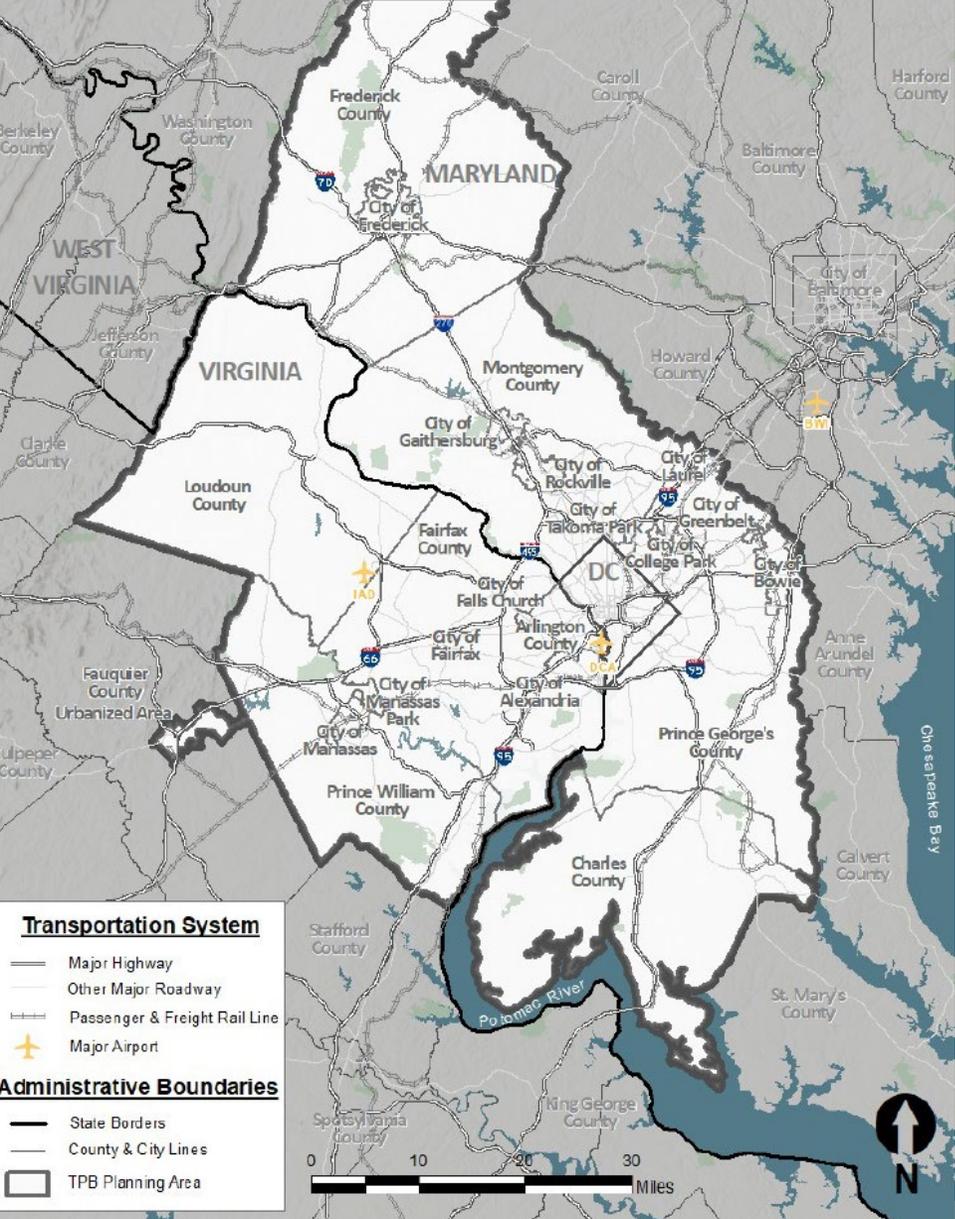


Agenda

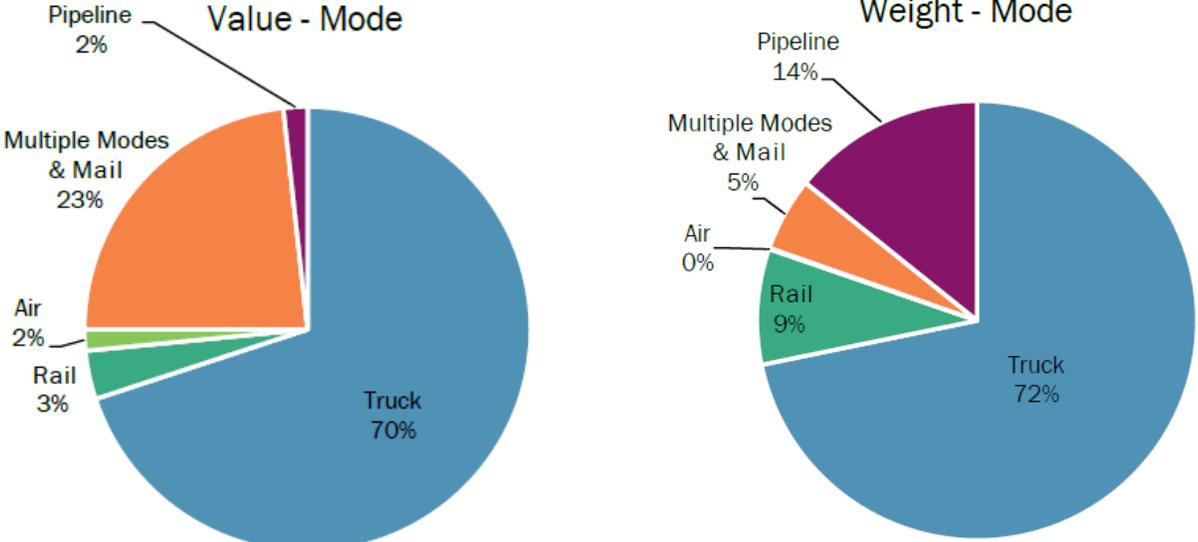
- Freight Background
- Federal Requirements for MPOs
- TPB Policy Documents
- TPB Activities
- Looking Ahead

Freight in the National Capital Region

- Goods movement made by truck, rail, maritime, air cargo, pipeline, or a combination of those modes.
- Multimodal Freight Transportation System in the region consists of:
 - Two Class 1 Railroads- CSX Transportation and the Norfolk Southern Corporation
 - Two major cargo airports- Washington Dulles International Airport and Baltimore Washington International Thurgood Marshall Airport
 - Pipeline network
 - More than 17,000 lane miles of highways and major roadways
 - Number of key intermodal connectors



Transportation Modes in the Region



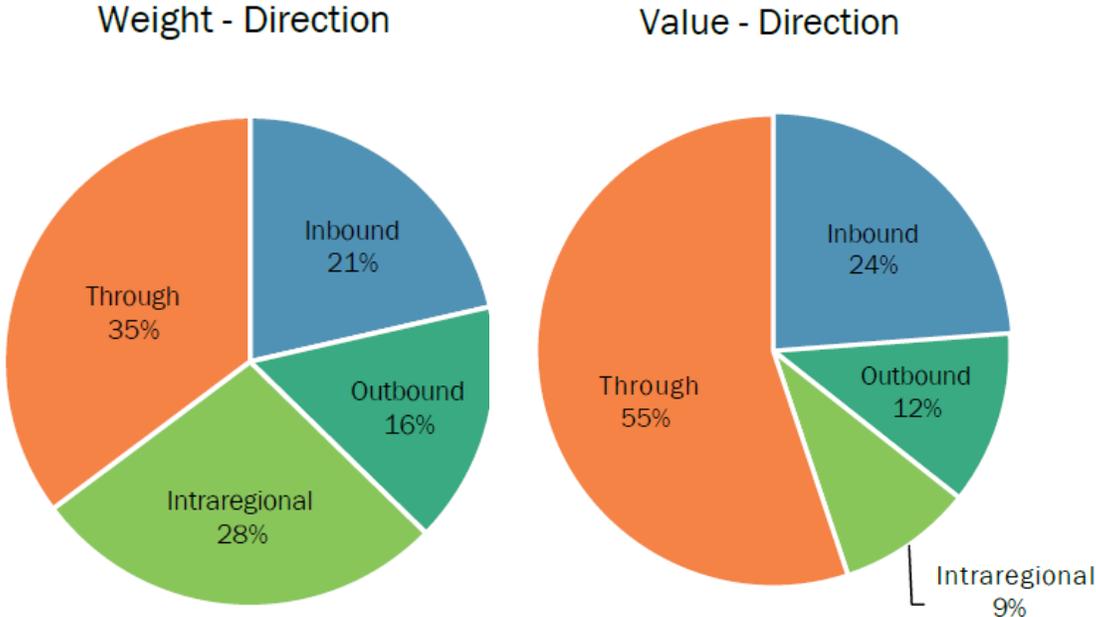
- Transportation modes:
 - Commercial Trucking
 - Rail
 - Air
 - Multiple Modes and Mail
 - Pipeline

Source: Federal Highway Administration Freight Analysis Framework. No data available for commodities transported by water or other and unknown modes

Top commodities handled by Truck by weight include gravel and crushed stone and by value include mixed freight (items for grocery and convenience stores, supplies and food for restaurants and fast-food chains, hardware or plumbing supplies and office supplies)

Trading Partner Regions and Direction of Trade

- Trading Partners Regions:**
 - By Weight:* Baltimore, MD, Virginia (excluding Richmond and Virginia Beach- Norfolk regions), and Virginia Beach- Norfolk-VA- NC (VA Part).
 - By value:* Baltimore, MD, Virginia (excluding Richmond and Virginia Beach- Norfolk regions), and Pennsylvania (excluding Philadelphia region).
- Direction of Trade:**
 - Inbound- goods moving into the region
 - Outbound- goods moving out of the region
 - Intraregional- goods staying within the region
 - Through- goods passing through the region to a different destination



Source: Federal Highway Administration Freight Analysis Framework. No data available for commodities transported by water or other and unknown modes

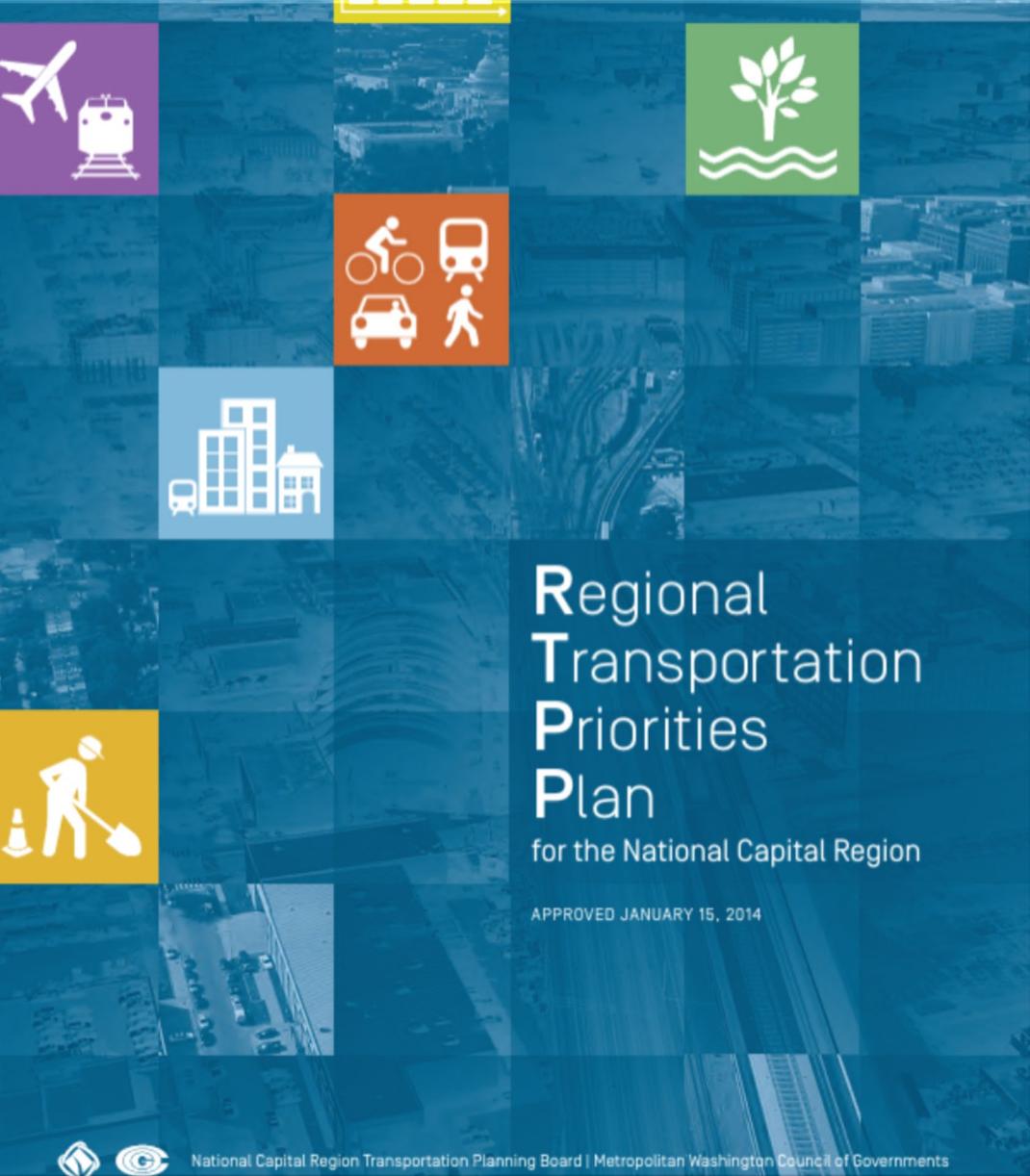
Over half (55%) of the region’s freight by value passes *through* the National Capital Region.



Federal Requirements for MPOs and Freight Planning

- Federal regulation for MPOs requires (SAFETEA-LU 2005) long-range planning to include freight planning.
 - Two parts of Section 450.306 speak directly to MPOs and freight planning:
 - (4) Increase accessibility and mobility of people and freight;
 - (5) Enhance the integration and connectivity of the transportation system, across and between modes, for people and freight.
- Moving Ahead for Progress in the 21st Century Act (MAP-21 2012)- created foundation for national freight policy and required a National Freight Network and National Freight Strategic Plan. Required performance- based planning and performance measure setting as it relates to freight.
- Fixing America’s Surface Transportation (FAST 2015)- established National Highway Freight Program, called MPO-State coordination for designating CUFCs
- Infrastructure Investment and Jobs Act (IIJA 2021)





TPB Vision Goals and the Regional Transportation Priorities Plan Goals

- TPB Vision Goals- approved by the TPB October 1998
- Regional Transportation Priorities Plan for the National Capital Region- approved by the TPB January 2014



TPB Activities

- Unified Planning Work Program (UPWP)
- TPB Freight Subcommittee
- CUFCs coordination with State DOTs
- Systems Performance Measures
- Develop Regional Freight Plan

UNIFIED PLANNING WORK PROGRAM

FY 2026

Unified Planning Work Program (UPWP) for Transportation Planning for the Washington Metropolitan Region for FY 2026

Approved March 2025

AMENDED JULY 2025



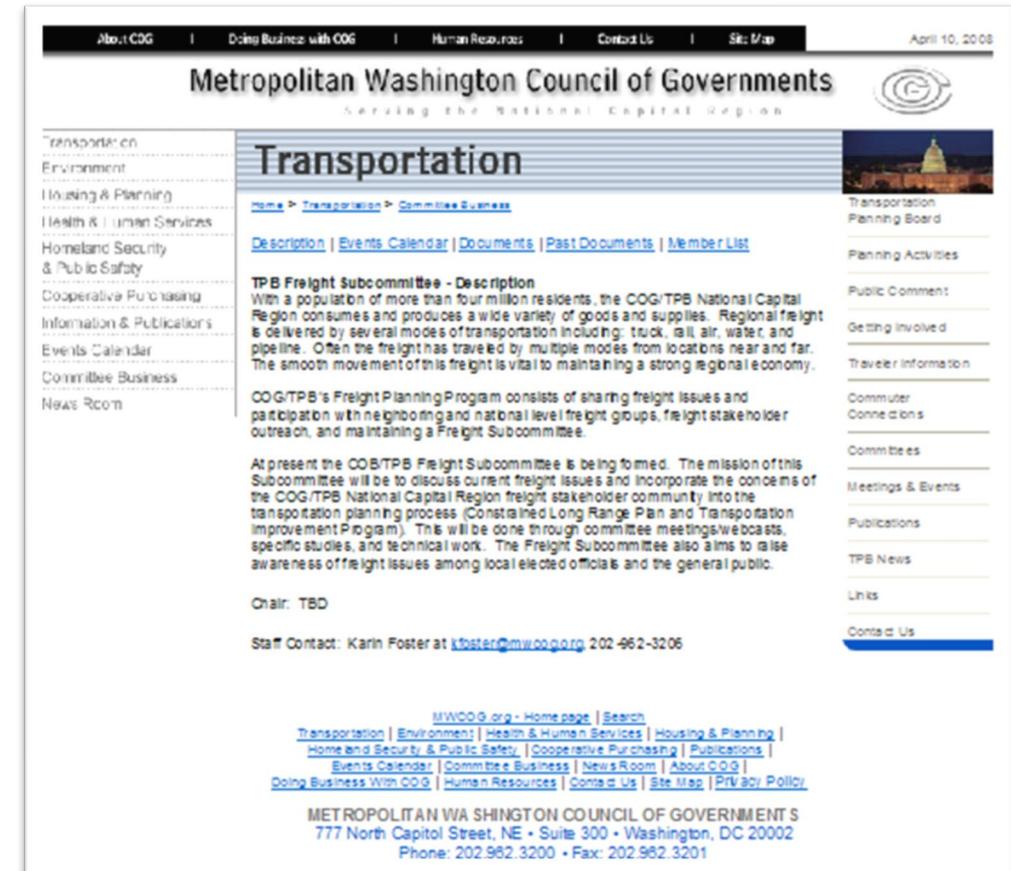
National Capital Region
Transportation Planning Board



National Capital Region
Transportation Planning Board

Freight Subcommittee

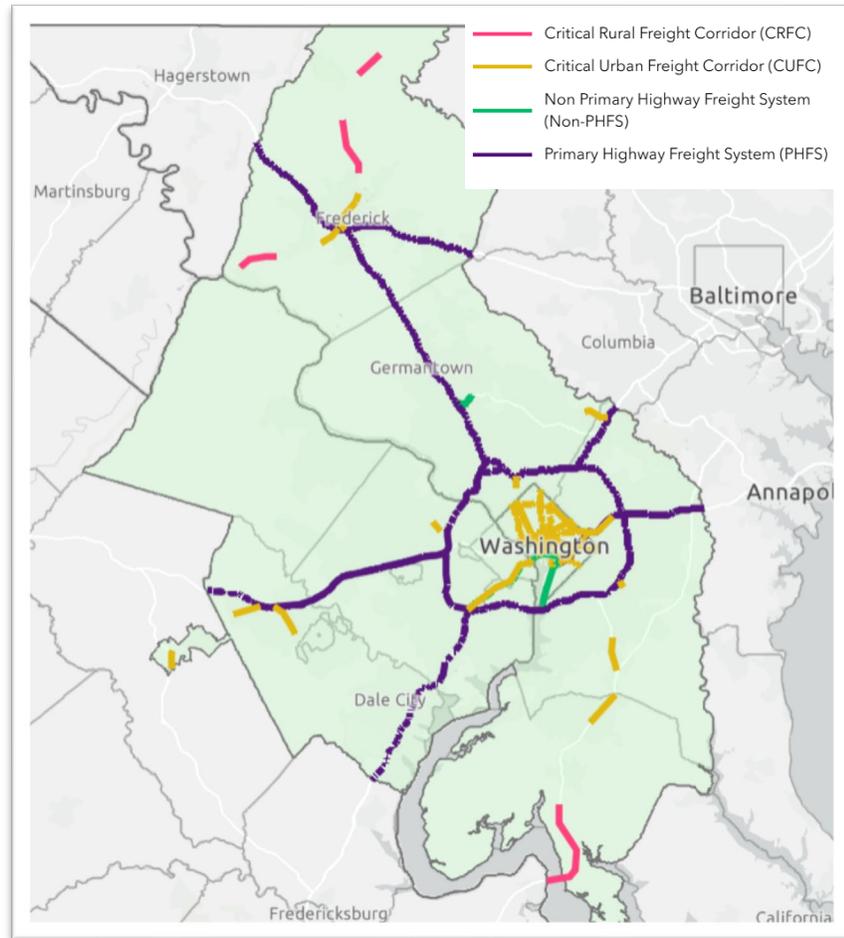
- Subcommittee was established in 2007 with the mission of:
 - Integrating freight issues into the regional long-range planning process
 - Providing freight information and highlighting freight issues to the TPB
 - Provides opportunities to exchange information and examine regional-level issues
- Kick-off meeting held April 2008.



The screenshot shows the website for the Metropolitan Washington Council of Governments (MWOOG). The page is titled "Transportation" and features a navigation menu on the left with categories like Transportation, Environment, Housing & Planning, Health & Human Services, Homeland Security & Public Safety, Cooperative Purchasing, Information & Publications, Events Calendar, Committee Business, and News Room. The main content area is titled "Transportation" and includes a sub-header "TPB Freight Subcommittee - Description". The description states: "With a population of more than four million residents, the COG/TPB National Capital Region consumes and produces a wide variety of goods and supplies. Regional freight is delivered by several modes of transportation including: truck, rail, air, water, and pipeline. Often the freight has traveled by multiple modes from locations near and far. The smooth movement of this freight is vital to maintaining a strong regional economy. COG/TPB's Freight Planning Program consists of sharing freight issues and participation with neighboring and national level freight groups, freight stakeholder outreach, and maintaining a Freight Subcommittee. At present the COG/TPB Freight Subcommittee is being formed. The mission of this Subcommittee will be to discuss current freight issues and incorporate the concerns of the COG/TPB National Capital Region freight stakeholder community into the transportation planning process (Consolidated Long Range Plan and Transportation Improvement Program). This will be done through committee meetings/webcasts, specific studies, and technical work. The Freight Subcommittee also aims to raise awareness of freight issues among local elected officials and the general public." The page also lists the chair as TBD and provides contact information for Karin Foster at kfoster@mwoog.org, 202-462-3206. A footer section includes the MWOOG.org logo, a search bar, and contact information for the Metropolitan Washington Council of Governments: 777 North Capitol Street, NE • Suite 300 • Washington, DC 20002. Phone: 202.962.3200 • Fax: 202.962.3201.



Critical Urban Freight Corridors



- Identified key urban roadways that are especially important for freight movement.
- National Highway Freight Network Program
- Coordination with VDOT, MDOT, and DDOT to designate critical urban freight corridors (CUFCs), for the National Capital Region.
 - IIJA (2021)- doubled mileage states and MPOs can designate as part of the CUFC.



Travel Time Reliability and Truck Travel Time Reliability

- Travel Time Reliability (TTR) and Truck Travel Time Reliability (TTTR)
 - TTR: measure that reflects the percent of person-miles traveled on the Interstate and non-Interstate national highway system that are considered reliable.
 - TTTR: For Freight, the reliability is the ratio of Interstate System Mileage providing reliable travel time reliability.

Performance Measure	TPB Adopted 4-year Target for 2022-2025 on October 19, 2022
Interstate Travel Time Reliability (% person miles traveled that are reliable)	61.10%
Non-Interstate (NHS) Travel Time Reliability (% person miles traveled that are reliable)	78.60%
Truck Travel Time Reliability Index (Interstates)	2.56



NCR Freight Plan

- Multimodal Freight Transportation System
- Freight Demand
- Key Trends Influencing Freight in the Region
- Regional Freight Issues, Challenges, and Opportunities
- Regional Freight Policies
- Recommendations and Next Steps

NATIONAL CAPITAL REGION FREIGHT PLAN

2023 Update

September 2023



Looking Ahead..

- Update to the Freight Plan is underway
- Freight Subcommittee
 - Next meeting April 9.
 - Topic: Mega- Capital Freight Projects in the region
 - Howard Street Tunnel Project- CSX
 - Long Bridge Project- Virginia Passenger Rail Authority
 - L'Enfant Station and Fourth Track Improvements- Virginia Railway Express



Ceriann Price

Transportation Planner
(202) 962-3329
cprice@mwkog.org

mwkog.org/tpb

Metropolitan Washington Council of Governments
777 North Capitol Street NE, Suite 300
Washington, DC 20002

