

These are all the fields you'll be asked to fill in on the submission portal for AMPO's 2026 Annual Conference. We encourage you to review [How to Submit a Good Proposal](#) prior to creating your submission. **When you're ready to begin your submission, you can access the portal here: https://catalyst.omnipress.com/ampo_annual_2026**

1. Session Title: (open-ended response)
2. Primary Topic: (choose 1)
 - a. Accessibility
 - b. Congestion
 - c. Coordination with Key Partners
 - d. Core Products
 - e. Data Generation, Management, & Visualization
 - f. Equity
 - g. Freight
 - h. Funding and Financing
 - i. Future of Transportation
 - j. MPO Administration & Administration & Operations
 - k. Performance Based Planning and Programming
 - l. Public Involvement
 - m. Public Transportation
 - n. Resiliency & Environment
 - o. Safety
 - p. Tools & Software
 - q. Transportation Intersections: Health, Land Use, Housing, Etc.
 - r. Oddball – if it doesn't fit above still submit it!
3. Secondary Topic: (choose 1)
 - a. Accessibility
 - b. Congestion
 - c. Coordination with Key Partners
 - d. Core Products
 - e. Data Generation, Management, & Visualization
 - f. Equity
 - g. Freight
 - h. Funding and Financing
 - i. Future of Transportation
 - j. MPO Administration & Administration & Operations
 - k. Performance Based Planning and Programming
 - l. Public Involvement
 - m. Public Transportation

- n. Resiliency & Environment
- o. Safety
- p. Tools & Software
- q. Transportation Intersections: Health, Land Use, Housing, Etc.
- r. Oddball – if it doesn't fit above still submit it!

4. Format type: (choose 1)

- a. Traditional Presentation or Panel – A session featuring one or more speakers sharing information about their work, often accompanied by a PowerPoint presentation, with an opportunity for Q&A or other engagement with the audience.
- b. Skill-Building Lab – A hands-on training session where attendees bring laptops or materials and actively practice a tool, method, or technique. The emphasis is on learning by doing (e.g., creating a map, designing a dashboard, learning a tool). Attendees leave with a new skill they can immediately apply.
- c. Lightning Talks with Discussion – A fast-paced session with several short, focused presentations (5–7 minutes each). Instead of one long lecture, attendees get multiple perspectives in quick succession. After the talks, the audience breaks into small groups or engages in facilitated Q&A to unpack ideas and compare experiences.
- d. Roundtables – Facilitated small-group discussions around a specific theme. Attendees sit together, share insights, and exchange strategies with peers. Attendees might among tables to discuss different aspects of the session theme. No formal presentations — the value comes from peer learning.
- e. Hands-on design – A collaborative workshop focused on co-creation. Attendees work in teams to design solutions to a challenge (e.g., drafting an outreach strategy, sketching policy options, drafting a site or corridor design). The process is visual and iterative — using markers, post-its, or digital boards — with the goal of generating tangible design concepts.
- f. Case Study Clinic – A diagnostic peer-to-peer session. One MPO or organization presents a real-world challenge they're facing. The attendees then collectively troubleshoots, offering strategies, lessons learned, and possible solutions. The emphasis is on applied problem-solving and learning from lived experience.
- g. Other, please describe

5. Session duration: (choose 1)

- a. For a Traditional Presentation or Panel, duration choices are:
 - i. 20 minutes

- ii. 30 minutes
 - iii. 40 minutes
 - iv. 60 minutes
- b. For any other format, duration choices are:
 - i. 45 minutes
 - ii. 60 minutes
 - iii. 75 minutes
 - iv. 90 minutes
- 6. Number of session leaders, including yourself – these are all the people who will be speaking at and/or facilitating your session. Information for each leader needs to be provided in the next section of the submission. Please note that an AMPO representative will be provided to introduce your session and assist with activities as needed.
- 7. This presentation is best for: (choose 1)
 - a. Small MPOs
 - b. Medium MPOs
 - c. Large MPOs
 - d. Any size MPO
- 8. This presentation is best for: (choose 1)
 - a. New MPO Staff
 - b. Experienced MPO staff
 - c. All MPO staff
- 9. Full Description: Describe in detail the information that will be shared during the session, any interactive elements, and what you expect participants will learn and take away from the session. (open-ended up to 500 words)
- 10. Summary of Proposal: Provide a brief overview of your proposal, in 3-5 sentences.
- 11. Supporting document upload – optional
- 12. Supporting hyperlinks – optional
- 13. Consent: All of the organizations, activities, and projects mentioned consent to being included in the proposal and potential presentation.
- 14. Confirmation: Confirm that at least 1 session leader is from an MPO or other public agency (including federal, state or local government partner)

Session Leaders

- 15. Info for each session leader:
 - a. Name
 - b. Phone number (optional)
 - c. Email address

- d. What size MPO does this session leader work for? (choose 1)
 - i. Small (population under 200,000)
 - ii. Medium (population between 200,000 and 1 million)
 - iii. Large (population 1 million or more)
 - iv. This session leader doesn't work for an MPO
- e. Brief biography (up to 125 words)
- f. Photo (please use the following naming convention: Last Name_First Name_Session Title)
- g. Organization