

Application Form

Profile

Mrs Rachel G Smallwood
Prefix First Name Middle Initial Last Name Suffix

rsmallwood@rock-solid-solutions.com
Email Address

1144 Nelson drive
Home Address Suite or Apt

Harrisonburg VA 22801
City State Postal Code

How many years have you been a resident of Harrisonburg?

5

Home: (718) 578-6075
Primary Phone Alternate Phone

Rock Solid Solutions Senior Project Specialist
Employer Job Title

Demographics - *(Submission of this information if voluntary and will not subject you to any adverse treatment should you chose to not complete)*

Ethnicity

Caucasian/Non-Hispanic

Gender

Female

What is your age?

40-50 years old

Are you reapplying for a current position you hold? *

No

Which Boards would you like to apply for?

Parks and Recreation Advisory Commission (PRAC): Submitted

Interests & Experiences

Mrs Rachel G Smallwood

Please tell us about yourself and why you want to serve.

Why are you interested in serving on a board or commission?

I've been a resident for 5 years and have 2 children currently at Skyline MS. My husband is a professor at JMU. I work full time from home as a construction project scheduler. I'd love to start being a more active resident .

What other interests or concerns do you have regarding the community?

I'm becoming more active each year we're here. Im an adjunct professor at JMU, and I play in the community band. I have concerns regarding several intersections in town which have unmarked shifting lanes (lanes entering an intersection do not line up directly with the corresponding lane after an intersection). I'd like to see more

What relevant experience or education do you have to this board or commission?

I have a Masters of Science from the U. Nevada Las Vegas school of Engineering in Construction Management, I have a Masters of Fine Arts in Design from Florida State University, I'm raising children who utilize soccer fields, parks, and baseball fields, and I believe strongly that the foundation to a good education includes arts and physical activity.

Please list any past or present community involvement e.g. City Council, Boards and Commissions, Citizen Academy, etc. in Harrisonburg or elsewhere:

I'm the current VP of communications for PMCOS (Project Management college of scheduling)

[RSPS_Rachel_Smallwood_2023.docx](#)

Upload a Resume

EPSAC Applicants only

Bike/Pedestrian Subcommittee Applicants only

Rachel Smallwood | Senior Project Specialist

With a multi-disciplinary approach, Rachel uses the knowledge gained to serve as a trusted advisor for projects ranging in size and complexity. She understands the project lifecycle and how to maximize a project's schedule from design through construction.

Rachel's expertise includes contract and specification compliance, scheduling, procurement oversight, punch list management, and risk analysis. She has conducted training for owners, contractors, government agencies, and engineers. Rachel is an authorized trainer for the Occupational Safety and Health Agency (OSHA) and specializes in software training for Oracle and Microsoft programs.

Her attention to detail, standards of quality, and design conformance are critical to the successful oversight of projects. Rachel has the public works, commercial, industrial, and private market sector experience to support any type of project.

Areas of Expertise

- Project Management
- Document Control
- Master Scheduling
- Cost Estimating and Cost Control
- Risk Management and Claims Avoidance
- Training and Advisory Support

Transportation Experience

Montana Department of Transportation I-90 Yellowstone River Bridge | Billings, MT

Project Controls Specialist. Rachel re-built the baseline schedule to conform with Montana Department of Transportation specifications. This project will widen Interstate 90 from two lanes to three, beginning at 27th Street and extending to the Lockwood Interchange. The work includes demolishing and rebuilding two bridges and a rail spur over the Yellowstone River.

Montana Department of Transportation Higgins Avenue Bridge Rehabilitation | Missoula, MT

Schedule Manager. Rachel is managing the schedule for the replacement and widening of the Higgins Avenue bridge. This project addresses serious issues with traffic volumes as well as



University of Nevada Las Vegas

M.F.A., Scenic Design, Fine Arts
School of Theater, Florida State
University

B.A., Education, Lenoir-Rhyne
University

Registrations and Certifications:

Certified Planning and
Scheduling Professional,
Association for the Advancement
of Cost Engineering International

OSHA 500

Construction Competent
Person: Fall Arrest Equipment

Air Quality-Dust, Clark County
Department of Air Quality

OSHA 30-Hour Training

Associations:

American Public Works
Association

Construction Management
Association of America

Association of General
Contractors

Women in Transportation

Project Management College of
Scheduling

Years of Experience:

Total | 20 years

RSPS | 4 years



ROCKSOLID
SOLUTIONS

safety for pedestrians and cyclists. The new bridge deck will improve multimodal transportation.



Harry Reid International Airport Asbestos Mitigation | Las Vegas, NV

Senior Schedule Manager. Full asbestos and lead mitigation throughout all terminals including lighting redesign, electrical re-route, and finishes. Constraints on the project area start due to access and FAA regulations. RSPS manages all planning and schedule progress.

Municipal Experience

Yuba County Sheriff's Office of Medical and Mental Health Facility (MMHF) | Marysville, CA

Project Scheduler. This new facility will provide special use housing for inmates requiring specialized medical and mental health care including radiology, dental, mental health, and vocational learning. RSPS manages all planning and schedule progress.

John Latorraca Correctional Center Expansion | Merced, CA

Project Scheduler. This \$120 million design-build project includes the construction of six new free-standing structures including an electrical distribution building, detention housing, kitchen and medical facility and visitation. Additionally, plan and fully renovate four existing housing units currently housing inmates. Constraints to procurement, inmate relocation and availability of power. RSPS manages all planning and schedule progress. The expansion will address the capacity, security, and facility issues to comply with California's Title 24 and Title 15 regulations and guidelines, which address minimum standards for local detention facilities. RSPS managed all planning and schedule progress updates throughout the life of the project.

Ventura County Todd Road Jail Health and Programming Unit | Ventura County, CA

Project Scheduler. The new 60,000-square-foot Ventura County Todd Road Jail Health and Programming Unit will be built on a site adjacent to the existing Ventura County Todd Road Jail facility. The 64-bed expansion offers a more holistic approach to treatment for those inmate-patients with medical/mental health needs. The facility will have a dedicated clinic, located adjacent to housing, that includes both medical and dental exams, and associated staff support. RSPS managed all planning and schedule progress updates throughout the life of the project.

West County Re-Entry Treatment and Housing Facility | Richmond, CA

Senior Schedule Manager and Planner. The \$84 million design and construction project of a new stand-alone, two-story jail facility with mezzanine on each story. RSPS manages all planning and schedule progress. Current.

Lewis & Clark Juvenile Detention Center | Helena, MT

Project Controls Specialist. Due to overcrowding, a new prison facility was designed and constructed to incorporate housing and administrative offices for the Sheriff. The new \$40 million detention center consists of 108,100-square-feet for intake area, housing, laundry, and kitchen. RSPS managed all planning and schedule progress updates throughout the life of the project.

Trinity County Sheriff's Detention Facility | Weaverville, CA

Project Controls Specialist. After receiving the SB 863-Adult Local Criminal Justice Facilities Construction Financing Program grant, the County approved a new standalone jail facility constructed on vacant land west of the airport. The new 27,054-square-foot facility includes 72 bed housing pods, administrative offices, intake wing, medical and dental unit, laundry, kitchen, and program spaces along with a recreational yard. The \$20 million grant supported planning,



design, and construction. RSPS developed a baseline schedule and managed the schedule monthly including progress reports, milestone performance, and risk analysis.

Commercial Experience

ECO PHX Mixed-Use Development | Phoenix, AZ

Senior Project Specialist. The design-bid-build project is being created to meet an underserved market of environmentally conscientious residents to include 5 floors, 70 apartment homes, a pool, and amenities. RSPS manages the schedule and tracks delays.

WeWork Facility | Phoenix, AZ

Project Controls Specialist. The project included the conversion of existing office space into shared workspaces for technology start-ups with subculture communities and services for entrepreneurs, freelancers, and businesses. RSPS services included developing a baseline schedule and providing weekly schedule updates.

WeWork Facility | Las Vegas, NV

Project Controls Specialist. The project included the conversion of existing office space at two locations in Las Vegas. The renovation provided shared workspaces for technology start-ups with subculture communities and services for entrepreneurs, freelancers, and businesses. RSPS services included developing a baseline schedule and providing weekly schedule updates.

Hospitality Experience

Harrah's Hotel and Casino | Cherokee, NC

Project Controls Specialist. This \$200 million project included a 725-room hotel and suites with a high-end fitness center and terrace pool. Additional amenities include a conference center, lobby bar, coffee and pastry bar, and restaurant. The conference center is approximately 160,000-square-foot and connects to the primary casino via a skybridge.

Wynn Plaza | Las Vegas, NV

Project Controls Specialist. The 150,000-square-foot facility is a luxury retail and dining experience adjacent to the existing garage and casino. RSPS provided document controls, submittal review, responses to RFIs, procurement, and punch list management.

Specialty Experience

One Times Square | New York City, NY

Project Controls Specialist. This popular tourist area features the largest LED display in the country. The display was installed with 12 million LED lights in a 17,000-square-foot display soaring 17 stories high along two sides of the building. RSPS provided owner's representation for pre-construction surveys, architectural modeling, construction supervision, and scheduling.

Scenic Art / Design | Multiple Locations Nationwide

Adjunct Professor. Rachel teaches scenic art, mural layout and painting, faux painting, schedule management, and budgeting. Universities include CUNY Brooklyn College, Arizona State University, Florida State University, and University of Nevada-Las Vegas.