

# Insulating Concrete Forms for Commercial Construction

## Lunch and Learn



April 2, 2020

11:30 am to 1:30 pm

The Frisco Building

3253 E. Chestnut Expressway, Springfield, MO 65802

### Presentation Description:

Look around and you'll see many 5 to 7 story projects being built today with one or two floors of concrete, supporting up to 5 floors of steel or wood frame. These "pedestal" projects are assumed to be the cheapest way to build while longer term ownership implications of these designs are not well understood. This 1-hour presentation dispels the myths that are driving the popularity of pedestal construction and demonstrates the value concrete provides.

### Learning Objectives:

- Learn how to design with insulating concrete forms (ICFs), for mid-rise multi-family, commercial, and educational applications
- See how building ICFs has become the most cost effective concrete alternative to conventional pedestal construction
- Understand first cost and the long term benefits of building mid-rise concrete projects
- Find out about the many project design resources available through the Build with Strength program

**Presenter:** Donn Thompson AIA, LEED AP BD+C  
Senior Director, Building Innovations  
National Ready Mixed Concrete Association

### Presenter Bio:

Donn C. Thompson is the Senior Director, Building Innovation for the National Ready Mixed Concrete Association. Based in Kenosha, WI, he supports the Build with Strength program, demonstrating the first cost and long term advantages of ready mixed concrete building systems throughout eight Midwest states.

A licensed architect and LEED accredited, Donn has over 20 years of practical experience in design and construction. More recently he has worked for over 22 years in the cement and concrete industry holding a variety of technical promotion and sales positions.

**Continuing Education Credits: 1 hour**      **NRMCA is an AIA continuing education provider**

**Cost: Members \$20**      **Non-members \$25**

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