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The TMA Group—Our Job is Getting You to Yours



HAPPY NEW YEAR

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## Trip Chaining. Drive Less. Save More.

Trip chaining, or combining several errands into one trip saves time and money. There are lots of ways to work trip chaining into your schedule.

Here are the Top 10 Ways to Trip Chain:

- 1. Plan ahead.** Take a moment to plan out your route and think about what else you might need to get done.
- 2. Make a list.** Think about everything that you need and get it all done at once. That way, you won't need to make a last-minute trip to the store.
- 3. Find the most efficient route.** There are a number of Internet sites that can help you plan the shortest, most efficient route. GPS receivers can also help you plot the best route.
- 4. Try making only right turns.** United Parcel Service (UPS) experts have determined that left turns tend to take more time and waste

more gas that right turns because drivers often have to wait for traffic and/or the light to change.

- 5. Avoid backtracking.** Doubling back creates needless travel that can be avoided by following a more efficient, pre-planned routes and using a list so you get everything you need.
- 6. Combine errands.** Do you need to pick up your dry cleaning today? Why not pick it up tomorrow when you go grocery shopping? Try combining errands into just one trip.
- 7. Use closer stores.** Explore your neighborhood shops. Try walking to lunch at the café down the street instead of driving to one farther away.
- 8. Group your appointments together.** If both of your kids need to go to the dentist, make it just one trip!
- 9. Consider one-stop shopping.** Many

stores and shopping centers may offer you the opportunity to get all of your errands done in just one stop.

- 10. Count the time and money you save!**

-ODOT

REPORT ACCIDENT CLAIMS IMMEDIATELY TO:

Synaxis Polk & Sullivan  
615-385-8341  
(Kay Biggs)  
-and-  
MiMi Lee  
615-790-4005 or  
After Hours:  
615-517-6321

Van Voices is a publication of The TMA Group.

For more information about our services and programs, contact us: (615) 790-4005

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## TRIP CHAIN CHECKLIST

- Drop kids off at school
- Grocery store/bakery
- Coffee w/ friends/family
- Dry cleaner
- Barber/hair salon
- Post office
- Health Club
- Dentist/doctor
- Mall
- Lunch w/ friends/family
- Pick kids up from school
- Drop kids off at after school activity
- Bank
- Gas station
- Pick kids up from after school activity
- Library



## Vanpool Driver Spotlight

"My name is Gary W. Works. I have been vanpooling for 9 years. I started as a rider and was approached to be the driver for another van of all ladies. I said yes!, and the rest is history. Today I am the driver and coordinator on my third van. Most of our riders have been together for 12 years. We all get along great and look out for each other. By this I mean on more than one occasion, I have started to drive off and someone will ask about a rider who is not there yet, or someone will see a rider parking their car and coming to the van. A good vanpool works as a team; we all have cell phones and will contact each other if someone is running late or not riding the van on a specific day. We've exchanged work email addresses, which has been invaluable during the winter months when the van's departure time had to change due to weather conditions.



Gary W. Works

Lead Cardiology EKG  
Tech, Nashville VA  
Medical Center

I start each morning prior to driving the van by first walking around it checking tires, lights, wipers and side mirrors. After starting the van, I check all gauges and signals, in addition to the wipers, emergency flashers and horn. I checked to see that everyone has on their seatbelts. As a retired army aviation crew member I feel the importance of seatbelts cannot be overstressed. As a matter of fact, we could not fly a mission without our seatbelts fastened; grounding of a mission would take place if a seatbelt didn't work properly. All of this, to say, safety and team work will help all vanpool riders and drivers to have a safe trip back and forth to work. I feel all of these things go hand in hand with The TMA's motto of "Our Job is Getting You to Yours."

*The TMA Group has vanpools serving nine Middle Tennessee counties. We want to spotlight participants who year after year play a role in the success of The TMA Group's Vanpool Program. If you would like to share your story, let us know! Send your information to: [mimi@tmagroup.org](mailto:mimi@tmagroup.org)*

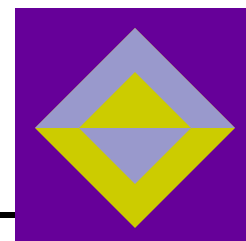
## Tennessee 511

The Tennessee Department of Transportation (TDOT) has implemented 511 as a resource for travelers and commuters wanting information about road and travel conditions, incidents, and construction on state highways. 511 is part of the TDOT SmartWay program. Options for accessing road and travel

conditions using the web at [www.TN511.com](http://www.TN511.com) or through the 511 phone service. Tennessee 511 is a three-digit phone number for travel information, and it replaces the previous toll-free construction hotline.

Tennessee 511 uses an automated voice response system, meaning callers are

guided through the menu through a series of requests. Callers can ask for specific roadways or regions, and the system will provide information about traffic incidents, closures and other important roadway conditions.



Something to think about . .

**According to AAA, the cost for owning and operating an average size car is 52.2 cents per mile when driven 15,000 miles per year. That means driving alone to and from work is more than \$15 every day.**



**VANPOOLING ROCKS!**

## Vanpool Vacancies



Our latest information shows seats available on the following vans:

- ◆ Clarksville – Downtown Nashville  
Time: 8:00 am–4:30 pm  
Call: Thomas Carr  
(615) 736– 2590

### FUTURE VANPOOL ROUTES FORMING:

1. Clarksville – Nashville Vanderbilt Area  
Time: 8:00 am–4:30 pm  
Call: LaShonda King-Knowles (615) 322-2524
2. Clarksville (Exit 11 & Exit 19) - Nashville (Downtown)  
Time: 7:00 am–3:30 pm  
Call: Christina Richards (615) 253-8690

*If you have vacant seats on your van contact MIMI Lee at 615-790-4005 or [mimi@tmagroup.org](mailto:mimi@tmagroup.org)*