



Providers of Commute Options for Middle Tennessee



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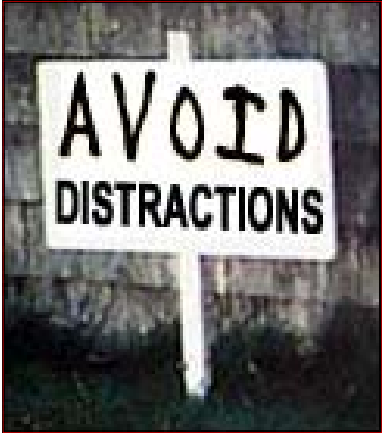
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## Avoid Distractions!

Whether driving a vanpool or our own personal car, when we assume driving "duties," one of the most important is that we are responsible for our actions and the results of those actions. In almost every case, a driver involved in a collision had an opportunity to avoid the collision—even when the other driver was responsible for the errors that led to the collision. Officers will tell you that a very common "excuse" heard after a collision is, "I never saw him!" Why? Quite often, it's because they were not paying attention to their surroundings and situation - and many times, that inattention was because the driver was distracted. To be a safe and responsible driver, it's important to recognize this and make constant efforts to avoid getting distracted.

Some of the most common driving distractions are: eating, drinking, applying make-up, shaving, talking on cell phones, adjusting the radio or changing CD's, dealing with rambunctious or misbehaving kids, or even just talking to passengers. Some drivers focus on single tasks (looking for an address, for example) and neglect all others. One of the most important skills for a driver is the ability to multi-task. Think about how much distance your vehicle is covering during the time you are distracted—at about 1.47 feet per second for each mile-per-hour you are driving, you can easily see how important it is to keep your mind and eyes on the road and your hands on the wheel! At 60 miles per hour, for example, every second that elapses you cover almost 90 feet (60 X 1.47 = 88.2)—all while you might be fumbling for the CD you dropped!



You can help make the road much safer for yourself, your passengers, and the others around you if you make a habit of keeping driving as JOB ONE, and let someone else do the map reading or change the radio station! It's important to recognize your distractions—and make conscious efforts to minimize or avoid them. Keep your eyes on the road!

-Roadtrip America

**REPORT ACCIDENT CLAIMS IMMEDIATELY TO:**

First Horizon Insurance Group  
615-385-8341  
(Kay Biggs)  
-and-  
MiMi Lee  
615-790-4005 or  
After Hours:  
615-517-6321

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For more information about our services contact:  
The TMA Group  
(615) 790-4005  
[www.tmagroup.org](http://www.tmagroup.org)

Regional Transportation Authority (RTA)  
(615) 862-8833  
[www.RTArelaxandride.com](http://www.RTArelaxandride.com)



**Just a reminder:**  
Recruit a new vanpool rider and receive a \$25 gift card. The new rider must participate in the vanpool program a minimum of 3 months and be a full-time rider. Gift card will be rewarded at the end of three months participation as a vanpool rider.

# DEFENSIVE ROAD RULES

## WORK ZONE SAFETY DRIVING TIPS

Not only in the summertime, but all year round remember the following work zone safety tips.

- Stay alert; expect the unexpected.
- Allow ample space between you and the car in front of you.
- Anticipate lane shifts - merge when directed to do so.
- Don't change lanes unnecessarily.
- Don't speed in work zones; obey the posted speed limits.
- Avoid using mobile phones while driving in work zones.

- Be especially alert at night while driving in work zones.
- Be patient! The most important thing is to arrive to your destination safely!



AAA Foundation for Traffic Safety

## AIR ALERT SEASON ARRIVES!

**Air Alert Season 2008 is here!** The Middle Tennessee region periodically has high ozone and particulate matter levels during the months of May—September.

Saving energy reduces pollution; and it saves money. Everyone can use the following guidelines to help keep air cleaner in our community. These recommendations are especially important when ozone and/or particulate matter levels are expected to be unhealthy:

- Conserve electricity; set the air conditioner at a higher temperature.
- Choose a cleaner commute! Try vanpooling, carpooling, use public transportation, or ride the Music City Star! Combine errands and reduce trips. Bike or walk to errands when possible.
- Defer use of gasoline-powered lawn and garden equipment for later in the day, or for days when the air quality is better.
- Refuel cars and trucks after dusk. Limit engine idling.
- Get regular engine tune ups and car maintenance checks (especially for the spark plugs).
- Avoid spilling gas and don't "top off" the tank. Replace gas tank cap tightly.
- Properly dispose of household paints, solvents and pesticides. Store these materials in airtight containers.
- Paint with a brush, not a sprayer. Buy low volatile organic compound (VOC) paints for indoor and outdoor painting jobs.
- Avoid burning leaves, trash and other materials.

# Care for the Air!