

## On The Road Again...

### Highway Information Links

The following link will have current information regarding lane closures on the interstates you use in your commute. [www.511.virginia.org](http://www.511.virginia.org)

### April is Distracted Driving Awareness Month

Already this year, tens of thousands of car crashes have been caused by people using their cell phones while driving. Was that call or text really worth it? Please ask yourself that question the next time you pick up your phone while behind the wheel, or when you take your eyes off the road to tend to children, pets or program the GPS. DRIVE SMART Virginia and the federal government are recognizing April as *Distracted Driving Awareness Month* in order to bring attention to this risky behavior.

Driving is the most dangerous activity a person does on a daily basis and full concentration is required. Studies have shown that brains cannot effectively multi-task, instead minds shift from one task to the next. Therefore, when doing other tasks while driving, our minds are forced to split attention and are not 100% focused on the road ahead.

One of the most serious distractions is texting behind the wheel, which is illegal in Virginia. Studies have found a person texting while driving is **23 times** more likely to crash. Cell phone use is also very dangerous; research shows that people are **FOUR** times more likely to get into a crash than someone driving without distraction from the phone. And because cell phone use occurs more frequently and for longer durations than other risk behaviors, it's the #1 source of driver inattention behind the wheel. There has been no difference found in the cognitive distraction between hand-held and hands-free devices.

DRIVE SMART Virginia asks you to help raise awareness about distracted driving in order to improve the safety of Virginia's roadways. Try to avoid using your drive time as your down time and instead focus solely on driving. Keep yourself and your family safe by making sure you always buckle up and make sure all your passengers are properly restrained. Seat belt use is one of your best defenses against another distracted driver.

Please take a minute to please sign the pledge to drive distraction-free: <http://www.drivesmartva.org/projects/distracted/pledgeform2.htm>

### UPCOMING EVENTS

Mark your calendars:

April 22, 2011 — Earth Day

May 19, 2011 — DoD Transportation Fair at the Pentagon

May 20, 2011 — Bike to Work Day ([waba.org/events/btwd](http://waba.org/events/btwd))

May 21, 2011 — Warrenton Spring Festival (come visit our booth!)

Volume 6, Issue 1  
March 2011



Don't let your  
Guaranteed Ride Home  
membership expire

When you get a renewal notice, just email us and we will update your record to keep it current. You never know when you might need it!

WANT TO  
WIN A CAR  
EMERGENCY  
KIT?



We Want to Hear From  
You!

At Commuter Services, we're committed to helping you find better ways of commuting to and from work. And what better way is there to do that, than by listening to what you have to say! So please e-mail us at [commute@rrregion.org](mailto:commute@rrregion.org) if you have:

- A commuter routine that demonstrates the successful use of carpooling, vanpooling or any other alternative mode of transportation.
- A commuting tip that has made your life a little easier.
- An interesting story about something that happened to you during one of your commutes.
- Story ideas or suggestions for future issues of "On the Road Again..."
- Any other comments or questions.

Looking forward  
to hearing from  
you!

### Reminder—Your Local Ridesharing Agency Can Help

Contact Commuter Services at [commute@rrregion.org](mailto:commute@rrregion.org) or [www.rrcommute.org](http://www.rrcommute.org) for more information on the ridesharing options in your area. We can provide a new match list, Guaranteed Ride Home information and more. Contact us today!

A member of **COMMUTER CONNECTIONS**  
A SMARTER WAY TO WORK

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at [commute@rrregion.org](mailto:commute@rrregion.org) or call 540-829-7451