



Worried about traffic?

8 TIPS FOR EXPERIENCED DRIVERS

They're rude.
They're impatient.
They're going too fast. And they're right behind you. Now, you can do something to avoid the drivers — and the driving — you worry about most.

- 1. Plan ahead.** As traffic gets tougher, drivers are spending more time planning even short trips. Take familiar routes, especially at night. And if you're unfamiliar with a road or destination, consider making a trial run during daylight.
- 2. Share the driving.** Riding with friends, or even new acquaintances, is a great way to connect with people as you travel to something you both do together.
- 3. Avoid dawn or dusk.** Just after sunrise or just before sunset, signs, bikes and pedestrians are harder to see. For a clearer view, drive during the day.
- 4. Drive when the roads are clear.** Driving during rush hour? Forget it. Who wants to battle the commuters snarling traffic 7 a.m. to 9 a.m. and 4 p.m. to 6 p.m.?
- 5. Avoid busy or high-speed roads.** Seems simple, but a lot of people don't think to avoid the most dangerous roads, especially those that are usually jammed with traffic.
- 6. Stay in shape.** Healthy eating and regular exercise — especially walking — can help you stay alert, improve your reaction time and, in some cases, make you less vulnerable to injury. Be sure to talk with your doctor before starting an exercise program.
- 7. Check whether your medications affect driving.** Medicines can cause symptoms like drowsiness, slowing a driver's ability to steer clear of problems. Ask your doctor if you should let someone else take the wheel when you are taking certain drugs.
- 8. Why drive at all?** Take a train, bus or taxi instead and avoid the hassles of traffic and parking. Mass transit is improving in many areas, and some communities provide van services free of charge or for a small fee.

Interested in more ways to take control of today's roads? Visit www.driveexperienced.org or call your local ASA affiliate.



DRIVING EXPERIENCED



Worried about traffic?

They're rude. They're impatient. They're going too fast. And they're right behind you. Now, you can do something to avoid the driving — and the drivers — you worry about most.

6 Tips for Experienced Drivers

1. Plan ahead.

As the traffic gets tougher, drivers are spending more times planning even short trips.



2. Avoid dusk or dawn.

Just after sunrise or just before sunset, signs, bikes and pedestrians are difficult to see. Wait a few hours and your view will be clearer.

3. Share the driving.

Riding with friends, or even new acquaintances, is a great way to connect with people as you travel to something you both do together.



4. Drive when the roads are clear.

Driving during rush hour? Forget it. Who wants to battle the commuters snarling traffic 7 a.m. to 9 a.m. and 4 p.m. to 6 p.m.?

5. Avoid busy or high-speed roads.

Seems simple, but a lot of people don't think to avoid the most dangerous roads, especially those jammed with traffic.



6. Take the familiar route—especially at night.

Finding your way as you battle traffic sets you up for a crash. If you are unfamiliar with a road or destination, consider making a trial run during daylight.

If you are interested in more ways to take control of today's road, visit the web at www.elderdrivers.org or call your local ASA affiliate.