

SAFETY ON THE ROAD

World Series Racer Offers Tips For Preventing Road Rage

(NAPSA)—A typical “day at the office” for Newman Haas Racing and Champ Car driver Bruno Junquiera involves thundering around tight turns and narrow straight aways against a pack of other racers.

For Junquiera, driving at speeds of more than 220 miles per hour requires staying healthy and maintaining a cool head.

Junquiera, a competitive racer since age six, offers some recommendations that average motorists can apply to their everyday driving in order to keep cool under pressure, avoid stress and decrease incidences of road rage on America’s streets and highways.

“Road rage is increasing nationwide, and it is a major cause of accidents and injuries,” he said. “We can reduce the number of people getting unnecessarily hurt and reduce unhealthful stress simply by remembering a few tips as we drive.”

In celebration of its role as the “Official Health Care Provider” of the Champ Car World Series (for-



Sensible driving may help you avoid incidents of road rage.

merly CART), PacifiCare offers the following “Tips for Preventing Road Rage.”

The advice can be used by everyone, every day and at any location.

- Avoid eye contact with an angry driver. Some drivers interpret eye contact as confrontational.
- Give an angry driver plenty of space. Leaving space allows you enough time to react to sudden changes the driver may make.
- Avoid making gestures at other drivers. Gesturing may only

enrage the other driver.

- Don’t cut off other drivers. Plan lane changes ahead of time to avoid accidentally cutting someone off.

- Allow yourself plenty of time to reach your destination. Planning ahead prevents the type of dangerous driving that often occurs when one is rushing to get somewhere.

- Don’t drive slowly in the fast lane. The far-left lane is intended for fast-moving vehicles. Use it only for passing, as prolonged slow driving may anger drivers stuck behind you.

- Don’t tailgate. Make sure you allow two seconds between you and the vehicle in front of you.

“While aggressive driving by others may annoy you, stressing out over it only endangers yourself and those around you,” said Junquiera. “Arriving at your destination safely is the most important thing. Exercising safe driving skills can also help reduce your stress, and improve your health.”