

In The Driver's Seat

Steering Clear Of Road Rage

(NAPSA)—It's important to put the brakes on your emotions whenever you get behind the wheel. That's the advice from experts who say that road rage—when drivers act irrationally because of anger or impatience—leads to danger.

“When drivers let their emotions get the best of them, they take it out on other drivers, putting everyone on the road at risk,” says Captain Mark Welch, chief of public affairs for the Florida Highway Patrol.

So which city's drivers suffer from the worst road rage? The third annual In The Driver's Seat Road Rage Survey, commissioned by AutoVantage, a leading national auto club, found that the least courteous city in the country is Miami, followed by Boston and New York. It's the third consecutive year that Miami takes the crown as road rage capital of America. The other two cities in the bottom five were Baltimore and Washington, D.C.

The most courteous city is Pittsburgh, followed closely by Portland, Ore., Seattle, Minneapolis and Cleveland.

What really ticks drivers off? According to the survey:

- Drivers who talk on their cell phones (88 percent observe this happening every day)
- Driving too fast (59 percent)
- Tailgating (56 percent)
- Drivers eating or drinking while driving (49 percent)



Controlling road rage can help keep you and other drivers safe.

Avoiding Road Rage

Experts say simple relaxation tips such as deep breathing, or even listening to calming music, can help quell road rage. Also, paying attention to the road and not your cell phone or other distractions can help keep you safe—and possibly prevent road rage in other drivers.

Police are doing their part as well, with many departments watching out for road rage behaviors. New stepped-up measures include troopers in unmarked vehicles that track aggressive drivers, as well as aircraft and motorcycle units that patrol the skies and roadways for road rage.

Gauge Your Rage

If you'd like to check your own road rage temperature, visit www.gaugemyrage.com. The site also has tips for avoiding road rage and more information on the survey.