

newsworthy trends

Training To Save Time, Stress And Energy

(NAPSA)—America, it seems, is going in a new direction.

- The suburbs now account for most job destinations and more commuters are traveling from suburb to suburb than from suburbs to central cities, according to “The Third National Report on Commuting Patterns and Trends.”

- Transit and carpooling are on the rise in many areas. One reason may be that more employers have moved out of cities to be closer to skilled workers. Another may be that accelerating prices for close-in housing push people farther from cities to find affordable homes. In addition, some people prefer a rural lifestyle.

- Although surveys suggest 45 minutes is the threshold most commuters were willing to drive one way to work, the number of Americans making longer commutes than that has grown steadily to more than 19 million.

- The latest census data shows more Americans are leaving for work between 5 am and 6:30 am and commuting for between 60 and 90 minutes.

- Many people drive longer distances to get to work compared to 15 or 20 years ago. For some of the more “extreme” commuters, the distance is so great they actually travel through several weather systems.

Fortunately, there could be a solution for both commuters and government planners: commuter trains.

These can connect to metro or bus services both at their destination and along their route to extend the range of accessibility.

What’s more, commuter trains are usually powered by diesel-electric or electric locomotives.



Almost 100 million of the 128 million commuters in the U.S. live in metropolitan areas.

That means quicker acceleration, less noise and fewer air-quality issues, report the experts at Voith Turbo, the leading supplier of couplings and final drives that make using these public transportation vehicles robust and convenient.

Meanwhile, if you must drive, here are a few hints to help you rev up your gas mileage:

1. Don’t speed. Driving 65 mph instead of 75 mph will increase your fuel economy by about 10 percent.

2. Avoid “jackrabbit” starts, which waste gas and increase pollution.

3. Don’t stop short. Accelerating hard and braking hard waste gas, increase pollution and wear out your brakes.

4. Keep your tires properly inflated. For every three pounds below recommended pressure, fuel economy falls another percent.

5. Travel light. For every extra 100 pounds in your trunk, you cut fuel economy by about 1 percent.

You can learn more about light rail online at www.us.voith.com.