

TRANSPORTATION

We all have places we need to get to. However, how we chose to transport ourselves can have an impact on local air quality, our health and our wallet.

Here are some ways to rethink how we get around.

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Always buckle up.

The Center for Disease Control and Prevention reports that seat belts reduce the risk of being killed or seriously injured in a crash by about 50%. Motor vehicle crashes are the leading cause of death for people between the ages of 5 and 34. Crashes also cause millions of serious injuries every year. The simple act of buckling up is the best way to save lives and reduce injuries from crashes.

How to save lives:

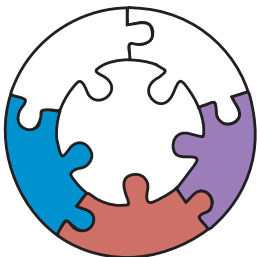
- Use a seat belt on every trip, no matter how short.
- Encourage everyone in the car to buckle up, including those in the back seat.
- Have all children ages 12 and under sit in the back seat.
- Never seat a child in front of an air bag.
- Place children in the middle of the back seat when possible, because it is the safest spot in the vehicle.
- Make sure children are properly buckled up in a seat belt, booster seat or car seat, whichever is appropriate.

First steps:

Try and make it a habit to put on your seat belt before you turn the car on. And don't move the car until everyone is in a seat belt or safety seat.

Seat Belt and Child Car Seat Resources:

- Car Seat & Booster Safety, Summit County Health Department;
www.summitcountyhealth.org/children/injury-prevention-safe-kids/car-seat-and-booster-safety/
- Click It Utah, Zero Fatalities;
clickitutah.org/
- Occupant Protection, National Highway Traffic Safety Administration;
www.nhtsa.gov/Driving+Safety/Occupant+Protection
- Child Safety, National Highway Traffic Safety Administration;
www.nhtsa.gov/Safety/CPS



Buckling up helps ensure that our health, family and even our economy thrive.



Combine trips.

When you are getting ready to go to the store or run errands, think about combining trips to limit the amount of miles you drive. Or, do you really even need to make that extra trip?

- Combining errands in to one trip saves you time and money.
- Several short trips taken from a cold start can use twice as much fuel as a longer multipurpose trip covering the same distance when the engine is warm.
- Trip planning ensures that traveling is done when the engine is warmed-up and efficient, and it can reduce the distance you travel.
- By combining trips you can also help reduce pollution.

How to combine trips:

Make a list of the errands and trips you need to make that day, or even that week and then write down together the ones that can be accomplished in one outing.

For example, postpone the trip to the grocery store until you go out to pick up the kids from school. Schedule your kids activities so they are on the same days around the same time. This way you only have to make one big loop to drop them off and pick them up.



Combining trips is beneficial to our environment, the community, our economy and family.



Utilize local destinations.

If you do have to make that trip, are there local destinations or services that you can utilize instead of driving a further distance to others?

It is easy to think we can save money by driving further to stores that are offering products at a lower price, including cheaper gasoline. But when you add in the costs of traveling a further distance – gas, wear and tear on your car, your time – the savings don't always add up.

Plus, when we use local destinations and services we are usually supporting a small, locally-owned business. So even if it may cost a bit more to utilize local services and shops, our money is staying in the community and we are saving time and gas.

How to use local destinations:

First and foremost, support the small, locally-owned business in your community versus driving to the large, big-box retail stores (such as WalMart and Home Depot). You might spend a bit more money, but know that your hard-earned dollars are staying in your community.

Know what businesses are in your community and what they offer.

First steps:

Get to know what is available locally. Make a conscious effort to buy what you need in your home town before driving elsewhere.

Local Business Resources:

- Summit County On-Line Business Directory;
summitcountybusiness.com
- Park City Chamber of Commerce Business Directory;
www.visitparkcity.com/member-directory
- The local Yellow Pages and phone books

Additional Information:

- Business Alliance for Local Living Economies;
bealocalist.org
- American Independent Business Alliance;
www.amiba.net



*When we utilize local destinations,
it is good for our community, family,
economy and the environment.*



Use alternative ways of transportation.

We live in a very car-dependent society. Hopping in to our vehicles to go everywhere has become a habit, even if we don't always need to drive.

Every time we choose to get somewhere using alternatives to driving our own cars, we not only save gas (which continues to rise in price) but we also cut down on the wear and tear of our cars, help keep our air clean and reduce pollution, and can even get a little exercise out of it.

Although many of our small communities don't offer bus service or other public transportation options, there are still ways to get out of our cars and to where we need to go using alternative transportation.

How to get around without driving your car:

Here are some ways and options for using your car less: (ParkCityGreen.org)

- **Bike** - Get some exercise and ditch your car at home. Biking is a great way to travel and if there are bike-friendly trails around your community, you can get anywhere you want quickly and safely.
- **Walk** - While walking might not be practical all the time, when you can, use your own two feet. Try parking your car in one central location and then walking everywhere you need to go instead of driving to each little place. Some communities have miles of pedestrian-friendly paths, trails and crossings all over their cities to encourage you to use your own two feet to get around.
- **Take the Bus** - Did you know the Park City Bus System is completely free year round? The bus runs every 15-20 minutes all around town and can get you within walking distance of everywhere you need to be. Make sure to use the bus to get to the ski resorts, concerts, parades and festivals to avoid the crowds and not have to worry about parking.
- **Carpooling and Rideshare** - Packing three or four people in a single car does wonders for overall fuel efficiency of the trip, not to mention you can use the car pool lane. So find family members, friends or neighbors to carpool with and make it work. Or utilize UTA Rideshare program to coordinate rides for you and others you work with or have similar commutes.

Alternative Transportation Resources:

- Park City Municipal – Transit Bus;
www.parkcity.org/index.aspx?page=422
- Mountain Trails; www.mountaintrails.org
- Trails, Snyderville Basin Recreation;
basinrecreation.org/trails.html
- ParkCityGreen.org – Ways to Save: Transportation;
www.parkcitygreen.org/Ways-to-Save/Transportation.aspx
- UTA Rideshare; www.utarideshare.com
- Pedestrian and Bicycle Information Center;
www.bicyclinginfo.org



Using alternative forms of transportation can be good for our community, family, economy, health and the environment.



Stop idling.

It is a habit we all have – leaving our cars running while they are sitting still, or idling. Although it may be for just a few minutes a day that we leave the engine on, the pollutants and health problems add up. In addition, idling gets ZERO miles to the gallon.

If you have to wait longer than 10 seconds, turn your car off and reduce your emissions and save gas. Help keep the air pollution down by not idling when you're stopped for road construction and it is a long delay, waiting in line to pick someone up, car washes, ATMs and more.

Impacts of Idling (Park City Municipal)

Vehicle idling has numerous negative consequences including impacts on the environment, public health, and the inefficient use of fuel.

- **Air Quality:** Emissions during idling contribute to the formation of ozone and particulate matter that are major sources of pollution in Utah. Idle Free Utah notes that health issues, ranging from asthma and bronchitis to cancer, have been found linked to vehicle emissions.
- **Dollars and Cents:** There is a direct financial benefit to those who limit their vehicle idling time. Studies indicate a financial “break-even point” of 10-30 seconds of idling time for balancing the minimal wear-and-tear on engines versus fuel saved from shutting off the vehicle.
- **Natural Resources:** Vehicle idling wastes gasoline. The Department of Energy estimates that unnecessary vehicle idling in the U.S. burns up to 2 billion gallons of fuel per year. Compare this to the upper-bound estimate for oil spilled in the Exxon Valdez disaster: 31.5 million gallons. Furthermore, the Energy Information Administration estimates that the U.S. relied on net imports for 49% of our petroleum consumed in 2010.

Anti-Idling Resources and Information:

- Idle Free Resolution, Summit County Health;
www.summitcountyhealth.org/environmental-health/idle-free-resolution/
- Anti-Idling Ordinance, Park City Municipal;
www.parkcity.org/index.aspx?page=622
- Idle Free Utah;
www.idlefree.utah.gov/idling_impacts.htm



Turning off our engine and not letting our car idle is good for our health, economy and community as well as our environment.



Improve your gas mileage.

Improper driving habits could be costing you a lot in terms of fuel as well as wear and tear on your car. One Natural Resource Defense Council analysis determined that the average driver can save about \$800 per year with more efficient driving and maintenance strategies.

How to improve your gas mileage:

(ParkCityGreen.org)

Change Your Driving Style

- **Avoid Aggressive Driving:** Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33% at highway speeds and by 5% around town. Sensible driving is also safer for you and others, so you may save more than gas money.
- **No Idling:** If you're waiting to pick someone up, trapped in a huge traffic jam, at the ATM, drive through, car wash or even a very long light, turn off your engine. Across the country, idling cars waste millions of gallons of gasoline every day. If your wait is longer than 30 seconds, restarting the engine uses less gas than leaving it running.
- **Use Cruise Control:** Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.
- **Use Overdrive Gears:** When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.

Proper Maintenance

- **Check Your Tire Pressure:** More than a quarter of all cars and nearly one-third of all SUVs, vans and pickups have under-inflated tires, according to a survey by the Department of Transportation. Properly inflating tires or buying low-rolling resistance tires could increase fuel economy by 3% or more.
- **Change Tires at End of Season:** At the end of the snow season, when you no longer reasonably need your snow tires, change back into your normal tires. Snow tires have a lot more road resistance and slow you down. Also by changing your tires as soon as you can will help keep them in good shape for longer.
- **Regular Maintenance:** Take your car in for regular maintenance (check your owner's manual to find out how often your car needs a tune-up). Following the recommended maintenance schedule keeps your car running better and longer. A poorly tuned or poorly maintained engine can increase gasoline consumption by as much as 4%.
- **Use the Recommended Motor Oil:** Use the motor oil grade designed for your engine and choose a fuel-efficient oil marked with the "Energy Conserving" label by the American Petroleum Institute. For example, using 10W-30 motor oil in an engine designed to use 5W-30 can lower your gas mileage by 1-2%.



- **Unload:** There's no need to carry around heavy items and items that cause drag on your car. Remove heavy items from your trunk, unnecessary boxes, and especially roof racks and rocket boxes on top. Removing heavy items from your trunk and roof racks can improve fuel economy by 2%. And a loaded roof rack can decrease your fuel economy by 5%.

Other Options

- **Try a Different Gasoline:** Consider switching from premium to mid-grade or regular gasoline for vehicles that do not require premium. Consult your owner's manual first.
- **Share A Ride:** Share a ride to work, telecommute or use transit. If each commuter car carried just one more passenger once a week, we would cut America's gasoline consumption by more than 50 million gallons each week. And commuting by car one day less per week saves you \$236 per year on average.
- **Shift Driving Hours:** If you tend to drive during peak times and encounter heavy traffic, consider shifting your commute times to an hour before or an hour later. Not only will this save you time, but it will also reduce gas wasted while waiting in traffic.
- **Combine Errands:** Choose to run errands all at once on the same day and decide on an efficient route that will help you avoid back tracking. Also, pick areas of town that include multiple stops in one area, that way you can park your car once and walk to everything.
- **Park in the Shade:** Gasoline evaporates in the heat and does so quicker in the hot sun. Park in the shade if possible to minimize evaporation. Also, by keeping your car cooler, you'll need less A/C to cool your car when you return.
- **Buy an Efficient Car:** If you're in the market for a new car, get one that uses less gas, such as a hybrid. Compare models in the same class and pick the one with the highest miles-per-gallon rating.

Resources for Improving Your Gas Mileage:

- Fuel Economy, U.S. Department of Energy;
www.fueleconomy.gov
- Transportation: Improving Gas Mileage, Park City Green.org;
parkcitygreen.org/Ways-to-Save/Transportation/Improving-Gas-Mileage.aspx
- "Save Gas, Money and the Environment with Properly Inflated Tires," Carnegie Mellon;
www.cmu.edu/cmnews/extra/050921_tire.html



Improving the gas mileage for our cars is beneficial for both our economy and the environment.



Share the road with other users.

It may seem that streets are just made for vehicles, but they aren't. Streets are here for all of us to utilize. Whether biking or walking on the side of the road, or even crossing the street, these other users have just as much right to the road as cars do. And if there is a conflict with a car, these other users always lose.

But it isn't just cars that need to share the road; pedestrians and bicyclists need to do the same. All users have a responsibility to adhere to their rules of the road. This means bikers need to ride with traffic, obeying traffic laws, and riding single file.

Pedestrians when there isn't a sidewalk need to walk against traffic. They also need to stop and look both ways before crossing the road. Don't just walk out into the street! Even though you might have the right of way, physics dictates that you will lose a battle with a car.

How to share the road:

First and foremost, no matter what your mode of travel – car, bike or on foot – be aware of the others on the road (other cars, bikes and people, don't forget about animals as well).

Vehicles: Drive the speed limit. Stay off your phone. Allow pedestrians to cross in cross walks. Give bikers three feet to pass. Obey all traffic laws.

Pay attention to younger bike riders on the road. Children ages 5 to 9 have less coordination for pedaling, more trouble recognizing and avoiding obstacles and lack adult hand-eye coordination. Pre-teens ages 10 to 14 cannot always identify oncoming cars in busy intersections because they are not fully able to recognize objects from a busy background.

Bikes: Ride with the traffic, obeying all traffic laws. Ride single file – that's the law. Be polite to other road users and pass with caution. Let others know you are coming upon that you are there.

Pedestrians: If there isn't a sidewalk, walk against traffic. It is easier for cars to see you. Keep your head up and pay attention to other users, including cars and bikes. When crossing the road, stop and look both ways and proceed when it is clear. Don't just expect cars and bikes to stop for you. If you are walking with your dog, keep it on a leash to prevent your four-legged family member from running into the street.

Everyone: Support initiatives to implement traffic calming measures and those that aim to add biking / walking paths.

In 2009, 630 bicyclists were killed and 51,000 were injured in the U.S. Bicyclist deaths made up 2% of all motor vehicle traffic deaths.
– *National Highway Traffic Safety Administration*



First steps:

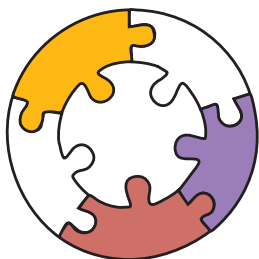
Next time you are on the road (driving, biking or walking) notice the other users out there with you.

In 2010, 4,280 pedestrians were killed and an estimated 70,000 were injured in traffic crashes in the United States. On average, a pedestrian was killed every two hours and injured every eight minutes in traffic crashes.

– National Highway Traffic Safety Administration

Road Safety Resources:

- Driver Handbooks, Utah Driver License Division;
publicsafety.utah.gov/dld/handbooks.html
- Safety Laws in Utah, Department of Motor Vehicles;
www.dmv.org/ut-utah/safety-laws.php
- Heads Up for Pedestrians;
headsuputah.com



*Sharing the road with all users
has a positive impact on our
health, families and community.*