

Healthy Driving Tips

Important Safety Information From Race Car Driver Bruno Junqueira

(NAPSA)—When it comes to driving success, race car driver Bruno Junqueira always thinks safety. Driving at nearly 240 miles per hour on the 19-race international Champ Car World Series (CART) circuit, there's no room for poor decisions or careless habits. What can motorists learn from the pros for everyday driving? More than you think.

Junqueira, who's been competing in organized racing since age six, agrees. "There are fewer accidents on the track because we follow rules and respect fellow competitors—every day, every practice, and every race."

In celebration of its 25th anniversary and role as a Champ Car World Series sponsor, PacifiCare offers these "Healthy Driving Tips."

- Wear seatbelts. Before you go—whether it's around the corner or across the country, buckle up. Seat belts save lives and reduce the risk of injury for drivers and passengers.

- Use Child Safety or Booster Seats. Studies show that children under 60 lbs. receive maximum protection when in a properly



installed child safety or booster seat. If you're unsure about your child's seat, check with your car dealer for recommendations.

- Obey speed limits. Traveling faster than the flow of traffic increases the likelihood of an accident and reduces your response time. Go with the flow and maintain a safe driving speed.

- Leave room. Avoid tailgating. You need at least one car length for every 10 miles an hour you're traveling between you and the car in front. Build a safety cushion between you and the car in front of you.

- Signal your intentions. Sudden turns without signaling your

intentions cause accidents. Let other drivers know where you're going by using your directional consistently.

- As the weather changes, change your driving habits. Driving on wet surfaces requires more care than dry surfaces. Think about road conditions before you drive. Allow extra time for adverse weather that affects your visibility and speed.

- Keep your car "race ready." A well-maintained car is a safe car. Regular maintenance insures your brakes, lights and safety systems will function well when needed. See your dealer or a certified mechanic on a regular basis so your car is always ready for the road.

"While racing at the professional level is all about speed and the desire to win, we never lose sight of safety," Junqueira adds. "You can't underestimate preparation and patience—even at the high speeds we travel. If you stay focused, you can be successful on the open road or race track."

For more information about racing or health care tips, call 1-800-531-3341 or visit www.pacifiCare.com.