

## PINAL COUNTY TRAVEL ALTERNATIVES

## CLEAN AIR BLUE SKIES

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**Improving Mileage & Reducing Emissions**

For those times you do drive, you can take steps to increase mileage and even reduce emissions. Remember, the more gas a car uses, the more harmful emissions it's putting out.

The National Highway Traffic and Safety Administration calculated that the average mileage only increased 1.6 miles per gallon (mpg), from 23.1 mpg in 1980 to 24.7 mpg in 2004. The improvement could have been larger, but the huge successes of SUVs, relatively inexpensive gas, and more people idling in traffic brought down the mileage calculations (but did not decrease emissions).

Until zero-impact cars or fuels are invented, here's a list of things you can do to improve fuel efficiency:

- Aggressive driving, including rapid acceleration off the line and through traffic, wastes gas and increases emissions. Maintaining a smooth--and legal--pace will get you more miles to the gallon.
- Every car reaches its optimal fuel efficiency at a different speed, but it's generally around 60 miles per hour. According to the U.S. Department of Energy, for every 5 miles an hour you drive over 60 mph, it's like you are spending an extra twenty cents per gallon of gas.
- Carrying around heavy loads reduces a car's gas mileage. It makes more of a difference in smaller cars than larger ones because the weight carried is relative to the weight of the car.

**Skip the Drive-Thru**

- Idling, burning gas, and getting nowhere wastes gas. If you need another reason to avoid drive-through windows, consider this. Idling for longer than a minute or two actually uses more gas than starting the car, except in the case of hybrids. If you just have to get that burger and fries, you can park and walk inside instead.



- Properly maintained engines operate more efficiently and get better gas mileage. Air filters remove impurities from the air before they can reach the car's engine. Clogged filters can allow some impurities to get through and reduce gas mileage.
- Finally, properly inflated tires are not only safer to drive on, they improve mileage, too.

## Why Be Concerned About Air Pollution?

You could go days without food and hours without water, but you would last only a few minutes without air. On average, each of us breathes over 3,000 gallons of air each day. You must have air to live. However, did you know that breathing polluted air can make you sick?

Air pollution can damage trees, crops, other plants, lakes, and animals. In addition to damaging the natural environment, air pollution also damages buildings, monuments, and statues. It not only reduces how far you can see in national parks and cities, it even interferes with aviation.

In 1970, Congress created the environmental Protection Agency (EPA) and passed the Clean Air Act, giving the federal government authority to clean up air pollution in this country. Since then, EPA and states, tribes, local governments, industry, and environmental groups have worked to establish a variety of programs to reduce air pollution levels across America.

The Clean Air Act has helped change the way many of us work or do business. In some cases, it has even changed the way we live.



Breathing polluted air can make your eyes and nose burn. It can irritate your throat and make breathing difficult. In fact, pollutants like tiny airborne particles and ground level ozone can trigger respiratory problems, especially for people with asthma. Today, nearly 30 million adults and children in the United States have been diagnosed with asthma. Asthma sufferers can be severely affected by air pollution. Air pollution can also aggravate health problems for the elderly and others with heart or respiratory diseases.

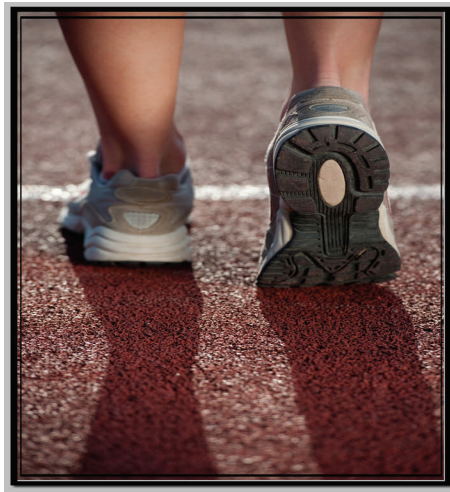
The health, environmental, and economic impacts of air pollution are significant. Each day, air pollution causes thousands of illnesses leading to lost days at work and school. Air pollution also reduces agricultural crop and commercial forest yields by billions of dollars each year.



## Walk to work one day a week

Many of us live within walking distance of our job, but don't walk to work regularly. By walking once a week instead of driving or taking public transportation, you can lower your commuting costs, avoid the use of non-renewable resources for fuel, and reduce greenhouse gas emissions.

There are physical and emotional bonuses to walking, too. It's great to be a part of the transportation solution,



and reduce your carbon footprint, but it's also a fun stress buster, a strength builder, and generally feels great to be outside observing the seasons and changes in the landscape.

Modify your schedule to allow extra time for the walk. If your morning routine is just too hectic to add walking on top of everything else, try walking home from work.

## Bike to work one day a week

Biking to work has so many benefits. If you're not ready to do it daily, commit to once a week. By choosing to bike instead of driving or taking public transportation, you'll lower your commuting costs, avoid the use of non-renewable resources for fuel, and reduce greenhouse gas emissions. You might even give your co-workers and



neighbors a good idea. Walking to work has similar physical and environmental health benefits, but biking is much speedier—a plus for any morning commute.

**Get your gear in order!**

**Plan a safe and pleasant route.**

**WARNING; it may be fun!**

## Are you ready?

Gas prices continue to rise daily. Although we have become comfortable with the \$3.00 range, would you be comfortable in the \$4.00 range?

By learning to use alternative transportation such as carpooling, transit (where available), walking/biking.....you can reduce your gallons of fuel you currently use. It may



take a little bit of an adjustment with habits and time but it can be accomplished.

Once you have committed to a routine, it will become second nature to you.

You can take control by leaving your vehicle at home.

## PINAL COUNTY TRAVEL ALTERNATIVES

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## Which would you choose?



VS

