

PAUL GARDNER – EXCESS SPEED TRANSCRIPT

[00:00]

(Peppy music plays while introductory slides show the Institute for Transportation and Iowa Department of Transportation logos and then the video title of “Excess Speed”)

[00:06] [Speaker – Paul Gardner, Iowa State Patrol Officer]:

(Music quiets)

Well, speeding tends to get people into a lot of trouble. People run late; they end up getting to the point where they feel like they’re running behind, so they feel like putting a little more foot on the gas,...

[00:18]

(Brief b-roll zooms in on a still image of a blurry vehicle on a rural-two lane highway, suggesting it’s traveling at a high speed, with additional text that states, “In Iowa, drivers 18 and younger were 1.4 times more likely to be involved in a speeding-related crash than drivers over 18” and credited to “Iowa DOT crash data”)

...giving a little more acceleration, will get them to their destination that much quicker, which in reality it does not. So, people need to realize that just because you’re speeding doesn’t mean you’re going to get there any sooner, because you could get yourself into a crash.

[00:35]

(Brief b-roll zooms in on a still image of an officer talking through the driver-side window to a person pulled over into the shoulder during a traffic stop by a sheriff’s officer)

You could get stopped by law enforcement. So, that’s going to take an extra maybe 10, 15 minutes on a typical traffic stop. People get comfortable in that mode of doing 5 over.

[00:46]

(Brief b-roll video shows the perspective of a driver whose vehicle is being passed by a faster vehicle in the left lane)

Next thing you know, they’re doing 10 over, 15 over, 20 miles per hour over the speed limit. And that’s not a good, that’s not a good environment to get yourself in, because if you get comfortable just doing a little over the speed limit, you’re going to find yourself doing much over the speed limit at some point, especially when there’s no consequences.

[01:00]

(Brief b-roll video shows the perspective of a driver whose vehicle is passing a large grain truck)

So, if you think that I can do 5 over and get away with it, next thing you know, you're going to be pushing 10 miles, 15 miles per hour over the speed limit.

So, how fast can I actually go over the speed limit? That's usually the number one question law enforcement officers will get. And I've had several people come up to me and say, can I do 5 over? Can I do 10 over? And the answer is no.

[01:21]

(Brief b-roll video shows the perspective of a driver whose vehicle is passing a 65 mph speed limit sign, which fades to black to then briefly show b-roll video from the same perspective but the driver is passing a 40 mph ahead speed limit sign)

You cannot do that because 1 mile per hour technically over the speed limit can get you a traffic ticket. The best safety practices that you can do when you're out driving is for one drive at a safe speed.

Sometimes, even driving the speed limit during a winter storm can be too fast.

[01:36]

(Brief b-roll video shows a driver perspective of passing a semitruck during near whiteout conditions during a snowstorm)

So, don't think that you can drive the speed limit. Just because it says 70 down the interstate doesn't mean 70 is going to be a safe speed. You have to drive the speed which is safe under those conditions.

[01:46]

(Video of Paul Gardner fades to black as louder peppy music resumes, while outro slides provide a disclaimer that reads, "This video was developed by the Institute for Transportation (InTrans) at Iowa State University for the Iowa Department of Transportation (Iowa DOT) with the purpose to provide the material for driver education instructors in Iowa. InTrans is responsible for the facts and the accuracy of the information presented herein as of May 1, 2025. Driver education instructors may use the material in its entirety or may use any of the material individually. The material is for educational purposes only. It is strictly prohibited to sell any part of this video. If any of the material is reused, please credit the Iowa DOT. For more information or questions, please contact Vania Boyd, Driver Education and Motorcycle Rider Education Manager, Iowa DOT, Vania.boyd@iowadot.us." and show the Institute for Transportation and Iowa Department of Transportation logos)