

## **AI Summary: FHP Capt. Mike Burroughs Tells the NCFRPC, "Speed & Distracted Driving Kills" - He wants to keep you alive**

At the April 23 North Central Florida Regional Planning Council meeting, Florida Highway Patrol Captain Mike Burroughs—a 41-year FHP veteran and District Commander for Columbia, Hamilton, and Suwannee counties—delivered an urgent message about the deadly toll of speeding and distracted driving. Addressing officials from 12 regional counties, Burroughs described major corridors like 1-75, 1-10, and U.S. 441 as dangerous "high-speed corridors" where "super speeders" over 100 mph have become routine.

Using a memorable egg demonstration, Capt. Burroughs illustrated crash physics and the catastrophic internal injuries caused by high-speed impacts -cracked ribs puncturing organs, internal bleeding, and suffocation.

He also highlighted the heightened danger on two-lane rural roads, where drivers frequently carry over interstate speeds. Furthermore, he identified distracted driving -fueled by smartphones and massive in-car screens—as a pervasive epidemic causing fatal lane-departure crashes. These behaviors are often exacerbated by fatigue and mixed-substance impairment.

Capt. Burroughs affirmed the FHP's mission to slow drivers down. A bill to raise the interstate speed limit to 80 mph passed the House but stalled in the Senate.

"We are actually seeing cell phones that are playing TV shows that are inside the car that are still playing when we get there." - Captain Mike Burroughs