Assumptions and Calculations for following and stopping distance at 60 MPH

5280 feet in one mile

60 minutes in one hour

At 60 MPH you travel 1 mile per minute. 60miles / 60minutes = 1mile

60 seconds in one minute

88 feet traveled per second at 60MPH 5280 feet /60 seconds = 88 feet

Car length estimate of 18 feet