1. The problem supplies the total distance covered and the corresponding elapsed time. The average speed is obtained by dividing the displacement by the time interval.

$$
\begin{aligned}
& s=d / t \\
& s=(320 \text { miles }) /(8 \mathrm{hr}) \\
& \mathrm{s}=40 \text { miles } / \mathrm{hr}
\end{aligned}
$$

