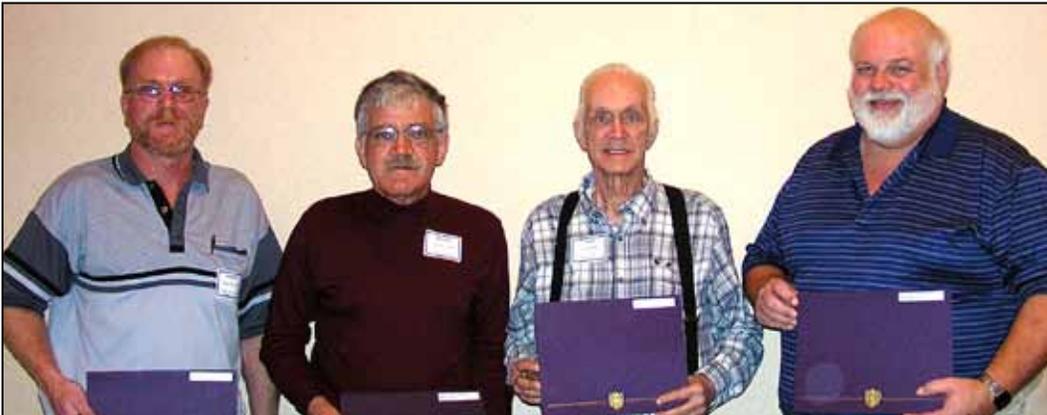




Marten Drivers Honored by WMCA

More than a dozen Marten drivers recognized; Brinkley hailed as a role model



Four Marten drivers attended the annual WMCA Safety Banquet. From left to right they are Joseph Cravillion, Kenneth Zilinger, Peter Hansen and Jeffery Stanton. A total of 14 Marten drivers were recognized for their safe driving.

A total of 14 Marten drivers were honored during this event as members of the President's Safe Driving Club. They include:

- **One Year:** David W. Bur, Michael Fields, Stephen Helfand and William Krenz
- **Two Year:** Joseph Cravillion and Vern Jahsman
- **Three Year:** Kim Holten and Greg McKinney
- **Five Year:** Jeffery Stanton and Kenneth Zilinger
- **Six Year:** Ernie Rzentkoski
- **Eight Year:** Charles Brinkley and EJ Funk
- **Nine Year:** Roger Cook
- **Eleven Year:** Peter Hansen.

Marten Driver Charles Brinkley was among a select number of individuals honored at the Brookfield Suites Hotel & Convention Center during the Wisconsin Motor Carrier Association's annual Safety Awards Banquet held on February 23rd. Brinkley has been driving for Marten Transport for 27 years. He was unable to attend this banquet.

Brinkley was hailed as role model for his consistent professionalism and outstanding safety record. He was named WMCA's Driver of the Month for June. Brinkley is a member Marten Transport's

One, Two and Three Million Mile Safe Driving Clubs.

Being a professional truck driver is a demanding job. These individuals spend a great deal of time away from their families and homes. They must be in total compliance with all safety regulations and are expected to deliver their loads on time, despite bad weather. Selections for the WMCA Driver of the Month are based on the truck drivers' safety record, their outstanding service, acts of heroism, length of service, community service and performance of their daily duties.

◀ OPERATIONS DEPARTMENT

Hosting UW-Superior Students Earns "Thanks"

Professor brings students studying transportation to Mondovi for tour and insight

To the Marten Team:

Thank you for the wonderful tour of Marten's facilities. The students were very enthused and that is wonderful in growing them into professionals. Having all of you as great role models was one of the highlights for them. We were honored that all of you took so much time from your busy schedules to teach our students (and us!) about your great company.

Thanks again,

Prof. Richard D. Stewart, Ph.D., CTL
Chair, Department of Business and Economics
Director, Transportation & Logistics Research Ctr
Co-Director, Great Lakes Maritime Research Ins.

UNIVERSITY of WISCONSIN
Superior
Transportation and Logistics
Management



Haas Given Kraft's Prestigious "GEM" Award

Attention to detail, collaboration, experience and problem-solving skills lauded



2013 Kraft GEM Award Recipient Adam Haas (second from left) stands with Marten's Senior Director of Sales, Don Chapin and Kraft representatives Scott Williart and Mike Cole at its recent awards ceremony in

Marten was honored at Kraft's annual carrier conference in February, being presented with Kraft's prestigious GEM Award (Going the Extra Mile).

Each year, the recipient of the award is selected based on recommendations given by Kraft employees to honor an individual employee at a carrier that they feel "Goes the Extra Mile" and is instrumental in making their job easier. Adam Haas, Marten's On Site Carrier Representative, was honored at the event attended by all Kraft carriers. Adam was presented with a trophy

for his role in working with Kraft's transportation team.

Kraft currently ranks as Marten's highest revenue customer. It takes a considerable amount of experience, organization, and leadership to successfully manage all aspects of this account.

The Kraft team is extremely pleased with Adam's experience, ability to collaborate, attention to detail, and tremendous problem solving skills. Please join us in Congratulating Adam for a job well done, and for the professional way he represents Marten Transport to our customers!

Summer Months Are Right Around the Corner

Remember to watch temperatures and scan BOLs before leaving shipper

PRODUCE LOADING/TRANSIT EXPECTATIONS

Drivers, please follow these guidelines to ensure problem free deliveries:

1. Keep transit times to absolute minimum and be on time. Late produce loads often result in a claim!
2. Drivers must have a pulp thermometer when hauling produce.
3. Trailers must be clean and precooled.
4. Determine pulp temp of product before loading, pulp product in the nose, middle and tail, this needs to be within 1-2 degrees from the bill of lading temp.
5. Count load carefully. Drivers are responsible for count and verifying good product condition.
6. Keep product slightly away from walls and below the blue line in the trailer; also at least 18 inches from the rear doors. DO not pinch off chute in trailer. If you see any damage to the chute that may affect how the temperature is distributed throughout the trailer please notify dispatch before loading.
7. Make sure load is braced properly using load locks or air bags.
8. Maintain temp as instructed by bill of lading (**RARELY BELOW 36 DEGREES**) if bill of lading temperature and dispatch temperature do not match contact dispatch from the shipper. Must run reefer on continuous.

9. **DO NOT BREAK SEAL ENROUTE** – monitor box temp closely and call road service immediately if you have reefer issues.

10. Check calls are required twice daily by use of produce check call macro 31.

11. Reefer unit is turned off only during loading.

12. Produce shipments are not to be dropped; it is to be a driver to driver hand off. Any delay in transit needs to be brought to your fleet managers attention right away.

Scanning Temp BOLs Reminder

As a refrigerated carrier, it is very critical that we scan our TEMP Bills of Lading prior to leaving the shipper **EVERYTIME!**

- If the dispatch and temperature on the bills do not match make sure you contact dispatch and let them know so that they can look into it further and advise the correct temperature.

- **MAKE SURE THAT WHEN YOU SCAN THE TEMP BOLs, YOU DOCUMENT TYPE THEM AS "TEMP B.O.Ls"**

◀ SAFETY DEPARTMENT

Update on Sleep Apnea Program

Marten covering medical costs for employee sleep therapies



Marten Transport adopted a sleep apnea program in 2010. Since that time more than 1,000 drivers have been tested. Our program has proven to promote safer and healthier drivers. Marten Transport has always tried to be proactive in everything we do and sleep apnea is no different. At the present time there are only recommendations from the DOT regarding sleep apnea programs, however, the DOT regulations will be coming and we will be ready!

DOT doctors are flagging more and more drivers based on these recommendations. Many carriers will not have a program as strong as Marten's program nor will they pay for such a program. Marten is covering the cost for all medical expenses, machines and counseling

for our employees sleep therapies. If you think you have sleep apnea, feel free to call safety and set up an appointment to be tested.

What Is Sleep Apnea?

Sleep apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep.

Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound.

Sleep apnea usually is a chronic (ongoing) condition that disrupts your sleep. When your breathing pauses or becomes shallow, you'll often move out of deep sleep and into light sleep.

As a result, the quality of your sleep is poor, which makes you tired during the day. Sleep apnea is a leading cause of excessive daytime sleepiness.

Overview

Sleep apnea often goes undiagnosed. Doctors usually can't detect the condition during routine office visits. Also, no blood test can help diagnose the condition.

Most people who have sleep apnea don't know they have it because it only occurs

during sleep. A family member or bed partner might be the first to notice signs of sleep apnea. The most common type of sleep apnea is obstructive sleep apnea. In this condition, the airway collapses or becomes blocked during sleep. This causes shallow breathing or breathing pauses.

When you try to breathe, any air that squeezes past the blockage can cause loud snoring. Obstructive sleep apnea is more common in people who are overweight, but it can affect anyone. For example, small children who have enlarged tonsil tissues in their throats may have obstructive sleep apnea.

Outlook

Untreated sleep apnea can:

- Increase the risk of high blood pressure, heart attack, stroke, obesity, and diabetes
- Increase the risk of, or worsen, heart failure
- Make arrhythmias, or irregular heartbeats, more likely
- Increase the chance of having work-related or driving accidents

More information can be found at the National Heart, Lung, and Blood Institute's website: <http://www.nhlbi.nih.gov/health/health-topics/topics/sleepapnea/>

◀ HUMAN RESOURCES DEPARTMENT

After More Than Two Decades, Hansen Says "Good Bye"

Pete Hansen, longtime friend and employee at Marten Transport retired in March of this year. Pete drove for Marten nearly 22 years. He was inducted into the One Million Mile Club in 2000 and in the Two Million Mile Club in 2007.

Pete has attended the Wisconsin Motor Carriers Association (WMCA) for many years. He has been honored as "Driver of the Month" and also a member of the WMCA WI Road Team. Pete has been a member of the WMCA President's Safe Driver Club for 11 years. He and his wife, Rose, live in Bristol, WI.

Marten would like to thank Pete for his many years of service and wish him the best of luck in his retirement.



Pete Hansen accepts retirement congratulations from Fleet Manager, Lee Jankee (right)

Small Changes Can Make a Big Difference

Some foods can affect driver blood pressure, cholesterol and overall health

Eating is something we do every day. How often do we consciously think about our food choices and how these choices can impact our overall health? For drivers, eating habits are greatly impacted by logistics. For example, they typically have to find something fast to eat at a truck stop. Unfortunately what's often most convenient for drivers isn't always what's healthiest.

How does eating impact a driver's overall health? Certainly diets that are excessive in calories can lead to weight gain and carrying extra weight increases risk for heart disease, diabetes, certain types of cancers and joint problems. Eating some specific foods can directly increase our blood pressure or cholesterol levels. Following a healthier eating plan tends to make people feel better overall and have more energy.

How can drivers eat healthy while on the road? The current model for healthy eating is the "Plate Method", based on a standard nine-inch dinner plate. Fill a quarter of the plate with meat, a quarter with starch (potato, rice, pasta, bread) and half with veggies. Add a glass of low fat milk and fruit for dessert and you have a well-balanced meal! While packing a cooler to keep in your cab, stock up on raw veggies, fresh fruit or unsweetened fruit cups. Add a sandwich on whole grain bread with lean meat such as deli turkey or ham. If you want a crunch snack, try a handful of pretzels, dry whole grain cereal



or snack mix instead of chips which have a lot of fat, salt and calories without a lot of nutritional value. Keep in mind that even healthy choices give us too many calories if your portion is too big.

What are some healthy choices at fast food restaurants and truck stops? Whenever possible, avoid the fried choices. Go with a grilled chicken sandwich or basic burger, ideally on a whole wheat bun. Load up with veggies such as lettuce, tomato, onion or pickle. Instead of fries, ask for a side salad or baked potato. Don't forget to ask for the condiments on the side. Grilled snack wraps light on the sauces, chili and basic tacos are also good choices.

Are there any foods that can help boost energy in a natural way? Many people reach for food or drinks to give them energy when what they really need is sleep. Sleep deprivation can not be corrected by foods. Eating "heavier" meals is more likely to lead to fatigue as we work harder to digest them. A better strategy is to eat smaller amounts more often through the day. Drivers should avoid energy drinks. There is mounting evidence that energy drinks are harmful to our health, especially in large quantities. They usually contain much greater amounts of caffeine than coffee or tea and often contain additional stimulants as well. Small changes can make a big difference.

► SOURCE - The Quill, Baldwin & Lyons, Inc.

Ideas for Keeping Fit While Out on the Road

Commitment to good food choices and fitness can lead to living longer

Drivers who want to be healthy have to commit to being active in addition to making good food choices. According to the Center for Disease Control (CDC), regular physical activity can help:

- Control weight
- Reduce risk of cardiovascular disease, type 2 diabetes and some cancers
- Strengthen bones and muscles

- Improve mental health and mood
- Improve ability to perform daily activities & prevent falls
- Increase chances of living longer

Ideally, a driver should aim for 2 hours and 30 minutes of physical exercise per week, according to the Center for Disease Control. This activity can be spread throughout the week as long as drivers are actively moving and getting their heart rate up for at least 10 minutes.

DON'T FORGET: *No out of network medical coverage*

- **There is NO out-of-network medical coverage.** Individuals who choose to use a provider that is out of network will be responsible for 100% of the cost and will not go towards any deductible.
- For a list of in-network providers or to confirm your provider is still in-network for 2013 go to www.umar.com, call 800-826-9781 or check with your provider.

Diversified Changes to Transamerica

Name changed but nothing else about the company or your retirement plan

For over a half a century, Diversified, our 401(k) provider, has been dedicated to providing retirement solutions for plans like ours. What you may not know is that for nearly 20 years, Diversified has been part of the Transamerica family of companies.

Transamerica is one of the nation's most respected firms (and its symbol, San Francisco's pyramid-shaped Transamerica Tower, is one of the most recognizable buildings). So to make that connection clearer, Diversified has changed



its name to Transamerica Retirement Solutions. The contact number is the same (800-755-5801) and website is now my.trsuretire.com. You will continue to use the same user name and password that you previously used with Diversified.

While the name will be different, nothing else about the company or your retirement plan will change—you'll still get the same powerful savings tools, reliable resources, and responsive service you've come to expect!

Marten Transport Offers Lifeworks! *A FREE employee assistance program for everyone!*

- ▶ Lifeworks is available 24 hours per day, 7 days per week
- ▶ It is 100% FREE, confidential and offers many resources for:
 - Health
 - Money
 - Emotional Well Being
 - Legal
 - Addiction & Recovery
 - Work
 - Parenting / Child Care
 - Disability
 - Education
 - Consumer Research
 - Retirement
 - Everyday Issues and more!

To learn more- please call 888-456-1324
or visit www.lifeworks.com
(username: Marten/Password: 9240)

**This is a great resource for you and your family
and it is FREE to you!!!**

Employee Communication

We appreciate your honesty. Please use this form for comments, complaints, or suggestions. Your input helps make Marten the best possible workplace for all employees. Drivers may submit this form ATTN: HR - to be routed to the appropriate department for a response. Office and terminal employees should submit to HR for departmental routing. Please include your comments, your name and driver number. Thank You.

COMMENTS:

Driver Name: _____

Driver Number: _____

Marten Transport, Ltd.
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Mondovi, WI 54755

Marten Teams Up to Help in Fighting Hunger

“First Run” program delivers 15,000 cartons of eggs to KC area food bank



Pictured is Marten Transport driver Rodney Wepfer and Dan Mears, Midwest Director of Sales at Land O'Lakes.

On March 11, 2013, Marten Transport teamed up with Moark LLC, a subsidiary of Land O'Lakes to help with the “First Run” program. This program is part of Land O'Lakes Feeding Our Communities initiative which is dedicated to help alleviate hunger locally, nationally and internationally. This is the third year for this program, for which Land O'Lakes has committed to donating truckloads of fresh product to several food banks each quarter. When this program

originated in 2010, the objective was to increase the amount of product donated to food banks across the country.

Marten Transport generously donated the transportation of the product which was 180,000 eggs or 15,000 cartons to the food bank. Rodney Wepfer who is a Kansas City regional driver picked the load up from Neosho, MO and delivered it to the New Harvest Community Network in Kansas City, MO. Marten Transport is proud to aid in such a worthy cause.