

# MARTEN TRANSPORT, LTD. Transporter

EXCEEDING EXPECTATIONS SINCE 1946



SECOND QUARTER, 2019

## DRIVER HONORS

### Awards Banquet

Million Mile and Medallion event draws big crowd.

**SEE PAGE 2**

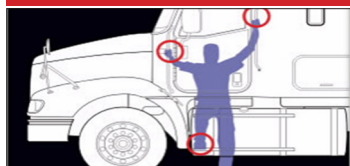
## SCHOLARSHIPS

### RLM Scholarship Winners Announced

15 students awarded \$3,000 in scholarships.

**SEE PAGE 3**

## SAFETY



### 3-Point Contact

Reduce chance of a serious injury from a slip or fall.

**SEE PAGE 4**

## RECOGNITION



### Driver of the Year

Cook named Marten Company Driver of the Year.

**SEE PAGE 4**

## BENEFITS



### Seven Benefits of Outdoor Activity

Exercising outdoors can help your mind and body.

**SEE PAGE 5**

## DRIVER HONORS

# Marten Recognizes Safe Drivers

*Freeman first ever driver to earn 4-Million Mile Award*

Marten takes pride in announcing the induction of our newest Million Mile and Medallion inductees. This year we inducted numerous Million Mile drivers, as well as our third group of Medallion Club drivers. The Medallion Award honors drivers who do not drive more than 80,000 miles per year but they routinely operate in congested city traffic and are in and out of customer facilities multiple times per day (drivers who are in an Intermodal, Local, and some of the dedicated positions). The criteria for a Bronze Medallion is eight years accident free and a Silver Medallion is 16 years accident free.

On April 6th Marten inducted one 4-Million Mile driver, one 3-Million Mile driver, one Silver Medallion driver, eight 2-Million Mile drivers, forty five 1-Million Mile drivers and twelve Bronze Medallion drivers into the Million Mile and Medallion Clubs. The



**SPECIAL HONORS:** (Top) Mark Freeman, Four Million Mile Award with President Tim Kohl; (Bottom Left to Right) Calvin Tate Jr, Three Million Mile Award; Alphonso Dobey, Silver Medallion Award.

banquet was held at The Lismore hotel in downtown Eau Claire, WI. Marten welcomed drivers and company representatives from across the country to honor and recognize their drivers in a combined banquet. Nearly 300 people attended the event. Each Bronze and One Million Mile driver received a custom jacket, hat and a personalized crystal award. Two Million Mile drivers and the Silver Medallion driver received a custom specialty ring, polo shirt and hat. Three and Four Million Mile drivers received a custom polo, hat and a catalog to choose an award package. Bronze Medallion drivers' and 1-Million drivers' pictures are also added to the Hall of Fame.

Marten Transport is very proud to announce that Mark Freeman is our first ever 4-Million Mile driver. Mark started his career at Marten in 1990 and currently drives on the Phoenix Regional Fleet. This year we had one 3-Million Mile driver, Calvin Tate. Calvin started driving for Marten in 1992 and is on the SE Regional Fleet.

Marten extends sincerest appreciation for the commitment and professionalism of all our drivers.



**TWO-MILLION MILE CLUB INDUCTEES:** (Left to Right) Michael Tollefson, Randall Wood, John Kehl, Vlado Keskic, John Groesbeck. (Not pictured) Anthony Koester, Peter Lynch, Keith McDaniel.



## DRIVER HONORS

### BRONZE MEDALLION AWARD WINNERS (Left to

Right, Back Row) Joseph Salazar, Jose Enriquez, Rick-ey Johnson, Larry McClain. (Front Row) Ken Boggs, Norman Taylor, Donald Fraley. (Not Pictured) Charles Branch, Hector Casas, Eric Golden, Michael Quintana and John Sahr.



President Tim Kohl with 3-Million Mile Award winner Calvin Tate, Jr.



### "A MILLION THANKS"

by Tom Sumwalt (Million Mile Driver)

A million phone calls CS made - A million messages dispatch gave.  
A million macros there conveyed - A million trailers clean displayed.  
A million pallets in order weighed - A million checks the tires OK.  
A million potholes someone paved - A million costs to fuel my way.  
A million lumping fees now paid - A million prayers my family prayed.  
A million morsels, thanks to say - God bless the weather challenge today.  
A million courageous places to park - A million shippers in the dark.  
A million safety checks to test - the million travelers east and west.  
What an opportunity to do my best - A million miles no more, no less.



President Tim Kohl with Silver Medallion Award winner Alphonso Dobey.



**MILLION MILE CLUB INDUCTEES (Back Row, Left to Right)** Matthew Muller, Jeffery Padilla, Dennis Cloman, Bradley Stinehelfer, Greg Hayden, Ken Kaufman, Paul Wiese, Wayne Doel, Brian Johnson, Larry Cary, Daniel Collins, Robert Reed, Jerald Johnston, William Frye, Murray Nichols. **(Second Row)** Tommie Guisa, David Gomez, Curtis Banks, Ashley Clark, Desilany Jones, Thomas Sumwalt, Maria Collins, James Smith. **(Bottom Row)** Dwight Cochran, Bobby Zellars, Kenneth Black, Steven Cassman, Matthew Mcdaniel, Charles Mock, Rodney Jeffery, William Krenz, Alvin Harp, Gary Farley. **(Not Pictured)** Kevin Carr, Michele Henderson, Mark Lear, James Penman, Marc Phillips, Todd Richards, Terry Schablow, Ronnie West, Ramiro Rivas, Christopher Lee, Eugene Lemke, Randy Waters.

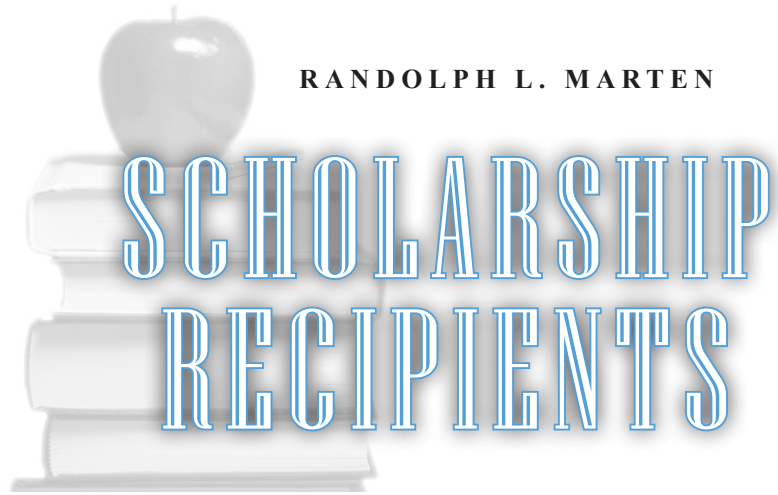


## SCHOLARSHIPS

► Marten Transport has established a scholarship program to assist company employees' children who plan to pursue post-secondary education at a college or vocational programs. Scholarships are offered each year for full-time study at any accredited post-secondary institution of the student's choice.

The scholarship program is administered by Scholarship Management Services, a department of Citizen's Scholarship Foundation of America, Inc. (CSFA). CSFA is a national nonprofit educational support and student aid service organization that seeks to involve and assist the private sector in expanding educational achievement. Awards are granted without regard to race, color, creed, religion, age, gender, disability or national origin.

RANDOLPH L. MARTEN



### SCHOLARSHIP WINNERS (Top Row, Left to Right)

Kaitln Ahlers, Megan Baier, Claire Chapin, Russell Drye, Love Gardner, Kendra Gilreath, Emma Hansen, Mitchell Hendren. (Bottom Row) Alyssa Herman, Nicholas Hoff, Ashleigh Hunter, Erin Meinema, Madeline Meyer, Morgan Rud and Skychon Wright.

# 15 Students Selected for \$3,000 Award

*Marten has awarded more than \$280,000 since starting program in 1998*

MONDOVI -- Marten Transport is very proud to announce the recipients of the 2019 Randolph L. Marten Scholarship. To be eligible for the scholarship program, applicants must be a dependent child of a Marten Transport employee who has been with the company for at least a full year.

Marten established its scholarship program in 1998. To date, Marten has awarded 191 scholarships, totaling \$285,000.

Marten is proud to introduce the 2019 recipients:

• **Kaitlyn Ahlers** is enrolled in Nursing at Viterbo University in La Crosse, Wisconsin. Kaitlyn is the daughter of Connie Ahlers.

• **Megan Baier** is enrolled in Engineering at the University of Wisconsin in Madison. Me-

gan is the daughter of Debbie and Randy Baier.

• **Claire Chapin** is enrolled in Actuarial Science at the University of Wisconsin in Eau Claire. Claire is the daughter of Julie and Don Chapin.

• **Russell Drye** is enrolled in Physics/Engineering at the University of Wisconsin in La Crosse. Russell is the son of Jill and Wesley Drye.

• **Love Gardner** is enrolled in Political Science at the University of Missouri in Columbia. Love is the daughter of Cheryl and Joseph Gardner.

• **Kendra Gilreath** is enrolled in Biomedical Sciences at Marquette University in Milwaukee. Kendra is the daughter of Pam and Dennis Gilreath.

• **Emma Hansen** is enrolled

in Nursing at Viterbo University in La Crosse, Wisconsin. Emma is the daughter of Becky and Tony Hansen.

• **Mitchell Hendren** is enrolled in Computer Engineering at Arkansas Tech University in Russellville. Mitchell is the son of Cindy and Brad Hendren.

• **Alyssa Herman** is enrolled in Animal Science at the University of Wisconsin in River Falls. Alyssa is the daughter of Cricket and Chuck Herman.

• **Nicholas Hoff** is enrolled in Computer Science at the University of Wisconsin in Madison. Nicholas is the son of Kris and Tom Hoff.

• **Ashleigh Hunter** is enrolled in Psychology at the Georgia State University in Atlanta. Ashleigh is the daughter

of India and Charles Hunter.

• **Erin Meinema** is enrolled in Elementary Education at Calvin College in Grand Rapids, Michigan. Erin is the daughter of Julie and Mark Meinema.

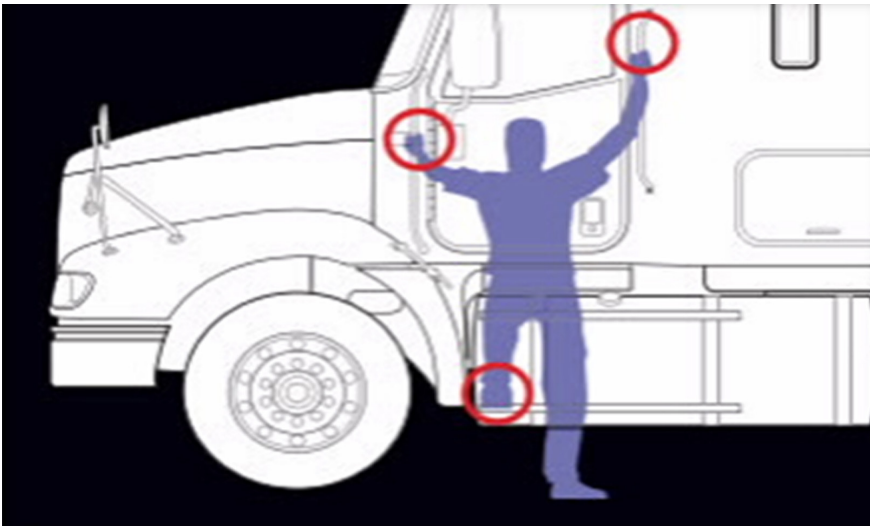
• **Madeline Meyer** is enrolled in Biology/Pre-med at the University of Minnesota in Minneapolis. Madeline is the daughter of Michelle and David Meyer.

• **Morgan Rud** is enrolled in Pre-dental at Minnesota State University in Mankato. Morgan is the daughter of Michelle and Michael Rud.

• **Skychon Wright** is enrolled in Medical Social Work at the University of Memphis. Skychon is the daughter of Chineitha and Gregory Buchanan.

**SAFETY**

# USE THE 3-POINT CONTACT METHOD



Using what's called the three-point contact method when entering and exiting a truck can help to significantly reduce the chance of a serious injury from a slip or fall. This simply means three of four limbs remain in contact with the vehicle at all times (two hands and one foot, or two feet and one hand).

These three points of contact form a triangle of anchor points, which changes in form when mounting or dismounting a vehicle. Drivers have the most stability when the center of the triangle is closest to their center of gravity.

Sideways movement should be avoided since it creates an imbalance of weight distribution. Below are some additional do's and don'ts when exiting and entering trucks:

## The DOS

- Enter and exit facing the cab.
- Mount and dismount only when equipment is stopped.
- Look for obstacles before exiting the vehicle.
- Break three-point contact only when you reach the ground, cab or platform.
- Take extra care in wet, snowy or icy weather.
- Avoid wearing loose or torn clothing that can catch on equipment.

## The DON'TS

- Jump off a truck. Doing so exerts 12 times your body weight on your joints when you land.
- Climb down with something in your free hand. Put it on the vehicle floor and reach up for it when you get down on the ground.
- Use tires or wheel hubs as a stepping surface.
- Use the door frame or door edge as a handhold.
- Become an injury statistic.

**RECOGNITION**

## Cook Named Driver of the Year

Congratulations to Roger Cook, this year's Marten Transport Driver of the Year. Roger started driving for Marten in 1998 and was inducted into the Million Mile Club in 2018. He is on the Upper Midwest Fleet. We would like to thank Roger for his many years of dedication and service. Roger truly represents the best of the best at Marten Transport.



BENEFITS

# Seven Benefits of Outdoor Activity

*A healthier lifestyle can begin with you spending more of your time outside*

Did you know that just looking at pictures of nature can lower your blood pressure and reduce stress and mental fatigue? It turns out that exercising outside has more benefits than you might think. Here are 7 ways that exercising outdoors can help your mind and body.

1. Increased activity
2. More social interaction
3. Super cell development (disease fighting cells)
4. Vitamin D boost
5. Less pain and better healing
6. Better concentration
7. Improved mood and reduced stress



## Simple Ways to Spot and Avoid Skin Cancer

Skin cancer is the most common type of cancer in the United States, and cases of melanoma, the most serious form of skin cancer, have been on the rise over the past three decades, according to cancer.gov.

May is National Melanoma/Skin Cancer Detection and Prevention Month, making this a great time to focus on steps for avoiding skin cancer and identifying it early on, when it is most treatable.

People may shrug off skin cancer as sounding less dangerous than cancers affecting other vital organs. But if left untreated, these cancers can spread to other parts of the body, making them difficult to treat and potentially deadly.

The good news is skin cancer is relatively easy to detect through regular self-examinations at home. Screening yourself is as simple as using a mirror to check your skin for new or suspicious

moles or spots and monitoring them for changes in color, size or shape over time.

Any signs of possible cancer should be reported to your primary care provider, who can run further tests or refer you to a specialist, if needed.

Want more good news? The best way to avoid developing skin cancer is to practice simple sun safety whenever spending time outdoors.

- Use sunscreen with an SPF

of 15 or more to protect against ultraviolet (UV) radiation

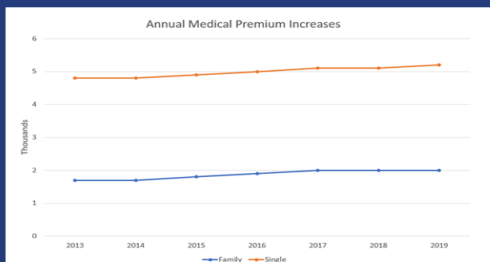
- Apply enough sunscreen to all exposed skin and reapply as necessary to keep from getting burned

- Avoid spending long periods out in the sun, especially between 10 a.m. and 4 p.m., when the sun's rays are strongest

- Cover up outdoors by wearing hats, sunglasses, long-sleeved shirts and long pants.

## STANDING FIRM: Marten Benefits Cost Less, Offer More

AT COMPETING COMPANIES YOU ARE GETTING LESS AND PAYING MORE BECAUSE THEY ARE CUTTING BENEFITS AND RAISING PREMIUMS



**MARTEN IS STANDING FIRM**  
SINCE 2013, OUR RATES HAVE STAYED NEARLY FLAT

BENEFITS	MARTEN TRANSPORT	COMPETITOR
PROVIDER	UMR-DIVISION OF UNITED HEALTHCARE	UNITED HEALTHCARE
PREMIUMS	\$20.42/WEEK FOR SINGLE \$71.23/WEEK FOR FAMILY	\$33.44/WEEK FOR SINGLE \$128.82/WEEK FOR FAMILY
DEDUCTIBLE	DEDUCTIBLE: \$1600/\$3200	DEDUCTIBLE: \$1995/\$3995
WHEN BENEFITS START	BENEFITS START FIRST OF THE MONTH FOLLOWING YOUR FIRST 30 DAYS	BENEFITS START AFTER FIRST 60 DAYS
DENTAL	3 PLANS WITH UP TO \$2000 PER MEMBER ANNUAL BENEFIT MAX ORTHODONTICS INCLUDED	1 PLAN WITH UP TO \$1200 PER MEMBER ANNUAL BENEFIT MAX
VACATION/PTO	AFTER 1 YEAR - 1 WEEK 2-7 YEARS - 2 WEEKS 8-14 YEARS - 3 WEEKS 15-19 YEARS - 4 WEEKS 20+ YEARS - 5 WEEKS	AFTER 1 YEAR - 1 WEEK AFTER 2 YEARS - 2 WEEKS AFTER 7 YEARS - 3 WEEKS AFTER 15 YEARS - 4 WEEKS
LIFE INSURANCE	COMPANY PAID YEAR 1 - \$10,000 YEAR 2 - \$20,000	COMPANY PAID \$20,000



FEEDBACK

# Employee Feedback

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 in a Trip Pak envelope, ATTN: HR - to be routed to the appropriate department for a response. Office and terminal employees should submit to HR for departmental routing.

COMMENTS:

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Name: \_\_\_\_\_ Driver No.: \_\_\_\_\_

**Marten Transport, Ltd.**  
**129 Marten Street**  
**Mondovi, WI 54755**



**Boys & Girls Club  
of Zionsville**

On behalf of the Board of Directors and staff of the Boys & Girls Club of Boone County, I would like to thank Marten Transport for the generous donation of computer monitors and equipment. The timing is perfect as we are outfitting the new computer lab at the Whitestown Unit.

Academic Success is one of our areas of focus and the upgraded computer lab will be the center for learning at the Club. In addition, we provide activities designed to ensure the kids are living a healthy lifestyle and develop character and leadership.

Thank you for joining us to invest in our community by maintaining the BGCB Boone as the positive place for kids!

Regards,

Katie Obremsky Reasoner  
Resource Development Director  
Boys & Girls Club of Boone County

RECOGNITION

## Drivers of the Quarter First Quarter 2019

- Mondovi OTR - Johnny Jewel
- Mondovi UM - Paul Gilstad
- Kansas - Marlin Scaggs
- Carlisle - Tim McKeown
- Tampa - James Smith
- Tucker - James Noble Jr
- Zionsville - Roy Johnson
- Wilsonville - Jason Keene
- Colonial Heights - William Bird
- DeSoto - Robert Reed
- Memphis - Michael Nix
- Wal-Mart - New Albany - Phillip Schwan
- Intermodal - Samuel Tesfaye
- Phoenix - Keith Newman
- Wal-Mart - Clarksville - Gerardo Gonzalez
- Coke Dedicated - Brandon Maughm
- Wal-Mart - Tomah - Joe Possone
- Wal-Mart - Shelbyville - John Mines Jr
- Dry-KS - Chris Hughs
- Dry-GA - Rashan Wesley

## 30 Years and Counting!

In 1989 when Phineas Schrock started at Marten Transport things were very different than they are today. There were only around 600 drivers at Marten, no computers in trucks, no cell phones and only two Marten terminals, Wisconsin and California. Phineas misses the camaraderie the drivers shared when they stopped to call for their dispatch, make check calls or just reminisce over a cup of coffee. The trucking industry has changed in general with many more regulations to abide by.

Phineas was inducted into the Million Mile Club in April of 1998 and 2-Million Mile Club in April of 2005. Marten inducted their first 3-Million Mile driver in 2014 and 2 years later Phineas was inducted into this prestigious group. We look forward to the day that Phineas is inducted into the 4-Million Mile Club. Thank you Phineas for your many years of service!

