

2024 ELECTION

We are roughly 30 days away from one of the biggest elections that this country will hold. We have seen what has happened in just 4 years! Imagine if this is allowed to continue. When you are home making it a point to get to your town hall or county seat and vote!!! Your jobs may very well depend on this election. You must ask yourself, are you better off today then you were 4 years ago. Inflation is up, government spending is over 4 trillion dollars annually with the government deficit now at over 36 trillion dollars. There are several wars raging in the world. We now have over 20 million illegal immigrants in this country, many with criminal backgrounds that have not been vetted. Fentanyl has poured into this country claiming thousands of lives annually. You can either be part of the solution or continue to watch the problems grow. Be part of the process and the solution, please vote in this coming Presidential Election. It is critical and your vote may make all the difference.

BEWARE FARM EQUIPMENT

It is fall and with fall comes harvest time. That means a lot of big agricultural equipment will be on the road or coming out of the fields, day and night! Over the past several years we have had some severe accidents with farm

equipment. 3 years ago, one of our drivers was almost killed when a combine pulling a corn wagon pulled onto the highway in front of him while his rear field lights on, blinding the driver. Our truck rear ended the corn wagon, and our truck's passenger side was completely crushed! Had he had a passenger in the seat, they would have died on the scene. Fortunately, our driver was not severely injured, but the damage was in the tens of thousands.

Another incident was in 2019 when one of new KW 680's was run off the road near Breckenridge when, again, a tractor with a wagon pulled onto the road in front of our truck, forcing him into the ditch or colliding with the tractor and possibly killing the farmer. Again, fortunately there were no injuries, but tens of thousands in damage and it could have been a lot worse. So, be careful when on county roads. Take the freeways when you can and be mindful of the agricultural activity that is going on at this time of year!!!! Remember these farmers are spending a lot of time in the

Demetri Banks



Demetri Banks has been with us since March of this year. He is the son of longtime driver Sheila. He grew up in California and moved to Texas to play football at West Texas A&M. He started driving truck in 2021 and has been driving since then. His advice to other drivers is to prepare and plan. When he's not driving, he likes to go to spend time with his family, travel and watch football. We're glad you're part of the team, Banks!





CSA SCORES

As of 8/30/2024

As of 6/30/2024	
Category	Percentile
Unsafe	22%
Driving	
Crash	< 2
Indicator	crashes
Hours of	Л
Service	32%
Maintenance	52%
HAZMAT	< 5 HM
	Inspections
Driver	0%
Fitness	

Incidents last month

Driver hit stop light turning during road test, bent rim - \$1K

Did you know? The longest semi-truck in the world, built in Australia, stretches over 160 feet long and has 112 wheels!

fields. They get tired and are not required, as you are, to manage their hours. It will be up to you as a professional driver to drive defensively and watch out for them, coming out of the fields or on the county roads!

KEEP IT CLEAN

When swapping trucks, it's essential to leave the truck clean for the next driver. This includes removing all personal belongings and especially perishable items from the fridge. Leftover food or drinks can spoil quickly, leading to bad odors, mold, or as recently seen, maggots. A quick clean-up shows respect for your fellow drivers and helps avoid any unpleasant surprises for the next person getting behind the wheel! A clean truck is not only more comfortable but also a professional reflection of you and the company.

GET WELL GARY

After 15 years of service, Gary will no longer be in the office as he takes time to focus on his health while battling cancer. Gary has been an important part of the team. While he steps away from the day-to-day, his presence will be deeply missed. We ask everyone to keep Gary in their thoughts during this challenging time.

CHAINS REQUIRED IN MONTANA

As we approach the winter months, it's important to remember that Montana requires chains be carried in certain sections from October to April. If you are dispatched on a Montana load, plan to stop by the office for a set of chains. Be prepared by having the appropriate chains on hand and knowing how to install them before the snow hits. Winter weather can change rapidly in the mountains, and failure to comply with chain laws can result in fines and delays. Stay safe, stay prepared. If chains are required we'd rather you wait out road improvements than try to drive in anything treacherous.

SAFETY CHECK: BRAKE SYSTEM

As we head into the colder months, ensuring your brakes are in top condition is critical for staying safe on the road. Wet and icy roads increase stopping distances, making it even more important that your brakes are functioning at their best. This month, we're asking all drivers to prioritize brake inspections before hitting the road. Here's what to check:

- Brake Pads and Shoes: Look for wear and tear. If the material is worn too thin, it's time for a replacement.
- Air Pressure Systems: Ensure your air pressure system is working properly and that there are no leaks. Loss
 of air pressure can lead to brake failure. With the cold weather approaching, plan to drain your tanks on level
 ground to keep moisture out of the system.





ROADSIDE INSPECTIONS LAST MONTH:

clean roadsides

Jason J - level III - \$30 Tom S – level III - \$30 Demetri B – level III - \$30

4 Failed Roadsides
Johnny Pitts, Greg Stilson, Grace
Kniess – all three crossed the St.
Croix scale with tires off the rim.
These sister trucks all had tire valves
fail en route.

Steve Osborne – improperly annotated PC Tom Stone – ABS light and Clearance light Inoperable

Long Idle Cost August

Of Gallons Burned: 2569.2

of Hours Idling: 3130

Average Fuel Cost: \$3.558

\$ Wasted: \$9141

Fuel Efficiency Tip

Avoid rapid acceleration and hard braking. Smooth, steady driving helps conserve fuel and reduces wear on your truck. Stay mindful of speed and avoid aggressive driving habits to boost your MPG!

- **Slack Adjusters**: Make sure automatic slack adjusters are properly adjusted. Manual adjustments should only be done if the automatic adjuster is not functioning.
- **Brake Drums and Rotors**: Inspect for cracks, deep grooves, or excessive wear. Any damage here can reduce braking performance.
- **Brake Lines**: Check for any signs of leaks, cracks, or worn areas on brake lines and hoses.

Regular brake inspections aren't just good practice—they can prevent accidents and keep you, your load, and other motorists safe. Make this part of your pre-trip routine and especially focus on it as the temperature drops. Staying proactive now could save you from a dangerous situation down the road!

NEW EQUIPMENT

This past month we replaced our older 2015 Wabash



trailers with some new Stoughton's, 2025 and some new model Wabash trailers that were 2023 and 2024. We will be looking into 2025 to replace a group of trailers as well. I am looking at some modernization of our power units and trailers. Prices have started to fall from where they were at the height of the pandemic. Although they have not reached the level we would like to see, they ae coming down, nevertheless. We have enclosed a picture of the new Stoughton's in Plover as they were getting ready for the road. We have been installing ecostingers on these trailers to reduce drag and improve fuel efficiencies. Please make sure you are inspecting ALL our trailers whenever you pick one up. You should look at the outside and the inside for any damage and report such to Dispatch immediately. We are spending hundreds of thousands of dollars on this equipment and we need you to make sure they are not being damaged at various shippers and receivers' locations.

THEFT ON THE RISE

Unfortunately, we are seeing cargo theft increasing. It is important that you are aware of your surroundings and plan accordingly. We have some receivers that will allow you to park at their facility. This is a great help to reduce theft. However, if you are going to a receiver where that is not possible, it might benefit you to park in a truck stop outside of the metro areas that you are destined to. These seem to be the hot beds of crime. Anywhere around or close to a metropolitan area can draw criminals. Staying well outside these areas may



Find us on the web www.trmnl.com

RECENT HIRES

Gordon Wilson

David Beach

BIRTHDAYS

Johnny Pitts - 18th

Seth Klatt - 20h

Lewis Lynch - 26th



ANNIVERSARIES

Shelley Morris - 2 years

Thank you for being a part of our team!

Safety Bonus Program

10,500+ miles	\$200
11,500+ miles	\$200
MPG over	
threshold	\$50
for year	
Under 25% Idle	\$100
0 violations	\$50
O issues,	
citations,	\$50
incidents	
¢ / 50	1

\$650 every month! *\$250 Quarterly Bonus Eligibility *\$1000 Annual Bonus

Eligibility

reduce the susceptibility to these activities. Make sure your trailer is sealed, and the seal is recorded. Unsealed trailers give easy access to thieves. Be aware of what is around you. Parking in an empty lot can invite trouble. Walmart lots are not necessarily secure. We have had cargo stolen in the Memphis and Philadelphia area this year. Remember an ounce of prevention is worth a pound of cure. Be alert and take precautions.

CONGRATULATIONS GRACE

A big congratulations to Grace for winning last quarter's Safety and Efficiency Bonus! Grace's attention to detail, commitment to safety, and efficient driving habits have set a high standard for all of us. Her dedication to keeping her idle time low, adhering to safety protocols, and staying on top of maintenance checks has paid off. Well done, Grace! Keep up the excellent work and thank you for setting such a great example for the team!

DRIVER WORKOUT - STAY FIT ON THE ROAD

Being an OTR driver often means long hours of sitting behind the wheel, which can lead to back pain, stiffness, and even long-term health issues. Getting some exercise each day helps combat these effects by improving circulation, boosting energy levels, and reducing stress. Regular physical activity also helps maintain a healthy weight, strengthens muscles and joints, and keeps your mind sharp, making you more alert while driving. Even small bursts of physical activity can make a big difference.

Here's a quick workout you can do without any equipment:

Push-ups (15-20 reps): Targets chest, shoulders, and arms.

Bodyweight Squats (20-30 reps): Great for strengthening legs and core.

Plank (Hold for 30 seconds): Works on core stability.

Jumping Jacks (30-60 seconds): Gets your heart rate up for a quick cardio boost.

Walking Lunges (10 reps per leg): Builds leg strength and improves balance.

Walking: Try to fit in 10-20 minutes of walking whenever possible. It's one of the simplest and most effective ways to stay active, improve circulation, and reduce stiffness after long periods of driving.

Even a brisk walk around the truck stop can help clear your mind, stretch your legs, and keep your energy levels up for the day ahead.



