



# "A Customer First Company"

## April 2016

### Welcome to the April 2016 Edition of "On the Move"

#### April is Distracted Driving Awareness Month

In 2014, about 3,179 people were killed and an additional 431,000 were injured in crashes involving distracted driving.



Photo Source:

<http://journalistsresource.org/studies/environment/transportation/cell-phones-and-driver-performance>

Those who are at the greatest risk were young and inexperienced drivers with 25% of all distracted driving crashes involving drivers under the age of 24.

Although cell phone usage is the most notorious form of distracted driving, distractions behind the wheel can vary from using various forms of technology to applying makeup. In addition, eating while driving can present a risk. The following are tips from AAA, to keep you safe on the road.

- If you can't devote your full attention to driving because of another activity, it's a distraction.
- If you must attend an activity right away, pull off the road and stop your vehicle somewhere that is safe. You should use caution while using voice-activated systems, even at seemingly safe moments when there is little traffic because potentially dangerous distractions can last longer than most drivers expect.

- If you have passengers, ask them to help you so you can focus safely on driving.
- Put aside all of your electronic distractions. Don't use cell phones while driving whether handheld or hands-free. Even hands-free devices can be cognitively distracting.
- If possible, eat your food before or after your trip, not while driving.
- Make all climate, radio, seats, mirrors, and navigational adjustments before you begin driving. This includes making a decision on your route and checking traffic conditions ahead of time.
- Fully focus and pay close attention on your driving. Do not let anything divert your attention, continuously scan the road, use your mirrors and watch out for pedestrians and cyclists.

Source: [http://us7.campaign-archive2.com/?u=74c3ce508f0c98706459fc26f&id=e9bbd7a570&e=\[UNIQID\]#distract](http://us7.campaign-archive2.com/?u=74c3ce508f0c98706459fc26f&id=e9bbd7a570&e=[UNIQID]#distract)

#### Take the National Safety Council's Pledge for Distraction Free Driving

Take  
back  
your  
drive

I pledge to be an  
attentive driver:

Taking the pledge is a great start to show your commitment towards distraction-free driving. Those taking the pledge commit not to:

- Have a phone conversation – handheld, hands-free, or via Bluetooth
- Text or send Snapchats
- Use voice-to-text features in my vehicle's dashboard system
- Update Facebook, Twitter other social media
- Check or send emails
- Take selfies or film videos
- Input destinations into GPS (while the vehicle is in motion)
- Call or message someone else when I know they are driving

You can find this pledge by visiting the National Safety Council's Website at <http://www.nsc.org/learn/NSC-Initiatives/Pages/distracted-driving-awareness-month.aspx>



# "A Customer First Company"

## April 2016

### DC Van #48 Summertime Schedule

Van #48 commuting from Richmond to DC & the Pentagon will have the following modified summer schedule:

The van will depart from the Pentagon early every other Friday starting Memorial Day weekend until Labor Day weekend.

The departure time will be 4:15pm.

Here are the dates:

May 27th  
June 10th  
June 24th  
July 1st  
July 15th  
July 29th  
August 12th  
August 26th  
September 2nd

If your van has a modified schedule, please make sure you have contacted us to ensure we can distribute it to other coordinators.

### Are You Ready for Bike to Work Day 2016?



Photo Source: <http://greatergreaterwashington.org/post/26826/biking-to-work-in-the-flickr-pool>

We are reminding all of our vans again this month about the upcoming Bike to Work day on Friday May 20, 2016. Many new and experienced cyclists around the region will be celebrating this event.

For drivers it is important to remember that cyclists are a lot more vulnerable in collisions than you are. Please keep the following safety tips in mind:

1. Be especially careful to watch for cyclists when making right or left turns.
2. Check for bicyclists along the edge of the traffic lane before opening car doors so as not to cause a collision when exiting the vehicle.
3. Allow three feet of passing space between your vehicle and the cyclist.
4. Pay special attention to blind spots.

Source: [https://www.washingtonpost.com/blogs/dr-gridlock/post/be-safe-on-fridays-bike-to-work-day/2011/05/18/AFxQ0a6G\\_blog.html](https://www.washingtonpost.com/blogs/dr-gridlock/post/be-safe-on-fridays-bike-to-work-day/2011/05/18/AFxQ0a6G_blog.html)

### K&K Connection April Birthdays

We would like to wish everyone born in the month of April a very special HAPPY BIRTHDAY!

Kent Alldredge	Anita Anderson
Deidra Anderson	Emmanuel Anum
Christopher Brown	Rhoan Burnard
Patrick Cihak	Mary Davis
Donnail Feaster	Philip Fickes
Jerry Gordon	April Higgs
Rudolph Mendoza	Jerry Mori
Christopher Norman	Tiffani O'Neal
Mayank Patel	Jason Phillips
Kevin Puryear	Stenovia Roberts
Vernon Robinson	Peter Rodman
James Roots	Daniel Russell
Beth Ann Walker	Shepherd White
Kisha Wilkins	

### Welcome to K&K Connections

We would like to say a BIG welcome to all of our new riders for the month of April. We are so privileged that you have decided to make K&K your vanpool company of choice.

Visit us at: [www.ridek2k.com](http://www.ridek2k.com)  
Or Contact us at: [info@ridek2k.com](mailto:info@ridek2k.com)  
PO Box 2010, Chester, VA 23831  
Local: (804) 275-3872 Fax: (804) 275-3873