



"A Customer First Company"

April 2014

Welcome to the April 2014 Edition of "On the Move"

Is Your Allergy Medicine Impacting Your Driving?

About 20-40% of the US population suffers from seasonal allergies. If you are one of these sufferers then you understand the need for relief. It is estimated that about 12 to 15 million workers are affected resulting in about 37 million dollars of lost work days and reduced work performance.



Seasonal allergies can impact daily activities including driving. Antihistamines can affect your concentration and reaction times resulting in decreased driving performance.

If your allergy medication causes drowsiness you should consider whether it is safe to operate a vehicle or switch to a non-drowsy counterpart. However, even if you do decide to switch medications, it is important to remember that it may take days for the impact of drowsiness to run its course.

Visit us at: www.ridek2k.com
Or Contact us at: info@ridek2k.com
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Below is a list of tips you can put into practice while driving this allergy season:

- Only take non-drowsy anti-histamines
- If you suffer every year, start your medication before you start suffering from symptoms
- If your symptoms are bad get someone else to do the driving
- Check to see if there's a pollen filter available for your vehicle and access whether it should be changed
- Keep a box of tissues within easy reach
- Slow down if you think you're going to sneeze
- Wear sunglasses to keep pollen from your eyes
- Close windows and air vents, or set your air-conditioner to recycle to stop pollen concentrations from increasing in your vehicle
- Clear your car of dust and pollen by keeping it clean. This includes vacuuming carpets, mats, and upholstery

Information taken from:

- www.reusablearticles.com/health/don%E2%80%99t-be-allergic-to-driving-tips-for-the-hay-fever-season
- www.benthams-science.com/open/toallj/articles/V001/19TOALLJ.pdf
- www.huffingtonpost.com/2013/05/30/allergy-medications-driving-hazard-drowsy-antihistamines_n_3359907.html

Make Your Commute to Northern Virginia Easier

See exactly what's happening on the road ahead by visiting www.511virginia.org/.



You can check out real time traffic cameras, get real time traffic times, view park and ride information and much more. If you are not close to a computer there is no need to worry. You can get all of this information by simply dialing 511 on your cell phone.



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Spotsylvania Farmer's Market News

The Spotsylvania Farmer's Market has begun operating every Saturday in the Gordon Road Commuter Lot. Vanpool operators are asked not to park overnight on Friday nights in the lower two lanes of the VDOT Commuter Lot at Gordon Rd., closest to Rt. 3. This will run all the way through Christmas 2014.



The market is open from 8AM to 1PM every Saturday. Over 50 farmers and producers as well as about 3000 shoppers frequent the market.

For more information about the farmers market visit them online at:
www.thefarmersmarket.co/spotsylvania-farmers-market/

New Prospective Van Route

We have the following prospective van route. If you or someone you know may be interested in commuting on this van please contact us at 804-275-3872.

Route: Richmond, VA to Herndon/Chantilly (Sunrise Valley)

Work Hours: 6:00 AM to 2:30-3:00 PM

Morning:
 Depart Glenside Drive 3:45 AM
 Arrive at the Atlee Home Depot at 5:45 AM

Afternoon:
 Leave Sunrise Valley at 3:00 PM
 Arrive at Glenside Drive 5:30 PM

First Baptist Church Centralia Annual Golf Tournament

Please join us for the First Baptist Church, Centralia Golf Tournament on June 21, 2014. We will have a great day of golf at the beautiful First Tee of Chesterfield in Richmond, VA (www.thefirstteerichmondchesterfield.org).



The event will include a 4-person scramble, box lunch, and awards reception following the golf tournament.

Included with your online registration is a 1-year subscription to Golf Digest (a \$10 value). You can register online at
<http://www.golfdigestplanner.com/25240-FBCCGolf/>

Register now and remember to invite your friends to play. We have had so much fun and success at this event in the past. We can assure you that you will have a great day of golf.

K&K Connection April Birthdays

We would like to wish everyone born in April a special HAPPY BIRTHDAY!

If we missed your birthday please let us know by emailing owilliams@ridek2k.com. Thank you!

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 very happy you have decided to join us!