

# Wellness Newsletter

THE TIRE RACK

SEPTEMBER 2025



## MEET OUR DISTRIBUTION CENTERS SERIES



### *Doraville, Georgia*

Since opening in October 2016 - with shipping operations beginning just a few weeks later in November 2016 - our Atlanta Distribution Center has called the same location home. The team is led by DC Manager Cory Romero, their most tenured employee with an impressive 22 years and 10 months of service, closely followed by Marcus Sudds with 20 years and 1 month. Together, they bring a wealth of experience and leadership that has helped shape Atlanta's strong, team-oriented culture. Located at the heart of the Tom Moreland Interchange - better known as "Spaghetti Junction" - their facility sits at the crossroads of major highways I-85 and I-285, along with several smaller roads. With its five layers of roadway, this busy interchange presents daily challenges for commuters and freight haulers alike, but the Atlanta team navigates them with skill, resilience, and determination.





When it comes to its city, Atlanta truly has it all - from a **vibrant pro sports scene** with MLB, NBA, NFL, MLS, WNBA, and countless minor league affiliates, to a thriving food culture. The city is famous for its **hot wings**, and as **the hometown of Chick-fil-A**, some locations even serve chicken wings on their menus. Atlanta's energy is a blend of **Southern charm, big-city opportunity, and nonstop motion**, making it an exciting and dynamic place to live and work. The team is proud to represent this spirit every day, bringing the same passion and drive to their warehouse operations that the city shows in its sports, food, and culture.



# TIRE RACK®

## DENVER, COLORADO WAREHOUSE MOVE



We're pleased to share that the **relocation of our Denver, CO distribution center** is now complete as of **Monday, August 18th**.

Over the course of the move, our team **successfully transferred 42,000 tires and wheels into our new shared facility**—our second major DC transition this year. The move went smoothly, with operations maintained throughout, **thanks to exceptional coordination and execution across teams**.

A special thank-you to our Distribution and IT team members who traveled in to support the launch—your effort and professionalism made a big impact. We'd especially like to recognize **Marrio Stevenson**, from our **Shreveport, LA team**, who personally put away nearly **9,000 tires** during the move. Incredible work!

As with Kent, **Tire Rack continues to operate independently within the shared space, with the same commitment to our customers and teammates**. Lastly, we would like to thank everyone in sales and customer service who helped serve our customers over the phones or on chat as we were making the move!

# **SUSTAINABILITY** **INITIATIVE**

REDUCE  
REUSE  
RECYCLE

## **IT Departments donation of 10 computers and monitors to Unity Gardens**

**Tire Rack's donation of 10 computers and monitors helping support Unity Gardens of South Bend**



“Thanks to Tire Rack’s IT department’s generous donation of 10 computer monitors and desktop components, Unity Gardens is now better equipped to support their growing team and improve operational efficiency.”

”





# August's Happenings

Check out  
what we've  
been up to!



August 9, 2025

**HERSHEY'S**  
CHOCOLATE WORLD





AUGUST







# Homeless Care Kits



Thanks to all of you, we were able to assemble and donate **3,500 care kits** across the country!



# SEPTEMBER

## *National Holidays*

- NATIONAL SUICIDE AWARENESS MONTH
- NATIONAL BURNT ENDS DAY - 9/1
- LABOR DAY - 9/1
- NATIONAL CHEESE PIZZA DAY - 9/5
- NATIONAL TAILGATING DAY - 9/6
- STAR TREK DAY - 9/8
- PATRIOT DAY - 9/11
- NATIONAL VIDEO GAMES DAY - 9/12
- POSITIVE THINKING DAY - 9/13
- NATIONAL EAT A HOAGIE DAY - 9/14
- NATIONAL IT PROFESSIONALS DAY - 9/16
- AIR FORCE BIRTHDAY - 9/18
- TALK LIKE A PIRATE DAY - 9/19
- NATIONAL GIRLS' NIGHT - 9/22
- 1<sup>ST</sup> DAY OF FALL - 9/22
- NATIONAL COFFEE DAY - 9/29







# ***TIRE RACK***<sup>®</sup>

HAPPY  
**LABOR**  
DAY

**WE WILL BE  
CLOSED IN  
OBSERVANCE  
ON MONDAY,  
SEPTEMBER 1<sup>ST</sup>**



# **BUSY SEASON SURVIVAL GUIDE**



***Check out these employee tips on how to get through the busiest seasons of work and life!***

## **Fuel Your Body**

- Pack snacks (fuel + fun)
- Take a coffee/tea/water break and breathe
- Meal Prep Sunday: grab-and-go breakfasts & crockpot freezer meals

## **Give Your Brain a Break**

- Try a word scramble, word search, or coloring page
- Share a joke or funny moment with coworkers

## **Move Your Body**

- Stretch during breaks
- Take short walks outside or on a treadmill
- Plan spontaneous nature trips when possible

## **Manage Stress & Anxiety**

- Use 5-4-3-2-1 grounding technique (see, hear, feel, smell, taste)
- Treat uncomfortable thoughts like objects
- Repeat calming quotes: “Just do it.” / “This too shall pass.”

## **Organize Your Space**

- Don’t put it down—put it away!
- Start small: declutter 5–10 items/day, then increase gradually

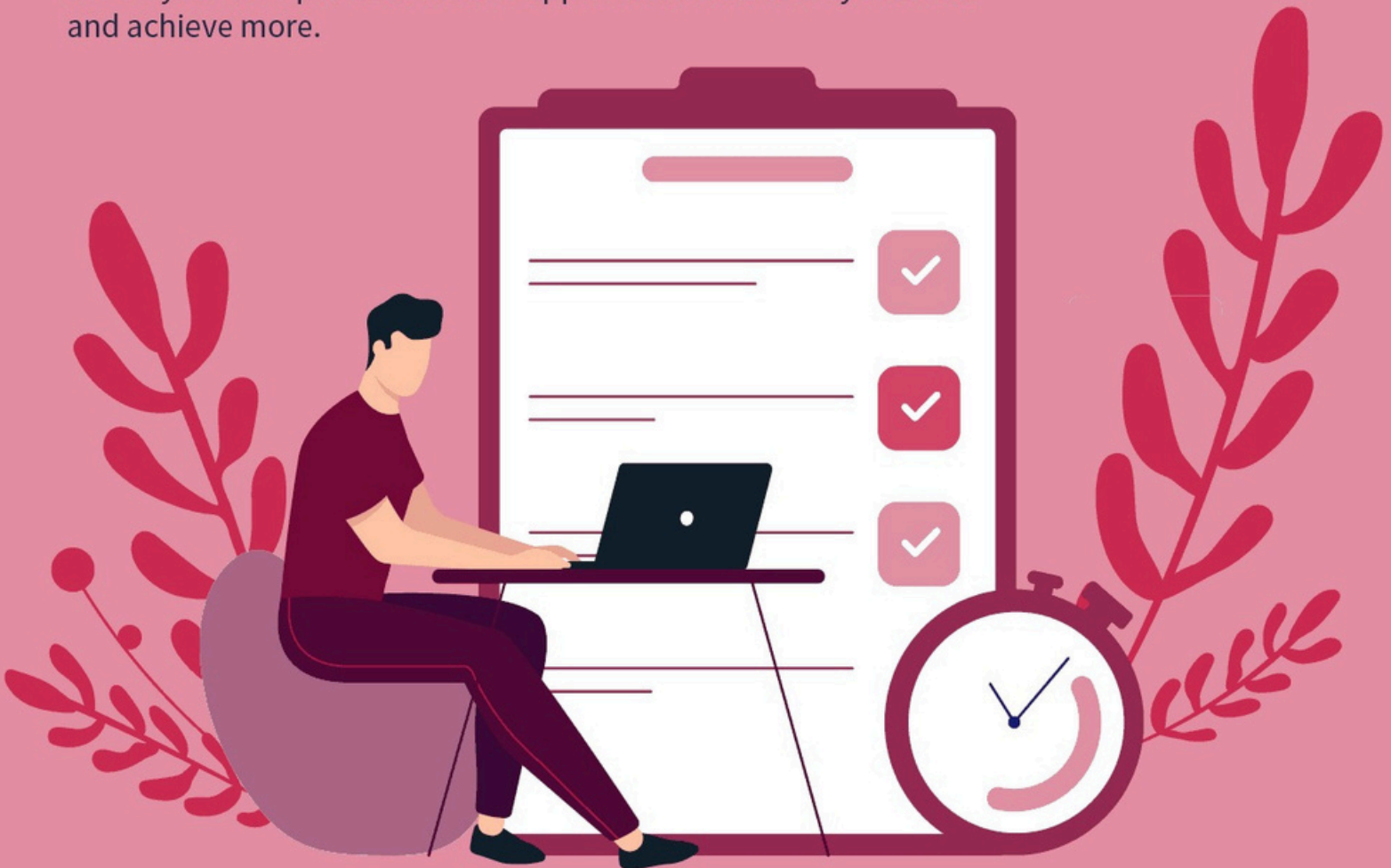


Available  
September 1

# FOCUS

## Boost your productivity

As your health and wellbeing journey continues through the year, incorporating productivity boosters and time management techniques can help you stay on track. Visit the Monthly Feature tile on your web portal or mobile app to learn how to stay focused and achieve more.



Download  
the mobile  
app today!



1-888-881-5462



supportlinc.com  
group code: **tirack**

**TIRE RACK**  
.com

 **supportlinc**  
EMPLOYEE ASSISTANCE

# NEW KNOWLEDGE CENTER (KC)

Available to all Tire Rack Employees!



Discount Tire's KC team has been working closely with your Leadership and various departments to bring you a centralized site for accessing company documentation, pages and information.

## KEY FEATURES



**Quick Link:** Fast access to commonly used tools like the employee contact list, IT and Sales pages, and the Tire Rack Shop.



**Banners:** Visual communication display with the latest company information.



**Search Engine:** Quickly locate documents and pages that exist across the site.

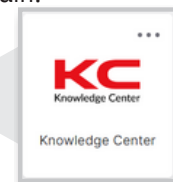


**Calendar:** View upcoming holidays, events, and important dates—custom calendars for each location coming soon!

Please note that while the KC is intended to make it easier for you to locate the information you need, your previous access points to Tire Rack content will continue to remain.

## HOW TO ACCESS

Log in via [discounttire.okta.com](https://discounttire.okta.com) and click the Knowledge Center tile on your Okta Dashboard.



## ADDITIONAL SUPPORT

- » A dedicated FAQ page is available to help answer common questions.
- » If you have questions or encounter issues while on the KC, please use the Feedback button located on the page.
- » If you're unable to log in, please email [KCTeam@discounttire.com](mailto:KCTeam@discounttire.com) for assistance.

SHARE  
IDEAS

## WE WANT YOUR FEEDBACK!

We're always looking for ways to improve your experience. Share ideas for improvements, new pages, or content.

Submit your feedback anytime using the Feedback button on the KC or email [KCTeam@discounttire.com](mailto:KCTeam@discounttire.com).





# ***TIRE RACK***<sup>®</sup>

Don't forget to **log into your  
Workday account** to make sure  
your mailing address is **up to date!**

*<https://discounttire.okta.com>*



# Weekly Planner

Monday

To Do List

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Tuesday

Wednesday

Thursday

Friday

Notes

Saturday

Sunday



# Focus on **FITNESS**



*Cardiovascular Health*



*Weight Management*



*Stronger Bone And Muscles*



*Improved Metabolism*



*Better Sleep Quality*

**OF EXERCISE  
YOU ENJOY  
SO YOU WILL  
WANT TO  
KEEP IT UP**

**TRY NEW  
THINGS**

**TAKE THE  
STAIRS**

**DANCE  
WHEN YOU  
CLEAN**

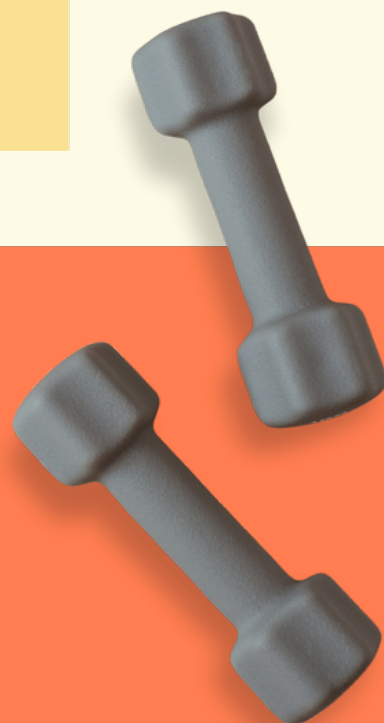
**AIM FOR 150  
MINUTES  
OF  
EXERCISE  
WEEKLY**

**CONSIDER  
YOGA,  
PILATES, OR  
TAI CHI TO  
ENHANCE  
FLEXIBILITY**

**FIND  
INSPIRATION  
IN FUN PLACES  
LIKE MEL  
ROBBINS' 11  
PUSH UP  
CHALLENGE**

**INCLUDE  
STRENGTH  
TRAINING  
AT LEAST  
2X PER  
WEEK**

**THE KEY TO LONGEVITY**







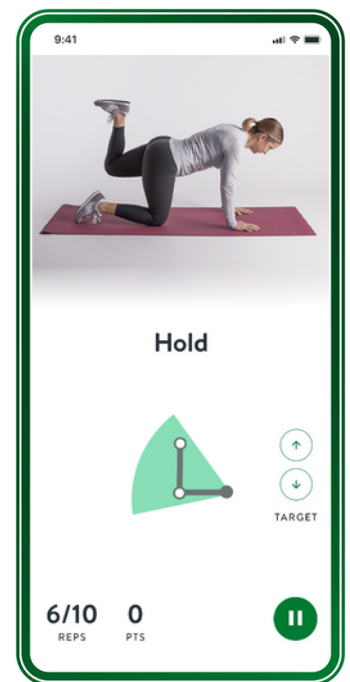
## Conquer back and joint pain without drugs or surgery

We provide all the tools you need to get moving again from the comfort of your home. You'll get exercise therapy tailored to your needs, technology for instant feedback in the app, personal coach and physical therapist. Best of all, **there's no cost to you** — 100% covered by Discount Tire for you and eligible family members.

Sign up today for help with any of the following:

- Conquer pain or limited movement
- Recover from a past injury
- Reduce stiffness in achy joints

Join for your **back, knee, hip, neck, or shoulder**. On average, participants cut their pain as much as 68%\*!



Scan the QR code to learn more or apply at  
[hinge.health/discounttire](https://hinge.health/discounttire)  
 or call (855) 902-2777

Participants must be 18+ and enrolled in a Discount Tire medical plan through UHC or BCBS (Michigan).

\*Participants with chronic knee and back pain after 12 weeks. Bailey, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. JMIR. (2020).



**PEDESTRIAN  
SAFETY**



USE DEDICATED  
PEDESTRIAN  
WALKWAYS

**Stop, look and listen**  
FOR **ONCOMING** TRAFFIC



**STAND CLEAR**  
OF LIFT TRUCKS  
**IN OPERATION**



MAKE  
**EYE  
CONTACT**  
WITH DRIVERS



A TRUCK NEEDS  
**ADEQUATE TIME**  
**TO STOP**



GIVE  
PEDESTRIANS THE  
**RIGHT-OF-WAY**



**Never drive**  
**UP CLOSE** TO ANYONE

**OPERATOR  
SAFETY**



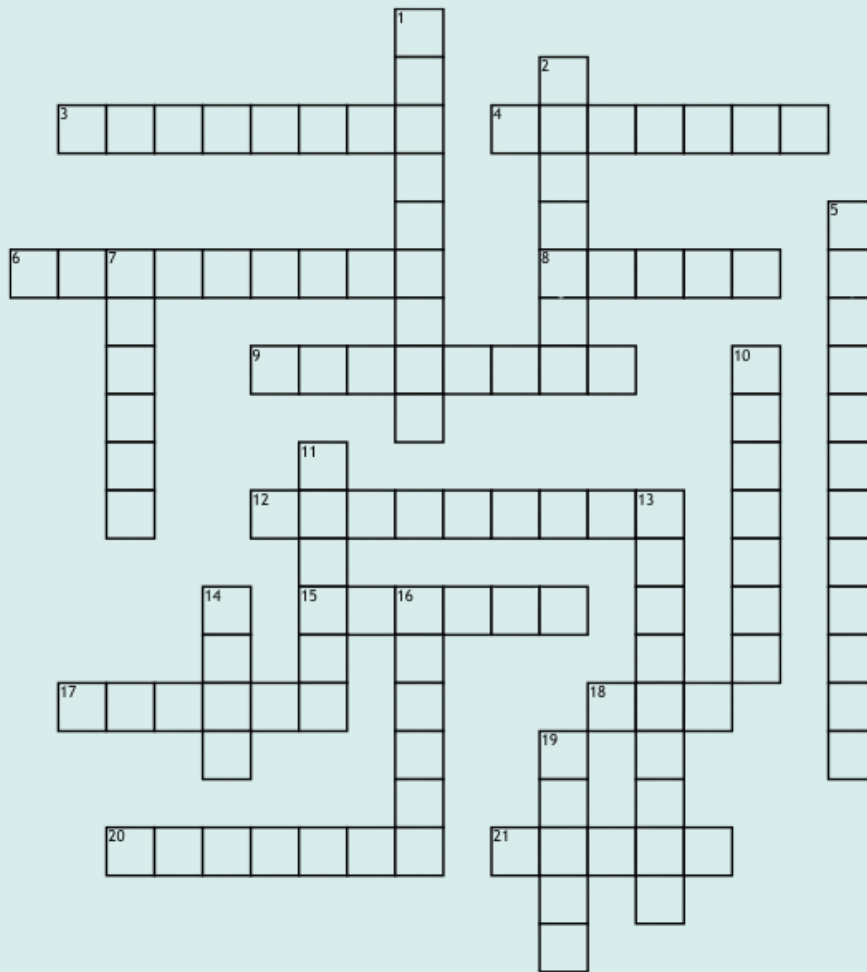
STOP AND SOUND THE HORN WHEN APPROACHING AN  
INTERSECTION OR CROSSWALK OR EXITING AN AISLE



LOOK IN THE DIRECTION OF TRAVEL







#### Across

- 3. POPULAR AUTUMN SPORT
- 4. FUN ACTIVITY ON THE FARM
- 6. USED TO KEEP BIRDS OFF CROPS
- 8. HONEYCRISP
- 9. THE ELEVENTH MONTH OF THE YEAR
- 12. THEIR ROASTED ON AN OPEN FIRE
- 15. THEY CHANGE COLOR IN THE FALL

- 17. TRADITIONAL THANKSGIVING BIRD
- 18. HALLOWEEN DECORATION MADE BY A SPIDER
- 20. JACK-O-LANTERN GOURD
- 21. DRINK MADE FROM APPLES

#### Down

- 1. HOLIDAY ON OCTOBER 31ST
- 2. SEAT AT A SQUARE DANCE (2 WORDS)

- 5. HOLIDAY FOR GIVING THANKS
- 7. WHAT SQUIRRELS OFTEN GATHER
- 10. TO GATHER, TO REAP
- 11. A BIT COLD
- 13. NINTH MONTH OF THE YEAR
- 14. TOOL TO GATHER LEAVES
- 16. SEASON THAT FOLLOWS SUMMER
- 19. ALSO KNOWN AS CORN



## SAM'S SEGMENT

September rolls in, bringing the *shift from summer warmth* to the crisp drive of fall. For some of our locations, that means the **busy season is picking up speed**; for others, *the steady pace continues*.

Wherever you are, now's the time to stay fueled, stay focused, and **keep your tread strong for the miles ahead**.





# PUMPKIN BREAKFAST COOKIES

---

## INGREDIENTS

- 1 1/2 cup (100g) rolled oats
- 1/2 cup (55g) coconut flakes
- 1/4 cup (40g) chia seeds (or flax seeds)
- 1/2 cup (125g) pumpkin puree
- 1/4 cup (80g) maple syrup
- 1/4 cup (75g) nut/seed butter of choice
- 1 tbsp pumpkin pie spice
- 1 tsp baking powder
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1/4 cup (45g) chocolate chips (or chopped pecans would be good too!)

## DIRECTIONS

1. Preheat the oven to 350F.
2. In a food processor, combine the oats, coconut, and chia seeds. Process until broken down into fine pieces but not quite flour.
3. Add the pumpkin, nut butter, maple syrup, spice, baking powder, salt, and vanilla. Process until combined into a sticky dough.
4. Add the chocolate chips, and process briefly until just combined.
5. Roll into balls (about 1-1.5 tbsp of dough per cookie). Place on a baking sheet lined with parchment paper and press to flatten slightly.
6. Bake for 15 minutes at 350F, or until the bottom edges are golden brown.
7. Cool for at least 15 minutes.
8. Enjoy!
9. *Store in an airtight container in the fridge for up to a week, or freeze them!*



# COMEDY CORNER

What is a tree's least favorite month?  
Sep-timber

What did the tree say to autumn?  
Leaf me alone

What does October have that  
September does not have?  
An extra day

Why did Humpty Dumpty have a great  
fall?  
To make up for his miserable summer

What do trees do in September?  
Turn over a new leaf

Really hate having to wait until  
September to drive my new car, I  
shouldn't have bought an autumnobile

What did the cherry say to it's friend?  
You're BERRY cool! - AK

What do you call a video of  
pedestrians?  
Footage! - BN



Want some more  
laughs?  
Make sure to follow  
**@tirerack**  
on all socials - scan  
the QR code!



## **This Month's Employee Shoutout**

Jared Aites has been a driving force since day one, taking on a major challenge with Manage Engine and quickly becoming the go-to subject matter expert for the solutions the Help Desk relies on. Known for a great attitude and collaborative spirit, Jared brings innovative, practical solutions that make a lasting impact. A true team player, he has become a critical part of the Help Desk's success.

*Jared Aites*  
**IT Help Desk Coordinator**





# **TIRE RACK**

## *WELLNESS WORKS*

*energize, empower, encourage*

WELLNESS NEWSLETTER

## **EMPLOYEE SHOUTOUT**

SCAN THE QR CODE

