
Covenant Transport Drivers eat healthy and give back to the community.

FOR
IMMEDIATE RELEASE

October 8, 2008

For further information, please contact:

Michael W. Smith

Director of Safety

Covenant Transport

Phone: 800-721-5202 x3501

Email: smitmw@covenanttransport.com

Covenant Transport Drivers eat healthy and give back to the community.

Covenants Fall Safety Blitz was held at 6 terminals September 15th - 19th, the emphasis was safe winter driving and good health. It has long been known that many professional truck drivers suffer from diabetes, high blood pressure and other health problems resulting from prolonged lack of exercise and poor food choices while on the road. To show drivers that eating "smart" can be delicious, each day of the event, drivers were provided healthy lunch: turkey burgers hot off the grill on wheat buns with low-fat trimmings, chicken and lean sausages cooked in chicken broth with vegetables, baked chips, fruit, water and diet drinks.

Drivers were also given the opportunity to donate blood at the blitz September 18th. At the Chattanooga blitz alone, drivers gave 49 pints of blood to the local Blood Bank (Blood Assurance).

Covenant Transportation Group, Inc. is the holding company for several transportation providers that offer premium transportation services for customers throughout the United States. The consolidated group includes operations from Covenant Transport and Covenant Transport Solutions of Chattanooga, Tennessee; Southern Refrigerated Transport of Texarkana, Arkansas; and Star Transportation of Nashville, Tennessee. The group

operates one of the ten largest fleets in North America as measured by revenue. The Company's Class A common stock is traded on the Nasdaq National Market under the symbol, "CVTI".