Edgar Filing: FORWARD AIR CORP - Form 4

Form 4	O AIR CORP										
August 04, FORN	ЛЛ	STATES						OMMISSION	OMB AP OMB	PROVAL	
Check this box Washington, D.C. 20549 Nu Check this box Factorian Exp if no longer STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF Exp Section 16. SECURITIES bur							Number: Expires: Estimated av burden hour response				
(Print or Type	Responses)										
1. Name and Address of Reporting Person <u>*</u> BELL RODNEY L			2. Issuer Name and Ticker or Trading Symbol FORWARD AIR CORP [FWRD]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) 430 AIRPORT ROAD			3. Date of Earliest Transaction (Month/Day/Year) 08/02/2016					Director 10% Owner Officer (give titleX Other (specify below) below) FORMER OFFICER			
File				I. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
	VILLE, TN 37745							Person		, or uning	
(City)	(State)	(Zip)		ble I - Non	-Derivativ	e Seci	urities Acqu	ired, Disposed of, o	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)			3. 4. Securities Acquired (A Transactionor Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price				5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	08/02/2016			М	4,967	A	\$ 22.47	118,313.2789	D		
Common Stock	08/02/2016			S	4,967	D	\$ 46.0459	113,346.2789	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. Number tionof Derivative Securities) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. H Der Sec (In:
				Code V	(A) (D	E	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option (Right to Buy)	\$ 22.47	08/02/2016		М	4,9	57	<u>(1)</u>	02/07/2017	Common Stock	4,967	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
BELL RODNEY L 430 AIRPORT ROAD GREENEVILLE, TN 37745				FORMER OFFICER				
Signatures								
/s/ Michael P. McLean, Attorney-in-Fact		08/03/						
**Signature of Reporting Person		Date	e					
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Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) This option vests 33-1/3% each year over a three year period commencing on 2/7/11.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.