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UNITED STATES

FORWARD AIR CORP Form 144 August 13, 2014

UNITED STATES							OMB APPROVAL						
SECURITIES AND EXCHANGE COMMISSION								OMB Number	3235-0101				
Washington, D.C. 20549								Expires	May 31, 2014				
								Estimated average burden					
	FORM 144								hours per 1.00 response				
		NOTICE OF			OF SE	CURITIE	S				SEC USE ONLY		
NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933								DOCUMENT SEQUENCE NO.					
											CUCID NUMBED		
A TTENTIC	N. Tror	amit for filing	3 copies of this	form	202011	mantly syit	h ait	har nlac	ing or		CUSIP NUMBER		
			or executing a s						ing ai	1			
			C		J								
1 (a) NAMI	E OF ISS	SUER (Please ty	pe or print)		(b) IF	RS IT. NO.	(c)	S.E.C.	FILE 1	NO	WORK LOCATION		
FORWAR	D AIR C	ORP			62-1	120025	00	022490					
1 (d) ADDI OF ISSUEI		STREET			CITY	•	ST	ATE	ZIP COE	ÞΕ	(e) TEL NO	EPHONE	
		430 Airport Ro	oad		Gree	neville	TN	1	3774	-3	423-63	6-7177	
2 (a) NAMI FOR WHO THE SECU TO BE SOI	SE ACC URITIES	OUNT	(b) RELATIONS TO ISSUER	SHIP	(c) A	DDRESS	STR	REET	CIT	Y	STATE	ZIP CODE	
Matthew Ju	ude Jewe	11	Employee		1508	Cambridg	ge A	venue	Colle Park	_	GA	30337	
INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.													
3 (a)	(b)		SEC USE ONLY	(c)		(d)		(e)		(f)		(g)	
Title of the					ber of ares	Aggrega	ate	Number Shares		Appr	oximate	Name of Each	
Class of		and Address of roker Through	Broker-Dealer		Other nits	Marke	et	or Oth Units	er	Date	of Sale	Securities	
												4	

OMB

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Whom the

	whom the								
Securities To Be Sold	Securities are to be Offered or Each Market Maker	File Number	To Be Sold	Value	Outstanding	(See instr. 3(f))	Exchange		
	who is Acquiring the Securities		(See instr. 3(c))	(See instr. 3(d))	(See instr. 3(e))	(MO. DAY YR.)	(See instr. 3(g))		
Commom	Deutsche Asset & Wealth Management 3414 Peachtree Road, NE Suite 900 Atlanta, GA 30326		7100	\$330,417.67	30,832,000	8/13/2014	Nasdaq		
INSTRUCT	IONS:								
1. (a)	Name of issuer		3. (a) Title of the class of securities to be sold						
(b)	(b) Issuer's I.R.S. (b) Name and address of each broker through whom the securities are intended to be sold						nom the		

(c)

(d)

- **Identification Number** securities are intended to be sold
 - (c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
 - (d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to filing of this notice
 - (e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
 - (f) Approximate date on which the securities are to be sold
 - (g) Name of each securities exchange, if any, on which the securities are intended to be sold
- (e) Issuer's telephone number, including area code

zip code

Issuer's S.E.C. file

Issuer's address, including

number, if any

- 2. (a) Name of person for whose account the securities are to be sold
 - (b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
 - (c) Such person's address, including zip code

Potential persons who are to respond to the collection of information contained in this form are SEC 1147 not required to respond unless the form displays a currently valid OMB control number. (08-07)

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TABLE I — SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

			Name of Person from			
			Whom Acquired	Amount of		
Title of	Date you	Nature of Acquisition	(If gift, also give date	Securities	Date of	Nature of
the Class	Acquired	Transaction	donor acquired)	Acquired	Payment	Payment
Common	8/13/2014	Stock Option Exercise from Grant Dated 2/10/08	Forward Air Corporation	7100	8/13/2014	Cash

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Matthew J. Jewell 1508 Cambridge Avenue College Park, GA 30337	Forward Air Corporation	8/11/2014	8200	\$376,776.88
Matthew J. Jewell 1508 Cambridge Avenue College Park, GA 30337	Forward Air Corporation	8/8/2014	1800	\$82,364.04
Matthew J. Jewell 1508 Cambridge Avenue College Park, GA 30337	Forward Air Corporation	6/6/2014	7369	\$331,927.76
Matthew J. Jewell 1508 Cambridge Avenue College Park, GA 30337	Forward Air Corporation	6/5/2014	7631	\$343,399.58

EXPLANATION OF RESPONSES:

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. The person for whose account the securities to which this Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

August 13, 2014 DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION, IF **RELYING ON RULE 10B5-1**

1001) SEC 1147 (02-08)

misstatements or omission of facts constitute

Federal Criminal Violations (See 18 U.S.C.

ATTENTION: Intentional

ATTENTION:

notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

/s/ Matthew Jude Jewell (SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

REMARKS: