FORWARD AIR CORP Form 144 February 13, 2015

UNITED STATES	OMB APPROVAL
SECURITIES AND EXCHANGE COMMISSION	OMB 3235-0101 Number:
Washington, D.C. 20549	Expires: May 31, 2017
	Estimated average burden
FORM 144	hours per 1.00 response
NOTICE OF PROPOSED SALE OF SECURITIES	SEC USE ONLY
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933	DOCUMENT SEQUENCE NO.
	CUSIP NUMBER

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

1 (a) NAME OF ISSUER (Please type or print)				(b) IRS IDENT. NO.	(c) S.E.C. FILE NO		10	WORK LOCATION	
FORWARD AIR O	62-1120025	00022490							
1 (d) ADDRESS OF ISSUER	STREET			CITY	STATE	ZIP CODI	E	(e) TELI NO	EPHONE
	430 Airport I	Road		Greeneville	TN	37745	5	423-636	5-7177
2 (a) NAME OF PE FOR WHOSE ACC THE SECURITIES TO BE SOLD	COUNT	(b) RELATION TO ISSUEI		(c) ADDRESS	STREET	CITY	<b>,</b>	STATE	ZIP CODE
Matthew Jude Jewo	ell	Employee		1508 Cambrid	ge Avenue	Colleg Park	ge	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			Num of Sha		Numb ate Shares		Appro	oximate	Name of Each
	and Address ach Broker	Broker-Dealer	or Ot Uni		t or Oth Units	er	Date	of Sale	Securities

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		Through Whom the								
Securit To Bo Sold	e	Securities are to be File Number Offered or Each Market Maker	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))			
Commo	on 1 S	Deutsche Bank Securities, Inc. 3414 Peachtree Road, NE Suite 900 Atlanta, GA 30326	29,500 \$1,584,403.70		30,450,053	2/13/2015	Nasdaq			
INSTRU	JCTI	ONS:								
1.	(a)	Name of issuer	3. (a)	Title of the class	s of securities	to be sold				
	(b)	Issuer's I.R.S.			me and address of each broker through whom the					
		Identification Number			curities are intended to be sold					
	(c)	Issuer's S.E.C. file	(c) Number of shares or other units to be sold (if debt							
	(4)	Issuer's address, including	number, if any securities, give the aggregate face amount)							
	(d)	zip code	<ul> <li>(d) Aggregate market value of the securities to be sold as a specified date within 10 days prior to filing of this notice</li> </ul>							
	(e)	Issuer's telephone number, including area code	<ul> <li>(e) Number of shares or other units of the class outstandin or if debt securities the face amount thereof outstandin as shown by the most recent report or statement published by the issuer</li> <li>(f) Approximate date on which the securities are to be sol</li> </ul>							
2.	(a)	Name of person for whose account the securities are to be sold	(g)	Name of each se securities are int	curities excha	inge, if any, on				
	(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									

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:

Title of the Class		e you Juired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common	2/13/2	2015	Stock Option Exercise from grant dated 02/08/09	Forward Air Corporation	29,500	2/13/2015	Cash
INSTRUCTI	ONS:	theref explain consider any no install note o	for was not made in cash in in the table or in a note deration given. If the co ote or other obligation, or ments describe the arrang	ased and full payment at the time of purchase, thereto the nature of the nsideration consisted of if payment was made in ement and state when the charged in full or the last			

## 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 Jude Jewell 1508 Cambridge Avenue College Park, GA 30337	Common	2/9/2015	4600	\$231,035

# **EXPLANATION OF RESPONSES:**

## **INSTRUCTIONS:**

**REMARKS:** 

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.

## **ATTENTION:**

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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.

February 13, 2015 DATE OF NOTICE /s/ Matthew J Jewell (SIGNATURE)

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

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.

**ATTENTION:** Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

SEC 1147 (02-08)