Welch Mike Form 4 February 12, 2007

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

Number:

Expires:

3235-0287 January 31, 2005

0.5

Estimated average

burden hours per response...

Section 16. Form 4 or Form 5 obligations may continue.

See Instruction

Check this box

if no longer

subject to

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Last)

(Print or Type Responses)

1. Name and Address of Reporting Person * Welch Mike

2. Issuer Name and Ticker or Trading

Issuer

Symbol EXPRESS-1 EXPEDITED

SOLUTIONS INC [XPO]

(Check all applicable)

PRESIDENT

5. Relationship of Reporting Person(s) to

(First) (Middle) 3. Date of Earliest Transaction

_X__ Director X_ Officer (give title below)

Other (specify

10% Owner

C/O EXPRESS-1 EXPEDITED SOLUTIONS, INC., 429 POST ROAD

(Street)

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check

Applicable Line)

Filed(Month/Day/Year)

(Month/Day/Year)

02/07/2007

X Form filed by One Reporting Person Form filed by More than One Reporting

BUCHANAN, MI 49107

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1.Title of Security (Instr. 3)

2. Transaction Date 2A. Deemed (Month/Day/Year)

Execution Date, if

(Month/Day/Year)

3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5)

5. Amount of Securities Beneficially Owned Following

6. Ownership 7. Nature of Form: Direct Indirect (D) or Indirect Beneficial Ownership (Instr. 4) (Instr. 4)

(A)

Reported Transaction(s)

Code V Amount (D) Price

(Instr. 3 and 4)

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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

Edgar Filing: Welch Mike - Form 4

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisab	ole and	7. Title and A	Amount o
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transact	iorDerivative	Expiration Date		Underlying Securities	
Security	or Exercise		any	Code	Securities	(Month/Day/Year	r)	(Instr. 3 and	4)
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired (A)				
	Derivative				or Disposed of	of			
	Security				(D)				
					(Instr. 3, 4,				
					and 5)				
				Code V	(A) (D	D) Date Exercisable	Expiration	Title	Amoun
							Date		or
									Number
									of Share
Ontion						(2)		Common	
_	\$ 1.48	02/07/2007		A	60,000	$03/07/2007^{(2)}$	02/07/2017		60,00
	Derivative Security	Derivative Security or Exercise (Instr. 3) Price of Derivative Security Option \$1.48	Derivative Conversion (Month/Day/Year) Security or Exercise (Instr. 3) Price of Derivative Security Option \$1.48 02/07/2007	Derivative Conversion (Month/Day/Year) Execution Date, if Security or Exercise any (Month/Day/Year) Price of Derivative Security Option \$1.48 02/07/2007	Derivative Conversion (Month/Day/Year) Execution Date, if Transaction any Code (Instr. 3) Price of Derivative Security Option \$1.48 02/07/2007	Derivative Conversion (Month/Day/Year) Execution Date, if any Code Securities (Instr. 3) Price of Derivative Security Se	Derivative Security or Exercise (Instr. 3) Price of Derivative Security Security Security Option S 1 48 02/07/2007 Execution Date, if any Securition Date, if any Code Securition Date, if any Code Securition Date, if any Code Securities (Month/Day/Year) Code Securities (Month/Day/Year) (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Code V (A) (D) Date Exercisable Option S 1 48 02/07/2007	Derivative Conversion (Month/Day/Year) Execution Date, if any Code Securities (Month/Day/Year) Expiration Date (Month/Day/Year) Execution Date, if any Code Securities (Month/Day/Year) (Instr. 3) Price of Derivative Security (Month/Day/Year) (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Code V (A) (D) Date Exercisable Expiration Date Option \$1.48 02/07/2007	Derivative Conversion (Month/Day/Year) Execution Date, if any Code Securities (Month/Day/Year) (Instr. 3) Price of Derivative Security Security Security Security Security Securities (Month/Day/Year) (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Code V (A) (D) Date Exercisable Expiration Date Option \$1.48 02/07/2007 Security Common Security Common Security Common Security Common Security Common Security Common Co

Reporting Owners

Reporting Owner Name / Address	Relationships				
•	Director	10% Owner	Officer	Other	
Welch Mike C/O EXPRESS-1 EXPEDITED SOLUTIONS, INC. 429 POST ROAD BUCHANAN MI 49107			PRESIDENT		

Signatures

Michael Welch 02/12/2007

**Signature of Person

Date

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) Granted for Board Service.
- (2) The options vest monthly over a 3-year period at a rate of 166,667 shares per month and are exercisable from the end of the first month after issuance through the end of the 10-year period.

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.

Reporting Owners 2