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Form 4	RISC										
March 19, 20									OMB A	PPROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								3235-0287			
if no long subject to Section 1 Form 4 o Form 5 obligation	Section 10	SECUR	VNERSHIP OF ge Act of 1934, of 1935 or Sectio	Expires: January 3 20 Estimated average burden hours per response (
may cont <i>See</i> Instru 1(b).	inue.			vestment	•	· ·					
(Print or Type F	Responses)										
			2. Issuer Name and Ticker or Trading Symbol FORWARD AIR CORP [FWRD]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (M	fiddle)	3. Date of Earliest Transaction				(Chec	(Check all applicable)			
1915 SNAPPS FERRY ROAD, BUILDING N			(Month/Day/Year) 03/15/2019					Director 10% Owner X Officer (give title Other (specify below) below) Chief Operating Officer			
				nendment, Date Original onth/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 			
GREENEVI	ILLE, TN 37745							Person	More than One Re	eporting	
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ities Ac	equired, Disposed o	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)		3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)				
~				Code V		(D)	Price	(Instr. 3 and 4)			
Common Stock	03/15/2019			А	2,257 (1)	А	\$0	28,620.1786	D		
Common Stock	03/15/2019			F <u>(2)</u>	679	D	\$0	27,941.1786	D		
Common Stock								29	Ι	By Son	

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

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number.

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. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	;	ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secut Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
RUBLE CHRIS C 1915 SNAPPS FERRY ROAD BUILDING N GREENEVILLE, TN 37745			Chief Operating Officer					
Signatures								
/s/ Michael L. Hance, Attorney-in-Fact		03/15/20	19					
**Signature of Reporting 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).

Shares awarded in conjunction with a Performance Share Agreement issued on 2/8/16 under the Forward Air Corporation Amended and Restated Stock Option and Incentive Plan. In accordance with the Performance Share Agreement, the number of shares awarded was

- (1) Restated block option and meent of han in accordance with the renormance online representation, the number of shares awarded was determined based on the three year performance of Forward Air Corporation common stock as compared to the share price performance of a selected peer group.
- (2) Stock withheld by Issuer to satisfy minimum tax withholding obligation on award of stock.

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.