

# FORM 3

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

OMB APPROVAL	
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## INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934  
or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person * ADELAAR GLENN A  (Last) (First) (Middle) 1915 SNAPPS FERRY ROAD, BUILDING N  (Street) GREENEVILLE, TN 37745  (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 05/09/2017	3. Issuer Name <b>and</b> Ticker or Trading Symbol FORWARD AIR CORP [FWRD]	
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) Senior VP, Systems Technology	5. If Amendment, Date Original Filed(Month/Day/Year)
		6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person	

### Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	32,577.0766	D	

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

SEC 1473 (7-02)

**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.**

### Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Stock Option (Right to Buy)	(1)	02/06/2021	Common Stock	4,009	\$ 42.48	D	
Stock Option (Right to Buy)	(2)	02/09/2022	Common Stock	4,564	\$ 50.71	D	
Stock Option (Right to Buy)	(3)	02/08/2023	Common Stock	6,253	\$ 43.67	D	
Stock Option (Right to Buy)	(4)	02/06/2024	Common Stock	4,963	\$ 47.82	D	

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ADELAAR GLENN A 1915 SNAPPS FERRY ROAD BUILDING N			Senior VP, Systems Technology	

GREENEVILLE, TN 37745				
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## Signatures

/s/ Michael P. McLean, Attorney-in-Fact		05/19/2017
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\*\*Signature of Reporting Person

Date

## Explanation of Responses:

\* If the form is filed by more than one reporting person, *see* Instruction 5(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 2/6/15.

(2) This option vests 33 1/3% each year over a three year period commencing on 2/9/16.

(3) This option vests 33 1/3% each year over a three year period commencing on 2/8/17.

(4) This option vests 33 1/3% each year over a three year period commencing on 2/6/18.

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.

Power of Attorney

Know all by these presents, that the undersigned (the "Reporting Person") hereby constitutes and appoints Michael L. Hance, Shellie L. Hammock and Michael P. McLean, and each of them, as the Reporting Person's true and lawful

- (1) execute for and on behalf of the Reporting Person, in the Reporting Person's capacity as an officer or director of Forward Air Corporation (the "Company"), Forms 3, 4 and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934;
- (2) do and perform and all acts for and on behalf of the Reporting Person which may be necessary or desirable to complete and execute any such Form 3, 4 or 5 and timely file such form with the United States Securities and Exchange Commission;
- (3) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such Attorney-in-Fact, may be of benefit to, and in the best interest of, or legally required by, the Reporting Person.

The Reporting Person hereby grants to each such Attorney-in-Fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers of the Reporting Person.

This Power of Attorney shall remain in full force and effect until the Reporting Person is no longer required to file Forms 3, 4 and 5 with respect to the Reporting Person's holdings of and transactions in securities issued by the Company.

IN WITNESS WHEREOF, the Reporting Person has caused this Power of Attorney to be executed as of this 9th day of May, 2017.

*/s/ Glenn A. Adelaar*  
GLENN A. ADELAAR