

U.S. SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, DC 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

// Check box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).
 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(f) of the Investment Company Act of 1940

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1. Name and Address of Reporting Person*			2. Issuer Name and Ticker or Trading Symbol		6. Relationship of Reporting Person to	
Cook, Edward W.			Forward Air Corporation (FWRD)		Issuer (Check all applicable)	
-----			-----		X Director 10% Owner	
(Last)	(First)	(Middle)	3. IRS or Social Security	4. Statement for	---	---
430 Airport Road			Number of Reporting	Month/Year	X Officer (give	Other (Specify
-----	-----	-----	Person (Voluntary)	September 1998	---	title --- below)
(Street)			-----			
Greenville, Tennessee	37745		5. If Amendment, Date of Original		CFO, Sr. Vice President & Treasurer	
(City)	(State)	(Zip)	(Month/Year)		-----	
			N/A		7. Individual or Joint/Group Filing	
			----- (Check applicable line)			
			X Form filed by one			
			--- Reporting Person			
			Form filed by more than			
			--- one Reporting Person			

TABLE 1 -- NON-DERIVATIVE SECURITIES ACQUIRED, DISPOSED OF, OR BENEFICIALLY OWNED

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned at End of Month (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
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Common Stock				2,629*	D	N/A
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Common Stock				1,000	I	By Spouse
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*If the Form is filed by more than one Reporting Person, see Instruction 4(b)(v).

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

(Over)

(Print or Type Response)

(8/96)

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FORM 4 (CONTINUED) 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 (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Transaction Code (Instr. 3, 4, and 5)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date of Expiration (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)
Stock Option (01)	14.40	9/24/98	A V	37,500	(02) 10/31/01	Common Stock	37,500 N/A
Stock Option (01)	11.50	9/24/98	A V	12,500	(03) 1/31/06	Common Stock	12,500 N/A
Stock Option (01)	8.00	9/24/98	A V	11,250	(04) 1/31/07	Common Stock	11,250 N/A

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1. Title of Derivative Security (Instr. 3)	9. Number of Derivative Securities Beneficially Owned at End of Month (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
Stock Option (01)	37,500	D	N/A
Stock Option (01)	12,500	D	N/A
Stock Option (01)	11,250	D	N/A

Explanation of Responses:

*Includes 301 shares acquired under the Issuer's Employee Stock Purchase Plan (the "ESPP") in June 1998.

(01) Common stock option (right to buy) awarded under the Issuer's Stock Option and Incentive Plan as adjusted in connection with the distribution by the Issuer of all of the common stock of Landair Corporation on 09/23/98.

(02) Immediately.

(03) 6,250 options are exercisable immediately and the remaining 6,250 vest annually in 1/2 increments beginning 02/23/99.

(04) 1,875 options are exercisable immediately and the remaining 9,375 vest annually in 1/3 increments beginning 02/07/99.

**Intentional misstatements or omissions of facts constitute Federal Criminal Violations. /s/ Edward W. Cook 10/8/98
See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a). -----

**Signature of Reporting Person Date

Note. File three copies of this form, one of which must be manually signed.
If space provided is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of informations contained in this form are not required to respond unless the form displays a currently valid OMB Number.

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