

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  
Weiland, James R.                                      Forward Air Corporation (FWRD)                                      Issuer (Check all applicable)  
-----                                      -----                                      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)                                      -----                                      below)

Greenville, Tennessee 37745                                      5. If Amendment,  
-----                                      Date of Original                                      Senior Vice President, Sales  
(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. Trans- action Date (Month/ Day/ Year)	3. Transac- tion Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) End of Month (Instr. 3 and 4)	5. Amount of Se- curities Benefi- cially Owned at Form: Direct (D) or Indirect (I) (Instr. 4) (Instr. 4)	6. Owner- ship of In- direct Benefi- cial Owner- ship	7. Nature
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N/A

\*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)

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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	3. Transaction Date (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Derivative Securities Acquired or Disposed of (Instr. 3, 4, and 5)	6. Number of Derivative Securities (A) or Disposed of (D)	7. Date Expiration (Month/Day/Year)	8. Title and Amount of Underlying Securities (Instr. 3 and 4)	9. Price of Derivative Security	10. Nature of Derivative Security
Stock Option (01)	11.20	9/24/98	A	V	14,219	(02) 10/31/01	Common Stock	14,219	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	6,250	(04) 1/31/07	Common Stock	6,250	N/A

<CAPTION>

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)	14,219	D	N/A
Stock Option (01)	12,500	D	N/A
Stock Option (01)	6,250	D	N/A

Explanation of Responses:

(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) 1,562 options are exercisable immediately and the remaining 4,688 vest annually in 1/3 increments

beginning 02/07/99.

\*\*Intentional misstatements or omissions of facts constitute Federal Criminal Violations. /s/ James R. Weiland 10/7/98  
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.

Page 2

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