

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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<S>			<C>	<C>	<C>	<C>	<C>	<C>
1. Name and Address of Reporting Person*			2. Issuer Name and Ticker or Trading Symbol		6. Relationship of Reporting Person to Issuer (Check all applicable)			
Bell, Rodney L.			Forward Air Corporation (FWRD)		Director 10% Owner			
(Last)	(First)	(Middle)	3. IRS or Social Security Number of Reporting Person (Voluntary)	4. Statement for Month/Year	X Officer (give title below)		Other (Specify below)	
430 Airport Road			September 1998					
(Street)			5. If Amendment, Date of Original (Month/Year)		Controller			
Greenville, Tennessee 37745			N/A		7. Individual or Joint/Group Filing (Check applicable line)			
(City)	(State)	(Zip)			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				1,583*	D	N/A
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*If the Form is filed by more than one Reporting Person, see Instruction 4(b)(v).

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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. 3, 4, and 5)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security
Stock Option (01)	11.50	9/24/98	A V	9,375	(02) 1/31/06	Common Stock	9,375 N/A
Stock Option (01)	8.00	9/24/98	A V	6,250	(03) 1/31/07	Common Stock	6,250 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)	9,375	D	N/A
Stock Option (01)	6,250	D	N/A

Explanation of Responses:

*Includes 322 shares acquired under the Issuer's Employee Stock Purchase Plan (the "ESPP") in December 1997 and 215 shares acquired under 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) 3,125 options are exercisable immediately and the remaining 6,250 vest annually in 1/2 increments

beginning 02/23/99.

(03) 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/ Rodney L. Bell 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.

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