FORM 4

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

STATEMENT OF CHANGES IN 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 [*] JEWELL MATTHEW J	2. Issuer Name **and** Ticker or Trading Symbol **FORWARD AIR CORP [FWRD]**	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
(Last)　　(First)　　(Middle) 430 AIRPORT ROAD	3. Date of Earliest Transaction (Month/Day/Year) 05/20/2013	Director　　　　　10% Owner X Officer (give title below)　Other (specify below) Executive VP, CLO & Secretary
(Street) GREENEVILLE, TN 37745	4. If Amendment, Date Original Filed(Month/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 Person
(City)　　(State)　　(Zip)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (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 Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	05/20/2013		M		31,744	A	$28.9733	51,632.6382	D	
Common Stock	05/20/2013		S		31,744	D	$38.918	19,888.6382	D	
Common Stock	05/21/2013		M		8,256	A	$28.9733	28,144.6382	D	
Common Stock	05/21/2013		S		8,256	D	$38.9729	19,888.6382	D	

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

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. Transaction Code (Instr. 8)			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 (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option (Right to Buy)	$28.9733	05/20/2013		M			31,744		(1)	02/14/2015	Common Stock	31,744	$0	40,756	D	
Stock Option (Right to Buy)	$28.9733	05/21/2013		M			8,256		(1)	02/14/2015	Common Stock	8,256	$0	32,500	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
JEWELL MATTHEW J 430 AIRPORT ROAD GREENEVILLE, TN 37745			Executive VP, CLO & Secretary	

Signatures

/s/ Michael P. McLean, Attorney-in-Fact	05/22/2013
[**]Signature of Reporting Person	Date

Explanation of Responses: