

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 * Hance Michael L (Last) (First) (Middle) 430 AIRPORT ROAD (Street) GREENEVILLE, TN 37745 (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 05/08/2014	3. Issuer Name and 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, CLO and Secretary	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	11,056 (1)	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)	(2)	02/07/2017	Common Stock	36,000	\$ 22.47	D	
Stock Option (Right to Buy)	(3)	02/11/2018	Common Stock	6,666	\$ 28.61	D	
Stock Option (Right to Buy)	(4)	02/07/2019	Common Stock	4,669	\$ 36.55	D	
Stock Option (Right to Buy)	(5)	02/07/2020	Common Stock	4,407	\$ 37.14	D	
Stock Option (Right to Buy)	(6)	02/06/2021	Common Stock	4,009	\$ 42.48	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Hance Michael L				

430 AIRPORT ROAD
GREENEVILLE, TN 37745

Senior VP, CLO and Secretary

Signatures

/s/ Michael P. McLean, Attorney-in-Fact

 Signature of Reporting Person

05/16/2014

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).

- Of the 11,056 shares beneficially owned, 3,035 shares are 2/7/12, 2/7/13 and 2/6/14 awards of time-vesting restricted stock under the Forward Air Corporation Amended and Restated Stock Option & Incentive Plan in transactions exempt from Section 16(b) under Rule 16b-3. The restricted stock vests equally in one-third increments over three years commencing on the one year anniversary of the applicable award date and will be fully vested on 2/6/17.
- (1) This option vests 33-1/3% each year over a three year period commencing on 2/7/11.
 - (2) This option vests 33-1/3% each year over a three year period commencing on 2/11/12.
 - (3) This option vests 33-1/3% each year over a three year period commencing on 2/7/13.
 - (4) This option vests 33-1/3% each year over a three year period commencing on 2/7/14.
 - (5) This option vests 33-1/3% each year over a three year period commencing on 2/7/14.
 - (6) This option vests 33-1/3% each year over a three year period commencing on 2/6/15.

Remarks:

mhancepoa.txt

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 Matthew J. Jewell and Michael P. McLean, and each of them, as the Reporting Person's true and lawful Attorneys-in-Fact to:

(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 and the rules thereunder;

(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 and any stock exchange or similar authority; and

(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 herein granted, as fully to all intents and purposes as the Reporting

Person might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such Attorney-in-Fact, or such Attorney-in-Fact's substitute or substitutes, shall lawfully do or cause to be done by the virtue of this Power of Attorney and the rights and powers herein granted. The Reporting Person acknowledges that the foregoing Attorneys-in-Fact, in serving in such capacity at the request of the Reporting Person, are not assuming, nor is the company assuming, any of the Reporting Persons responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

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, unless earlier revoked by the Reporting Person in a signed writing delivered to the foregoing Attorney-in-Fact.

IN WITNESS WHEREOF, the Reporting Person has caused this Power of Attorney to be executed as of this 14th day of May, 2014.

/s/Michael L. Hance