FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL							
OMB Number:	3235-0287						
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* ALLEN RONALD W					2. Issuer Name and Ticker or Trading Symbol FORWARD AIR CORP [FWRD]							(Checl	Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director				/ner	
(Last)	(First)	,	Middle)		Date of 0/08/20		ransacti	ion (Month/E	ay/Year)		Officer (give title below)			Other (specify below)				
1915 SNAPPS FERRY ROAD BUILDING N					4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(Street) GREENEVIL	LE TN	3	7745										Form file	d by More	than O	ne Reportin	g Person	
(City)	(State) (2	ľip)															
		Т	able I - Nor	n-Deriva	ive S	ecuritie	s Acq	uired, Di	spose	d of,	, or Benefi	cially Ov	vned					
Date				2. Transact Date (Month/Day	n/Day/Year) Exec		2A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Dispose Code (Instr.			ities Acquired (A) or d Of (D) (Instr. 3, 4 and 5)		5. Amount Securities Beneficially Following	y Owned Reported	Form:	vnership i: Direct (D) direct (I) r. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
								Code	V Amoun		(A) or (D)	Price	(Instr. 3 and				(111501.4)	
	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	ercise (Month/Day/Year) of ative	3A. Deemed Execution Date, if any (Month/Day/Year)	Code	Transaction Code (Instr.		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 Securities Underlying Derivative Security (Instr. 3 and 4)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction	e s lly	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expirat Date		Title	Amount or Number of Shares		(Instr. 4)	on(s)			
Dividend Equivalent Rights	\$0.0	09/08/2022		A		17.944		(1)	(1)		Common Stock	17.944	\$0	166.66	58	D		

Explanation of Responses:

1. The dividend equivalent rights accrued on restricted stock units previously granted under the Forward Air Corporation Non-Employee Director Plans and are fully vested. Each dividend equivalent right is the economic equivalent of one share of Forward Air Corporation common stock.

Remarks:

/s/ Michael L. Hance, Attorney-in-

Date

<u>Fact</u>

** Signature of Reporting Person

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

- * If the form is filed by more than one reporting person, see Instruction 4 (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).

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

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 Number.