UNITED STATES
SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of
the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): November 17, 2026

FORWARD AIR CORPORATION

(Exact name of registrant as specified in its charter)

Delaware	**62-1120025**
(State or other jurisdiction of incorporation)	(I.R.S. Employer Identification No.)
3200 Olympus Boulevard, Suite 300, Dallas, Texas	**75019**
(Address of principal executive offices)	(Zip Code)

000-22490

(Commission File Number)

Registrant's telephone number, including area code: **(817) 552-5270**

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

☐ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
☐ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
☐ Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
☐ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities registered pursuant to Section 12(b) of the Act:

Title of each class	**Trading Symbol(s)**	**Name of each exchange on which registered**
Common Stock, $0.01 par value	FWRD	NASDAQ

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company ☐

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. ☐

Item 5.02. Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

On November 17, 2026 (the "Effective Date"), the Board of Directors (the "Board") of Forward Air Corporation (the "Company") appointed Kim Scott to the Board, effective as of the Effective Date. Ms. Scott will serve until the Company's 2027 annual meeting of stockholders or until her successor is duly elected and qualified.

Ms. Scott has more than 25 years of leadership experience across industrial services, logistics, and asset-intensive operations. Ms. Scott most recently served as President and Chief Executive Officer of Vestis Corporation (NYSE: VSTS), a leading provider of rental uniforms and workplace supplies in North America, from its spin-off from Aramark (NYSE: ARMK) in October 2023 until March 2025, and prior to the spin-off, served as President and Chief Executive Officer of Aramark Uniform Services, the predecessor to Vestis, from October 2021. Ms. Scott led the spin-off and the transition of Vestis to a standalone publicly traded company with approximately 20,000 employees, more than 300,000 customer locations, and approximately $2.8 billion in fiscal year 2024 revenues. Prior to Vestis, Ms. Scott served as Chief Operating Officer of Terminix Global Holdings in 2021, and as President of the Terminix Residential business from 2019 to 2021. Ms. Scott currently serves as an independent director of Greif, Inc. (NYSE: GEF), where she is a member of the Compensation Committee and the Nominating and Governance Committee.

Ms. Scott has been appointed to serve as a member of the Corporate Governance and Nominating Committee of the Board, effective as of the Effective Date.

The compensation of Ms. Scott for her service as a non-employee director will be substantially consistent with that of the Company's other non-employee directors, as described in the Company's proxy statement for its 2026 annual meeting of stockholders. In connection with her appointment, Ms. Scott received, or is expected to receive within 30 days of the Effective Date, a pro-rata grant of 4,773 restricted shares of the Company's common stock pursuant to Section 5(b) of the Company's 2025 Non-Employee Director Stock Plan, which will vest on the earlier of the day prior to the Company's 2027 annual meeting of stockholders and the first anniversary of the grant date, subject to her continued service as a director.

There are no arrangements or understandings between Ms. Scott and any other persons pursuant to which she was selected as a director. Ms. Scott has no direct or indirect material interest in any transaction requiring disclosure under Item 404(a) of Regulation S-K.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

FORWARD AIR CORPORATION

Date: November 19, 2026

By: /s/ Shawn Stewart
Name: Shawn Stewart
Title: President and Chief Executive Officer