FORM 4	4
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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).

(Print or Type Responses)

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

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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

1. Name and Address of DRUM CRAIG A	2. Issuer Name an FORWARD AIR				ool	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner						
430 AIRPORT ROA	(First) D		3. Date of Earliest T 08/10/2004	ransaction ((Mon	th/Day/Y	ear)		X Officer (give title below) Other (specify below) Senior Vice President, Sales			
GREENEVILLE, TY	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)	Execution Date, if	(Instr. 8)				of (D))	Transaction(s) (Instr. 3 and 4)	Ownership	Beneficial Ownership	
Common Stock		08/10/2004		М		5,000	А	\$ 23.8	5,225	D		
Common Stock		08/10/2004		S		5,000	D	\$ 39.44	225	D		

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

SEC 1474 (9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(<i>e.g.</i> , puts, calls, warrants, options, convertible securities)															
1. Title of	2.	3. Transaction	3A. Deemed	4.		5. N	lumber	6. Date Exerc	isable and	7. Title and		8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transact	tion	of		Expiration Da	ite	Amount of		Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		Derivative		(Month/Day/Year)		Underlying		Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8))	Sec	ecurities		Securities		(Instr. 5)	Beneficially	Derivative	Ownership	
	Derivative					Acq	uired	1		(Instr. 3 and 4)			Owned	Security:	(Instr. 4)
	Security					(A)					0	Direct (D)			
							posed				1	or Indirect			
						of (I	· ·					Transaction(s)			
							tr. 3, 4,	, 4,					(Instr. 4)	(Instr. 4)	
						and	5)								
											Amount				
								Date	Expiration		or				
								Exercisable	Date		Number				
				a 1	* *			Literensuore	Duite		of				
				Code	V	(A)	(D)				Shares				
Stock															
Option	* * *	00/10/2004						10/10/0000	10/10/0011	Common		A A		P	
(Right to	\$ 23.8	08/10/2004		М			5,000	10/16/2003	10/16/2011	Stock	5,000	\$ 0	5,000	D	
Buy)										Stook					
Duy)															

Reporting Owners

	Relationships								
Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
DRUM CRAIG A 430 AIRPORT ROAD GREENEVILLE, TN 37745			Senior Vice President, Sales						

Signatures

By: /s/ Lera Doherty, Attorney in Fact	08/10/2004
**Signature of Reporting Person	Date

Explanation of Responses:

* 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.

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