FORM	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).

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

OMB APPROVAL OMB Number: 3235 Estimated average burden 3235-0287 0.5 hours per response...

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 Respons	ses)											
1. Name and Address JEWELL MATTH	2. Issuer Name an FORWARD All				ıbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner						
430 AIRPORT RO	3. Date of Earliest Transaction (Month/Day/Year) 02/17/2015						X_Officer (give title below) Other (specify below) EVP-Intermodal Services & CSO					
GREENEVILLE, 1	(Street) FN 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)		(Month/Day/Year)	Execution Date, if any	(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)	Ownership Form:	Beneficial	
			(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Common Stock		02/17/2015		М		5,886	А	\$ 22.87	33,880.8189	D		
Common Stock		02/17/2015		S		5,886	D	\$ 53.6428	27,994.8189	D		
Common Stock		02/18/2015		М		3,407	А	\$ 22.87	31,401.8189	D		
Common Stock		02/18/2015		S		3,407	D	\$ 53.5066	27,994.8189	D		

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

Persons who respond to the collection of information

SEC 1474 (9-02)

contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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

	(e.g., puts, calls, warrants, options, convertible securities)														
Security	Conversion		3A. Deemed Execution Date, if	4. Transact Code	tion	5. N of Deri Secu Acq (A) Disp of (I	ivative urities uired or oosed D) tr. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)		and 7. Title and Amount of Underlying Securities		Derivative Security (Instr. 5)	Derivative Securities Beneficially Owned Following	Derivative Security: Direct (D) or Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option (Right to Buy)	\$ 22.87	02/17/2015		М			5,886	<u>(1)</u>	02/08/2016	Common Stock	5,886.00	\$ 0	14,614	D	
Stock Option (Right to Buy)	\$ 22.87	02/18/2015		М			3,407	<u>(1)</u>	02/08/2016	Common Stock	3,407.00	\$ 0	11,207	D	

Reporting Owners

	Relationships								
Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
JEWELL MATTHEW J 430 AIRPORT ROAD GREENEVILLE, TN 37745			EVP-Intermodal Services & CSO						

Signatures

/s/ Michael P. McLean, Attorney-in-Fact	02/19/2015
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).

(1) This option vested 33-1/3% each year over a three year period commencing on 2/08/10.

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.