

FORM 4

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

OMB APPROVAL	
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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 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 * ADELAAR GLENN A <small>(Last) (First) (Middle)</small> 1915 SNAPPS FERRY ROAD, BUILDING N <small>(Street)</small> GREENEVILLE, TN 37745 <small>(City) (State) (Zip)</small>		2. Issuer Name and Ticker or Trading Symbol FORWARD AIR CORP [FWRD]		3. Date of Earliest Transaction (Month/Day/Year) 07/30/2018		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <small>Director</small> _____ <small>10% Owner</small> _____ <input checked="" type="checkbox"/> <small>Officer (give title below)</small> Senior VP, Systems Technology <small>Other (specify below)</small> _____	
		4. 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 Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (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) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	07/30/2018		M		4,009	A	\$ 42.48	41,852.4507	D	
Common Stock	07/30/2018		M		4,564	A	\$ 50.71	46,416.4507	D	
Common Stock	07/30/2018		M		4,169	A	\$ 43.67	50,585.4507	D	
Common Stock	07/30/2018		M		1,655	A	\$ 47.82	52,240.4507	D	
Common Stock	07/30/2018		S		14,397	D	\$ 62.2607	37,843.4507	D	

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

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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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		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 Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option (Right to Buy)	\$ 42.48	07/30/2018		M		4,009	(1)	02/06/2021	Common Stock	4,009.00	\$ 0	0	D	
Stock Option (Right to Buy)	\$ 50.71	07/30/2018		M		4,564	(2)	02/09/2022	Common Stock	4,564.00	\$ 0	0	D	
Stock Option (Right to Buy)	\$ 43.67	07/30/2018		M		4,169	(3)	02/08/2023	Common Stock	4,169.00	\$ 0	2,084	D	
Stock Option (Right to Buy)	\$ 47.82	07/30/2018		M		1,655	(4)	02/06/2024	Common Stock	1,655.00	\$ 0	3,308	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ADELAAR GLENN A 1915 SNAPPS FERRY ROAD BUILDING N GREENEVILLE, TN 37745			Senior VP, Systems Technology	

Signatures

/s/ Michael L. Hance, Attorney-in-Fact		08/01/2018
<small>Signature of Reporting Person</small>		<small>Date</small>

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 vests 33-1/3% each year over a three year period commencing on 2/16/15.
- (2) This option vests 33-1/3% each year over a three year period commencing on 2/9/16.
- (3) This option vests 33-1/3% each year over a three year period commencing on 2/8/17.
- (4) This option vests 33-1/3% each year over a three year period commencing on 2/6/18.

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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