## 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 Ty	pe Response	s)										,				
1. Name and Address of Reporting Person* LYNCH GEORGE M				2. Issuer Name and Ticker or Trading Symbol FORWARD AIR CORP [FWRD]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director 10% Owner					
(Last) (First) (Middle) 1915 SNAPPS FERRY ROAD, BUILDING N				3. Date of Earliest Transaction (Month/Day/Year) 05/13/2020						Office	r (give title beld	ow)	Other (specify	pelow)		
(Street)				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						
	GREENEVILLE, TN 37745 (City) (State) (Zip)				Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
(Instr. 3)		2. Transaction Date (Month/Day/Year)	Executi	2A. Deemed Execution Date, if		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		uired of				6. Ownership Form: Direct (D)	Beneficial Ownership	
						C	ode	V	Amoun	(A) or (D)	Price				(I) (Instr. 4)	(Instr. 4)
Commor	Stock		05/13/2020				A		2,681 1)	A	\$ 0	14,508			D	
			Table II - l				quire	the for	rm dis oosed o	plays a of, or Ben	curre eficial	ntly valid		spond unle trol numbe		
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Y	3A. Deemed Execution Da	te, if Co	ransaction	5. Num of	ber vative rities ired r	6. Date	e Exerc	n Date	7. T Ame Und Seco	ritle and ount of derlying urities tr. 3 and		9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owners Form of Derivat Security Direct ( or Indir	Beneficia Ownershi (Instr. 4) D)

### **Reporting Owners**

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
LYNCH GEORGE M 1915 SNAPPS FERRY ROAD BUILDING N GREENEVILLE, TN 37745	X						

### **Signatures**

/s/ Michael L. Hance, Attorney-in-Fact	05/14/2020
**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).
- Represents restricted stock awarded under the Forward Air Corporation Amended and Restated Non-Employee Director Stock Plan in a transaction exempt from Section (1) 16(b) under Rule 16b-3. The stock fully vests on the earlier of (a) the day immediately prior to the first Annual Meeting that occurs after the grant date or (b) the first anniversary of the grant date.

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.