

U.S. SECURITIES AND EXCHANGE COMMISSION
 WASHINGTON, DC 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

/X/ Check box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).
 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(f) of the Investment Company Act of 1940

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1. Name and Address of Reporting Person*			2. Issuer Name and Ticker or Trading Symbol	6. Relationship of Reporting Person to		
Woods, N. Jeffrey			Forward Air Corporation (FWRD)	Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. IRS or Social Security Number of Reporting Person (Voluntary)	4. Statement for Month/Year	---	---
430 Airport Road			September 1998	X	Officer (give title --- below)	Other (Specify below)
(Street)			5. If Amendment, Date of Original (Month/Year)			Vice President, Operations Landair Corporation
Greenville, Tennessee 37745			N/A	7. Individual or Joint/Group Filing (Check applicable line)		
(City)	(State)	(Zip)	X Form filed by one Reporting Person			
			--- Form filed by more than one Reporting Person			

TABLE 1 -- NON-DERIVATIVE SECURITIES ACQUIRED, DISPOSED OF, OR BENEFICIALLY OWNED

1. Title of Security (Instr. 3)	2. Transaction Date (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 at End of Month (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
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Common Stock				66,556	D	N/A
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*If the Form is filed by more than one Reporting Person, see Instruction 4(b)(v).

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FORM 4 (CONTINUED) TABLE II -- DERIVATIVE SECURITIES ACQUIRED, DISPOSED OF, OR BENEFICIALLY OWNED (E.G., PUTS, CALLS, WARRANTS, OPTIONS, CONVERTIBLE SECURITIES)

Table with 8 columns: 1. Title of Derivative Security, 2. Conversion or Exercise Price of Derivative Security, 3. Transaction Date, 4. Transaction Code, 5. Number of Derivative Securities Acquired or Disposed of, 6. Date of Expiration, 7. Title and Amount of Underlying Securities, 8. Price of Derivative Security.

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Table with 4 columns: 1. Title of Derivative Security, 9. Number of Derivative Securities Beneficially Owned at End of Month, 10. Ownership Form of Derivative Security, 11. Nature of Indirect Beneficial Ownership.

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Explanation of Responses:

(01) Common stock option (right to buy).

(J) Stock options converted into Landair Corporation stock options in connection with the 9/23/98 distribution by the Issuer of all Landair Corporation common stock.

Note. File three copies of this form, one of which must be manually signed.
If space provided is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of informations contained in this form are not required to respond unless the form displays a currently valid OMB Number.

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