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).

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

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

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 Report McLean Michael P	2. Issuer Name an FORWARD AIR			· ·	ol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner						
430 AIRPORT ROAD (First)	3. Date of Earliest Transaction (Month/Day/Year) 03/06/2014						X_Officer (give title below) Other (specify below) VP & CAO					
(Street) GREENEVILLE, TN 3774	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						ired, Disposed of, or Beneficially (red, 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)	(Instr. 8)	tion V	(A) or D (Instr. 3,	(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership		
Common Stock	03/06/2014		А		3,333 (1)	А	\$ 0	13,346.3813	D			
Common Stock	03/06/2014		F <u>(2)</u>		401	D	\$ 0 (2)	12,945.3813	D			
Common Stock	03/07/2014		М		4,375	А	\$ 29.44	17,320.3813	D			
Common Stock	03/07/2014		S		4,375	D	\$ 45	12,945.3813	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)														
1. Title of	2.	3. Transaction	3A. Deemed	4. 5.1		5. Number		6. Date Exercisable and		7. Title and		8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction of		Expiration Date		Amount of		Derivative	Derivative	Ownership	of Indirect		
Security	or Exercise	(Month/Day/Year)	any	Code			(Month/Day/Year)		Underlying		Security	Securities	Form of	Beneficial	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8))					(Instr. 5)	Beneficially	Derivative	Ownership		
	Derivative								(Instr. 3 and 4)				2	(Instr. 4)	
	Security					(A)						0	Direct (D)		
							posed				1	or Indirect			
						of (I	tr. 3, 4,				Transaction(s) (Instr. 4)	(1) (Instr. 4)			
						and		·,				(IIISU. 4)	(11150. 4)		
						una	2)								
											Amount or				
									Expiration	Title	Number				
								Exercisable	Date		of				
				Code	v	(A)	(D)				Shares				
Stock															
Option										Common					
(Right to	\$ 29.44	03/07/2014		М			4,375	<u>(3)</u>	02/10/2015		4,375	\$ 0	13,125	D	
Buy)							,			21001	,				
Duy)															

Reporting Owners

Demontine Original News (Address	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
McLean Michael P 430 AIRPORT ROAD GREENEVILLE, TN 37745			VP & CAO					

Signatures

/s/ Michael P McLean	03/10/2014
**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).

(2) Stock withheld by Issuer to satisfy minimum tax withholding obligation on award of stock.

(3) This option vested 33-1/3% each year over a three year period commencing on 2/10/09.

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.

Shares awarded in conjunction with a Performance Share Agreement issued on 2/11/11 under the Forward Air Corporation Amended and Restated Stock Option and Incentive Plan. (1) In accordance with the Performance Share Agreement, the number of shares awarded was determined based on the three year performance of Forward Air Corporation common stock as compared to the share price performance of a selected peer group.