## FORM 4

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

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

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

	r	s)													
1. Name and Address of Reporting Person * ROBERTS RICHARD H				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) 05/11/2022						Office	r (give title belo	w)(	ther (specify b	elow)		
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line) 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 Acqu						uired, Disposed of, or Beneficially Owned						
1.Title of S (Instr. 3)	1.Title of Security (Instr. 3)  2. Transaction Date (Month/Day/Year		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			es ollowing (s)	6. Ownership Form: Direct (D)	Beneficial Ownership	
						Code	V	Amount	nount (A) or (D) Pr					or Indirect (I) (Instr. 4)	(Instr. 4)
Common	Stock		05/11/2022			A		1,227 (1)	A	\$ 0	3,004			D	
Reminder:	Report on a s	separate line for	r each class of secur	rities beneficiall	ly ow	ned direc	Perso	ons who	respo	rm are	not requ		pond unles	s	1474 (9-02)
Reminder:	Report on a s	separate line for		rities beneficiall			Perso conta the fo	ons who ained in orm dis	o respo this fo plays a	rm are currei	not requ ntly valid	ired to res		s	1474 (9-02)
Reminder:		3. Transaction	Table II -		uritie	es Acquir	Perso conta the fo	ons who nined in orm dis	o respo this for plays a f, or Ben ible secu	rm are curre eficial rities)	not requ ntly valid	ired to res	pond unles	:s	1474 (9-02)
1. Title of		3. Transaction	Table II -	Derivative Secu	uritie  5, wai  5  A  (()	es Acquir rrants, o	Persoconta the for the for ed, Dis- ptions, 6. Data and E (Mon	ons who ained in orm dis sposed o converti	o respo this for plays a f, or Ben ible secu isable n Date	rm are current reficial rities) 7. Ti Amo Und Secu	not requantly valid	OMB conf	pond unles	f 10. Ownersl Form of Derivati Security Direct (I or Indire	11. Natu of Indire Benefici Ownersh: (Instr. 4)

### **Reporting Owners**

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
ROBERTS RICHARD H 1915 SNAPPS FERRY ROAD BUILDING N GREENEVILLE, TN 37745	X					

### **Signatures**

/s/ Michael L. Hance, Attorney-in-Fact	05/13/2022
**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.