

FORM 144
NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

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| OMB APPROVAL | |
| OMB Number: | 3235-0101 |
| Expires: | July 31, 2023 |
| Estimated average burden hours per response | 1.00 |

CUSIP NUMBER

| (e) TELEPHONE NO. | AREA CODE | NUMBER |
|-------------------|-----------|--------|
| | | |

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

| (g) | Approximate Date of Sale | Name of Each Securities Exchange | (See instr. 3(f)) | DAY | VR | (See instr. 3(a)) |
|-----|-----------------------------|--|-------------------|-----|----|-------------------|
| | | | | | | |

3. (a) Title of the class of securities to be sold

1. (a) Name of issuer
(b) Issuer's I.R.S. Identification Number
(c) Issuer's S.E.C. file number, if any
(d) Issuer's address, including zip code
(e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold
(b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
(c) Such person's address, including zip code

SEC 1147 (08-07)
1.748092.113

TABLE I — SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

| Title of the Class | Date you Acquired | Nature of Acquisition Transaction | Name of Person from Whom Acquired (If gift, also give date donor acquired) | Amount of Securities Acquired | Date of Payment | Nature of Payment |
|--------------------|-------------------|-----------------------------------|---|-------------------------------|-----------------|-------------------|
| common | | See Attached Schedule | | | | |

INSTRUCTIONS:

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

| Name and Address of Seller | Title of Securities Sold | Date of Sale | Amount of Securities Sold | Gross Proceeds |
|---|-----------------------------|--------------|---------------------------|----------------|
| CHRIS C. RUBLE 1915 SNAPPS FERRY ROAD GREENVILLE TN 37745 | N/A FORWARD AIR CORP | | 0 | |

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

12/08/2022

DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,
IF RELYING ON RULE 10b5-1

(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

Acquisition Information

| Date Acquired | How Acquired | From Whom | Number of Shares | Payment Date | Nature of Payment |
|---------------|-----------------------|-------------|------------------|--------------|-------------------|
| 02/06/2020 | Stock Award | Issuer | 92 | N/A | Compensation |
| 02/05/2020 | Stock Award | Issuer | 665 | N/A | Compensation |
| 02/04/2020 | Stock Award | Issuer | 200 | N/A | Compensation |
| 02/04/2020 | Stock Award | Issuer | 609 | N/A | Compensation |
| 03/15/2019 | Stock Award | Issuer | 1578 | N/A | Compensation |
| 02/08/2019 | Stock Award | Issuer | 592 | N/A | Compensation |
| 02/06/2019 | Stock Award | Issuer | 528 | N/A | Compensation |
| 02/05/2019 | Stock Award | Issuer | 609 | N/A | Compensation |
| 02/09/2018 | Stock Award | Issuer | 504 | N/A | Compensation |
| 02/08/2018 | Stock Award | Issuer | 584 | N/A | Compensation |
| 02/06/2018 | Stock Award | Issuer | 534 | N/A | Compensation |
| 12/29/2017 | Dividend Reinvestment | Open Market | 26.419 | | 43098 Cash |
| 06/30/2017 | Dividend Reinvestment | Open Market | 29.825 | | 42916 Cash |
| 02/09/2017 | Stock Award | Issuer | 482 | N/A | Compensation |
| 02/08/2017 | Stock Award | Issuer | 560 | N/A | Compensation |
| 02/06/2017 | Stock Award | Issuer | 575 | N/A | Compensation |
| 12/31/2016 | Dividend Reinvestment | Open Market | 32.106 | | 42735 Cash |
| 06/30/2016 | Dividend Reinvestment | Open Market | 33.764 | | 42551 Cash |
| 02/09/2016 | Stock Award | Issuer | 482 | N/A | Compensation |
| 02/05/2016 | Stock Award | Issuer | 1150 | N/A | Compensation |
| 12/31/2015 | Dividend Reinvestment | Open Market | 34.876 | | 42369 Cash |
| 06/30/2015 | Dividend Reinvestment | Open Market | 99.01 | | 42185 Cash |