Edgar Filing: Whitehead Calvin R - Form 4

Whitehead C	Calvin R										
Form 4											
January 13,	2009										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549										PPROVAL 3235-0287	
Check this box if no longer subject to Section 16. SECURITIES							Estimated burden hoi response	urs per			
(Print or Type	Responses)										
Ι			2. Issuer Name and Ticker or Trading Symbol EXPRESS-1 EXPEDITED SOLUTIONS INC [XPO]				g	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
SOLUTION	(First) (ESS-1 EXPEDIT NS, INC., 3399 S PRE DRIVE, STE	OUTH		of Earliest Tr Day/Year) 2009	ransaction			X Director Officer (giv below)		% Owner her (specify	
File				I. 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			
SAINT JOS	SEPH, MI 49085							Person	whole than one R	eporting	
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Securit	ties Ac	equired, Disposed	of, or Beneficia	ally Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)			Date, if	Code Disposed of (D)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Reminder: Rep	port on a separate line	e for each cl	ass of sec	urities benef	ficially ow	ned dire	ectly or	indirectly.			

Persons who respond to the collection of information 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)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount o Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)) Date Exercisable	Expiration Date	Title	Amount or Number of Share
Options	\$ 1.03	01/12/2009		А	25,000	01/12/2009(1)	01/12/2019	Common Stock	25,000

Reporting Owners

				Relationships					
Reporting Owne	Director	10% Owner	Officer	Other					
Whitehead Calvin R C/O EXPRESS-1 EXPEDI 3399 SOUTH LAKESHOI SAINT JOSEPH, MI 4908	X								
Signatures									
Calvin R. Whitehead	01/13/2009								

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

Date

- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Options vest in equal monthly installments over a 3-year period and are exercisable from the date of the grant through the end of the 10-year period.

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.

**Signature of

Reporting Person