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

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): March 10, 2004

HEARTLAND EXPRESS, INC. (Exact name of registrant as specified in its charter)

Commission File Number - 0-15087

NEVADA (State of other Jurisdiction of Incorporation) 93-0926999 (IRS Employer ID No.)

2777 HEARTLAND DRIVE, CORALVILLE, IOWA52241(Address of Principal Executive Offices)(Zip Code)

Registrant's Telephone Number (including area code): 319-545-2728

ITEM 5. OTHER EVENTS AND REQUIRED FD DISCLOSURE

On March 10, 2004, Heartland Express, Inc. (the "Company") announced the declaration of a quarterly cash dividend. A copy of the press release issued by the Company is attached as Exhibit 99.1.

ITEM 7. FINANCIAL STATEMENTS, PRO FORMA FINANCIAL INFORMATION AND EXHIBITS

(c) Exhibits

The Exhibit listed on the Exhibit Index accompanying Form 8-K is furnished

herewith.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on behalf by the undersigned thereunto duly authorized.

HEARTLAND EXPRESS, INC.

Date: March 10, 2004

BY: /s/ John P. Cosaert JOHN P. COSAERT Vice-President Finance and Treasurer

EXHIBIT INDEX

99.1 Press release issued by the Company on March 10, 2004 announcing the declaration of a quarterly cash dividend.

Exhibit No. 99.1

Wednesday, March 10, 2004, For Immediate Release

Press Release

Heartland Express, Inc. Declares Regular Quarterly Dividend

CORALVILLE, IOWA - March 10, 2004 - Heartland Express, Inc. (Nasdaq: HTLD) The Board of Directors of Heartland Express, Inc. announced today the declaration of a regular quarterly cash dividend. The \$0.02 per share dividend will be paid on April 2, 2004 to shareholders of record at the close of business on March 22, 2004.

Heartland Express, Inc. implemented a quarterly cash dividend program in the third quarter of 2003. The Company's first ever cash dividend was paid on October 2, 2003.

The press release may contain forward-looking statements, which are based on information currently available. These statements and assumptions involve certain risks and uncertainties. Actual events may differ from these expectations as specified from time to time in filings with the Securities and Exchange Commission. The Company assumes no obligation to update any forward-looking statement to the extent it becomes aware that it will not be achieved for any reason.

For further information contact John P. Cosaert, EVP; CFO Heartland Express, Inc. 319-545-2728

End of Report