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QUALITY Form 4 March 07, 2 FORN Check t if no lou subject Section Form 4 Form 5 obligati may cou <i>See</i> Inst 1(b).	M 4 this box nger to 16. or ons ntinue. truction STATE STATE STATE STATE Section 17	STATES MENT OI rsuant to S (a) of the I	Wa F CHA Section Public U	ashington NGES IN SECU 16(a) of t	n, D.C. 2 N BENEI RITIES the Secur	0549 FICLA ities l mpar	AL OWN Exchange by Act of	OMMISSION ERSHIP OF Act of 1934, 1935 or Sectior	OMB Number: Expires: Estimated burden hou response	urs per		
1. Name and Address of Reporting Person * 2. Is MARCHESE RICHARD B Symbol				ALITY DISTRIBUTION INC				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Mont				ate of Earliest Transaction nth/Day/Year))6/2014				X_ Director 10% Owner Officer (give title Other (specify below) below)				
VERO BE (City)	(Street) ACH, FL 32967 (State)	(Zip)	Filed(M	nendment, I onth/Day/Ye	ear)			6. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by M Person	ne Reporting Poore than One R	erson eporting		
1.Title of Security (Instr. 3)	2. Transaction Date	ransaction Date 2A. Deemed				ies Ac ed of (quired (A) D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	or Beneficially Owned 6. 7. Nature of Ownership Indirect Form: Beneficial Direct (D) Ownership or Indirect (Instr. 4) (I) (Instr. 4)			
Common Stock	03/06/2014			М	10,000	А	\$ 9.2	17,551	D			
Common Stock	03/06/2014			S	10,000	D	\$ 13.2805 (1)	7,551	D			
Common Stock								59,753	Ι	By Richard B. Marchese Revocable Trust dated June 15,		

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2006

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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. Transactio Code (Instr. 8)	TransactionDerivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Employee Stock Option (right to buy)	\$ 9.2	03/06/2014		М	10,000	(2)	06/02/2014	Common Stock	10,000	

Reporting Owners

Reporting Owner Name / Address		Relationships					
	Director	10% Owner	Officer	Other			
MARCHESE RICHARD B 5430 EAST HARBOR VILLAGE DRIV VERO BEACH, FL 32967	E X						
Signatures							
/s/ Tricia Bushn, 03 attorney-in-fact	/07/2014						

Date

**Signature of Reporting Person

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).

- The price reported in Column 4 represents the weighted average price of multiple transactions with a range of prices between \$13.22 to
 (1) \$13.36, inclusive. Mr. Marchese undertakes to provide, upon request by the SEC, Quality Distribution, Inc., or a security holder of Quality Distribution, Inc., full information regarding the number of shares sold at each separate price within the range.
- (2) The option vested in four equal annual installments beginning on June 4, 2005.

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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.