FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OMB APPROVAL OMB Number: 3235

OMB Number:	3235-0287
Estimated average burde	en
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).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Clast   (First)   (Middle)   (Core EXPRESS-1 EXPEDITED SOLUTIONS   INC   (XPO   10% Owner Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   (Check all applicable)   X   Director Officer (give title below)   (Check all applicable)   (Check all applicable								. ,				' '								
Clast   (First)   (Middle)	1. Name and Address of Reporting Person*  Whitehead Calvin R						EXPRESS-1 EXPEDITED SOLUTIONS													
(Last) (First) (Middle) C/O EXPRESS-1 EXPEDITED SOLUTIONS, INC. 3399 SOUTH LAKESHORE DRIVE, STE 225  (Street) SAINT JOSEPH MI 49085  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  1. Title of Security (Instr. 3)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Code (Instr. 3))  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Code (Instr. 4))  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Code (Instr. 3))  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year)  Table II - Derivative Securities Acquired (A) or Or Securities Acquired (A															X Directo	r	10%	Owner		
3. Date of Earliest Transaction (Month/Day/Year) 01/12/2009  4. If Amendment, Date of Original Filed (Month/Day/Year)	(Last) (First) (Middle)						110 [ m 0 ]									(give title				
A mount   Code (nstr. 3)   Code (nstr. 4)   Code (nstr. 5)   Code (nstr. 5)   Code (nstr. 6)   Code (nstr.																				
Size   Saint Joseph MI   49085   Saint Joseph More than One Reporting Person   Form filed by More than One Reporting Person   Form filed by More than One Reporting Person   Form filed by More than One Reporting Person   Saint More than One Reporting						101	01/12/2009													
City   Saint Joseph MI   49085   Saint Jos	3399 SOUTH LAKESHORE DRIVE, STE 225							4. If Amendment, Date of Original Filed (Month/Day/Year)								6 Individual or Joint/Group Filing (Check Applicable				
City   (State   City	(Street)					·   - · · '	4. II Ameriament, Date of Original Filed (World World Feat)													
City   (State   City		OSEPH N	⁄II	49085											X Form fi	led by One F	Reporting Per	son		
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Execution Date, (Month/Day/Year) (Month/Day/	SAINT JOSEPH IVII 45005																			
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  1. Title of Security (Instr. 3)    2. Transaction Date (Month/Day/Year)   3. Transaction (Date (Instr. 3))   4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)   5. Amount of Securities Beneficially Owned Following Reported Transaction(S) (Instr. 3 and 4)   6. Ownership Form: Direct (D) or Indirect Beneficially Ownership (Instr. 4)   7. Title of Ozervative Securities (Instr. 3)   7. Title and Amount of Securities S	(City)	//	State)	(7in)											F615011	ı				
2. Transaction Date (Month/Day/Year)   3. Transaction (Month/Day/Year)   3. Transaction (Month/Day/Year)   3. Transaction (Month/Day/Year)   3. Transaction Date (Month/Day/Year)   3. Transaction (Month/Day/Year)   5. Amount of Securities Date (I) of Indirect (D) or Indirect (D) o	(City)	(•	Juic)	(4·P)																
Date (Month/Day/Year)   Execution Date, fany (Month/Day/Year)   Table II - Derivative Securities Securities   Code (Instr. 8)   Table II - Derivative Securities   Securities			Tal	ole I - Non	-Deriv	vativ	e Se	curitie	s Ac	quired,	Dis	posed o	f, or Ber	neficial	y Owned					
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following (Instr. 3 and 4)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following (Instr. 3)  Title of Derivative Securities Acquired (Month/Day/Year)  Overship (Instr. 4)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  1. Title of Derivative Securities  Overship (Instr. 4)  Table II - Derivative Securities Acquired (D) or Indirect (I) (Instr. 4)  Owned Following Reported Transaction(S) (Instr. 3 and 4)  Title of Derivative Securities  Outleftying Derivative Securities  Outleftying Derivative Securities  Owned Following Reported Transaction(S) (Instr. 4)  Title and Amount of Securities Underlying Derivative Securities Underlying Derivative Securities Owned Following Reported Transaction(S) (Instr. 4)  Owned Following Transaction(S) (Instr. 4)  Owned Following Reported Transaction(S) (Instr. 4)  Owned Following Transaction(S) (Instr. 4)  Owned Following Reported Transaction(S) (Instr. 4)  Owned Following Reported Transaction(S) (Instr. 4)  Owned Following Reported Transaction(S) (Instr. 4)  Ow	1. Title of Security (Instr. 3)																			
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 Date (Month/Day/Year)  2. Conversion Or Exercise Derivative Security (Instr. 3)  3. Transaction Date (Month/Day/Year)  4. Transaction Date (Month/Day/Year)  4. Transaction Date (Month/Day/Year)  5. Duate Exercisable and Expiration Date (Month/Day/Year)  6. Date Exercisable and Expiration Date (Month/Day/Year)  7. Title and Amount of Securities Underlying Derivative Security (Instr. 3)  8. Price of Derivative Security (Instr. 5)  9. Number of derivative Security Security (Instr. 5)  10. Ownership Form: Direct (D) Ownership Continue (Instr. 4)  11. Nature (Month/Day/Year)  12. Conversion Date (Month/Day/Year)  13. Transaction Date (Month/Day/Year)  14. Transaction Date (Month/Day/Year)  15. Duate Exercisable and Expiration Date (Month/Day/Year)  16. Date Exercisable and Expiration Date (Month/Day/Year)  17. Title and Amount of Securities Underlying Derivative Security (Instr. 3)  18. Price of Derivative Security (Instr. 3)  19. Number of Derivative Security (Instr. 4)  19. Number of Derivative Security (Instr. 4)  10. Ownership Form: Direct (D) Ownership Continue (Instr. 4)  11. Nature of Securities (Month/Day/Year)  11. Nature of Securities (Month/Day/Year)  12. Title and Amount of Securities (Month/Day/Year)  13. Nature of Securities (Month/Day/Year)  14. Amount of Securities (Month/Day/Year)  15. Date Exercisable and Expiration Date (Month/Day/Year)  16. Date Exercisable and Expiration Date (Month/Day/Year)  17. Title and Amount of Securities (Month/Day/Year)  18. Price of Derivative Security (Instr. 3)  19. Number of Securities (Month/Day/Year)  19. Number of Securities (Month/Day/Year)  10. Ownership Securities (Month/Day/Year)  11. Nature of Securities (Month/Day/Year)  12. Ownership Securities (Month/Day/Year)  13. Transaction (Securities)  14. Ownership Securities (Month/Day/Year)  15. Dual Securities (Month/							ay/Year) if any						r. 3, 4 and	Beneficia	ally (		Beneficial			
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)  Derivative Security (Instr. 3)  Price (Transaction(s) (Instr. 3 and 4)  3. Transaction Date (Month/Day/Year)  I any (Month/Day/Year)  Price (Transaction(s) (Instr. 3 and 4)  3. Transaction Date (Month/Day/Year)  I any (Month/Day/Year)  Price (Transaction(s) (Instr. 3 and 4)  7. Title and Amount of Securities Securities (Month/Day/Year)  Underlying Derivative Security (Instr. 5)  Derivative Securities (Month/Day/Year)  Price (Transaction(s) (Instr. 3 and 4)  1. Title of Derivative Securities (Month/Day/Year)  Price (Transaction(s) (Instr. 3 and 4)  1. Title of Securities (Month/Day/Year)  Derivative Securities (Month/Day/Year)  Derivative Securities (Month/Day/Year)  Price of Derivative Security (Instr. 3)  Price of Derivative Security (Instr. 3)  Price of Derivative Security (Instr. 4)  Price (Transaction(s) (Instr. 4)  Price of Derivative Securities Securities Securities Securities Securities (Month/Day/Year)  Price of Derivative Securities (Month/Day/Year)  Price of Derivative Security (Instr. 5)  Price of Derivative Securities Securities (Month/Day/Year)  Price of Derivative Securit						-	(Month/Day/Yea			) 8)					l) (Instr. 4)					
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 of Execution Date (Month/Day/Year)  1. Title of Derivative Security (Instr. 3)  2. Conversion of Execution Date (Month/Day/Year)  2. Conversion of Derivative Security (Instr. 3)  3. Transaction Date (Month/Day/Year)  4. Transaction Ode (Instr. 8)  4. Transaction Date (Month/Day/Year)  5. Number of Securities Underlying Derivative Security (Instr. 3)  9. Number of Derivative Securities Securities (Month/Day/Year)  9. Number of Derivative Securities Underlying Derivative Securities Seneficially Owned Following Reported Transaction(s) (Instr. 4)  10. Ownership Form: Direct (D) or Indirect (Instr. 4)  11. Nature of Derivative Securities (Instr. 4)  12. Amount or Number of Derivative Securities Seneficially Owned Following Reported Transaction(s) (Instr. 4)  13. Transaction Date (Month/Day/Year)  14. Transaction Date (Month/Day/Year)  15. Number of Securities (Month/Day/Year)  16. Date Exercisable and Expiration Date (Instr. 5)  17. Title and Amount of Derivative Security (Instr. 5)  18. Price of Derivative Securities (Instr. 5)  19. Number of Derivative Securities (Instr. 5)  10. Ownership Form: Direct (D) Ownership Security (Instr. 4)  10. Ownership Security (Instr. 4)  11. Nature of Derivative Securities (Instr. 4)  12. Nature of Derivative Securities (Instr. 4)  13. Title and Amount of Derivative Securities (Instr. 5)  10. Ownership Securities (Instr. 4)  11. Nature of Derivative Securities (Instr. 4)  12. Nature of Securities (Instr. 4)  13. Nature of Securities (Instr. 5)  14. Nature of Securities (Instr. 4)  15. Number of Securities (Instr. 5)  16. Date Execution Date (Instr. 5)  17. Title and Amount of Securities (Instr. 5)  18. Price of Derivative Security (Instr. 5)  19. Number of Securities (Instr. 4)  19. Number of Securities (Instr. 4)  19. Number of Securities (Instr. 4)  19. Number of Securities (Instr. 4										Code	v	Amount	(A) or (D)	Price	Transact	ion(s)		, ,		
(e.g., puts, calls, warrants, options, convertible securities)  1. Title of Derivative Security (Instr. 3) Price of Derivative Security Security  2. Conversion or Exercise Price of Derivative Security Security  3. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Instr. 4)  4. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Instr. 5)  (Instr. 4)  5. Number of Securities Underlying Derivative Security (Instr. 5)  (Instr. 4)  6. Date Exercisable and Expiration Date (Month/Day/Year)  (Month/Day/Year)  (Instr. 4)  10. Ownership Form: Direct (D) or Indirect Following Reported Transaction(s) (Instr. 4)  (Instr. 4)  Code V (A) (D) Date Exercisable Expiration Date  (Instr. 4)  Amount or Number of Operivative Security (Instr. 4)  Amount or Number of Securities Securities (Instr. 4)  Amount or Number of Derivative Security (Instr. 4)  Code V (A) (D) Date Exercisable Expiration Date  Title Shares  Common 25,000 So 325,000 Date																				
1. Title of Derivative Security (Instr. 3)  1. Title of Derivative Security Security Security  2. Conversion or Exercise Price of Derivative Security Security  3. Transaction Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  4. Transaction Code (Instr. 8)  5. Number of Exercisable and Expiration Date (Month/Day/Year)  6. Date Exercisable and Expiration Date (Month/Day/Year)  7. Title and Amount of Securities Underlying Derivative Security (Instr. 5)  8. Price of Derivative Security (Instr. 5)  9. Number of derivative Security Securities Underlying Derivative Security (Instr. 5)  9. Number of Derivative Security (Instr. 5)  9. Number																				
Derivative Security (Instr. 3) Price of Derivative Security Securities Securities Securities Underlying Derivative Security Securities Underlying Derivative Security Securities Securities Underlying Derivative Security Securities Underlying Derivative Security Securities Underlying Ownership Form: Direct (D) or Indirect Following Reported Transaction(s) (Instr. 4) Securities Ownership Form: Form: Direct (D) or Indirect Following Reported Transaction(s) (Instr. 4)  Code V (A) (D) Date Expiration Date Title Shares  St. 03  Out/12/2009  A 25 000  Out/12/2009  Date Securities Common 25 000  Socurities Common 25 000  Socurities Common 25 000  Ownership Form: Direct (D) of Indirect Security Securities Ownership Form: Direct (D) or Indirect Following Reported Transaction(s) (Instr. 4)  Ownership Form: Direct (D) or Indirect Following Reported Transaction(s) (Instr. 4)  Ownership Form: Direct (D) or Indirect Following Form: Direct (D) or Indirect Following Form: Ownership Form: Form: Direct (D) or Indirect Following Form: Ownership Form: Direct (D) or Indirect Following Form: Ownership Form: Form: Ownership F	1. Title of	2.	3. Transaction	1				_	_				1		8. Price of	9. Number	of 10.	11. Nature		
Code V (A) (D) Date Expiration Date Title or Number of Shares  Options \$1.03  \text{01/12/2009}  \text{A}    \text{25.000}   \text{01/12/2009}  \text{01/12/2009}  \text{000}   \text{01/12/2009}   \text{25.000}  \	Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative	Date	Execution D	ate, T	Transa Code (I		of Derivative Securities Acquired (A) or Disposed of (D) (Instr.		Expiration Date			of Securities Underlying Derivative Security		Derivative Security	derivative Securities Beneficially Owned Following Reported Transaction(s)	Ownersi Form: Direct (E or Indire (I) (Instr.	of Indirect Beneficial Ownershi ct (Instr. 4)		
						Code	v	(A)					Title	or Number of						
	Options	\$1.03	01/12/2009			Α		25,000		01/12/2009	o <sup>(1)</sup>	01/12/2019		25,000	\$0	325,000	D			

## **Explanation of Responses:**

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.

Calvin R. Whitehead

01/13/2009

\*\* Signature of Reporting Person Date

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

- $^{\star}$  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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.