

Welch John D.
Form 3
June 28, 2010

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Welch John D.		(Month/Day/Year)	EXPRESS-1 EXPEDITED SOLUTIONS INC [XPO]	
(Last)	(First)	(Middle)	04/19/2010	
3399 LAKESHORE DRIVE,			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
STE. 225				
(Street)			(Check all applicable)	
SAINT JOSEPH,Â MIÂ 49085			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner	6. Individual or Joint/Group Filing(Check Applicable Line)
(City)	(State)	(Zip)	<input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other	<input checked="" type="checkbox"/> Form filed by One Reporting Person
			(give title below) (specify below)	<input type="checkbox"/> Form filed by More than One Reporting Person
			Interim CFO	

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock, \$0.001 par value per share	164,400	D	Â
Common Stock, \$0.001 par value per share	9,706	I	By ESOP

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

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 Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of	5. Ownership Form of Derivative	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Derivative Security	Security: Direct (D) or Indirect (I) (Instr. 5)	
Stock Option (right to buy)	Â (1)	02/07/2017	Common Stock, \$0.001 par value per share	10,000	\$ 1.48	D	Â
Stock Option (right to buy)	Â (2)	01/16/2018	Common Stock, \$0.001 par value per share	11,500	\$ 0.98	D	Â
Stock Option (right to buy)	Â (3)	03/02/2020	Common Stock, \$0.001 par value per share	50,000	\$ 1.45	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Welch John D. 3399 LAKESHORE DRIVE, STE. 225 SAINT JOSEPH, MI 49085	Â	Â	Â Interim CFO	Â

Signatures

/s/ Roetzel & Andress, via power of attorney
06/28/2010

__Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 5(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).
- (1) The option vests in 36 equal monthly installments commencing on 02/07/2007 and is exercisable, as it vests, through the end of the 10 year term.
- (2) The option vests in 36 equal monthly installments commencing on 01/16/2008 and is exercisable, as it vests, through the end of the 10 year term.
- (3) The option vests in 36 equal monthly installments commencing on 03/02/2010 and is exercisable, as it vests, through the end of the 10 year term.

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.