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UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 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): October 20, 2009

**EXPRESS-1 EXPEDITED SOLUTIONS, INC.**

(Exact Name of Registrant as Specified in Its Charter)

Delaware

(State or other jurisdiction of  
incorporation or  
organization)

001-32172

(Commission File Number)

03-0450326

(I.R.S. Employer  
Identification No.)

3399 Lakeshore Drive, Suite 505, Saint Joseph, Michigan, 49085

(Address of principal executive offices — zip code)

(269) 429-9761

(Registrant's telephone number, including area code)

Not applicable

(former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c)).
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**ITEM 5.01 Departure of Directors or Certain officers; Election of Directors; Appointment of certain Officers; Compensatory Arrangements of Certain Officers.**

On October 20, 2009, Express-1 Expedited Solutions, Inc. (the “Company”) engaged David G. Yoder to serve as the Company’s Chief Financial Officer. Most recently, Mr. Yoder worked as a financial and project management consultant with The Yoder Group. From 1999 until 2008, Mr. Yoder served in various capacities for The Woodwind & Brasswind, including Chief Financial Officer, Chief Operating Officer, and most recently Vice President — Operations & Finance, a position he assumed upon the sale of the company to Musician’s Friend, Inc. in February 2007. Prior thereto, Mr. Yoder served as the Chief Financial Officer of Towne Air Freight, Inc., a transportation and logistics company with approximately \$100 million in annual revenues, from 1992 until March 1999. Prior thereto, Mr. Yoder worked for approximately 11 years as a certified public accountant with Crow, Chizek and Company. Mr. Yoder received a Bachelor of Science in Industrial Management from Purdue University in 1979, and passed the State of Indiana Certified Public Accountant test in 1983. Mr. Yoder is a member of the American Institute of CPA’s and the Indiana CPA Society.

The Company and Mr. Yoder entered into an Executive Employment Agreement on October 20, 2009. The agreement has an initial term of 3 years, and provides for a base salary of \$160,000 plus the potential of an annual performance based bonus. The agreement contains standard non-competition, non-solicitation, and non-disclosure provisions.

A copy of the press release announcing Mr. Yoder’s hiring is attached hereto as Exhibit 99.1.

**ITEM 9.01 Financial Statements and Exhibits**

| <u>Exhibit No.</u> | <u>Exhibit Description</u> |
|--------------------|----------------------------|
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| 99.1 | Press Release dated October 26, 2009. |
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**SIGNATURE**

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

Dated October 26, 2009

Express-1 Expedited Solutions, Inc.

By: /s/ Mike Welch  
Mike Welch  
Chief Executive Officer

### Express-1 Expedited Solutions (XPO) Appoints New Chief Financial Officer

Express-1 Expedited Solutions, Inc. (NYSE AMEX: XPO), a Saint Joseph, Michigan based leader in transportation logistics has named David G. Yoder as the Company's new Chief Financial Officer. Yoder will report to XPO's CEO, Michael Welch.

"Dave is a seasoned leader who brings a diverse base of financial, tax, operational, and systems experience from a career working in dynamic, growth oriented companies. His transportation knowledge and experience allow him to have an immediate impact at XPO" said Welch. "We are very pleased to welcome Dave to XPO and look forward to his contributions to the leadership team".

Yoder comes to the Express-1 Expedited Solutions team with over 29 years of progressive experience in the transportation and direct retailing industries and the public accountancy field. Most recently he provided independent merger and acquisition and project management services primarily in the transportation industry. He previously held CFO and COO positions at a leading direct retailer of musical instruments and was the CFO at Towne Air Freight. He began his professional career in public accountancy with Crowe, Chizek & Company. A certified public accountant, Yoder holds a Bachelor of Science Degree in Industrial Management with Distinction from Purdue University.

#### About Express-1 Expedited Solutions

Express-1 Expedited Solutions, Inc. is a non-asset based services organization focused on premium transportation through its business segments, Express-1, Inc. (Buchanan, Michigan), Concert Group Logistics, Inc. (CGL) (Downers Grove, Illinois), and Bounce Logistics, Inc. (South Bend, Indiana). These segments are focused on premium services that include: same-day, time-sensitive transportation as well as domestic and international freight forwarding. Serving more than 2,000 customers, the Company's premium transportation offerings are provided through one of five operations centers; Buchanan, Michigan; South Bend, Indiana; Downers Grove, Illinois; Rochester Hills, Michigan and Tampa, Florida. The operations are handled by experienced inside sales staff using the latest operational software. The Company services customers throughout the lower 48 states and portions of Canada and Mexico. The Company's operating model can be described as non-asset or asset light, as independent contractors and capacity through brokerage agreements fulfill the trucking services for most of its shipments. Express-1 Expedited Solutions, Inc. is publicly traded on the NYSE AMEX Equities Exchange (formerly AMEX) under the symbol XPO. For more information about the Company, visit [www.express-1.com](http://www.express-1.com).

#### Contact:

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