

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

1. Name and Address of Reporting Person* (Affleck-Graves John)
2. Issuer Name and Ticker or Trading Symbol (EXPRESS-1 EXPEDITED SOLUTIONS INC [XPO])
3. Date of Earliest Transaction (Month/Day/Year) (10/25/2006)
4. If Amendment, Date of Original Filed (Month/Day/Year)
5. Relationship of Reporting Person(s) to Issuer (Check all applicable) (X Director 10% Owner)
6. Individual or Joint/Group Filing (Check Applicable Line) (X Form filed by One Reporting Person)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

Table with 7 columns: 1. Title of Security (Instr. 3), 2. Transaction Date (Month/Day/Year), 2A. Deemed Execution Date, if any (Month/Day/Year), 3. Transaction Code (Instr. 8) [Code, V], 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) [Amount, (A) or (D), Price], 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4), 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4), 7. Nature of Indirect Beneficial Ownership (Instr. 4)

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

Table with 11 columns: 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. Transaction Code (Instr. 8) [Code, V], 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) [(A), (D)], 6. Date Exercisable and Expiration Date (Month/Day/Year) [Date Exercisable, Expiration Date], 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) [Title, Amount or Number of Shares], 8. Price of Derivative Security (Instr. 5), 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4), 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4), 11. Nature of Indirect Beneficial Ownership (Instr. 4)

Explanation of Responses:

- 1. Granted as director compensation. The options vest monthly over a three-year period at a rate of 2,777.7777 shares per month.
2. The options are exercisable from the end of the first month after issuance through the end of the ten-year period.

John Affleck-Graves 10/26/2006
** Signature of Reporting Person Date

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

* 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.