

**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): March 30, 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 225, 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)).

**ITEM 5.02 DEPARTURE OF DIRECTORS OR CERTAIN OFFICERS; ELECTION OF DIRECTORS; APPOINTMENT OF CERTAIN OFFICERS; COMPENSATORY ARRANGEMENTS OF CERTAIN OFFICERS.**

On March 30, 2009, Express-1 Expedited Solutions, Inc. issued a press release reporting the resignation of its Chief Financial Officer and Board of Director Member, Mark Patterson. The departure is not related to any disagreements with management or the board of directors of the company. A copy of the release is furnished as Exhibit 99.1.

The information furnished herein, including Exhibit 99.1, is not deemed to be "filed" for purposes of Section 18 of the Exchange Act, or otherwise subject to the liability of that section. This information will not be deemed to be incorporated by reference into any filing under the Securities Act or the Exchange Act, except to the extent that the registrant specifically incorporates them by reference.

**ITEM 9.01 FINANCIAL STATEMENTS AND EXHIBITS**

<u>Exhibit No.</u>	<u>Exhibit Description</u>
99.1	Press Release dated March 30, 2009.

**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.

Express-1 Expedited Solutions, Inc.

Dated March 31, 2009

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

**Contact:**

Express-1 Expedited Solutions, Inc.  
Mike Welch  
269-429-9761  
Mike.Welch@express-1.com

**EXPRESS-1 EXPEDITED SOLUTIONS (AMEX:XPO) ANNOUNCES THE  
DEPARTURE OF CHIEF FINANCIAL OFFICER, DIRECTOR**

SAINT JOSEPH, Mich. – March 30, 2009 – Express-1 Expedited Solutions, Inc. (the “Company”) today announced the resignation of its Chief Financial Officer and board member, Mark Patterson.

The departure of Mr. Patterson is related to his desire to join a family owned enterprise in Tennessee, and not connected to any disputes or disagreements with the Company’s management or board of directors. Patterson’s last official day will be April 3, 2009.

Commenting upon his departure, Mr. Patterson stated, “This is one of the most difficult decisions of my professional career. I’ve enjoyed my time at Express-1 immensely. The employees, management team and directors of this Company are an incredible group of people. I am grateful to have had the opportunity to work as part of this team for the past few years. In the end, the opportunity with Appalachian Underwriters, Inc. was just too significant to pass up. I am leaving behind an incredible team and have every confidence as a shareholder that they will continue to build and develop this incredible business platform over the coming years.”

The Company’s Chief Executive Officer, Mike Welch, commented, “Mark’s experience was instrumental in our acquisition of Concert Group Logistics and the start up of Bounce Logistics. Mark’s vision and understanding of transportation will be missed. We wish Mark the best and understand how difficult his decision was. Ultimately the allure of returning home to work for this family business was too strong.”

Jennifer Dorris, the Chairperson of Audit Committee of the Board of Directors added, “We’re sad to see Mark leaving the Company. He’s done an excellent job for us and really helped raise the bar in many areas. After his departure, we have every confidence in the ability of our finance staff and management team to bridge the gaps and manage the financial affairs of the Company, until we appoint a new Chief Financial Officer at a later date.”

**About Express-1 Expedited Solutions, Inc.**

Express-1 Expedited Solutions, Inc. is a non-asset based premium transportation organization that operates three distinct business units: Express-1, Inc. (Buchanan, Michigan), Concert Group Logistics, Inc. (Downers Grove, Illinois), and Bounce Logistics, Inc. (South Bend, Indiana). The Company serves a base of several thousand customers through operation centers staffed with an

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experienced staff and utilizing the latest operational software. The business units are focused on premium transportation services including: same-day delivery, time-sensitive shipping, premium freight brokerage and dedicated transportation throughout North America, as well as domestic and international freight forwarding. The Company's operational models are non-asset based or asset light, with independent contractors fulfilling the transportation services for most of its shipments and independently owned stations managing the services of its freight-forwarding network. Express-1 Expedited Solutions, Inc. is publicly traded on the New York Stock Exchange's AMEX Equities Exchange (formerly, the American Stock Exchange) under the symbol XPO. For more information about the Company, visit [www.express-1.com](http://www.express-1.com).