

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL

OMB Number: 3235-0104

Estimated average burden

hours per response: 0.5

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

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	
Common Stock, \$0.001 par value per share	9,706	I	By ESOP

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

Explanation of Responses:

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.

/s/ Roetzel & Andress, via
power of attorney

06/28/2010

** 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 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).

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.