SAIA INC Form 4 February 18, 2014

FORM 4

OMB APPROVAL UNITED STATES SECURITIES AND EXCHANGE COMMISSION **OMB**

Check this box

Number:

3235-0287

0.5

if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

January 31, Expires: 2005 Estimated average

Form 4 or Form 5 obligations

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

Washington, D.C. 20549

SECURITIES

burden hours per response...

may continue. See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

2. Issuer Name and Ticker or Trading

5. Relationship of Reporting Person(s) to Issuer

below)

ODELL RICHARD D

SAIA INC [SAIA]

(Check all applicable)

(Last)

(First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year)

Director 10% Owner Other (specify X_ Officer (give title

11465 JOHNS CREEK PARKWAY, 02/13/2014

Symbol

President & CEO of Saia

SUITE 400

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check

(Street) Filed(Month/Day/Year)

Applicable Line) _X_ Form filed by One Reporting Person

Form filed by More than One Reporting

Person

JOHNS CREEK, GA 30097

(City)	(State)	(Zip) Tab	le I - Non-l	Derivative	Secur	rities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securit or Dispos (Instr. 3, 4	ed of (` ′	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)
Common Stock	02/13/2014		M	33,540	A	\$ 8.0667	136,433.5	D	
Common Stock	02/13/2014		S	33,540	D	\$ 31.5	102,893.5	D	

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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

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. Transactic Code (Instr. 8)	Secu Acqu or D (D)	rities aired (A) isposed of r. 3, 4,	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amoun Number Shares
Stock Options (Right to Buy)	\$ 8.0667	02/13/2014		M		33,540	02/02/2013	02/01/2017	Common Stock	33,:
Phantom Stock	\$ 0 (1)						(2)	<u>(3)</u>	Common Stock	43,07 (1
Stock Options (Right to Buy)	\$ 17.8133						02/02/2010(4)	02/01/2017	Common Stock	29,9
Stock Options (Right to Buy)	\$ 10.9267						05/02/2014	05/01/2018	Common Stock	29,0
Stock Options (Right to Buy)	\$ 27.28						04/30/2016	04/29/2020	Common Stock	45,8
Stock Options (Right to Buy)	\$ 31.5						02/04/2017	02/03/2021	Common Stock	39,0
Stock Options (Right to Buy)	\$ 11						02/02/2015	02/02/2019	Common Stock	52,9

Reporting Owners

Reporting Owner Name / Address			Relationships	
	Director	10% Owner	Officer	Other
ODELL RICHARD D			President & CEO of Saia	
11465 JOHNS CREEK PARKWAY, SUITE 400				

Reporting Owners 2

Deletionships

JOHNS CREEK, GA 30097

Signatures

/s/ Stephanie R.
Maschmeier
02/14/2014

**Signature of Reporting Date
Person

Explanation of Responses:

- * 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).
- (1) Conversion rate of this derivative security on February 13, 2014 is 1.22 resulting in 52,544.47 shares of common stock (underlying security in column 7).
- (2) Immediate
- The shares of phantom stock become payable in the Company's stock upon reporting person's termination of service as an employee, in accordance with the terms of the Plan.
- (4) The options vest one-third in year three, one-third in year four and one-third in year five.

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.

Signatures 3