

Bainum Brian
Form 4
April 22, 2019

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Bainum Brian

2. Issuer Name and Ticker or Trading Symbol
CHOICE HOTELS INTERNATIONAL INC /DE [CHH]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
8171 MAPLE LAWN BLVD, SUITE 375
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
04/19/2019

Director 10% Owner
 Officer (give title below) Other (specify below)

FULTON, MD 20759

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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

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)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
				(A) or (D) Code V Amount (D) Price			
Common Stock					76,894	I	See Footnote (1)
Common Stock					261,492	I	See Footnote (2)
Common Stock					6,595	I	See Footnote (3)
Common					40,283	I	See

Stock									Footnote (4)
Common Stock					126,509		I		See Footnote (5)
Common Stock	04/19/2019		A	1,715	A	\$ 0	1,715		D (6)

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

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 control number.

SEC 1474
(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Benef Own Follo Repo Trans (Instr
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V (A) (D)		

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Bainum Brian 8171 MAPLE LAWN BLVD SUITE 375 FULTON, MD 20759	X			

Signatures

Christine A. Shreve, POA	04/22/2019
**Signature of Reporting Person	Date

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) Mr. Bainum's proportionate interest in various trusts formed for the benefit of Mr. Bainum and his siblings, in shares (978,482) owned by MidPines Associates, LP, a family partnership.

Mr. Bainum's proportionate interest in various trusts formed for the benefit of Mr. Bainum, his siblings, and their descendants, in shares (2) (6,821,574) owned by Realty Investment Company, Inc., a family owned investment and management company for which Mr. Bainum is a non voting stockholder and serves as a Director.

(3) Shares owned by BBFAM Ventures, LLC, whose sole member is a trust for the benefit of Mr. Bainum's wife and descendants.

(4) Mr. Bainum's proportionate interest in shares owned by a trust formed for the benefit of Mr. Bainum and his siblings.

(5) Mr. Bainum's proportionate interest in various trusts formed for the benefit of Mr. Bainum, his siblings, and their descendants, in shares (1,685,061) owned by Posadas Holdings, LLC, a family investment company.

(6) Restricted stock will vest in three annual installments beginning on the first anniversary of the grant date.

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.