#### MARTEN TRANSPORT LTD

Form 4 March 17, 2017

## FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

**OMB APPROVAL** 

**OMB** Number:

3235-0287

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January 31, 2005

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if no longer

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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

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * WINKEL THOMAS J			2. Issuer Name and Ticker or Trading Symbol MARTEN TRANSPORT LTD [MRTN]	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)
(Last) 129 MARTE	(First) N STREET	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/17/2017	_X_ Director 10% Owner Other (specify below)
MONDOVI,	(Street) WI 54755		4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acc	quired, Disposed of, or Beneficially Owned

						-	´ •	<b>*</b>	•
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securi or(A) or D (Instr. 3,	ispose	d of (D)	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	03/17/2017		Code V M	Amount 3,750	(D)	Price \$ 11.987	14,045	D	
Common Stock	03/17/2017		S	2,750	D	\$ 24.35	11,295	D	

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

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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)	tion Derivative Securities		f Derivative Expiration Date ecurities (Month/Day/Year) cquired A) or bisposed of D) nstr. 3, 4,		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. I Der Sec (Ins
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option (right to buy)	\$ 11.987	03/17/2017		M		3,750	<u>(1)</u>	05/01/2017	Common Stock	3,750	\$ :

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
reporting o where there is a real constant.	Director	10% Owner	Officer	Other			
WINKEL THOMAS J 129 MARTEN STREET MONDOVI, WI 54755	X						

## **Signatures**

/s/ James J. Hinnendael, attorney-in-fact 03/17/2017

\*\*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) This option has fully vested.

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.

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