

# Heartland Express, Inc. Announces Participation in Upcoming Conferences

NORTH LIBERTY, Iowa - Heartland Express, Inc. (Nasdaq: [HTLD](#)) announced that on Wednesday, May 29, 2019, Mike Gerdin, Chief Executive Officer and Josh Helmich, Vice President - Controller, will present at the KeyBanc Industrials & Basic Materials Conference at 10:00 am (eastern time).

In addition, on Wednesday, June 5, 2019, Mike Gerdin, Chief Executive Officer and Chris Strain, Chief Financial Officer, will participate in the UBS Global Industrials and Transportation Conference.

Heartland Express is an irregular route truckload carrier based in North Liberty, Iowa serving customers with shipping lanes throughout the United States. Heartland focuses on medium to short haul regional freight, offering shippers industry leading on-time service so they can achieve their strategic goals for their customers. More information about Heartland Express can be found on the company website at [www.heartlandexpress.com](http://www.heartlandexpress.com).

This press release may contain statements that might be considered as forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995, as amended. Such statements may be identified by their use of terms or phrases such as “seek,” “expects,” “estimates,” “anticipates,” “projects,” “believes,” “hopes,” “plans,” “goals,” “intends,” “may,” “might,” “likely,” “will,” “should,” “would,” “could,” “potential,” “predict,” “continue,” “strategy,” “future,” “outlook,” and similar terms and phrases. In this press release, the statements relating to reducing unnecessary or unproductive costs, operational improvements, progress toward our goals, and future capital expenditures are forward-looking statements. Such statements are based on management's belief or interpretation of information currently available. These statements and assumptions involve certain risks and uncertainties, and undue reliance should not be placed on such statements. Actual events may differ materially from those set forth in, contemplated by, or underlying such statements as a result of numerous factors, including, without limitation, those specified in the Company's Annual Report on Form 10-K for the year ended December 31, 2018. The Company assumes no obligation to update any forward-looking statements, which speak as of their respective dates.

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