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ABF FreightSM Training Program Rises to Sixth Spot on Training Top 125

- Training magazine annually ranks employer-sponsored training and development programs
- ABF Freight, on the list for the sixth consecutive year, ranked 11th in 2014

FORT SMITH, Arkansas, February 19, 2015 – Appearing on the list for the sixth consecutive year, ABF FreightSM, an ArcBest company [Nasdaq: ARCB], placed sixth among Training magazine's Training Top 125, which ranks companies' excellence in employer-sponsored training and development programs.

"ABF Freight strives to be a leader in recruiting, training and equipping transportation professionals," said ABF Freight President Tim Thorne. "Once trained, our employees are empowered to serve the specific needs of a diverse group of customers who know that no matter the challenge, we'll find a way. It is always gratifying to have our efforts recognized by a prestigious publication like Training magazine."

Now in its 15th year, the Training Top 125 ranking is based on numerous benchmarking statistics such as total training budget; percentage of payroll; number of training hours per employee; goals, evaluation, measurement and workplace surveys; hours of training per employee annually; and detailed formal programs.

"Congratulations to the 2015 Training Top 125 winners. These organizations proved their commitment to effective training and employee development tied to corporate strategic goals," said Lorri Freifeld, editor-in-chief of Training magazine. "The competition was impressive this year as 27 newcomers earned a place on the list. In addition to recognizing the winners in Atlanta, we will be detailing their achievements and best practices in the January/February 2015 issue of Training magazine."

Training magazine recognized the 2015 Training Top 125 winners with crystal awards and revealed their rankings at an awards gala during the Training 2015 Conference & Expo February 9-11 in Atlanta. ABF Freight ranked 11th in 2014.

ABOUT ABF FREIGHT

ABF FreightSM operates the core less-than-truckload network for North American shippers of all sizes who value quality and an exceptional experience. Our customers know we'll find a way to deliver superior regional and long-haul LTL solutions, including best-in-class trade show, white glove, expedited and time-critical services. With easy access through a single point of contact to a broad array of logistics services at our sister companies, we meet all supply chain needs.

ABOUT ARCBEST

ArcBest CorporationSM [Nasdaq: ARCB] solves complex logisticsSM and transportation challenges. Our companies and brands – ABF FreightSM, ABF LogisticsSM, Panther Premium Logistics[®], FleetNet America[®], U-Pack[®] and ArcBest Technologies – apply the skill and the will with every shipment and supply chain solution, household move or vehicle repair. ArcBest finds a way. For more information, visit arcb.com, abf.com, pantherpremium.com, fleetnetamerica.com and upack.com. ArcBest CorporationSM. The Skill & The WillSM.