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ABF Freight® Training Program Recognized by Training Top 125

- Training magazine ranks nation's top corporate training programs
- ABF Freight appears on list for seventh consecutive year

FORT SMITH, Arkansas, February 17, 2016 — ABF Freight®, an ArcBestSM company (Nasdaq: ARCB), placed 23rd among Training magazine's Training Top 125, which ranks companies' excellence in employer-sponsored training and development programs. ABF Freight appears on the list for the seventh consecutive year.

The rankings for the 125 leading organizations were unveiled during an awards gala February 15 during the Training 2016 Conference & Expo, February 15-17 in Orlando, Florida.

"Training is firmly integrated into every aspect of our company. That's particularly true of our Quality Process, which relies on continual training and improvement as we strive for error-free service for our customers," said ABF Freight President Tim Thorne. "We are grateful to have our program recognized by the editors of Training magazine."

Now in its 16th year, the Training Top 125 ranking is based on total training budget; percentage of payroll; number of training hours per employee program; goals, evaluation, measurement and workplace surveys; hours of training per employee annually; and detailed formal programs. The ranking is determined by assessing qualitative and quantitative factors, including financial investment in employee development, the scope of development programs and how closely such development efforts are linked to business goals and objectives.

"The 2016 Training Top 125 winners have found the recipe for success," said Lorri Freifeld, Training magazine editor-in-chief. "They utilize innovative methods to deliver training and engage learners; they link training to the achievement of corporate strategic goals; and, most important, they measure the results. We salute these organizations — including 28 newcomers to the list — for their dedication, passion and commitment to training. Clearly, they understand that training matters."

The full list appears in the January/February 2016 issue of Training magazine and online at www.trainingmag.com.

ABOUT ABF FREIGHT

ABF Freight® 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, final mile and residential delivery, 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 Corporation® (Nasdaq: ARCB) solves complex logistics and transportation challenges. Our companies and brands — ABF Freight®, ABF Logistics®, 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 Corporation®. The Skill & The Will®.