

Heartland Express, Inc. Announces Participation in Upcoming Conference

NORTH LIBERTY, Iowa - Heartland Express, Inc. (Nasdaq: [HTLD](#)) announced that on Thursday, March 12, 2020, Chris Strain, Chief Financial Officer and Josh Helmich, Vice President/Controller, will participate in the 2020 Stephens West Coast 1x1 Conference at the Palace Hotel, San Francisco, California.

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.

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. 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, 2019. The Company assumes no obligation to update any forward-looking statements, which speak as of their respective dates.

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