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FOSTER L B CO Form 4 May 27, 2014UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).TATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIESFiled 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 30(h) of the Investment Company Act of 1940 30(h) of the Investment Company Act of 1940							OMB APPROVAL OMB 3235-0287 Number: January 31, 2005 Estimated average burden hours per response 0.5			
(Print or Type I	Responses)									
KASEL JOHN F Symbol			d Ticker or O [FSTR		ng	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last)	(First) (Middle)		3. Date of Earliest Transaction							
L.B. FOSTI HOLIDAY	ER COMPANY, 415 DRIVE	(Month/Day/Year) 05/23/2014	-				Director 10% Owner X_ Officer (give title Other (specify below) below) Sr. Vice President			
	(Street) 4. If Amendment, Date C Filed(Month/Day/Year)) Applicable Line)			Dint/Group Filing(Check		
PITTSBUR	GH, PA 15220						Form filed by More than One Reporting Person			
(City)	(State) (Zip)	Table I - Non-J	Derivative	Secur	rities Acq	uired, Disposed of	, or Beneficial	ly Owned		
1.Title of Security (Instr. 3)	eemed 3. ion Date, if Transacti Code n/Day/Year) (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose	ed of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)				
		Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Common Stock	05/23/2014	М	6,250	D	\$ 14.77	21,830 <u>(1)</u>	D			
Common Stock	05/23/2014	S	4,000	D	\$ 49.06 (2)	17,830 <u>(1)</u>	D			
Common Stock						2,286 <u>(3)</u>	Ι	401(k) Shares		

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

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displays a currently valid OMB control number.

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. Transacti Code (Instr. 8)	5. Number on f Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Options (Right to Buy)	\$ 14.77	05/23/2014		М		6,250	05/25/2009	12/04/2015	Common	6,250

Reporting Owners

Reporting Owner Name / Address	Relationships						
I B B B B B B B B B B B B B B B B B B B	Director	10% Owner	Officer	Other			
KASEL JOHN F L.B. FOSTER COMPANY 415 HOLIDAY DRIVE PITTSBURGH, PA 15220			Sr. Vice President				
Signatures							
/s/ John F. Kasel by Deborah J. attorney-in-fact	Foster,		05/27/2014				

**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 number includes restricted shares which were previously awarded to the reporting person by the Issuer under the Issuer's 2006 Omnibus Incentive Plan.

The price reported is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$48.95 to \$49.21.
 (2) The reporting person undertakes to provide to L. B. Foster Company, any security holder of L. B. Foster Company, or to the SEC, upon request, full information regarding the number of shares sold at each separate price within the range set forth above.

(3) This number includes 66 shares acquired by the reporting person's 401(k) account as of May 23, 2014.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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