#### MARTEN TRANSPORT ANNOUNCES SECOND QUARTER RESULTS

MONDOVI, Wis., July 19, 2016 (GLOBE NEWSWIRE) -- Marten Transport, Ltd. (Nasdaq/GS:MRTN) today reported a 2.1% increase in net income to \$8.5 million, or 26 cents per diluted share, for the second quarter ended June 30, 2016, from \$8.4 million, or 25 cents per diluted share, for the second quarter of 2015. For the six-month period ended June 30, 2016, net income was \$16.7 million, or 51 cents per diluted share. Net income for the first six months of 2015 was \$18.5 million, or 55 cents per diluted share, and, excluding a \$3.7 million facility disposition gain, was \$16.4 million, or 48 cents per diluted share.

Operating revenue improved to \$166.1 million for the second quarter of 2016 from \$163.6 million for the second quarter of 2015, and increased to \$328.0 million for the first six months of 2016 from \$324.9 million for the first six months of 2015, despite substantially lower fuel surcharges due to decreased fuel prices in 2016. Operating revenue, net of fuel surcharges, improved 6.2% to \$152.9 million for the 2016 quarter from \$143.9 million for the 2015 quarter, and increased 7.1% to \$304.8 million for the 2016 six-month period from \$284.6 million for the 2015 six-month period. Fuel surcharge revenue decreased to \$13.2 million for the 2016 six-month period from \$19.7 million for the 2015 quarter, and decreased to \$23.3 million for the 2016 six-month period from \$40.2 million for the 2015 six-month period.

Operating expenses as a percentage of operating revenue was 91.1% for the second quarter of 2016 and 91.3% for the second quarter of 2015. Operating expenses as a percentage of operating revenue, with both amounts net of fuel surcharges, was 90.3% for the second quarter of 2016 and 90.2% for the second quarter of 2015.

Operating expenses as a percentage of operating revenue was 91.2% for the first six months of 2016 and 90.3% for the first six months of 2015. Operating expenses as a percentage of operating revenue, with both amounts net of fuel surcharges, was 90.5% for the 2016 six-month period. The operating ratio, net of both fuel surcharges and the gain on the facility disposition, was 90.2% for the 2015 six-month period.

Chairman and Chief Executive Officer Randolph L. Marten said, "We have continued to demonstrate the strength of our multifaceted and diverse business model which drove growth in our top line revenue and profitability despite pricing pressures and a soft freight market. We successfully grew our average number of truckload and dedicated tractors by 362 tractors, or 15.4%, in the first half of this year over the first half of 2015. We are confident in our ability to capitalize on further profitable growth opportunities with our unique business model and the dedicated people who have built it with their smart, hard work."

Marten Transport, with headquarters in Mondovi, Wis., is one of the leading temperature-sensitive truckload carriers in the United States. Marten specializes in transporting and distributing food and other consumer packaged goods that require a temperature-controlled or insulated environment. Marten offers service in the United States, Canada and Mexico, concentrating on expedited movements for high-volume customers. Marten's common stock is traded on the Nasdaq Global Select Market under the symbol MRTN.

This press release contains certain statements that may be considered forward-looking statements within the meaning of Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended. These statements include our discussion of the Company's prospects for future growth and by their nature involve substantial risks and uncertainties, and actual results may differ materially from those expressed in such forward-looking statements. Important factors known to the Company that could cause actual results to differ materially from those discussed in the forward-looking statements are discussed in Item 1A of the Company's Annual Report on Form 10-K for the year ended December 31, 2015. The Company undertakes no obligation to correct or update any forward-looking statements, whether as a result of new information, future events or otherwise.

CONTACTS: Tim Kohl, President, and Jim Hinnendael, Executive Vice President and Chief Financial Officer, of Marten Transport, Ltd., 715-926-4216.

# MARTEN TRANSPORT, LTD. CONSOLIDATED CONDENSED BALANCE SHEETS (Unaudited)

(In thousands, except share information)	June 30, 2016	December 31, 2015
ASSETS		
Current assets:		
Cash and cash equivalents	\$ 208	\$ 434
Receivables:		
Trade, net	66,076	70,597
Other	3,065	10,885
Prepaid expenses and other	17,122	18,134
Total current assets	86,471	100,050
Property and equipment:		
Revenue equipment, buildings and land,		
office equipment and other	744,234	724,597
Accumulated depreciation	(206,317	) (196,588)
Net property and equipment	537,917	528,009
Other assets	3,168	3,469
Total assets	\$ 627,556	\$ 631,528
LIABILITIES AND STOCKHOLDERS' EQUITY Current liabilities:		
Accounts payable and accrued liabilities	\$ 45,129	\$ 33,641
Insurance and claims accruals	17,400	16,235
Total current liabilities	62,529	49,876
Long-term debt	4,376	37,867
Deferred income taxes	141,194	134,364
Total liabilities	208,099	222,107
Stockholders' equity:  Preferred stock, \$.01 par value per share;  2,000,000 shares authorized; no shares issued and outstanding  Common stock, \$.01 par value per share;  96,000,000 shares authorized; 32,466,081 shares	-	-
at June 30, 2016, and 32,759,806 shares at	325	328
December 31, 2015, issued and outstanding	323 71,405	328 76,468
Additional paid-in capital Retained earnings	71,405 347,727	
6	•	332,625
Total stockholders' equity	419,457	409,421
Total liabilities and stockholders' equity	<u>\$ 627,556</u>	\$ 631,528

# MARTEN TRANSPORT, LTD. CONSOLIDATED CONDENSED STATEMENTS OF OPERATIONS (Unaudited)

	Three Months Ended June 30,	Six Months Ended June 30,
(In thousands, except per share information)	2016 2015	2016 2015
Operating revenue	\$ 166,090 \$ 163,58	<u>\$ 328,019</u> \$ 324,875
Operating expenses (income):     Salaries, wages and benefits     Purchased transportation     Fuel and fuel taxes     Supplies and maintenance     Depreciation     Operating taxes and licenses     Insurance and claims     Communications and utilities     Gain on disposition of revenue equipment     Gain on disposition of facility     Other	56,196 50,96 26,187 28,08 23,930 28,28 10,908 10,94 20,368 18,31 2,250 2,01 7,696 6,77 1,497 1,38 (2,703) (1,78	33       54,222       57,587         31       43,560       54,757         42       21,407       21,384         4       40,415       36,138         4       4,435       3,890         78       15,051       14,868         38       3,117       2,916         367)       (4,137)       (2,948)         -       (3,712)
Total operating expenses	151,314 149,42	27 299,118 293,403
Operating income	14,776 14,16	51 28,901 31,472
Other	237	<u>6</u> <u>452</u> <u>21</u>
Income before income taxes	14,539 14,15	55 28,449 31,451
Provision for income taxes	6,008 5,79	<u>11,725</u> <u>12,906</u>
Net income	<u>\$ 8,531 \$ 8,35</u>	<u>\$ 16,724 \$ 18,545</u>
Basic earnings per common share	<u>\$ 0.26 \$ 0.2</u>	<u>\$ 0.52 \$ 0.55</u>
Diluted earnings per common share	<u>\$ 0.26 \$ 0.2</u>	<u>\$ 0.51 \$ 0.55</u>
Dividends declared per common share	\$ 0.025 \$ 0.02	<u>\$ 0.05 \$ 0.05</u>

### MARTEN TRANSPORT, LTD. SEGMENT INFORMATION (Unaudited)

	Months led 2 30,	Dollar Change Three Months Ended June 30,	Percentage Change Three Months Ended June 30,	
(Dollars in thousands)	2016	2015	2016 vs. 2015	2016 vs. 2015
Operating revenue:				_
Truckload revenue, net of fuel				
surcharge revenue	\$ 85,103	\$ 88,822	\$ (3,719)	(4.2)%
Truckload fuel surcharge revenue	8,933	13,929	(4,996)	(35.9)
Total Truckload revenue	94,036	102,751	(8,715)	(8.5)
Dedicated revenue, net of fuel				
surcharge revenue	36,654	22,601	14,053	62.2
Dedicated fuel surcharge revenue	2,621	2,803	(182)	(6.5)
Total Dedicated revenue	39,275	25,404	13,871	54.6
T				
Intermodal revenue, net of fuel	16 110	1 6 1 0 1	17	0.1
surcharge revenue	16,118	16,101	17	0.1
Intermodal fuel surcharge revenue	1,664	2,945	(1,281)	(43.5)
Total Intermodal revenue	17,782	19,046	(1,264)	(6.6)
Brokerage revenue	14,997	16,387	(1,390)	(8.5)
Total operating revenue	\$ 166,090	\$ 163,588	\$ 2,502	1.5 %
Operating income:				
Truckload	\$ 6,951	\$ 9,808	\$ (2,857)	(29.1)%
Dedicated	5,134	2,563	2,571	100.3
Intermodal	1,822	969	853	88.0
Brokerage	869	821	48	5.8
Total operating income	\$ 14,776	\$ 14,161	\$ 615	4.3 %_
Operating ratio:				
Truckload	92.6%	90.5%		
Dedicated	86.9	89.9		
Intermodal	89.8	94.9		
Brokerage	94.2	95.0		
Consolidated operating ratio	91.1 %	91.3%		

## MARTEN TRANSPORT, LTD. SEGMENT INFORMATION (Unaudited)

			Dollar	Percentage		
	G: M	d	Change	Change		
	Six M		Six Months	Six Months		
	End		Ended	Ended		
(D. 11 d 1.)	June		June 30,	June 30,		
(Dollars in thousands)	2016	2015	2016 vs. 2015	2016 vs. 2015		
Operating revenue:						
Truckload revenue, net of fuel	Φ 1 CO O 4 F	Φ 177 c22	Φ (7.500)	(4.2)0/		
surcharge revenue	\$ 168,045	\$ 175,633	\$ (7,588)	(4.3)%		
Truckload fuel surcharge revenue	16,045	28,519	(12,474)	(43.7)		
Total Truckload revenue	184,090	204,152	(20,062)	(9.8)		
Dedicated revenue, net of fuel						
surcharge revenue	72,164	42,464	29,700	69.9		
Dedicated fuel surcharge revenue	4,208	5,394	(1,186)	(22.0)		
Total Dedicated revenue	76,372	47,858	28,514	59.6		
Intermodal revenue, net of fuel						
surcharge revenue	31,972	33,120	(1,148)	(3.5)		
Intermodal fuel surcharge revenue	3,011	6,318	(3,307)	(52.3)		
Total Intermodal revenue	34,983	39,438	(4,455)	(11.3)		
Brokerage revenue	32,574	33,427	(853)	(2.6)		
Total operating revenue	\$ 328,019	\$ 324,875	\$ 3,144	1.0 %		
Operating income:						
Truckload	\$ 13,891	\$ 19,410	\$ (5,519)	(28.4)%		
Dedicated	9,458	4,567	4,891	107.1		
Intermodal	3,751	2,220	1,531	69.0		
Brokerage	1,801	1,563	238	15.2		
Total operating income before gain						
on disposition of facility	28,901	27,760	1,141	4.1		
Gain on disposition of facility		3,712	(3,712)	(100.0)		
Total operating income	\$ 28,901	\$ 31,472	\$ (2,571)	(8.2)%		
Operating ratio:						
Truckload	92.5 %	90.5%				
Dedicated	87.6	90.5				
Intermodal	89.3	94.4				
Brokerage	94.5	95.3				
Consolidated operating ratio before gain						
on disposition of facility	91.2%	91.5%				
Consolidated operating ratio	91.2%	90.3%				

#### MARTEN TRANSPORT, LTD. OPERATING STATISTICS (Unaudited)

	Three Months Ended June 30,		Six Months Ended June 30,					
		2016		2015		2016		2015
Truckload Segment: Revenue (in thousands) Average revenue, net of fuel surcharges,	\$	94,036	\$	102,751	\$	184,090	\$	204,152
per tractor per week <sup>(1)</sup> Average tractors <sup>(1)</sup> Average miles per trip Non-revenue miles percentage <sup>(2)</sup>	\$	3,444 1,901 625 9.1%	\$	3,623 1,886 679 9.5%	\$	3,405 1,898 634 9.3%	\$	3,615 1,879 692 9.4%
Total miles (in thousands)		46,290		47,829		90,761		95,359
Dedicated Segment:								
Revenue (in thousands) Average revenue, net of fuel surcharges,	\$	39,275	\$	25,404	\$	76,372	\$	47,858
per tractor per week <sup>(1)</sup> Average tractors <sup>(1)</sup> Average miles per trip Non-revenue miles percentage <sup>(2)</sup> Total miles (in thousands)	\$	3,431 822 302 0.8% 18,951	\$	3,493 498 368 1.4% 12,274	\$	3,403 816 308 0.8% 37,472	\$	3,469 473 371 1.9% 23,349
Intermodal Segment: Revenue (in thousands) Loads Average tractors	\$	17,782 8,755 77	\$	19,046 8,867 91	\$	34,983 17,451 77	\$	39,438 18,234 94
Brokerage Segment:								/
Revenue (in thousands) Loads	\$	14,997 11,428	\$	16,387 10,774	\$	32,574 24,379	\$	33,427 21,624
At June 30, 2016 and June 30, 2015: Total tractors <sup>(1)</sup> Average age of company tractors (in years) Total trailers Average age of company trailers (in years)		2,785 1.6 4,856 2.7		2,605 1.6 4,397 2.6				
Ratio of trailers to tractors <sup>(1)</sup>		1.7		1.7				
	Three Months Ended June 30,			Six Months Ended June 30,				
(In thousands)		2016		2015		2016		2015
Net cash provided by operating activities Net cash (used for) investing activities Net cash provided by (used for) financing activities	\$	25,056 (30,125) 4,121		18,614 (36,573) 758	\$	80,121 (39,678) (40,669)	\$	71,776 (43,335) (24,065)
Weighted average shares outstanding: Basic Diluted		32,441 32,633		33,582 33,853		32,448 32,634		33,521 33,802

<sup>(1)</sup> Includes tractors driven by both company-employed drivers and independent contractors. Independent contractors provided 77 and 58 tractors as of June 30, 2016 and 2015, respectively.

<sup>(2)</sup> Represents the percentage of miles for which the company is not compensated.