#### MARTEN TRANSPORT ANNOUNCES SECOND QUARTER RESULTS

Reports highest operating revenue and operating income for any quarter in Company history

MONDOVI, Wis., July 18, 2019 (GLOBE NEWSWIRE) -- Marten Transport, Ltd. (Nasdaq/GS:MRTN) today reported the highest operating revenue and operating income for any quarter in its history. For the second quarter ended June 30, 2019, net income improved 10.9% to \$15.2 million, or 28 cents per diluted share, from \$13.7 million, or 25 cents per diluted share, for the second quarter of 2018. The second quarter earnings improved 12.1% sequentially from 2019 first quarter net income of \$13.5 million, or 25 cents per diluted share. Net income improved 19.6% to \$28.7 million, or 52 cents per diluted share, for the first six months of 2019, from \$24.0 million, or 44 cents per diluted share, for the first six months of 2018.

Operating Results Comparison			
Net income and diluted earnings per common the TTM percentage change below exclude income tax benefit in the fourth quarter of 2	a \$56.5 million deferred		
	Percentage Change Three Months Ended June 30, 2019 vs. 2018	Percentage Change Six Months Ended June 30, 2019 vs. 2018	Percentage Change Trailing Twelve Months Ended June 30, 2019 vs. 2018
Operating revenue	7.6%	7.1%	10.5%
Operating income	9.4%	18.4%	28.8%
Net income	10.9%	19.6%	47.5%
Diluted earnings per common share	11.0%	19.7%	47.4%

Operating revenue improved 7.6% to a record \$212.1 million for the second quarter of 2019 from \$197.0 million for the second quarter of 2018, and improved 7.1% to \$411.1 million for the first six months of 2019 from \$384.0 million for the first six months of 2018. Operating revenue also improved 10.5% to \$814.7 million for the trailing twelve months ended June 30, 2019 from \$737.4 million for the similar period ended June 30, 2018. Excluding fuel surcharges, operating revenue improved 9.5% to \$185.4 million for the 2019 quarter from \$169.2 million for the 2018 quarter, and improved 8.3% to \$360.8 million for the first six months of 2019 from \$333.1 million for the first six months of 2018. Fuel surcharge revenue decreased to \$26.7 million for the 2019 quarter from \$27.8 million for the 2018 quarter, and decreased to \$50.3 million for the first six months of 2019 from \$50.9 million for the first six months of 2018.

Operating income improved 9.4% to a record \$19.9 million for the second quarter of 2019 from \$18.2 million for the second quarter of 2018, and improved 18.4% to \$37.7 million for the first six months of 2019 from \$31.8 million for the first six months of 2018. Operating income also improved 28.8% to \$76.2 million for the trailing twelve months ended June 30, 2019 from \$59.2 million for the similar period ended June 30, 2018.

Operating expenses as a percentage of operating revenue improved to 90.6% for the second quarter of 2019 from 90.8% for the second quarter of 2018. Operating expenses as a percentage of operating revenue, with both amounts net of fuel surcharges, was 89.2% for each period.

Operating expenses as a percentage of operating revenue improved to 90.8% for first six months of 2019 from 91.7% for the first six months of 2018. Operating expenses as a percentage of operating revenue, with both amounts net of fuel surcharges, improved to 89.6% from 90.4%.

Operating expenses as a percentage of operating revenue improved to 90.6% for the trailing twelve months ended June 30, 2019 from 92.0% for the similar period ended June 30, 2018. Operating expenses as a percentage of operating revenue, with both amounts net of fuel surcharges, improved to 89.3% from 90.9%.

Chairman and Chief Executive Officer Randolph L. Marten said, "We are pleased to report that Marten's talented people have produced the highest operating revenue and operating income for any quarter in our history. We're also confident in our ability to continue to deliver profitable organic growth. We added 41 Truckload and 138 Dedicated tractors during the second quarter - on top of our growth of 65 Truckload and 51 Dedicated tractors in the first quarter. We expect to carry forward this success in recruiting and retaining the industry's top, experienced drivers to continue to capitalize on the strong current and expected demand for our premium services with our diversified customer base."

Marten Transport, with headquarters in Mondovi, Wis., is a multifaceted business offering a network of truck-based transportation capabilities across the Company's five distinct business platforms - Truckload, Dedicated, Intermodal, Brokerage and MRTN de Mexico. Marten is one of the leading temperature-sensitive truckload carriers in the United States, specializing in transporting and distributing food and other consumer packaged goods that require a temperature-controlled or insulated environment. Marten's dry freight services are expanding, with 1,596 dry vans operating as of June 30, 2019. The Company 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 a 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, 2018. 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

n thousands, except share information)		June 30, 2019	De	ecember 31, 2018	
	J)	Jnaudited)			
ASSETS					
Current assets:					
Cash and cash equivalents	\$	82,792	\$	56,763	
Receivables:					
Trade, net		87,044		83,033	
Other		3,354		3,808	
Prepaid expenses and other		19,724		19,924	
Total current assets		192,914		163,528	
Property and equipment:					
Revenue equipment, buildings and land, office equipment and other		857,410		816,430	
Accumulated depreciation		(256,836)		(228,200)	
Net property and equipment		600,574		588,230	
Other noncurrent assets		3,107		2,146	
Total assets	\$	796,595	\$	753,904	
LIABILITIES AND STOCKHOLDERS' EQUITY					
Current liabilities:					
Accounts payable	\$	24,293	\$	15,704	
Insurance and claims accruals	Ψ	30,907	Ψ	28,103	
Accrued and other current liabilities		29,976		28,166	
Total current liabilities	-	85,176		71,973	
Deferred income taxes		108,578		105,977	
Noncurrent operating lease liabilities		451		103,777	
Total liabilities		194,205		177,950	
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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; 192,000,000 shares					
authorized; 54,633,188 shares at June 30, 2019, and 54,466,691		546		5.45	
shares at December 31, 2018, issued and outstanding		546		545	
Additional paid-in capital		77,789		76,814	
Retained earnings		524,055		498,595	
Total stockholders' equity	_	602,390		575,954	
Total liabilities and stockholders' equity	\$	796,595	\$	753,904	

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

	Three I Ended .		Six Months Ended June 30,				
(In thousands, except per share information)	2019		2018		2019		2018
Operating revenue	\$ 212,090	\$	197,024	\$	411,113	\$	383,984
Operating expenses (income):							
Salaries, wages and benefits	68,613		63,250		132,137		122,072
Purchased transportation	38,668		35,048		76,917		70,074
Fuel and fuel taxes	30,952		31,742		58,629		60,786
Supplies and maintenance	11,502		10,251		22,623		20,687
Depreciation	23,462		22,193		46,005	44,008	
Operating taxes and licenses	2,438		2,364		4,771		4,651
Insurance and claims	9,862		8,941		19,737		19,231
Communications and utilities	1,950		1,647		3,900		3,330
Gain on disposition of revenue equipment	(1,230)		(2,160)		(2,778)		(3,371)
Other	 5,929		5,525		11,495		10,699
Total operating expenses	 192,146		178,801		373,436		352,167
Operating income	19,944		18,223		37,677		31,817
Other	 (395)		(138)		(673)		(327)
Income before income taxes	20,339		18,361		38,350		32,144
Income taxes expense	 5,149		4,659		9,614		8,111
Net income	\$ 15,190	\$	13,702	\$	28,736	\$	24,033
Basic earnings per common share	\$ 0.28	\$	0.25	\$	0.53	\$	0.44
Diluted earnings per common share	\$ 0.28	\$	0.25	\$	0.52	\$	0.44
Dividends declared per common share	\$ 0.03	\$	0.025	\$	0.06	\$	0.05

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

						Dollar Change	Percentage Change
		Three 1	Montl	hs	Three Months		Three Months
		Ene	ded			Ended	Ended
		June	30,			June 30,	June 30,
(Dollars in thousands)		2019		2018	20	19 vs. 2018	2019 vs. 2018
Operating revenue:							
Truckload revenue, net of fuel surcharge revenue	\$	83,215	\$	80,525	\$	2,690	3.3%
Truckload fuel surcharge revenue		12,807		13,879		(1,072)	(7.7)
Total Truckload revenue		96,022		94,404		1,618	1.7
							40.0
Dedicated revenue, net of fuel surcharge revenue		56,160		47,232		8,928	18.9
Dedicated fuel surcharge revenue		10,850		9,739		1,111	11.4
Total Dedicated revenue		67,010		56,971		10,039	17.6
Intermodal revenue, net of fuel surcharge revenue		17,527		21,291		(3,764)	(17.7)
Intermodal fuel surcharge revenue		3,076		4,179		(1,103)	(26.4)
Total Intermodal revenue	_	20,603		25,470		(4,867)	(19.1)
		·		·		, , , , , ,	
Brokerage revenue		28,455		20,179		8,276	41.0
Total operating revenue	\$	212,090	\$	197,024	\$	15,066	7.6%
Operating income:							
Truckload	\$	8,045	\$	8,689	\$	(644)	(7.4)%
Dedicated		7,700		5,584		2,116	37.9
Intermodal		1,536		2,512		(976)	(38.9)
Brokerage		2,663		1,438		1,225	85.2
Total operating income	\$	19,944	\$	18,223	\$	1,721	9.4%
Operating ratio:							
Truckload		91.6%		90.8%			
Dedicated		88.5		90.2			
Intermodal		92.5		90.1			
Brokerage	90.6 92.9						
Consolidated operating ratio	90.6% 90.8%						

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

						Dollar	Percentage		
		Six M	[anth		c	Change Six Months	Change Six Months		
			tonun ded	is	۵	Ended	Ended Ended		
						June 30,	June 30,		
(Dollars in thousands)	June 30, 2019 2018					onic 50, 019 vs. 2018	2019 vs. 2018		
Operating revenue:		2019		2010	20	719 VS. 2016	2019 VS. 2016		
Truckload revenue, net of fuel surcharge revenue	\$	163,382	\$	160,741	\$	2,641	1.6%		
Truckload fuel surcharge revenue	Ψ	24,362	Ψ	26,680	Ψ	(2,318)	(8.7)		
Total Truckload revenue	_	187,744		187,421		323	0.2		
Total Truckload levellue	_	107,744		107,421		323	0.2		
Dedicated revenue, net of fuel surcharge revenue		105,084		89,596		15,488	17.3		
Dedicated fuel surcharge revenue		19,651		16,208		3,443	21.2		
Total Dedicated revenue		124,735		105,804		18,931	17.9		
Intermodal revenue, net of fuel surcharge revenue		37,282		42,099		(4,817)	(11.4)		
Intermodal fuel surcharge revenue		6,292		8,023		(1,731)	(21.6)		
Total Intermodal revenue		43,574		50,122		(6,548)	(13.1)		
Brokerage revenue		55,060		40,637		14,423	35.5		
Total operating revenue	\$	411,113	\$	383,984	\$	27,129	7.1%		
Operating income:									
Truckload	\$	15,600	\$	15,504	\$	96	0.6%		
Dedicated	·	13,215		8,072		5,143	63.7		
Intermodal		3,930		5,490		(1,560)	(28.4)		
Brokerage		4,932		2,751		2,181	79.3		
Total operating income	\$	37,677	\$	31,817	\$	5,860	18.4%		
Operating ratio:									
Truckload		91.7%	)	91.7%					
Dedicated	89.4 92.4								
Intermodal		91.0		89.0					
Brokerage		91.0		93.2					
Consolidated operating ratio	90.8% 91.7%								

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

	Three Months Ended June 30,					Six M Ended J		
	2019			2018		2019		2018
Truckload Segment:								
Revenue (in thousands)	\$	96,022	\$	94,404	\$	187,744	\$	187,421
Average revenue, net of fuel surcharges, per tractor per								
$\mathrm{week}^{(1)}$	\$	3,876	\$	3,795	\$	3,867	\$	3,736
Average tractors <sup>(1)</sup>		1,652		1,632		1,634		1,664
Average miles per trip		532		568		546		585
Non-revenue miles percentage <sup>(2)</sup>		11.1% 9.6%				11.2%	8.2%	
Total miles (in thousands)		39,077 39,502			76,313		80,084	
Dedicated Segment:								
Revenue (in thousands)	\$	67,010	\$	56,971	\$	124,735	\$	105,804
Average revenue, net of fuel surcharges, per tractor per								
$\text{week}^{(1)}$	\$	3,460	\$	3,282	\$	3,424	\$	3,275
Average tractors <sup>(1)</sup>		1,248		1,107		1,187		1,058
Average miles per trip		314		300		318		299
Non-revenue miles percentage <sup>(2)</sup>		0.7%	ó	0.7%		0.7%	)	0.9%
Total miles (in thousands)		27,198		23,747		50,841		44,882
Intermodal Segment:								
Revenue (in thousands)	\$	20,603	\$	25,470	\$	43,574	\$	50,122
Loads		8,430		10,622		17,681		21,359
Average tractors		81		91		84		86
Brokerage Segment:								
Revenue (in thousands)	\$	28,455	\$	20,179	\$	55,060	\$	40,637
Loads		16,185		12,120		31,451		24,009
At June 30, 2019 and June 30, 2018:								
Total tractors <sup>(1)</sup>		3,047		2,761				
Average age of company tractors (in years)		1.9		1.6				
Total trailers		5,437		5,402				
Average age of company trailers (in years)		2.6		2.6				
Ratio of trailers to tractors <sup>(1)</sup>		1.8		2.0				
		Three			Six N			
	_	Ended June 30,				Ended	e 30,	
(In thousands)		2019		2018		2019		2018
Net cash provided by operating activities	\$	36,706		44,193		73,509		67,375
Net cash (used for) investing activities		(38,267)	)	(31,785	)	(44,178)	)	(59,177)
Net cash (used for) financing activities		(1,173)	)	(803)	)	(3,302)	)	(1,986)
Weighted average shares outstanding:								
Basic		54,616		54,613		54,585		54,592
Diluted		55,081		55,126		55,055		55,115

- (1) Includes tractors driven by both company-employed drivers and independent contractors. Independent contractors provided 55 and 52 tractors as of June 30, 2019 and 2018, respectively.
- (2) Represents the percentage of miles for which the company is not compensated.