MARTEN TRANSPORT ANNOUNCES THIRD QUARTER RESULTS

MONDOVI, Wis., October 20, 2009 (GLOBE NEWSWIRE) – Marten Transport, Ltd. (Nasdaq/GS:MRTN) announced today its financial and operating results for the quarter ended September 30, 2009.

For the third quarter of 2009, our net income was \$3.5 million, or 16 cents per diluted share, compared with \$6.1 million, or 28 cents per diluted share, for the same quarter of 2008. For the nine-month period of 2009, net income was \$12.0 million, or 55 cents per diluted share, compared with \$12.2 million, or 56 cents per diluted share, for the same nine-month period of 2008.

Operating revenue, consisting of revenue from truckload and logistics operations, decreased 20.8% to \$129.4 million in the third quarter of 2009 from \$163.4 million in the 2008 quarter and decreased 19.2% to \$377.2 million in the nine-month period of 2009 from \$466.7 million in the 2008 nine-month period. The decreases were primarily due to fuel surcharge revenue decreasing to \$15.7 million in the quarter from \$41.3 million in the 2008 quarter and to \$39.1 million in the 2009 nine-month period from \$109.4 million in the 2008 nine-month period, caused by significantly lower fuel prices in the 2009 periods. Our operating revenue was negatively impacted by the harsh operating environment with reduced freight volumes, excess capacity furthered by lenders' and lessors' unwillingness to liquidate insolvent carriers, and an unprecedented increase in shipper bid packages resulting in a non-sustainable rate environment. Operating revenue, net of fuel surcharge revenue, decreased 6.9% to \$113.7 million in the 2009 quarter from \$122.1 million in the 2008 quarter and decreased 5.4% to \$338.1 million in the 2009 nine-month period from \$357.3 million in the 2008 nine-month period, primarily due to a decrease in average miles per tractor.

Operating expenses decreased 19.6% to \$122.9 million in the third quarter of 2009 from \$152.8 million in the 2008 quarter and decreased 19.9% to \$355.9 million in the 2009 nine-month period from \$444.3 million in the 2008 nine-month period. The operating expense decreases were primarily due to decreases in fuel and fuel taxes over both periods. Fuel and fuel taxes decreased 48.1% to \$26.6 million in the third quarter of 2009 from \$51.2 million in the 2008 quarter and decreased 49.8% to \$72.7 million in the 2009 nine-month period from \$144.9 million in the 2008 nine-month period. This improvement was primarily attributable to significantly lower fuel prices and fewer miles driven in the 2009 periods, and to our continued emphasis on controlling tractor and trailer fuel costs.

Our operating ratio (operating expenses as a percentage of operating revenue) was 94.9% for the third quarter of 2009 compared with 93.6% for the same quarter in 2008 and improved to 94.4% for the nine-month period of 2009 from 95.2% for the 2008 nine-month period.

Chairman and Chief Executive Officer Randolph L. Marten said, "With our multi-faceted business model, our positive cash position with minimal debt, and our ability to keep our Marten team intact, from management to the hard-working drivers and other employees, we are confident that we are well-positioned for growth. We continue to expand our logistics, regional and Mexican operations while focusing on superior customer service, profitable freight selection

and aggressive cost controls. We believe that many of the benefits of our strategic initiatives and cost controls have not yet been fully realized.

"Our logistics business continued to expand at a solid pace. Logistics revenue, net of intermodal fuel surcharges, grew to \$27.4 million in the third quarter, an increase of 16.6% over the 2008 quarter. For the year, logistics revenue, net of intermodal fuel surcharges, grew 11.3% to \$75.2 million, compared to \$67.6 million in 2008. Logistics revenue consists of revenue from our internal brokerage and intermodal operations and revenue associated with our 45% interest in MW Logistics, LLC, a third-party provider of logistics services.

"Finally, we are pleased to be named to the Forbes.com list of America's 200 Best Small Companies for the fourth time in the last five years."

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, including that we are well-positioned for growth. These statements 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 us that could cause actual results to differ materially from those discussed in the forward-looking statements are discussed in Item 1A of our Annual Report on Form 10-K for the year ended December 31, 2008. We undertake 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, Chief Financial Officer, of Marten Transport, Ltd., 715-926-4216.

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

(In thousands, except share information)	September 30, 2009		December 31, 2008	
ASSETS				
Current assets:				
Cash and cash equivalents		7,891	\$	2,395
Marketable securities	4	1,750		2,604
Receivables:	4.0	. 050		50 1 10
Trade, net		9,879		50,143
Other		5,612		7,385
Prepaid expenses and other Deferred income taxes),534 5,593		13,705 6,140
Total current assets	86	5,259		82,372
Property and equipment:				
Revenue equipment, buildings and land,	400	. 501		451 150
office equipment and other		2,581		451,172
Accumulated depreciation	· ·	0,084)		(136,871)
Net property and equipment	332	2,497		314,301
Other assets		559		770
TOTAL ASSETS	<u>\$ 419</u>),315	\$	397,443
LIABILITIES AND STOCKHOLDERS' EQUITY Current liabilities:				
Checks issued in excess of cash balances	\$ 1	,241	\$	1,807
Accounts payable and accrued liabilities		3,235		32,894
Insurance and claims accruals		,679		21,386
Current maturities of long-term debt	1	,428		1,428
Total current liabilities	61	,583		57,515
Long-term debt, less current maturities		_		1,429
Deferred income taxes	87	7,039		81,048
Total liabilities		3,622		139,992
Stockholders' equity:				<u> </u>
Marten Transport, Ltd. 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;				
48,000,000 shares authorized; 21,885,073 shares				
at September 30, 2009, and 21,830,071 shares at		210		210
December 31, 2008, issued and outstanding	76	219 5,351		218 75,305
Additional paid-in capital Retained earnings		2,215		180,213
		3,785		255,736
Total Marten Transport, Ltd. stockholders' equity				
Noncontrolling interest	· ·	,908		1,715
Total stockholders' equity	2/0),693		257,451
TOTAL LIABILITIES AND STOCKHOLDERS' EQUITY	\$ 419	9,315	\$	397,443

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

	Three Months Ended September 30,					Nine Months Ended September 30,			
(In thousands, except per share information)	2009 2008			•			2008		
OPERATING REVENUE		9,395	\$	163,377	\$	377,154	\$	466,745	
OPERATING EXPENSES (INCOME):									
Salaries, wages and benefits	3	4,257		39,885		106,118		114,322	
Purchased transportation		9,192		29,125		77,877		88,414	
Fuel and fuel taxes		6,580		51,215		72,718		144,929	
Supplies and maintenance		9,630		9,588		29,006		28,298	
Depreciation	1	3,272		12,396		40,091		36,704	
Operating taxes and licenses		1,591		1,588		4,969		5,062	
Insurance and claims		5,356		5,770		15,555		17,988	
Communications and utilities		1,011		837		3,078		2,707	
Gain on disposition of revenue equipment		(596)		(453)		(1,595)		(2,439)	
Other		2,566		2,898		8,047		8,322	
Total operating expenses	12	2,859		152,849		355,864		444,307	
OPERATING INCOME		6,536		10,528		21,290		22,438	
OTHER EXPENSES (INCOME):									
Interest expense		35		196		133		1,032	
Interest income		(51)		(38)		(114)		(152)	
		(16)		158		19		880	
INCOME BEFORE INCOME TAXES Less: Income before income taxes		6,552		10,370		21,271		21,558	
attributable to noncontrolling interest		93		317		354		922	
INCOME BEFORE INCOME TAXES ATTRIBUTABLE TO MARTEN									
TRANSPORT, LTD.		6,459		10,053		20,917		20,636	
PROVISION FOR INCOME TAXES		2,987		3,926		8,915		8,387	
NET INCOME	\$	3,472	\$	6,127	\$	12,002	\$	12,249	
BASIC EARNINGS PER COMMON SHARE	<u>\$</u>	0.16	\$	0.28	\$	0.55	\$	0.56	
DILUTED EARNINGS PER COMMON SHARE	\$	0.16	\$	0.28	\$	0.55	\$	0.56	

MARTEN TRANSPORT, LTD. SEGMENT INFORMATION (Unaudited)

				Dollar Thange	Percentage Change
Three N	Aonth	s		_	Three Months
		5			Ended
)			September 30,
 2009	001 00	2008	-		2009 vs. 2008
\$ 86,324	\$	98,600	\$	(12,276)	(12.5)%
13,942		38,442		(24,500)	(63.7)
100,266		137,042		(36,776)	(26.8)
27,362		23,472		3,890	16.6
1,767		2,863		(1,096)	(38.3)
29,129		26,335		2,794	10.6
\$ 129,395	\$	163,377	\$	(33,982)	(20.8)%
\$ 5,047	\$	8,619	\$	(3,572)	(41.4)%
1,489		1,909		(420)	(22.0)
\$ 6,536	\$	10,528	\$	(3,992)	(37.9)%
95.0%		93.7%			(1.4)%
94.9		92.8			(2.3)
94.9%		93.6%	-		(1.4)%
\$	\$ 86,324 13,942 100,266 27,362 1,767 29,129 \$ 129,395 \$ 5,047 1,489 \$ 6,536	Ended September 30 2009 \$ 86,324 \$ 13,942 100,266 27,362 1,767 29,129 \$ 129,395 \$ \$ 5,047 \$ 1,489 \$ 6,536 \$ 95.0% 94.9	September 30, 2009 2008 \$ 86,324 \$ 98,600 13,942 38,442 100,266 137,042 27,362 23,472 1,767 2,863 29,129 26,335 \$ 129,395 \$ 163,377 \$ 5,047 \$ 8,619 1,489 1,909 \$ 6,536 \$ 10,528 95.0% 93.7% 94.9 92.8	Three Months Ended September 30, 2009 2008 \$ 86,324 \$ 98,600 \$ 200 \$ 86,324 \$ 98,600 \$ 13,942 38,442 100,266 137,042 27,362 23,472 1,767 2,863 29,129 26,335 \$ 129,395 \$ 163,377 \$ \$ \$ 5,047 \$ 8,619 1,489 1,909 \$ 6,536 \$ 10,528 \$ 95.0% 93.7% 94.9 92.8	Three Months Ended September 30, 2009 2008 \$ 86,324 \$ 98,600 \$ (12,276)

MARTEN TRANSPORT, LTD. SEGMENT INFORMATION (Unaudited)

	Nine Months Ended September 30,		Dollar Change Nine Months Ended September 30,	Percentage Change Nine Months Ended September 30,
(Dollars in thousands)	2009	2008	2009 vs. 2008	2009 vs. 2008
Operating revenue:				
Truckload revenue, net of fuel surcharge				
revenue	\$ 262,828	\$ 289,737	\$ (26,909)	(9.3)%
Truckload fuel surcharge revenue	35,065	102,508	(67,443)	(65.8)
Total Truckload revenue	297,893	392,245	(94,352)	(24.1)
Logistics revenue, net of intermodal fuel surcharge revenue Intermodal fuel surcharge revenue	75,237 4,024	67,583 6,917	7,654 (2,893)	11.3 (41.8)
Total Logistics revenue	79,261	74,500	4,761	6.4
Total operating revenue	\$ 377,154	\$ 466,745	\$ (89,591)	(19.2)%
Operating income:				
Truckload	\$ 16,577	\$ 16,980	\$ (403)	(2.4)%
Logistics	4,713	5,458	(745)	(13.6)
Total operating income	\$ 21,290	\$ 22,438	\$ (1,148)	(5.1)%
Operating ratio:				
Truckload	94.4%	95.7%		1.4 %
Logistics	94.1	92.7		(1.5)
Consolidated operating ratio	94.4%	95.2%	_	0.8 %

MARTEN TRANSPORT, LTD. OPERATING STATISTICS (Unaudited)

	Three I		Nine Months			
	Ended Sep			otember 30,		
	2009	2008	2009	2008		
Truckload Segment:						
Revenue (in thousands)	\$ 100,266	\$ 137,042	\$ 297,893	\$ 392,245		
Average truckload revenue, net of fuel surcharges, per						
total mile	\$ 1.490	\$ 1.531	\$ 1.505	\$ 1.502		
Average miles per tractor ⁽¹⁾	24,039	27,736	72,955	81,977		
Average truckload revenue, net of fuel surcharges, per						
tractor per week ⁽¹⁾	\$ 2,725	\$ 3,231	\$ 2,816	\$ 3,146		
Average tractors (1)	2,410	2,322	2,393	2,353		
Average miles per trip	728	835	781	863		
Non-revenue miles percentage ⁽²⁾	9.7%	8.0%	9.3%	8.0%		
Total miles – company-employed drivers (in thousands)	51,818	56,897	156,487	166,794		
Total miles – independent contractors (in thousands)	6,120	7,510	18,108	26,058		
Logistics Segment:						
Brokerage:						
Marten Transport						
Revenue (in thousands)	\$ 9,796	\$ 6,751	\$ 25,117	\$ 18,365		
Loads	5,416	3,027	13,568	8,475		
MWL	,	•	,	•		
Revenue (in thousands)	\$ 8,371	\$ 9,151	\$ 23,363	\$ 29,248		
Loads	4,775	4,458	13,594	14,601		
Intermodal:	1,1.7.2	-,	,	,		
Revenue (in thousands)	\$ 10,962	\$ 10,433	\$ 30,781	\$ 26,887		
Loads	4,929	3,237	13,238	8,163		
Average tractors	65	61	61	51		
At September 30, 2009, and September 30, 2008:						
Total tractors ⁽¹⁾	2,459	2,377				
Average age of company tractors (in years)	2.3	2.2				
Total trailers	4,055	4,249				
Average age of company trailers (in years)	3.3	2.9				
Ratio of trailers to tractors ⁽¹⁾	1.6	1.8				
Ratio of tractors to non-driver personnel ⁽¹⁾	4.3	4.7				
	Three N		Nine Months			
	Ended September 30,		Ended Sept	ember 30,		
(In thousands)	2009	2008	2009	2008		
Net cash provided by operating activities	\$ 20,679	\$ 28,516	\$ 63,207	\$ 50,234		
Net cash used for investing activities	20,810	17,678	56,109	14,908		
Weighted average shares outstanding:						
Basic	21,885	21,798	21,865	21,773		

⁽¹⁾ Includes tractors driven by both company-employed drivers and independent contractors. Independent contractors provided 205 and 209 tractors as of September 30, 2009, and 2008, respectively.

⁽²⁾ Represents the percentage of miles for which the company is not compensated.