Pepper David A Form 4 February 28, 2019

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Washington, D.C. 20549

if no longer subject to Section 16. Form 4 or Form 5

Check this box

SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,

obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Last)

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Pepper David A Issuer Symbol CHOICE HOTELS (Check all applicable) INTERNATIONAL INC /DE [CHH]

OMB APPROVAL

3235-0287

January 31,

2005

0.5

OMB

Number:

Expires:

response...

Estimated average

burden hours per

(Middle) 3. Date of Earliest Transaction

> (Month/Day/Year) 02/22/2019

Director 10% Owner Other (specify _X__ Officer (give title below) below) Chief Development Officer 6. Individual or Joint/Group Filing(Check

(Street) 4. If Amendment, Date Original Filed(Month/Day/Year)

Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person

ROCKVILLE, MD 20850

(First)

1 CHOICE HOTELS CIRCLE

(City)	(State)	(Zip) Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
Common Stock	02/22/2019		A	2,619	A	\$ 0	90,482.67	D	
Common Stock	02/26/2019		M	7,655	A	\$ 36.76	98,137.67	D	
Common Stock	02/26/2019		S	7,655	D	\$ 79.76 (1)	90,482.67	D	
Common Stock	02/26/2019		M	3,468	A	\$ 36.76	93,950.67	D	
Common Stock	02/26/2019		F	418	D	\$ 79.23	93,532.67	D	

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Common Stock	02/26/2019	A	3,630	A	\$0	97,162.67	D
Common Stock	02/26/2019	F	1,756	D	\$ 79.23	95,406.67	D
Common Stock	02/27/2019	F	239	D	\$ 79.88	95,167.67	D

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

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SEC 1474

(9-02)

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. Transaction Code (Instr. 8)	5. Number of actionDerivative Securities 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Expiration D	Date Exercisable and piration Date onth/Day/Year)		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha	
Employee Stock	\$ 81.15	02/22/2019		A	13,416		(2)	02/22/2026	Common Stock	13,4	
Employee Stock Option (Right to Buy)	\$ 36.76	02/26/2019		M		7,655	<u>(3)</u>	02/08/2020	Common Stock	7,65	
Employee Stock Option (Right to Buy)	\$ 36.76	02/26/2019		M		3,468	(3)	02/08/2020	Common Stock	3,46	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Pepper David A 1 CHOICE HOTELS CIRCLE			Chief Development Officer					
ROCKVILLE, MD 20850			•					

Reporting Owners 2

Signatures

Bret L. Limage, Attorney
In Fact

02/28/2019

**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) Average price reflects a series of transactions between \$79.43 and \$79.87.
- (2) Options vest in four annual installments beginning on the first anniversary of the grant date.
- (3) Options vest in four annual installments beginning on the first anniversary of the February 8, 2013 grant date.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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