RLJ Lodging Trust Form 4 April 02, 2014

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

OMB Number: 3235-0287

Expires: January 31, 2005
Estimated average

10% Owner

6. Ownership 7. Nature of

Beneficial

Ownership (Instr. 4)

Form: Direct Indirect

Other (specify

burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

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

Check this box

Form 5
obligations
may continue.

See Instruction

Filed 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

(Month/Day/Year)

03/31/2014

(Print or Type Responses)

1(b).

(Last)

(City)

1. Name and Address of Reporting Person 2

RYAN JOSEPH J

2. Issuer Name and Ticker or Trading Symbol

RLJ Lodging Trust [RLJ]

(Middle)

(Check all applicable)
3. Date of Earliest Transaction

Issuer

below)

X_ Director

Officer (give title

X Form filed by One Reporting Person ___ Form filed by More than One Reporting

(D) or

Indirect (I)

C/O RLJ LODGING TRUST, 3 BETHESDA METRO CENTER, SUITE 1000

(First)

(Street)

(State)

4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line)

BETHESDA, MD 20814

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1.Title of Security (Month/Day/Year) 2.A. Deemed 3. 4. Securities Acquired Execution Date, if any Code (Instr. 3, 4 and 5) (Month/Day/Year) (Month/Day/Year) (Instr. 8)

(Zip)

Transaction(A) or Disposed of (D)

Code (Instr. 3, 4 and 5)

(Instr. 8)

(A)

Or

(A)

Or

Code (Instr. 3, 4 and 5)

Beneficially

Owned

Following

Reported

Transaction(

Transactio

Following (Instr. 4)
Reported
Transaction(s)
(Instr. 3 and 4)

5. Amount of

Common Shares 03/31/2014 Code V Amount (D) Price (Most 3 and 1)

A 701 (1) A \$ 34,208 D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474

(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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	2.	3. Transaction Date		4.	5.	6. Date Exerc		7. Titl		8. Price of	9. Nu
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transact Code (Instr. 8)	orNumber of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	:		Amou Under Securi (Instr.	lying	Derivative Security (Instr. 5)	Deriv Secur Bene Own Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

RYAN JOSEPH J C/O RLJ LODGING TRUST 3 BETHESDA METRO CENTER, SUITE 1000 BETHESDA, MD 20814

Signatures

/s/ Anita Cooke Wells,
Attorney-in-Fact 04/02/2014

**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).

X

(1) These common shares were issued to the reporting person pursuant to the RLJ Lodging Trust 2011 Equity Incentive Plan in lieu of retainer fees of \$18,750.

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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