

FOR IMMEDIATE RELEASE

**ARKANSAS BEST CORPORATION ANNOUNCES ITS
THIRD QUARTER 2013 EARNINGS CONFERENCE CALL**

(Fort Smith, Arkansas, October 2, 2013) -- Arkansas Best Corporation (Nasdaq: ABFS) will announce its third quarter 2013 results, prior to the opening of the market, on Monday, November 11, 2013. A conference call with company executives will be held that day at 9:30 a.m. ET (8:30 a.m. CT) to discuss these results. Interested parties are invited to listen by calling (800) 768-3350. Following the call, a recorded playback will be available through the end of the day on December 11, 2013. To listen to the playback, dial (800) 633-8284 or (402) 977-9140 (for international callers). The conference ID for the playback is 21675784.

This call is being webcast and can be accessed live on Arkansas Best's website at arkbest.com. A replay of the webcast can be accessed at Arkansas Best's website through December 11, 2013.

Arkansas Best Corporation, headquartered in Fort Smith, Arkansas, is a freight transportation services and integrated logistics solutions provider. Through its various subsidiaries, Arkansas Best offers a wide variety of logistics solutions including: domestic and global transportation of less-than-truckload ("LTL") and full load shipments, expedited ground and time-definite delivery solutions, freight forwarding services, freight brokerage, oversight of roadside assistance and equipment services for commercial vehicles, and household goods moving market services for consumers, corporations and the military. More information is available at arkbest.com, abf.com and pantherexpedite.com.

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