

FOR IMMEDIATE RELEASE

**ARKANSAS BEST CORPORATION
TO APPEAR AT THE BB&T CAPITAL MARKETS
TRANSPORTATION CONFERENCE**

(Fort Smith, Arkansas, February 7, 2014) -- Arkansas Best Corporation (Nasdaq: ABFS) will appear at the BB&T Capital Markets Transportation Conference in Coral Gables, Florida on Thursday, February 13 from 9:20 a.m. until 9:55 a.m. ET. Michael E. Newcity, Senior Vice President - Chief Financial Officer & Chief Information Officer, will make a company presentation. The live program will be webcast (in a listen-only mode) and an archive will be available following the presentation.

To access the live audio, please go to the company's website at arkbest.com. This presentation will be archived through March 14, 2014.

Arkansas Best Corporation, headquartered in Fort Smith, Arkansas, is a freight transportation services and 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.

Contact: Mr. David Humphrey, Vice President - Investor Relations
Telephone: (479) 785-6200

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