

FOR IMMEDIATE RELEASE

**ARKANSAS BEST CORPORATION
TO APPEAR AT THE RAYMOND JAMES
INSTITUTIONAL INVESTORS CONFERENCE**

(Fort Smith, Arkansas, February 25, 2014) -- Arkansas Best Corporation (Nasdaq: ABFS) will appear at the Raymond James Institutional Investors Conference in Orlando, Florida on Tuesday, March 4 from 7:30 a.m. until 8:00 a.m. ET. Judy R. McReynolds, President & Chief Executive 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 11, 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.

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