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CHOICE HOTELS INTERNATIONAL INC /DE

Form 4

November 09, 2016

Troveliber of												
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION										PROVAL		
Washington, D.C. 20549										3235-0287 January 31,		
Check the if no long	zer											
subject to Section 1 Form 4 o	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES								Estimated a burden hour response	~		
Form 5 obligations may continue. See Instruction 1(b). 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												
(Print or Type I	Responses)											
Pacious Patrick Symb				Name and		Tradir	ıg	5. Relationship of Reporting Person(s) to Issuer				
	CHOICE HOTELS INTERNATIONAL INC /DE [CHH]					(Check all applicable)						
(Last) 1 CHOICE	3. Date of Earliest Transaction (Month/Day/Year) 11/08/2016					Director 10% Owner X_ Officer (give title Other (specify below) President & COO						
(Street) 4				ndment, Da	ŭ			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
ROCKVILI					Form filed by More than One Reporting Person							
(City)	(State)	(Zip)	Tabl	e I - Non-D	Derivative (Securi	ities Acq	uired, Disposed of,	or Beneficiall	y Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year)			3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common				Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Common Stock	11/08/2016			M	15,126	A	\$ 24.75	131,910	D			
Common	11/08/2016			S (1)	15,126	D	\$ 49.05	116.784	D			

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

 $S^{(1)}$

15,126 D

11/08/2016

Stock

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)

49.05 116,784

(2)

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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. 5. Number of TransactionDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Expiration D (Month/Day)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Common Stock	\$ 24.75	11/08/2016		M	15,126	(3)	02/14/2017	Common	15,126	

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Pacious Patrick

1 CHOICE HOTELS CIRCLE President & COO

ROCKVILLE, MD 20850

Signatures

Bret L. Limage, attorney

in fact 11/09/2016

**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) The exercise and sale reported in this Form 4 were effected pursuant to a Rule 10b-51 trading plan adopted by the reporting person on March 12, 2015.
- (2) Average price reflects a series of transactions between \$49.00 and \$49.25.
- (3) Options vested in four annual installments beginning on the first anniversary of the February 14, 2010 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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