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CHOICE HOTELS INTERNATIONAL INC /DE

Form 4

Common

Stock

12/06/2016

December 07, 2016

| FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION | | | | | | | OMB APPROVAL | | | |
|---|--------------------------------------|--|---|--------------------|--------------------|--|---|---|--|--|
| Washington, D.C. 20549 | | | | | | OMMISSION | OMB Number: | 3235-0287 | | |
| Check th if no long | ger . | Expires: | January 31, 2005 | | | | | | | |
| subject to Section 1 Form 4 c | 16. or | | Estimated a burden hour response | average urs per | | | | | | |
| 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 Responses) | | | | | | | | | | |
| 1. Name and A Cimerola Pa | Address of Reporting Person * atrick | Symbol | 2. Issuer Name and Ticker or Trading Symbol CHOICE HOTELS | | | | 5. Relationship of Reporting Person(s) to Issuer | | | |
| | | INTERNATION | | /DE [| [CHH] | (Check all applicable) | | | | |
| (Last) | (First) (Middle) | Middle) 3. Date of Earliest Transaction (Month/Day/Year) | | | | Director 10% OwnerX_ Officer (give title Other (specify | | | | |
| 1 CHOICE | HOTELS CIRCLE | 12/06/2016 | · · · · · · · · · · · · · · · · · · · | | | | below) below) Chief Human Resources Officer | | | |
| | (Street) | 4. If Amendment, D Filed(Month/Day/Yea | . If Amendment, Date Original iled(Month/Day/Year) | | | | 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person | | | |
| ROCKVILLE, MD 20850 — Form filed by More than One Reporting Person | | | | | | | | | | |
| (City) | (State) (Zip) | (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | |
| 1.Title of Security (Instr. 3) | any | | Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) | | | 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) | | |
| | | Code V | Amount | or (D) | Price | (Instr. 3 and 4) | | | | |
| Common Stock | 12/06/2016 | M | 16,906 | A | \$ 24.75 | 47,319.3 | D | | | |
| Common Stock | 12/06/2016 | S <u>(1)</u> | 16,906 | D | \$ 53.11 (2) | 30,413.3 | D | | | |
| Common | | | | | ¢ | | | | | |

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

M

5,635

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form

36,048.3

D

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displays a currently valid OMB control number.

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. Transactic Code (Instr. 8) | 5. Number of orDerivative Securities Acquired (A) or Disposed o (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 | |
| Employee Stock Option | \$ 24.75 | 12/06/2016 | | M | 16,906 | (3) | 02/14/2017 | Common Stock | 16,906 | |
| Employee Stock Option | \$ 24.75 | 12/06/2016 | | M | 5,635 | (3) | 02/14/2017 | Common Stock | 5,635 | |

Reporting Owners

| Reporting Owner Name / Address | Keiationships | | | | | |
|--------------------------------|---------------|-----------|---------|-------|--|--|
| | Director | 10% Owner | Officer | Other | | |

o uno

Cimerola Patrick 1 CHOICE HOTELS CIRCLE ROCKVILLE, MD 20850

Chief Human Resources Officer

Deletionship

Signatures

Bret L. Limage, attorney

in fact 12/07/2016

**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) Sold pursuant to a 10b5-1 trading plan.
- (2) Average price reflects a series of transactions between \$53.00 and \$53.40.
- (3) Options vested in four equal 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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