Edgar Filing: COWAN JAMES A - Form 4

CONTANTANTC

Form 4							
February 28, 2012				OMB A	PPROVAL		
FORM 4 UNITED		RITIES AND EXCHA ashington, D.C. 20549	NGE COMMISSION		3235-0287		
Check this box if no longer subject to Section 16. Form 4 or		CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES			January 31 2005 average urs per . 0.5		
	(a) of the Public U	16(a) of the Securities E Jtility Holding Compan nvestment Company Ac	y Act of 1935 or Section	response on			
(Print or Type Responses)							
COWAN JAMES A Sy An		er Name and Ticker or Tradi can Railcar Industries, I	Issuer	ship of Reporting Person(s) to (Check all applicable)			
(Last) (First) (1 C/O AMERICAN RAILCAN INDUSTRIES, INC., 100 CI STREET	(Month/ R 02/24/2	of Earliest Transaction Day/Year)	Director X Officer (giv below) Pre		% Owner er (specify		
(Street) 4. If Amendment, Date Original Filed(Month/Day/Year)			Applicable Line)	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 			
ST. CHARLES, MO 63301				More than One R			
(City) (State)	(Zip) Tal	ole I - Non-Derivative Secu	rities Acquired, Disposed o	of, or Beneficia	lly Owned		
1.Title of Security (Month/Day/Year) (Instr. 3)		3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 2) (A) or Code V Amount (D)	SecuritiesBeneficiallyOwned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Reminder: Report on a separate line	e for each class of sec	· · ·					

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 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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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. Transact Code (Instr. 8)	5. Number of tiorDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amo Underlying Secu (Instr. 3 and 4)		
				Code V	V	(A)	(D)	Date Exercisable	Expiration Date	Title	An or Nu of
Stock Appreciation Rights	\$ 29.31	02/24/2012		J		30,200		<u>(1)</u>	02/24/2019	Common Stock	3(
Stock Appreciation Rights	\$ 20.88	02/24/2012		J			1,875	(2)	(2)	Common Stock	1

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
COWAN JAMES A C/O AMERICAN RAILCAR INDUSTRIES, INC. 100 CLARK STREET ST. CHARLES, MO 63301			President and CEO				
Signatures							

/s/ James Cowan 02/28/2012

**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 SARs were granted on February 24, 2012 and vest in three equal increments on February 24, 2013, February 24, 2014 and February 24, 2015, but only if the Company achieves specified performance targets for the fiscal year preceding the applicable anniversary date.
- (2) 25% of the performance based SARs granted on April 28, 2008 were canceled for no value due to certain specified performance targets not being met.

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.