Bainum Brian Form 3 April 19, 2019

FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF **SECURITIES**

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 Address of Reporting Person * Bainum Brian			2. Date of Event Requiring Statement (Month/Day/Year)	3. Issuer Name and Ticker or Trading Symbol CHOICE HOTELS INTERNATIONAL INC /DE [CHH]			
(Last) (F	First)	(Middle)	04/19/2019	4. Relationship of Reporting Person(s) to Issuer			5. If Amendment, Date Original Filed(Month/Day/Year)
8171 MAPLE LAWN BLVD, SUITE 375				(Check all applicable)			
(Street)				_X_ Director10% Owner Officer Other (give title below) (specify below)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting
FULTON, MI	DÂ 2075	59					Person Form filed by More than One Reporting Person
(City) (S	State)	(Zip)	Table I - Non-Derivative Securities Beneficially Owned				
1.Title of Security (Instr. 4)				2. Amount of Securities Beneficially Owned (Instr. 4)		4. Nature of Indirect Beneficial Ownership (Instr. 5)	
Common Stock		76,894	76,894		See Footnote (1)		
Common Stock			261,492	261,492		See Footnote (2)	
Common Stock			6,595	6,595		See Footnote (3)	
Common Stock		40,283	40,283		See Footnote (4)		
Common Stock			126,509	126,509		See Footnote (5)	
Reminder: Report on a separate line for each class of securities beneficial owned directly or indirectly. Persons who respond to the collection of					SEC 1473 (7-02)		

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.

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 4)

Expiration Date (Month/Day/Year)

2. Date Exercisable and 3. Title and Amount of Securities Underlying **Derivative Security** (Instr. 4)

Conversion or Exercise Price of Derivative Security

Ownership Form of Derivative Security: Direct (D)

or Indirect

(Instr. 5)

(I)

6. Nature of Indirect Beneficial Ownership (Instr. 5)

Expiration Date Exercisable Date

Amount or Title Number of Shares

Reporting Owners

Relationships Reporting Owner Name / Address

Director 10% Owner Officer Other

Bainum Brian

8171 MAPLE LAWN BLVD **SUITE 375**

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FULTON, MDÂ 20759

Signatures

Christine A. Shreve, POA

04/19/2019

ÂX

**Signature of Reporting

Date

Explanation of Responses:

- If the form is filed by more than one reporting person, see Instruction 5(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).
- Mr. Bainum's proportionate interest in various trusts formed for the benefit of Mr. Bainum and his siblings, in shares (978,482) owned by MidPines Associates, LP, a family partnership.
- Mr. Bainum's proportionate interest in various trusts formed for the benefit of Mr. Bainum, his siblings, and their descendants, in (2) shares(6,821,574) owned by Realty Investment Company, Inc., a family owned investment and management company for which Mr. Bainum is a non voting stockholder and serves as a Director.
- (3) Shares owned by BBFAM Ventures, LLC, whose sole member is a trust for the benefit of Mr. Bainum's wife and descendants.
- (4) Mr. Bainum's proportionate interest in shares owned by a trust formed for the benefit of Mr. Bainum and his siblings.
- Mr. Bainum's proportionate interest in various trusts formed for the benefit of Mr. Bainum, his siblings, and their descendants, in shares (1,685,061) owned by Posadas Holdings, LLC, a family investment company.

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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