

CHOICE HOTELS INTERNATIONAL INC /DE
 Form 4
 March 22, 2005

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN 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 *
 LEDSINGER CHARLES A JR

2. Issuer Name and Ticker or Trading Symbol

CHOICE HOTELS INTERNATIONAL INC /DE [CHH]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 10750 COLUMBIA PIKE
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 03/18/2005

Director 10% Owner
 Officer (give title below) Other (specify below)
 CEO & President

SILVER SPRING, MD 20901

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	03/18/2005		S	1,100	D	\$ 62.67	269,204.6 D
Common Stock	03/18/2005		S	1,100	D	\$ 62.68	268,104.6 D
Common Stock	03/18/2005		S	400	D	\$ 62.69	267,704.6 D
Common Stock	03/18/2005		S	2,000	D	\$ 62.7	265,704.6 D
Common Stock	03/18/2005		S	800	D	\$ 62.71	264,904.6 D

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Common Stock	03/18/2005	S	300	D	\$ 62.72	264,604.6	D	
Common Stock	03/18/2005	S	800	D	\$ 62.73	263,804.6	D	
Common Stock	03/18/2005	S	1,200	D	\$ 62.75	262,604.6	D	
Common Stock	03/18/2005	S	2,100	D	\$ 62.76	260,504.6	D	
Common Stock	03/18/2005	S	1,500	D	\$ 62.77	259,004.6	D	
Common Stock	03/18/2005	S	800	D	\$ 62.78	258,204.6	D	
Common Stock	03/18/2005	S	500	D	\$ 62.79	257,704.6	D	
Common Stock	03/18/2005	S	200	D	\$ 62.8	257,504.6	D	
Common Stock	03/18/2005	S	1,100	D	\$ 62.82	256,404.6	D	
Common Stock	03/18/2005	S	3,100	D	\$ 62.85	253,304.6	D	
Common Stock	03/18/2005	S	1,400	D	\$ 62.87	251,904.6	D	
Common Stock	03/18/2005	S	800	D	\$ 63	251,104.6	D	
Common Stock	03/18/2005	S	200	D	\$ 63.15	250,904.6	D	
Common Stock	03/18/2005	S	300	D	\$ 63.16	250,604.6	D	
Common Stock	03/21/2005	M	100	A	\$ 12.53	250,704.6	D	
Common Stock	03/21/2005	S	100	D	\$ 62	250,604.6	D	
Common Stock						1,138	I	401 (k) Plan
Common Stock						1,305	I	Non-Qualified Plan

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

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(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Employee Stock Option	\$ 12.53	03/21/2005		M	100	(1) 07/31/2008	Common Stock	100

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LEDSINGER CHARLES A JR 10750 COLUMBIA PIKE SILVER SPRING, MD 20901	X		CEO & President	

Signatures

Charles A. Ledsinger
 03/22/2005
 **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) Options vest in five equal installments beginning on the first anniversary of the grant date.

Remarks:

Number of transactions on this date exceed form capacity. This is the second of two Form 4 reports filed on this date for the reporting person.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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