

Edgar Filing: Frontier Airlines Holdings, Inc. - Form 4

(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title
Stock Appreciation Rights	\$ 2.11	04/01/2008	A	200,000					04/01/2009 ⁽¹⁾	04/01/2018	Common Stock
Restricted Stock Units	\$ 0	04/01/2008	A	52,370					04/01/2009 ⁽³⁾	04/01/2050 ⁽⁴⁾	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MENKE SEAN E			President & CEO	

Signatures

Matthew R. Henry, Attorney
in Fact

04/03/2008

__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) One half of the Stock Appreciation Rights become exercisable upon the first anniversary of the grant date, and the other half become exercisable in five equal installments, with the first installment becoming exercisable on the first anniversary of the grant date, and each subsequent installment becoming exercisable on each of the next four anniversaries of the grant date.

(2) The actual number of shares of common stock issued at the time of exercise will be based on the appreciation of the common stock from the strike price to the market price of the common stock at the time of exercise and is unknown at this time.

(3) One half of the Restricted Stock Units will vest on the first anniversary of the grant date and the other half will vest on the third anniversary of the grant date.

(4) Once exercisable, there is no expiration date for the Restricted Stock Units. The date referenced has no relevance and was inserted due to EDGAR system requirements.

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.