



NEWS RELEASE

CONTRANS ANNOUNCES DECLARATION OF DIVIDEND

(Woodstock, Ontario—July 19, 2010) - The Board of Directors of Contrans Group Inc. (“Contrans”) (TSX Symbol CSS) announced today that it has declared a dividend of \$0.08 per outstanding Class A Subordinate Voting Share and Class B Multiple Voting Share, payable on August 13, 2010 to shareholders of record at the close of business on July 31, 2010.

For Canadian resident shareholders the dividend declared is designated as an “eligible dividend” for purposes of the enhanced dividend tax credit rules contained in the Income Tax Act (Canada) and any corresponding provincial and territorial tax legislation.

Contrans has been providing freight transportation services since 1985. With approximately 1,200 power units and 2,200 trailers under management, Contrans is one of the largest freight transportation companies in Canada.

For further information, please contact:

Stan G. Dunford, Chairman and Chief Executive Officer, or
Greg W. Rumble, President and Chief Operating Officer
Phone: 519-421-4600 • E-mail: info@contrans.ca • Web site: www.contrans.ca