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**CNF INC. REPORTS 16 PERCENT INCREASE
IN FIRST-QUARTER EARNINGS**

PALO ALTO, California – April 19, 2000 – CNF Inc. today reported first quarter net income for common shareholders of \$35.8 million or 66 cents per diluted share without non-recurring gains, up 16 percent from net income of \$31.0 million or 58 cents per diluted share in the first quarter of 1999.

When non-recurring gains are included, net income for first-quarter 2000 was 69 cents per diluted share of which 3 cents was a gain from the sale of securities. This compares with 74 cents per diluted share in the same quarter a year ago, which included 16 cents from the settlement of a lawsuit.

First-quarter 2000 operating income was \$73.4 million, compared with \$66.1 million in the same quarter a year ago when the settlement gain is excluded, an 11 percent increase. Revenue for the first quarter of 2000 was \$1.46 billion, up 17 percent, and the effective tax rate was 42.5 percent, compared with 43.5 percent a year ago.

Con-Way Transportation Services reported record first-quarter operating income of \$58.1 million, an increase of 8 percent from the same quarter a year ago. Its revenue of \$510.5 million was a record for any quarter, and up 18 percent from first-quarter 1999.

“Con-Way had another excellent quarter of profits due to the strength of the economy and stable prices, which resulted in improved yield,” said Gregory L. Quesnel, president and chief executive officer. “Con-Way continues to incur start-up costs for Con-Way Integrated Services, which is developing its customer base and expanding the scope of its operations.

“We’re pleased to announce that we expect Con-Way to surpass \$2 billion in revenue this year for the first time in its history,” Quesnel added.

Con-Way regional carrier tonnage increased 9 percent in the first quarter and LTL tonnage also rose 9 percent.

Emery Worldwide reported first-quarter operating income of \$7.4 million, more than double the \$3.6 million it earned in the same quarter a year ago. Revenue totaled \$601.2 million, up 14 percent.

“Revenue and profit growth at Emery were driven by our international operations,” Quesnel said. “Results from our North American operations were disappointing and were affected by higher than normal expense for aircraft due to planned maintenance aimed at improving fleet productivity,” said Quesnel.

North American air freight revenue was flat in the first quarter while international air freight revenue grew 25 percent. North American air freight tonnage declined 4 percent while international tonnage increased 21 percent in the first quarter.

Menlo Logistics reported first-quarter operating income of \$7.6 million, up 68 percent on a 31 percent increase in revenue to \$209.9 million. “This was Menlo’s best quarter ever,” said Quesnel. “Menlo’s financial results in the quarter benefited from start-up fees and profits from several new projects brought on line.”

CNF’s “Other” operations had operating income of \$311,000 in the first quarter of 2000. This segment includes income from the operations of the Priority Mail contract and Road Systems, a trailer manufacturing company. The Priority Mail contract recorded break-even results in the first quarter on revenue of \$135.2 million, which was up 14 percent from the same quarter a year ago.

As previously announced, the company continues negotiations with the U.S. Postal Service to resolve pricing and operational issues involving the Priority Mail contract. Beginning in the third quarter of 1999, the company began being paid a provisional rate for its services that is below its cost of operating under the contract. Therefore, in accordance with generally accepted accounting principles, the company is recognizing unbilled revenues sufficient only to recover costs. No profit has been recognized since the second quarter of 1999. The company recognized \$20.3 million of unbilled revenue in the first quarter of 2000 and has recognized \$144.1 million in unbilled revenue since the beginning of the contract.

CNF (NYSE:CNF) is a \$5.6 billion management company of global supply chain services with businesses in regional trucking, air freight, ocean freight, customs brokerage, global logistics management and trailer manufacturing.

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Certain statements in this news release, including statements regarding anticipated earnings, constitute "forward looking statements" and are subject to a number of risks and uncertainties, and should not be relied upon as predictions of future events. The factors discussed above and in Item 7 of the company's 1999 Annual Report on Form 10-K as well as other filings with the Securities and Exchange Commission, could cause actual results and other matters to differ materially from those in such forward looking statements. As a result, no assurance can be given as to future results of operations or financial condition.

CNF INC.

CONDENSED STATEMENTS OF CONSOLIDATED INCOME
(Dollars in thousands except per share amounts)

	Three Months Ended March 31,	
	2000	1999
REVENUES		
Con-Way Transportation Services	\$ 510,516	\$ 433,379
Emery Worldwide	601,238	529,421
Menlo Logistics	209,903	160,559
Other	141,096	131,964
	\$ 1,462,753	\$ 1,255,323
OPERATING INCOME		
Con-Way Transportation Services	\$ 58,116	\$ 53,947
Emery Worldwide	7,352	3,551
Menlo Logistics	7,638	4,556
Other	311	20,541 (c)
	73,417	82,595
OTHER EXPENSE, NET	(5,013) (b)	(7,734)
Income before income taxes	68,404	74,861
Income taxes	29,072	32,565
Net income	39,332	42,296
Preferred stock dividends	2,034	2,027
NET INCOME AVAILABLE TO COMMON SHAREHOLDERS	\$ 37,298	\$ 40,269
Average Common Shares Outstanding		
Basic	48,417,660	47,925,476
Diluted (a)	56,073,670	55,814,095
EARNINGS PER COMMON SHARE		
Basic	\$ 0.77 (b)	\$ 0.84 (c)
Diluted (a)	\$ 0.69 (b)	\$ 0.74 (c)

(a) Includes the dilutive effect of stock options, Series B (TASP) preferred stock and Series A "TECONS" convertible preferred stock of subsidiary trust.

(b) Includes a \$2.6 million net gain (\$0.03 per basic and diluted share) on the sale of securities in March 2000.

(c) Includes a \$16.5 million net gain (\$0.19 per basic share and \$0.16 per diluted share) on a lawsuit settled in January 1999.

CNF INC.
CONDENSED BALANCE SHEETS
(Dollars in thousands)

	<u>March 31,</u> <u>2000</u>	<u>December 31,</u> <u>1999</u>
ASSETS		
Current assets	\$ 1,283,064	\$ 1,200,233
Property, plant and equipment, net	1,144,296	1,131,034
Other assets	<u>720,059</u>	<u>717,743</u>
Total Assets	<u><u>\$ 3,147,419</u></u>	<u><u>\$ 3,049,010</u></u>
LIABILITIES AND SHAREHOLDERS' EQUITY		
Current liabilities	\$ 1,016,135	\$ 1,049,154
Long-term debt and guarantees	534,679	433,446
Other long-term liabilities and deferred credits	473,236	473,462
Preferred stock - Subsidiary Trust	125,000	125,000
Shareholders' equity	<u>998,369</u>	<u>967,948</u>
Total Liabilities and Shareholders' Equity	<u><u>\$ 3,147,419</u></u>	<u><u>\$ 3,049,010</u></u>