Renschler Todd Stewart Form 4 September 16, 2010

FORM 4

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

OMB Number:

3235-0287

Check this box if no longer

Expires: January 31, 2005

OMB APPROVAL

subject to Section 16. Form 4 or STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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Form 4 or Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person ** Renschler Todd Stewart			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)	, ,	(Middle)		of Earliest Day/Year)	Transaction	beld	Director Officer (give title) ow)	X 10% le Other below)		
8171 MAP		09/14/2010				Jw)	below)			
BLVD, SU	JITE 375									
(Street)			4. If Amendment, Date Original			6. Individual or Joint/Group Filing(Check				
			Filed(Me	onth/Day/Y	ear)	App	plicable Line)			
						X	Form filed by One	e Reporting Per	son	
FULTON,	MD 20759					Per	Form filed by Mor son	e than One Rep	orting	
(City)	(State)	(Zip)	Tal	ole I - Non	a-Derivative Securities Acq	quire	d, Disposed of, o	r Beneficiall	y Owned	
1.Title of	2. Transaction Date	2A. Deeme	ed	3.	4. Securities Acquired (A)) or	5. Amount of	6.	7. Natur	
Security	(Month/Day/Vear)	Execution	Date if	Transacti	orDisposed of (D)		Securities	Ownership	Indirect	

(City)	(State)	(Zip) Tal	ole I - Non-	-Derivative	Securi	ities Acquire	ed, Disposed of, o	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securitie orDisposed o (Instr. 3, 4	f (D)	uired (A) or	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)
Common Stock	08/19/2010	08/19/2010	J	111,999	A	\$ 0	154,375	I	See Footnote (1) (3)
Common Stock	09/14/2010	09/14/2010	S	9,209	D	\$ 36.2809	145,166	I	See Footnote
Common Stock	08/19/2010	08/19/2010	J	111,999	D	\$ 0	0	I	See Footnote (3)
Common							573,896	I	See

Stock Footnote (2)

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

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SEC 1474

(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)	4. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D)		ate	7. Title Amou Under Securi (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
			Code V	(Instr. 3, 4, and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
FB	Director	10% Owner	Officer	Other			
Renschler Todd Stewart 8171 MAPLE LAWN BLVD SUITE 375 FULTON, MD 20759		X					

Signatures

Christine A. Shreve, Attorney-in-fact 09/16/2010

**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) Shares owned by the Todd Renschler Declaration of Trust ("Todd Trust") in which Dr. Renschler is the sole trustee and current beneficiary.
- (2) The proportionate interest of the Todd Trust in shares (7,135,738) owned by Realty Investment Company, Inc. ("Realty") a real estate investment and management company for which Dr. Renschler is a Director and a non-controlling shareholder.

Reporting Owners 2

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(3) On August 19, 2010 MidPines Associates, L.P. made a distribution to the Todd Trust for 111,999 shares.

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.