

UR-ENERGY INC
Form 4
March 13, 2014

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 *
CASH JOHN

(Last) (First) (Middle)
10758 W. CENTENNIAL ROAD, SUITE 200
(Street)

LITTLETON, CO 80127

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
UR-ENERGY INC [URG]

3. Date of Earliest Transaction (Month/Day/Year)
03/11/2014

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
See Remarks

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

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)
			Code	V	Amount	Price	
Common Shares	03/11/2014		M		44,039	A 1.17 \$ (1)	81,948 D
Common Shares	03/11/2014		M		100,000	A 1.57 \$ (2)	181,948 D
Common Shares	03/11/2014		S		13,001	D \$ 1.67	168,947 D
Common Shares	03/11/2014		S		50,400	D \$ 1.66	118,547 D
	03/11/2014		S		80,638	D	37,909 D

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) Price of options is expressed in Canadian dollars. Based on the rate of exchange on the transaction date (Cdn\$1.00 = US\$0.90021) as reported by OANDA Corporation on its website, www.oanda.com, the U.S. dollar equivalent is \$1.06.
- (2) Price of options is expressed in Canadian dollars. Based on the rate of exchange on the transaction date (Cdn\$1.00 = US\$0.90021) as reported by OANDA Corporation on its website, www.oanda.com, the U.S. dollar equivalent is \$1.41.
- (3) Options vested from this grant and became exercisable as follows: 4,898 on September 9, 2011; 10,775 on January 24, 2012; 10,775 on June 9, 2012; 10,775 on October 24, 2012; and 11,754 on March 9, 2013.
- (4) Options vested from this grant and became exercisable as follows: 10,000 on July 7, 2011; 22,000 on November 21, 2011; 22,000 on April 6, 2012; 22,000 on August 21, 2012; and 24,000 on January 4, 2013.

Remarks:

Vice President Regulatory Affairs, Exploration and Geology

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.