FORM 4

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

OMB APPROVAL						
OMB Number:	3235-0287					
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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 or Section 30(h) of the Investment Company Act of 1940

(Print or Typ	e Responses)															
1. Name and Address of Reporting Person *- ALBERS MURREY R				2. Issuer Name and Ticker or Trading Symbol COLUMBIA SPORTSWEAR CO [COLM]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner						
(Middle) C/O COLUMBIA SPORTSWEAR COMPANY, 14375 NW SCIENCE PARK DRIVE				3. Date of Earliest Transaction (Month/Day/Year) 05/21/2010									e title below)		her (specify bel	ow)	
(Street) PORTLAND, OR 97229				4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person						
(City) (State) (Zip)				Table I - Non-Derivative Securities Acqui							ired, l						
1.Title of Se (Instr. 3)	Instr. 3) Date		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		(Instr. 8)		(A) o (Instr	4. Securities Acq (A) or Disposed of (Instr. 3, 4 and 5) (A) or Amount (D)		of (D) Owned Follo		/		Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common	Stock		05/21/2010				M	-	410	A	\$ 0	4.03	0			D	
Common	Stock		05/21/2010				M	[583	A	\$ 0	4,613				D	
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, i	4. f Transac Code	calls tion	Securities Acquired, Disposed of, or Benefic calls, warrants, options, convertible securiti 5. Number of C. Date Exercisable and Expiration Date Approximate (Month/Day/Year) USecurities Securities Securities			rently vertices) 7. Titi Amou Under	sy valid OMB control number. ally Owned s) 8. Price of 9. Numl Derivative Security (Instr. 5) Benefic Owned Followi Reporte Transac (Instr. 4)			9. Number Derivative Securities Beneficially	of 10. Owners Form of Derivati Security Direct (or Indir	ve Ownershi (Instr. 4) D)		
				Code	v	(A)		Date Exerc	risable	Expiratio Date	n Title		Amount or Number of Shares				
Restricted Stock Units	\$ 0	05/21/2010		М			410	05/2	1/2009(1)	(2)	Com		410	\$ 0	410	D	
Restricted Stock Units	\$ 0	05/21/2010		М			583	05/2	1/2010(1)	(2)	Com	mon ock	583	\$ 0	1,166	D	

Reporting Owners

Danielia - Omina Nama / Addina	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
ALBERS MURREY R							
C/O COLUMBIA SPORTSWEAR COMPANY 14375 NW SCIENCE PARK DRIVE	X						
PORTLAND, OR 97229							

Signatures

Peter J. Bragdon, Attorney-in-Fact	05/24/2010
**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) Restricted stock units vest in three equal annual installments beginning on the Date Exercisable indicated. One share of Common Stock will be automatically delivered to the reporting person for each restricted stock unit that vests.

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.