FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Vashington,	D.C.	20549	

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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).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

					or Se	ection 30(h	n) of the Ir	ivestmei	nt Cor	npany Act of	1940						
Name and Address of Reporting Person* Varmoskie Locards					2. Issuer Name and Ticker or Trading Symbol Allbirds, Inc. [BIRD] 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)												
<u>Vernachio Joseph</u>						,							Director	vivo titlo		10% Ow	
(Look) (Final) (Middle)												X	Officer (give title below)			Other (s below)	респу
(Last) (First) (Middle)						of Earlies	st Transac	tion (Mo	nth/D	ay/Year)		\neg	Chief Operating Officer				
C/O ALLBIRDS, INC.					05/22/2022												
730 MONTGOMERY STREET																	
(Street)					4 16 0	4	D-460	Dailer al I	T:11 /	M 41- /D 0	()	0.155		-1/0	T::: (Ob I- A I	
SAN	C	^C A	94111		4. If Amendment, Date of Original Filed (Month/Day/Year)						- 1	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person					
FRANC	ISCO	A	94111								^		Form filed by More than One Reporting P			ng Person	
														•		·	
(City)	(8	State)	(Zip)														
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																	
1. Title of	Security (Inst	tr. 3)		2. Transac			3. 4. Securities Acquired (A) of		(A) or	5. Amount and 5) Securities		of 6. Ow		7. Nature of ndirect			
Date (Month/D				(Month/Da	Day/Year) Execution Date, if any (Month/Day/Year)		Transaction Disposed Of (D) (Instr. 3, 4 a		3, 4 anu 5)	Beneficially Owned Following Reported		y (D) or		Beneficial Dwnership			
					(Month/Day/Tear)		8)					(1) (1118		(Instr. 4)			
							Code	٧	Amount (A) or (D)		Price	Transaction(s) (Instr. 3 and 4)					
Class A Common Stock 05/22					2022			A	A 196,915 ⁽¹⁾ A S		\$0.00	196,915			D		
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned																
										onvertibl							
1. Title of 2. 3. Transaction 3A. Deemed			4.	5. Number				6. Date Exercisable and 7. Title and Ar of Securities			8. Price of	9. Number of derivative		10.	11. Nature		
Derivative Security	Conversion or Exercise		Execution Date if any	Code	action (Instr.	Securitie	Derivative Securities		ion Da /Day/Y	ear) Underlying		ıg	Derivative Security		es	Ownership Form:	of Indirect Beneficial
(Instr. 3)	Price of Derivative		(Month/Day/Yea	r) 8)		Dispose	uired (A) or Derivative Sectors of (D) (Instr. 3 and 4)					(Instr. 5)	Beneficially Owned		or Indirect (Instr.	Ownership (Instr. 4)	
	Security					(Instr. 3,	4 and 5)						-	Following Reported Transaction(s		(I) (Instr. 4)	
								 				Amount or Number		(Instr. 4)			
				Code	v	(A)	(D)	Date Exercis	sable	Expiration Date	Title	of Shares					
Stock											Class B						
Option (Right to	\$8.43	05/22/2022		D			425,000	(2))	06/24/2031	Common Stock ⁽³⁾	425,000	(4)	0		D	
Buy)				+	-							-	-				1
Stock Option	\$4.68	05/22/2022		A	425,000			(2)		06/24/2031	Class B Common 2	425,000	(4)	425.0	425,000 D		
(Right to Buy)	4	03/22/2022				.25,550				3,2,2031	Stock ⁽³⁾	125,000		.25,0			

Explanation of Responses:

- 1. Each share is represented by a restricted stock unit ("RSU"). Each RSU represents a contingent right to receive one share of the Issuer's Class A Common Stock upon settlement. 1/12 of the RSUs shall vest on the three-month anniversary of June 1, 2022, and 1/12 of the RSUs shall vest quarterly thereafter, in each case subject to the Reporting Person's Continuous Service (as defined in the Issuer's 2021 Equity Incentive Plan) through the applicable vesting date.
- 2. The option vests as to 1/4 of the shares subject to the option on June 1, 2022, and the remainder of the shares vest in 36 equal monthly installments thereafter, subject to the Reporting Person's Continuous Service (as defined in the Issuer's 2015 Equity Incentive Plan) on each such vesting date.
- 3. Each share of Class B Common Stock is convertible at any time at the option of the Reporting Person into one share of Class A Common Stock and has no expiration date. Each share of Class B Common Stock held by the Reporting Person will convert automatically into one share of Class A Common Stock upon the sale or transfer of such share of Class B Common Stock, subject to certain exceptions, and in certain other circumstances described in the Issuer's amended and restated certificate of incorporation.
- 4. On May 22, 2022, the option granted to the Reporting Person on June 26, 2021 was amended to reduce the exercise price to \$4.68 per share.

Remarks:

Joe Vernachio, by /s/ Ron A. Metzger, Attorney-in-Fact

05/24/2022

** Signature of Reporting Person

Date

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.