FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL										
OMB Number:	3235-0287									
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0.5

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	Check this box if no longer subject
$\neg$	to Section 16. Form 4 or Form 5
_	obligations may continue. See
	Instruction 1(b).

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

							, .				прапу Аст с			_							
Name and Address of Reporting Person*  Freeman Ann					2. Issuer Name <b>and</b> Ticker or Trading Symbol Allbirds, Inc. [BIRD]								(Cr	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
1 Techian 7 tim					<u> </u>									-	X Dire	ctor	ctor 10%		vner		
(Last)	(F	(First) (Middle)				3. Date of Earliest Transaction (Month/Day/Year) 06/09/2023									Offic belo	cer (give title w)		Other (s below)	specify		
C/O ALI	LBIRDS, I	NC.			4 If Ar	4 If Amandment Date of Oviginal Filed (Manth/D0/)								6.1	6. Individual or Joint/Group Filing (Check Applicable						
730 MONTGOMERY STREET					4. If Amendment, Date of Original Filed (Month/Day/Year)								Lin	Line)							
															X Form filed by One Reporting Person						
(Street) SAN															Fori Per	n filed by Mo son	ore than	one Rep	orting		
FRANCISCO CA 94111						Rule 10b5-1(c) Transaction Indication															
(City)	(S	tate) (Z	Zip)		Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.																
		Table	l - No	n-Deriva	tive S	ecui	rities	Acq	uired,	Dis	posed of	f, or	Ben	eficia	ally Ow	ned					
1. Title of Security (Instr. 3)  2. Transacti Date (Month/Day)				Execution Date,			Transaction Disposed Of (E Code (Instr. 5)			ies Acquired (A) Of (D) (Instr. 3, 4			Secu Bene Owne Follo	ficially ed wing	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)				
									Code	v	Amount	(A (E	A) or D)	Price		rted action(s) . 3 and 4)					
Class A Common Stock 06/09/20					2023				A 58,593		1)	Α	\$ <mark>0</mark>	106,121		]	D				
	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)	ve Conversion Date Execution Date,			tion Date,	4. Transaction Code (Instr. 8)			vative crities cired r osed )	6. Date E Expiration (Month/I	on Da		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4			8. Price of Derivative Security (Instr. 5)		y D o (I	0. Ownership orm: Direct (D) or Indirect ) (Instr. 4)	Beneficial Ownership (Instr. 4)		
					Code	v	(A)	(D)	Date Exercisable		Expiration Date	Title	Amo or Num of Shar	ber							

## 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. 100% of the RSUs shall vest on the earlier to occur of June 9, 2024 and the date of the Issuer's next annual meeting of stockholders, subject to the Reporting Person's Continuous Service (as defined in the Issuer's 2021 Equity Incentive Plan) through the applicable vesting date.

## Remarks:

/s/ Joseph Vernachio, Attorney-in-Fact

06/13/2023

\*\* Signature of Reporting Person Date

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

- $^{\star}$  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.