FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

| Washington, | D.C. | 20549 |  |
|-------------|------|-------|--|

| STATEMENT O | F CHANGES | IN BENEFICIAL | <b>OWNERSHIP</b> |
|-------------|-----------|---------------|------------------|

| OMB APPROVAL             |           |  |  |  |  |  |  |  |  |  |  |
|--------------------------|-----------|--|--|--|--|--|--|--|--|--|--|
| OMB Number:              | 3235-0287 |  |  |  |  |  |  |  |  |  |  |
| Estimated average burden |           |  |  |  |  |  |  |  |  |  |  |
| hours per response       | e: 0.5    |  |  |  |  |  |  |  |  |  |  |

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 Section 30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading Symbol

|                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                       |                   |                 |                                      | Code                                | v                                                           | (A)                                                            | (D)    | Date<br>Exercis                                                                                     | sable    | Expiration<br>Date          | Title                                                                                         | Amou<br>or<br>Numb<br>of<br>Share                | oer                                                            |                               |                                                      |          |                         |           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|--------------------------------------|-------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------|--------|-----------------------------------------------------------------------------------------------------|----------|-----------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------|-------------------------------|------------------------------------------------------|----------|-------------------------|-----------|
| 1. Title of Derivative Security (Instr. 3)  2. Conversion or Exercise Price of Derivative Security  3. Transaction Date (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year) |                                                                                                                                                                                                                                                                                                                                                       | ion Date,         |                 | ransaction of ode (Instr. Derivative |                                     | rative<br>rities<br>ired<br>r<br>osed<br>)                  | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |        | 7. Title and<br>Amount of<br>Securities<br>Underlying<br>Derivative<br>Security (Instr.<br>3 and 4) |          | De<br>Se<br>(Ir             | Price of<br>erivative<br>ecurity<br>nstr. 5)                                                  |                                                  | Ownershi<br>Form:<br>Direct (D)<br>or Indirec<br>(I) (Instr. 4 | Ownership<br>Form:            | Beneficial<br>Ownership<br>(Instr. 4)                |          |                         |           |
|                                                                                                                                                                             | Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)                                                                                                                                                                                                          |                   |                 |                                      |                                     |                                                             |                                                                |        |                                                                                                     |          |                             |                                                                                               |                                                  |                                                                |                               |                                                      |          |                         |           |
| Common                                                                                                                                                                      | Stock                                                                                                                                                                                                                                                                                                                                                 |                   |                 | 04/28/2                              | 2023                                |                                                             |                                                                | A      |                                                                                                     | 12,871(1 | ) [                         | <b>A</b> :                                                                                    | \$10.1                                           | 85,731                                                         |                               |                                                      | D        |                         |           |
|                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                       | Date<br>(Month/Da | ay/Year) if any |                                      | cution Date,<br>ny<br>nth/Day/Year) |                                                             |                                                                |        | Of (D) (Instr. 3, 4 a                                                                               |          | 4 and                       | Securit<br>Benefic<br>Owned<br>Report<br>Transa<br>(Instr. 3                                  | ially (D) of<br>Following (I) (I<br>d<br>tion(s) |                                                                | r Indirect   I<br>str. 4)   ( | of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |          |                         |           |
| 1. Title of S                                                                                                                                                               | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  1. Title of Security (Instr. 3)  2. Transaction  3. |                   |                 |                                      |                                     |                                                             |                                                                |        |                                                                                                     |          |                             | 7. Nature                                                                                     |                                                  |                                                                |                               |                                                      |          |                         |           |
| (City)                                                                                                                                                                      | (St                                                                                                                                                                                                                                                                                                                                                   | ate) (Z           | Zip)            |                                      |                                     |                                                             |                                                                |        |                                                                                                     |          | saction was mons of Rule 10 |                                                                                               |                                                  |                                                                |                               | uction or writt                                      | en plan  | that is inter           | ided to   |
| -                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                       |                   |                 |                                      | Rul                                 | e 10                                                        | )b5-                                                           | 1(c)   | Tran                                                                                                | sac      | tion Indi                   | icatio                                                                                        | on                                               |                                                                |                               |                                                      |          |                         |           |
| (Street)                                                                                                                                                                    | SDA M                                                                                                                                                                                                                                                                                                                                                 | D 2               | 0814            |                                      |                                     |                                                             |                                                                |        |                                                                                                     |          |                             |                                                                                               |                                                  |                                                                | Form<br>Perso                 | filed by Mo                                          | re than  | One Repo                | orting    |
| 3 BETHESDA METRO CENTER, SUITE 1000                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                       |                   |                 |                                      |                                     | 4. If Amendment, Date of Original Filed (Month/Day/Year)    |                                                                |        |                                                                                                     |          | Line)                       | 6. Individual or Joint/Group Filing (Check Applicabine)  X Form filed by One Reporting Person |                                                  |                                                                |                               |                                                      |          |                         |           |
| ` ′                                                                                                                                                                         | LODGING                                                                                                                                                                                                                                                                                                                                               | *                 | ,               |                                      | 4 If A                              | Amend                                                       | ment                                                           | Date o | f Origina                                                                                           | al File  | d (Month/Da                 | v/Year                                                                                        | )                                                | 6 Inc                                                          | dividual or                   | · .loint/Grou                                        | n Filino | ı (Check Ar             | oplicable |
| (Last)                                                                                                                                                                      | (Fi                                                                                                                                                                                                                                                                                                                                                   | rst) (M           | /liddle)        |                                      |                                     | 3. Date of Earliest Transaction (Month/Day/Year) 04/28/2023 |                                                                |        |                                                                                                     |          |                             |                                                                                               |                                                  | Office                                                         | er (give title                |                                                      | Other (s | pecify                  |           |
| 1. Name ar Bayh E                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                       | Reporting Person* |                 |                                      |                                     |                                                             |                                                                |        | er or Tr<br>ISt [ R                                                                                 | -        | Symbol                      |                                                                                               |                                                  |                                                                | ck all app                    | ,                                                    | ng Pers  | son(s) to Is:<br>10% Ov |           |

## Explanation of Responses:

1. These restricted shares, vesting ratably on the first four quarterly anniversaries of the date of grant, were granted to the reporting person pursuant to the RLJ Lodging Trust 2021 Equity Incentive Plan.

/s/ Anita Cooke Wells, Attorney-in-Fact

05/08/2023

\*\* 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.