

# 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 Type Responses)

1. Name and Address of Reporting Person * CASH JOHN		2. Issuer Name and Ticker or Trading Symbol UR-ENERGY INC [URG]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) ____ Director ____ 10% Owner <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) VP Reg Affairs, Explore & Geo	
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/07/2014		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person ____ Form filed by More than One Reporting Person
(Street) 10758 W. CENTENNIAL ROAD, SUITE 200			4. If Amendment, Date Original Filed (Month/Day/Year)		
(City)	(State)	(Zip)	LITTLETON, CO 80127		

**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	(A) or (D)	Price			
Common Shares	03/07/2014		M		19,988	A	\$ 0.81 <a href="#">(1)</a>	57,897	D	
Common Shares	03/07/2014		M		27,857	A	\$ 0.9 <a href="#">(2)</a>	85,754	D	
Common Shares	03/07/2014		M		67,479	A	\$ 0.91 <a href="#">(3)</a>	153,233	D	
Common Shares	03/07/2014		S		115,324	D	\$ 1.8	37,909	D	

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

SEC 1474 (9-02)

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**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)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Common Share Options (Right to Buy)	\$ 0.81 <a href="#">(1)</a>	03/07/2014		M		19,988	<a href="#">(4)</a>	03/05/2015	Common Shares	19,988	\$ 0	0	D	
Common Share Options (Right to Buy)	\$ 0.9 <a href="#">(2)</a>	03/07/2014		M		27,857	<a href="#">(5)</a>	09/02/2014	Common Shares	27,857	\$ 0	0	D	
Common Share Options (Right to Buy)	\$ 0.91 <a href="#">(3)</a>	03/07/2014		M		67,479	<a href="#">(6)</a>	01/12/2017	Common Shares	67,479	\$ 0	0	D	

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CASH JOHN 10758 W. CENTENNIAL ROAD SUITE 200			VP Reg Affairs, Explore & Geo	

## Signatures

/s/ Penne A. Goplerud, Penne A. Goplerud pursuant to Power of Attorney		03/11/2014
<small>**Signature of Reporting Person</small>		<small>Date</small>

## 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\$0.90753) as reported by OANDA Corporation on its website, [www.oanda.com](http://www.oanda.com), the U.S. dollar equivalent is \$0.74.
- (2) Price of options is expressed in Canadian dollars. Based on the rate of exchange on the transaction date (Cdn\$1.00 = US\$0.90753) as reported by OANDA Corporation on its website, [www.oanda.com](http://www.oanda.com), the U.S. dollar equivalent is \$0.82.
- (3) Price of options is expressed in Canadian dollars. Based on the rate of exchange on the transaction date (Cdn\$1.00 = US\$0.90753) as reported by OANDA Corporation on its website, [www.oanda.com](http://www.oanda.com), the U.S. dollar equivalent is \$0.83.
- (4) Options vested and became exercisable as follows: 1,999 on March 5, 2010; 4,397 on July 20, 2010; 4,398 on December 4, 2010; 4,397 on April 20, 2011; and 4,797 on September 3, 2011.
- (5) Options vested and became exercisable as follows: 2,786 on September 2, 2009; 6,128 on January 17, 2010; 6,129 on June 3, 2010; 6,128 on October 18, 2010; and 6,686 on March 3, 2011.
- (6) Options vested and became exercisable as follows: 6,748 on January 12, 2012; 14,845 on May 28, 2012; 14,846 on October 12, 2012; 14,845 on February 26, 2013; and 16,195 on July 12, 2013.

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

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