

FORM 4

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

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

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) _____ See Remarks		
(Last) 10758 W. CENTENNIAL ROAD, SUITE 200	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/11/2014					
(Street) LITTLETON, CO 80127	(State)	(Zip)	4. If Amendment, Date Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		

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	03/11/2014		M		44,039	A	\$ 1.17 (1)	81,948	D	
Common Shares	03/11/2014		M		100,000	A	\$ 1.57 (2)	181,948	D	
Common Shares	03/11/2014		S		13,001	D	\$ 1.67	168,947	D	
Common Shares	03/11/2014		S		50,400	D	\$ 1.66	118,547	D	
Common Shares	03/11/2014		S		80,638	D	\$ 1.66	37,909	D	

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

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 control number. SEC 1474 (9-02)

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)	\$ 1.17 (1)	03/11/2014		M		44,039	(3)	09/09/2016	Common Shares	44,039	\$ 0	0	D	
Common Share Options (Right to Buy)	\$ 1.57 (2)	03/11/2014		M		100,000	(4)	07/11/2016	Common Shares	100,000	\$ 0	0	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CASH JOHN 10758 W. CENTENNIAL ROAD SUITE 200 LITTLETON, CO 80127			See Remarks	

Signatures

/s/ Penne A. Goplerud, Penne A. Goplerud pursuant to Power of Attorney 03/13/2014

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\$0.90021) as reported by OANDA Corporation on its website, www.oanda.com, the U.S. dollar equivalent is \$1.06.
- (2) Price of options is expressed in Canadian dollars. Based on the rate of exchange on the transaction date (Cdn\$1.00 = US\$0.90021) as reported by OANDA Corporation on its website, www.oanda.com, the U.S. dollar equivalent is \$1.41.
- (3) Options vested from this grant and became exercisable as follows: 4,898 on September 9, 2011; 10,775 on January 24, 2012; 10,775 on June 9, 2012; 10,775 on October 24, 2012; and 11,754 on March 9, 2013.
- (4) Options vested from this grant and became exercisable as follows: 10,000 on July 7, 2011; 22,000 on November 21, 2011; 22,000 on April 6, 2012; 22,000 on August 21, 2012; and 24,000 on January 4, 2013.

Remarks:

Vice President Regulatory Affairs, Exploration and Geology

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.