Form 8 May 30			
SECUE	D STATES RITIES AND EXCHANGE COMMI INGTON, D.C. 20549	SSION	
FORM	8-K		
TO SEC	ENT REPORT PURSUANT CTION 13 OR 15(d) OF ECURITIES EXCHANGE ACT OF	1934	
Date of	Report (Date of earliest event report	ted) May 30, 2014	
	UR Residential REIT, Inc. Name of Registrant as Specified in It	es Charter)	
Maryland (State or Other Jurisdiction of Incorporation)		001-34766 (Commission File Number)	26-1908763 (I.R.S. Employer Identification No.)
3001 Ocean Drive, Suite 201 Vero Beach, Florida (Address of Principal Executive Offices)			32963 (Zip Code)
	17-4340 rant's Telephone Number, Including	Area Code)	
n/a (Forme	r Name or Former Address, if Chang	ged Since Last Report)	
	the appropriate box below if the Formstrant under any of the following pro-	S	taneously satisfy the filing obligation of A.2. below):
[_] Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)			
[_] Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17CFR 240.14a-12)			
[_] Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b)			
[_] Pr	re-commencement communications p	oursuant to Rule 13e-4(c) under	the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01. Regulation FD Disclosure.

On May 30, 2014, ARMOUR Residential REIT, Inc. ("ARMOUR") filed a slide deck presentation, to be presented by members of ARMOUR's executive management, to participants at the KBW Mortgage Finance Conference on June 3, 2014. The slide deck presentation contains updates on ARMOUR's financial position, business and operations. Attached as Exhibit 99.1 to this report is the slide deck presentation to be presented.

The slide deck presentation attached to this report as Exhibit 99.1 is furnished pursuant to this Item 7.01 and shall not be deemed filed in this or any other filing of ARMOUR under the Securities Exchange Act of 1934, as amended, unless expressly incorporated by specific reference in any such filing.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

99.1 Slide Deck Presentation to be presented at the KBW Mortgage Finance Conference, dated June 3, 2014

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: May 30, 2014

ARMOUR RESIDENTIAL REIT, INC.

By: /s/ Mark Gruber Name: Mark Gruber

Title: Chief Operating Officer

Exhibit Index

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