Con-way Inc. Form 4 August 06, 2014

FORM 4

OMB APPROVAL

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16. Form 4 or

January 31, Expires: 2005

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Estimated average burden hours per response... 0.5

Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Lehmkuhl Walter G			2. Issuer Name and Ticker or Trading Symbol Con-way Inc. [CNW]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check an applicable)		
2211 OLD EA	RHART RO	OAD	(Month/Day/Year) 08/04/2014	Director 10% Owner _X Officer (give title Other (specify below) EVP & President		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
ANN ARBOR	, MI 48105		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tab	ole I - N	on-l	Derivative	Secur	ities Acquir	ed, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired (A) Transactionor Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				(D)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	or (D)	Price	Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
Common Stock	08/04/2014		M		2,150	A	\$ 46.02	44,103 (1)	D	
Common Stock	08/04/2014		S		2,150	D	\$ 49.4937 (2)	41,953 (1)	D	
Common Stock	03/14/2014		J	V	2.3756	A	\$ 39.9628	504.8659	I	401(k)
Common Stock	06/13/2014		J	V	1.9573	A	\$ 48.6255	506.8232	I	401(k) (3)

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

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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)	Code Securities (Instr. 8) Acquired (A) or Disposed of (D)		Derivative Expiration Date urities (Month/Day/Year) quired or posed of		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8 D S (I	
			Code V	(Instr. and 5)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option (Right to Buy) (4)	\$ 46.02	08/04/2014	M	2	2,150	01/01/2006	01/24/2015	Common Stock	2,150	

Reporting Owners

nouting Owner Name / Address	Relationships
Reporting Owner Name / Address	

Director 10% Owner Officer Other

Lehmkuhl Walter G

2211 OLD EARHART ROAD EVP & President

ANN ARBOR, MI 48105

Signatures

By: Jessica Carbullido For: Walter G.
Lehmkuhl
08/06/2014

**Signature of Reporting Person Date

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).
- Includes 40,570 Restricted Stock Units granted under a Con-way Inc. Equity and Incentive Plan. Each restricted stock unit represents a contingent right to receive one share of common stock. Since the date of the reporting person's last ownership report, he transferred 2,561 shares of common stock to his ex-wife pursuant to a domestic relations order. The reporting person no longer reports as beneficially owned any securities owned by his ex-wife.
- This transaction was executed in multiple trades at prices ranging from \$49.49-\$49.495. The price reported above reflects the average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer, or a security

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holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

- Since the date of the reporting person's last ownership report, he transferred 446.8185 shares of common stock to his ex-wife pursuant to a domestic relations order. The reporting person no longer reports as beneficially owned any securities owned by his ex-wife.
- Since the date of the reporting person's last ownership report, he transferred employee stock options to purchase 18,092 shares of common stock to his ex-wife pursuant to a domestic relations order. The reporting person no longer reports as beneficially owned any securities owned by his ex-wife.

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.