

Con-way Inc.
Form 4
August 18, 2014

FORM 4

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

OMB APPROVAL

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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, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Bianco Robert Leo Jr

(Last) (First) (Middle)
2211 OLD EARHART ROAD
(Street)

ANN ARBOR, MI 48105

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
Con-way Inc. [CNW]

3. Date of Earliest Transaction
(Month/Day/Year)
08/14/2014

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
EVP & President

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
____ 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 Stock	08/14/2014		S		12,861	D	\$ 50.7884 (1)
Common Stock	08/14/2014		M		8,000 (3)	A	\$ 46.02 65,013 (2)
Common Stock	08/14/2014		S		8,000 (3)	D	\$ 51 57,013 (2)
Common Stock	08/14/2014		M		18,967 (3)	A	\$ 44.09 75,980 (2)
Common Stock	08/14/2014		S		18,967 (3)	D	\$ 51.0172 57,013 (2)

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Common Stock	08/14/2014	M		30,000 (3)	A	\$ 46.65	87,013 (2)		D
Common Stock	08/14/2014	S		30,000 (3)	D	\$ (4) 51.0172	57,013 (2)		D
Common Stock	08/15/2014	M		2,467 (3)	A	\$ 44.09	59,480 (2)		D
Common Stock	08/15/2014	S		2,467 (3)	D	\$ (5) 51.1197	57,013 (2)		D
Common Stock	03/13/2014	J	V	31.4076	A	\$ 39.9628	12,582.7622	I	401(k)
Common Stock	06/13/2014	J	V	25.877	A	\$ 48.6255	12,608.6392	I	401(k)

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

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(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)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 44.09	08/14/2014		M	18,967	01/01/2009 01/28/2018	Common Stock	18,967	
Stock Option (Right to Buy)	\$ 44.09	08/15/2014		M	2,467	01/01/2009 01/28/2018	Common Stock	2,467	
Stock Option	\$ 46.02	08/14/2014		M	8,000	01/01/2006 01/24/2015	Common Stock	8,000	

(Right to Buy)

Stock

Option (Right to Buy)	\$ 46.65	08/14/2014	M	30,000	01/01/2008	01/29/2017	Common Stock	30,000
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Bianco Robert Leo Jr 2211 OLD EARHART ROAD ANN ARBOR, MI 48105			EVP & President	

Signatures

By: Jessica Carbullido For: Robert L. Bianco

08/18/2014

__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).

- (1) This transaction was executed in multiple trades at prices ranging from \$50.6000-\$50.9298. 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 holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.
- (2) Includes 37,088 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 at vesting.
- (3) The option exercise and sale of common stock reported in this Form 4 was effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person.

(4) This transaction was executed in multiple trades at prices ranging from \$51.0000 - \$51.0600. 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 holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

(5) This transaction was executed in multiple trades at prices ranging from \$51.0900-\$51.1600. 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 holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

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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