

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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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 or Price		
Common Stock	08/14/2014		S		12,861 D \$ 50.7884 (1)	57,013 (2)	D
Common Stock	08/14/2014		M		8,000 (3) A \$ 46.02	65,013 (2)	D
Common Stock	08/14/2014		S		8,000 (3) D \$ 51	57,013 (2)	D
Common Stock	08/14/2014		M		18,967 (3) A \$ 44.09	75,980 (2)	D
Common Stock	08/14/2014		S		18,967 (3) D \$ 51.0172	57,013 (2)	D

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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	\$ 51.0172 (4)	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	\$ 51.1197 (5)	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.

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.

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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)	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	

