

LUNDBERG LESLIE P
 Form 4
 February 11, 2010

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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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 *
 LUNDBERG LESLIE P

(Last) (First) (Middle)

2855 CAMPUS DRIVE, SUITE 300

(Street)

SAN MATEO, CA 94403

(City) (State) (Zip)

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

3. Date of Earliest Transaction (Month/Day/Year)
 02/09/2010

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)

SVP Human Resources

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	Price	
Common Stock	02/10/2010		M		1,500	A \$ 20.27	4,471 D
Common Stock	02/10/2010		M		1,500	A \$ 20.27	5,971 D
Common Stock	02/10/2010		M		2,000	A \$ 20.27	7,971 D
Common Stock	02/10/2010		S		1,500	D \$ 28.71	6,471 D
Common Stock	02/10/2010		S		1,500	D \$ 29	4,971 D

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Common Stock	02/10/2010	S	2,000	D	\$ 30	2,971	D	
Common Stock	02/11/2010	M	1,500	A	\$ 20.27	4,471	D	
Common Stock	02/11/2010	S	1,500	D	\$ 31.1493 (1)	2,971	D	
Restricted Stock (2)	02/09/2010	A	6,795	A	\$ 28.92	16,489	D	
Common Stock (3)						10.8051	I	by 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.

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 Underlying Security (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title
Non-Qualified Stock Option (right to buy)	\$ 20.27	02/10/2010		M	1,500	01/01/2010 01/26/2019	Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.27	02/10/2010		M	1,500	01/01/2010 01/26/2019	Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.27	02/10/2010		M	2,000	01/01/2010 01/26/2019	Common Stock
Non-Qualified Stock Option (right to buy)	\$ 20.27	02/11/2010		M	1,500	01/01/2010 01/26/2019	Common Stock
Stock Appreciation Rights	\$ 28.92	02/09/2010		A	14,842	01/01/2011 02/09/2020	Common Stock

