

Freeland Kevin P
Form 4
February 13, 2013

FORM 4

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

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

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
Freeland Kevin P

2. Issuer Name **and** Ticker or Trading
Symbol
ADVANCE AUTO PARTS INC
[AAP]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)
ADVANCE AUTO PARTS,
INC., 5008 AIRPORT RD
(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
02/12/2013

____ Director ____ 10% Owner
____X____ Officer (give title ____ Other (specify
below) below)
Chief Operating Officer

ROANOKE, VA 24012

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

6. Individual or Joint/Group Filing(Check
Applicable Line)
____X____ Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

(City) (State) (Zip)

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	02/12/2013		M		63,560 (1)	A \$ 33.8	82,115 D
Common Stock	02/12/2013		M		49,829 (1)	A \$ 25.81	131,944 D
Common Stock	02/12/2013		M		49,827 (1)	A \$ 25.81	181,771 D
Common Stock	02/12/2013		M		31,836 (1)	A \$ 40.38	213,607 D
Common Stock	02/12/2013		F		133,803 (2)	D \$ 78.31	79,804 D

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Common Stock	02/12/2013	S	61,249	D	\$ 77.94 (3)	18,555	D
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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 Underlying Security (Instr. 3 and 4)	Amount or Number of Shares
Stock Appreciation Rights	\$ 33.8	02/12/2013		M	63,560 (1)	(4) 02/20/2015	Common Stock	63,560
Stock Appreciation Rights	\$ 25.81	02/12/2013		M	49,829 (1)	(5) 11/17/2015	Common Stock	49,829
Stock Appreciation Rights	\$ 25.81	02/12/2013		M	49,827 (1)	03/01/2012 11/17/2015	Common Stock	49,827
Stock Appreciation Rights	\$ 40.38	02/12/2013		M	31,836 (1)	(6) 12/01/2016	Common Stock	31,836

Reporting Owners

Reporting Owner Name / Address	Relationships
Freeland Kevin P ADVANCE AUTO PARTS, INC. 5008 AIRPORT RD ROANOKE, VA 24012	Director 10% Owner Officer Other Chief Operating Officer

Signatures

/s/ Rachel E. Geiersbach, as Attorney-in-Fact for Kevin P.
Freeland

02/13/2013

____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).

Represents the exercise by Mr. Freeland of his stock appreciation rights (SARs), consistent with Mr. Freeland's regular investment diversification practice. Following this transaction, Mr. Freeland retains a substantial ownership commitment in beneficially owned stock and vested employee SARs.

(2) Represents shares withheld to satisfy exercise price and tax withholding obligations upon the exercise of SARs.

The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$77.52 to \$78.54. The Reporting Person has provided to the Issuer, and undertakes to provide to any security holder of the Issuer or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.

(4) These shares became exercisable in three approximately equal annual installments beginning on February 19, 2009.

(5) These shares became exercisable in three approximately equal annual installments beginning on November 17, 2009.

(6) These shares became exercisable in three approximately equal annual installments beginning on December 1, 2010.

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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