Pileggi Jennifer
Form 4
November 23, 2010

FORM 4

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

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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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *
Pileggi Jennifer

(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)
11/19/2010

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
EVP, General Counsel & Sec

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ 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	11/19/2010		M		10,000	A	$ 20.27	21,836	D	
Common Stock	11/19/2010		S		10,000	D	$ 33.1517	11,836	D	
Common Stock (1)	03/12/2010		J	V	6.0515	A	$ 35.338	2,184.8725	I	by 401(k)
Common Stock (1)	04/07/2010		J	V	105.2901	A	$ 35.338	2,290.1626	I	by 401(k)
Common Stock (1)	06/15/2010		J	V	6.8727	A	$ 33.322	2,297.0353	I	by 401(k)

Common Stock (1)	07/08/2010		J	V	85.5707	A	$ 29.946	2,382.606	I	by 401(k)
Common Stock (1)	09/15/2010		J	V	8.2473	A	$ 28.8904	2,390.8533	I	by 401(k)
Common Stock (1)	10/06/2010		J	V	34.577	A	$ 30.852	2,425.4303	I	by 401(k)
Common Stock (1)	03/12/2010		J	V	2.7508	A	$ 35.338	993.1366	I	by Spouse
Common Stock (1)	04/07/2010		J	V	44.2037	A	$ 35.338	1,037.3403	I	by Spouse
Common Stock (1)	06/15/2010		J	V	3.1129	A	$ 33.322	1,040.4532	I	by Spouse
Common Stock (1)	07/08/2010		J	V	29.2179	A	$ 29.946	1,069.6711	I	by Spouse
Common Stock (1)	09/15/2010		J	V	3.7026	A	$ 28.8904	1,073.3737	I	by Spouse
Common Stock (1)	10/06/2010		J	V	28.4665	A	$ 30.852	1,101.8402	I	by Spouse

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

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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 Amou Underlying Secur (Instr. 3 and 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Am or Nu of S
Non-Qualified Stock Option (right to buy)	$ 20.27	11/19/2010		M			10,000	01/01/2010	01/26/2019	Common Stock	10

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Pileggi Jennifer 2855 CAMPUS DRIVE, SUITE 300 SAN MATEO, CA 94403			EVP, General Counsel & Sec	

Signatures

Jennifer W. Pileggi	11/23/2010
**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) These shares were acquired under the Con-way Retirement Savings Plan either as matching contributions or in lieu of cash dividends.

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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