BLAIR BRYCE Form 4 October 28, 2004

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

(Print or Type Responses)

1. Name and Address of Reporting Person * **BLAIR BRYCE**

(Middle)

Symbol **AVALONBAY COMMUNITIES**

2. Issuer Name and Ticker or Trading

INC [AVB]

(Month/Day/Year) 10/26/2004

5. Relationship of Reporting Person(s) to

OMB APPROVAL

10% Owner

Other (specify

3235-0287

January 31,

2005

0.5

OMB

Number:

Expires:

response...

Estimated average

burden hours per

Issuer

below)

(Check all applicable)

CEO and President

C/O AVALONBAY

(Last)

COMMUNITIES, INC., 2900 EISENHOWER AVE., SUITE 300

(Street)

(First)

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

3. Date of Earliest Transaction

6. Individual or Joint/Group Filing(Check

Applicable Line)

_X__ Director

X_ Officer (give title

X Form filed by One Reporting Person Form filed by More than One Reporting

ALEXANDRIA, VA 22314

(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 4. Securities Acquired (A) 5. Amount of 7. Nature of Indirect Security (Month/Day/Year) Execution Date, if Transactionor Disposed of (D) Securities Ownership (Instr. 3) Code (Instr. 3, 4 and 5) Beneficially Form: Beneficial (Month/Day/Year) (Instr. 8) Owned Direct (D) Ownership Following or Indirect (Instr. 4) Reported (I) (A) Transaction(s) (Instr. 4) (Instr. 3 and 4) (D) Price Code V Amount Common Stock, par 164,499.089 10/26/2004 M 15,000 D value \$.01 38.1524 per share Common 163,899.089 Stock, par 10/26/2004 S 600 \$65.26 D D value \$.01 (1)per share Common 10/26/2004 S 2,900 D \$ 65.12 160,999,089 D (1) Stock, par

value \$.01 per share									
Common Stock, par value \$.01 per share	10/26/2004	S		3,000	D	\$ 65.11	157,999.089 (1)	D	
Common Stock, par value \$.01 per share	10/26/2004	S		3,000	D	\$ 65.19	154,999.089 (1)	D	
Common Stock, par value \$.01 per share	10/26/2004	S		3,000	D	\$ 65.16	151,999.089 (1)	D	
Common Stock, par value \$.01 per share	10/26/2004	S		2,400	D	\$ 65.15	149,599.089 (1)	D	
Common Stock, par value \$.01 per share	10/26/2004	S		100	D	\$ 65.13	149,499.089 (1)	D	
Common Stock, par value \$.01 per share	10/26/2004	G	V	300	D	\$ 0 (2)	149,199.089	D	
Common Stock, par value \$.01 per share	10/26/2004	G	V	300	A	\$ 0 (2)	735	I	Held in trust for minor children
Common Stock, par value \$.01 per share	10/26/2004	S		200	D	\$ 65.5	535	I	Held in trust for minor children

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

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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	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	TransactionDerivative		Expiration Date	Underlying Securitie
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3) Price of (Month/Day/Year) (Instr. 8) Acquired (A) Derivative or Disposed of Security (D)

(Instr. 3, 4, and 5)

(D)

Code V (A)

Date Exercisable Expiration Date

Title

orNumb

Amou

of Sha

15,0

Employee

Stock **Options** (Right to

Buy)

\$ 38.1524 10/26/2004 M

15,000 10/29/1998(3) 10/29/2007

Common Stock

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

BLAIR BRYCE

C/O AVALONBAY COMMUNITIES, INC. 2900 EISENHOWER AVE., SUITE 300 ALEXANDRIA, VA 22314

X

CEO and President

Signatures

Edward M. Schulman, as attorney-in-fact under Power of Attorney dated January 1, 2000

10/28/2004

**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).
- The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares.
- (2) Reflects gift of 300 shares of common stock from directly held shares to accounts held in trust for the benefit of minor children.
- The options exercised were included in options granted on October 29, 1997 which became exercisable in three equal annual installments beginning on October 29, 1998.
- The number of derivative securities beneficially owned following the reported transaction includes options with varying exercise prices (4) and vesting dates. Following the reported transaction, the reporting person continues to hold 61,649 options that expire on October 29, 2007 with an exercise price of \$38.1524.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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