

Congdon Helen S  
Form 4  
September 17, 2010

**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 \*  
Congdon Helen S

(Last) (First) (Middle)

C/O OLD DOMINION FREIGHT  
LINE, INC., 500 OLD DOMINION  
WAY

(Street)

THOMASVILLE, NC 27360

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading  
Symbol

OLD DOMINION FREIGHT LINE  
INC/VA [ODFL]

3. Date of Earliest Transaction  
(Month/Day/Year)  
09/15/2010

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

5. Relationship of Reporting Person(s) to  
Issuer

(Check all applicable)

\_\_\_\_ Director \_\_\_\_X\_\_\_\_ 10% Owner  
\_\_\_\_ Officer (give title \_\_\_\_X\_\_\_\_ Other (specify  
below) below)  
Member of Section 13(d) group

6. Individual or Joint/Group Filing(Check  
Applicable Line)  
\_\_\_\_ Form filed by One Reporting Person  
\_X\_ 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)
Common Stock	09/15/2010		S <sup>(1)</sup>	151 D	\$ 25.3404 <sup>(5)</sup> 62,489 <sup>(2)</sup>	D	
Common Stock	09/15/2010		S <sup>(1)</sup>	1,810 D	\$ 25.3404 <sup>(5)</sup> 711,609 <sup>(2)</sup>	I	By husband as trustee of David S. Congdon Revocable Trust
	09/15/2010		S <sup>(1)</sup>	966 D	146,529 <sup>(2)</sup>	I	

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Common Stock					\$ 25.3404 <u>(5)</u>			By husband as custodian for minor child
Common Stock	09/15/2010	S <u>(1)</u>	966	D	\$ 25.3404 <u>(5)</u>	146,529 <u>(3)</u>	I	As trustee of Marilyn Marie Congdon Revocable Declaration of Trust
Common Stock	09/15/2010	S <u>(1)</u>	966	D	\$ 25.3404 <u>(5)</u>	146,529 <u>(4)</u>	I	As trustee of Kathryn Leigh Congdon Revocable Declaration of Trust
Common Stock						32,571 <u>(2)</u>	I	By husband
Common Stock						44,367 <u>(2)</u>	I	By husband's 401(k) plan
Common Stock						418,551 <u>(2)</u>	I	As trustee of David S. Congdon Irrevocable Trust #1 dated 12/1/92
Common Stock						37,050 <u>(2)</u>	I	As trustee of David S. Congdon Irrevocable Trust #2 dated 11/18/99
Common Stock						150,000 <u>(2)</u>	I	By husband as trustee of David S. Congdon February 2010 Grantor Retained Annuity Trust

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Common Stock					58,198 <sup>(2)</sup>	I	By husband as trustee of an Irrevocable Trust Agreement dated 12/18/98 fbo Marilyn Congdon
Common Stock					58,198 <sup>(2)</sup>	I	By husband as trustee of an Irrevocable Trust Agreement dated 12/18/98 fbo Kathryn Congdon
Common Stock					58,198 <sup>(2)</sup>	I	By husband as trustee of an Irrevocable Trust Agreement dated 12/18/98 fbo Ashlyn Congdon
Common Stock					430,651 <sup>(2)</sup>	I	By husband as co-trustee of the Earl E. Congdon GRAT Remainder Trust
Common Stock	09/16/2010	S <sup>(1)</sup>	614	D	\$ 25.962 <sup>(6)</sup>	61,875 <sup>(2)</sup>	D
Common Stock	09/16/2010	S <sup>(1)</sup>	185	D	\$ 26.1053 <sup>(7)</sup>	61,690 <sup>(2)</sup>	D
Common Stock	09/16/2010	S <sup>(1)</sup>	7,364	D	\$ 25.962 <sup>(6)</sup>	704,245 <sup>(2)</sup>	I
							By husband as trustee of David S. Congdon Revocable

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Common Stock	09/16/2010	S <sup>(1)</sup>	2,219	D	\$ 26.1053 (7)	702,026 (2)	I	Trust  By husband as trustee of David S. Congdon Revocable Trust
Common Stock	09/16/2010	S <sup>(1)</sup>	3,927	D	\$ 25.962 (6)	142,602 (2)	I	By husband as custodian for minor child
Common Stock	09/16/2010	S <sup>(1)</sup>	1,183	D	\$ 26.1053 (7)	141,419 (2)	I	By husband as custodian for minor child
Common Stock	09/16/2010	S <sup>(1)</sup>	3,927	D	\$ 25.962 (6)	142,602 (3)	I	As trustee of Marilyn Marie Congdon Revocable Declaration of Trust
Common Stock	09/16/2010	S <sup>(1)</sup>	1,183	D	\$ 26.1053 (7)	141,419 (3)	I	As trustee of Marilyn Marie Congdon Revocable Declaration of Trust
Common Stock	09/16/2010	S <sup>(1)</sup>	3,927	D	\$ 25.962 (6)	142,602 (4)	I	As trustee of Kathryn Leigh Congdon Revocable Declaration of Trust
Common Stock	09/16/2010	S <sup>(1)</sup>	1,183	D	\$ 26.1053 (7)	141,419 (4)	I	As trustee of Kathryn Leigh Congdon Revocable Declaration of Trust

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**

SEC 1474  
(9-02)

**required to respond unless the form displays a currently valid OMB control number.**

**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)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 6)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Congdon Helen S C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X		Member of Section 13(d) group
Congdon Marilyn M C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X		Member of Section 13(d) group
Congdon Kathryn L. C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X		Member of Section 13(d) group

## Signatures

/s/ Joel B. McCarty, Jr., by Power of Attorney 09/17/2010

                    \*\*Signature of Reporting Person

Date

/s/ Joel B. McCarty, Jr., by Power of Attorney 09/17/2010

                    \*\*Signature of Reporting Person

Date

/s/ Joel B. McCarty, Jr., by Power of Attorney 09/17/2010

Attorney

\_\_\_\_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) The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on August 30, 2010.

- (2) These securities are beneficially owned by Helen S. Congdon, who may be deemed a member of a "group" for purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are identified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.

- (3) These securities are beneficially owned by Marilyn M. Congdon, who may be deemed a member of a "group" for purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are identified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.

- (4) These securities are beneficially owned by Kathryn L. Congdon, who may be deemed a member of a "group" for purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are identified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.

- (5) The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$25.33 to \$25.41, inclusive. The reporting person undertakes to provide to the issuer, 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.

- (6) The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$25.33 to \$26.20, inclusive. The reporting person undertakes to provide to the issuer, 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.

- (7) The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$26.00 to \$26.20, inclusive. The reporting person undertakes to provide to the issuer, 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.

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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