

TOMPKINS TRUSTCO INC
 Form 4
 August 31, 2006

FORM 4

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

OMB APPROVAL

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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 *
FULMER JAMES W

(Last) (First) (Middle)

**C/O TOMPKINS TRUSTCO INC, P
 O BOX 460**

(Street)

ITHACA, NY 14851

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
TOMPKINS TRUSTCO INC [TMP]

3. Date of Earliest Transaction
 (Month/Day/Year)
08/29/2006

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)
President

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	(A) or (D)	Price		
Common Stock	08/29/2006		M		600	A	\$ 20	41,309	D
Common Stock	08/29/2006		S		600	D	\$ 43.405	40,709	D
Common Stock	08/29/2006		M		800	A	\$ 20	41,509	D
Common Stock	08/29/2006		S		800	D	\$ 43.1	40,709	D
Common Stock	08/29/2006		M		900	A	\$ 20	41,609	D

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Common Stock	08/29/2006	S	900	D	\$ 43.25	40,709	D	
Common Stock	08/29/2006	M	969	A	\$ 20	41,678	D	
Common Stock	08/29/2006	S	969	D	\$ 43.3	40,709	D	
Common Stock	08/29/2006	M	1,300	A	\$ 20	42,009	D	
Common Stock	08/29/2006	S	1,300	D	\$ 43.22	40,709	D	
Common Stock	08/30/2006	M	2,400	A	\$ 20	43,109	D	
Common Stock	08/30/2006	S	2,400	D	\$ 43.65	40,709	D	
Common Stock	08/30/2006	M	927	A	\$ 20	41,636	D	
Common Stock	08/30/2006	S	927	D	\$ 43.65	40,709	D	
Common Stock	08/30/2006	M	473	A	\$ 20	41,182	D	
Common Stock	08/30/2006	S	473	D	\$ 43.65	40,709	D	
Common Stock	08/30/2006	M	1,400	A	\$ 20	42,109	D	
Common Stock	08/30/2006	S	1,400	D	\$ 43.3486	40,709	D	
Common Stock	08/30/2006	M	200	A	\$ 20	40,909	D	
Common Stock	08/30/2006	S	200	D	\$ 43.68	40,709	D	
Common Stock						25,592	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)

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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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 20	08/29/2006		M	600	<u>(1)</u>	09/14/2010	Common Stock	600
Non-Qualified Stock Option (right to buy)	\$ 20	08/29/2006		M	800	<u>(1)</u>	09/14/2010	Common Stock	800
Non-Qualified Stock Option (right to buy)	\$ 20	08/29/2006		M	900	<u>(1)</u>	09/14/2010	Common Stock	900
Non-Qualified Stock Option (right to buy)	\$ 20	08/29/2006		M	969	<u>(1)</u>	09/14/2010	Common Stock	969
Non-Qualified Stock Option (right to buy)	\$ 20	08/29/2006		M	1,300	<u>(1)</u>	09/14/2010	Common Stock	1,300
Non-Qualified Stock Option (right to buy)	\$ 20	08/30/2006		M	2,400	<u>(1)</u>	09/14/2010	Common Stock	2,400
Non-Qualified Stock Option (right to buy)	\$ 20	08/30/2006		M	927	<u>(1)</u>	09/14/2010	Common Stock	927
Non-Qualified Stock Option (right to buy)	\$ 20	08/30/2006		M	473	<u>(1)</u>	09/14/2010	Common Stock	473
Non-Qualified Stock Option (right to buy)	\$ 20	08/30/2006		M	1,400	<u>(1)</u>	09/14/2010	Common Stock	1,400
Non-Qualified Stock Option (right to buy)	\$ 20	08/30/2006		M	200	<u>(1)</u>	09/14/2010	Common Stock	200

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
FULMER JAMES W C/O TOMPKINS TRUSTCO INC P O BOX 460 ITHACA, NY 14851	X		President	

Signatures

James W.
Fulmer

08/31/2006

**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 stock option becomes exercisable in four installments, commencing two years after the grant date.

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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