Edgar Filing: BLAIR BRYCE - Form 4

BLAIR BR Form 4											
October 05	ЛЛ								OMB API	PROVAL	
Washington, D.C. 20549								OMMISSION	OMB Number:	3235-0287	
	nger to 16. or Filed pu	MENT OF Irsuant to Se 7(a) of the Pu 30(h) o	CHANG Section 16(ES IN SECU (a) of t ity Ho	N BENE RITIES the Secur olding Co	Expires: January 31, 2005 Estimated average burden hours per response 0.5					
1(b). (Print or Type	Responses)										
	Address of Reporting	S	2. Issuer N Symbol AVALON INC [AV]	JBAY]	5. Relationship of I Issuer (Check	Reporting Perso all applicable)	on(s) to	
(Last) (First) (Middle) 3. Date (Mont			3. Date of E Month/Day	of Earliest TransactionX_ Director /Day/Year)X_ Officer (given below)				_X_ Officer (give t	below)		
COMMUN	NITIES, LLSTON TOWE		10/03/201	. 1					CEO		
			4. If Amend Filed(Month		-	nal	-	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person			
ARLINGT	ON, VA 22203							Form filed by Mo Person	ore than One Rep	orting	
(City)	(State)	(Zip)	Table 1	[- Non	-Derivativ	e Sec	urities Acqu	ired, Disposed of,	or Beneficially	Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Da any (Month/Day/	Co Year) (In	Transactionor Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or		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			Co	de v	Amount	(D)	Price				
Stock, par value \$.01 per share	10/03/2011		М	(1)	5,400	A	\$ 67.86	326,871.4657 (2)	D		
Common Stock, par value \$.01 per	10/03/2011		S <u>(</u>	(1)	2,000	D	\$ 115.0478 (<u>3)</u>	324,871.4657 (2)	' D		

share							
Common Stock, par value \$.01 per share	10/03/2011	S <u>(1)</u>	3,400	D	\$ 116.2115 (4)	321,471.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	M <u>(1)</u>	7,000	A	\$ 86.4	328,471.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	M <u>(1)</u>	3,300	A	\$ 48.6	331,771.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	M <u>(1)</u>	3,700	A	\$ 67.86	335,471.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	S <u>(1)</u>	2,000	D	\$ 110.254 (5)	333,471.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	S <u>(1)</u>	2,000	D	\$ 111.25 (6)	331,471.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	S <u>(1)</u>	2,000	D	\$ 112.2515 (7)	329,471.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	S <u>(1)</u>	2,000	D	\$ 113.256 (8)	327,471.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	S <u>(1)</u>	2,000	D	\$ 114.2585 (9)	325,471.4657 (2)	D

2

Edgar Filing: BLAIR BRYCE - Form 4

Common Stock, par value \$.01 per share	10/04/2011	S <u>(1)</u>	2,000	D	\$ 115.2775 (10)	323,471.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	S <u>(1)</u>	1,000	D	\$ 116.8503 (11)	322,471.4657 (2)	D
Common Stock, par value \$.01 per share	10/04/2011	S <u>(1)</u>	1,000	D	\$ 117.112 (12)	321,471.4657 (2)	D

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 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. Transactio Code (Instr. 8)	5. Number prof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisabl Expiration Date (Month/Day/Year)		7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options (Right to Buy)	\$ 67.86	10/03/2011		M <u>(1)</u>	5,400	02/11/2006(13)	02/11/2015	Common Stock	5,400
Stock Options (Right to Buy)	\$ 86.4	10/04/2011		M <u>(1)</u>	7,000	02/11/2009(14)	02/11/2018	Common Stock	7,000
Stock Options (Right to	\$ 48.6	10/04/2011		M <u>(1)</u>	3,300	02/11/2010(15)	02/11/2019	Common Stock	3,300

Buy)

Stock Options $\$ 67.86$ 10/04/2011 M ⁽¹⁾ $3,700$ $02/11/2006^{(13)}_{(13)}$ $02/11/2015$ Common Stock $3,700$	Duy)								
(Right to $\frac{307.80}{10/04/2011}$ $\frac{10/04/2011}{10/04/2011}$ $\frac{10/04/2011}{10/04/2011}$ Stock S, Buy)	Options (Right to	\$ 67.86	10/04/2011	M <u>(1)</u>	3,700	02/11/2006(13)	02/11/2015	Common Stock	3,700

Reporting Owners

Reporting Owner Name / Address	ips							
	Director 1							
BLAIR BRYCE C/O AVALONBAY COMMUNITIES, INC. BALLSTON TOWER, 671 N. GLEBE ROAD ARLINGTON, VA 22203	CEO							
Signatures								
By Catherine T. White under Power of Attorney dated as of January 20 2009 10/05/2011								
** 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 exercises and sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on June 24, 2011
- (2) The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares.
- (3) This transaction was executed in multiple trades at prices ranging from \$115.00 to \$115.18. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

This transaction was executed in multiple trades at prices ranging from \$116.00 to \$116.55. The price reported above reflects the
 (4) weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

This transaction was executed in multiple trades at prices ranging from \$110.00 to \$110.52. The price reported above reflects the
 (5) weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

This transaction was executed in multiple trades at prices ranging from \$111.00 to \$111.50. The price reported above reflects the
 (6) weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

This transaction was executed in multiple trades at prices ranging from \$112.00 to \$112.52. The price reported above reflects the
 (7) weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

This transaction was executed in multiple trades at prices ranging from \$113.00 to \$113.50. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

This transaction was executed in multiple trades at prices ranging from \$114.00 to \$114.54. The price reported above reflects the(9) weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

Reporting Owners

Edgar Filing: BLAIR BRYCE - Form 4

This transaction was executed in multiple trades at prices ranging from \$115.00 to \$115.58. The price reported above reflects the
 (10) weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

This transaction was executed in multiple trades at prices ranging from \$116.82 to \$116.89. The price reported above reflects the
 (11) weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

This transaction was executed in multiple trades at prices ranging from \$117.09 to \$117.14. The price reported above reflects the(12) weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

- (13) The options exercised were included in options granted under the issuer's stock option and incentive plan on February 11, 2005 which became exercisable in three equal installments beginning on February 11, 2006.
- (14) The options exercised were included in options granted under the issuer's stock option and incentive plan on February 11, 2008 which became exercisable in three equal installments beginning on February 11, 2009.
- (15) The options exercised were included in options granted under the issuer's stock option and incentive plan on February 11, 2009 which became exercisable in three equal installments beginning on February 11, 2010.
- (16) Following the reported transactions, the reporting person holds a total of 197,399 options to purchase the issuer's common stock granted on various dates with varying exercise prices and vesting dates.

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.