

SCHRECK ERIC W
Form 3
July 28, 2010

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0104
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

INITIAL STATEMENT OF 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 *

Â SCHRECK ERIC W

(Last) (First) (Middle)

2. Date of Event Requiring Statement

(Month/Day/Year)

07/20/2010

3. Issuer Name and Ticker or Trading Symbol
TRUSTCO BANK CORP N Y [TRST]

4. Relationship of Reporting Person(s) to Issuer

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

(Check all applicable)

____ Director ____ 10% Owner
__X__ Officer ____ Other
(give title below) (specify below)
Treasurer

6. Individual or Joint/Group Filing(Check Applicable Line)
__X__ Form filed by One Reporting Person
____ Form filed by More than One Reporting Person

C/O TRUSTCO BANK CORP N
Y,Â 5 SARNOWSKI DRIVE

(Street)

GLENVILLE,Â NYÂ 12302

(City) (State) (Zip)

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security
(Instr. 4)

2. Amount of Securities Beneficially Owned
(Instr. 4)

3. Ownership Form:
Direct (D)
or Indirect (I)
(Instr. 5)

4. Nature of Indirect Beneficial Ownership
(Instr. 5)

Common Stock

32,234

D

Â

Common Stock

588

I

By Wife

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

SEC 1473 (7-02)

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Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security
(Instr. 4)

2. Date Exercisable and Expiration Date
(Month/Day/Year)

3. Title and Amount of Securities Underlying Derivative Security
(Instr. 4)

4. Conversion or Exercise Price of

5. Ownership Form of Derivative

6. Nature of Indirect Beneficial Ownership
(Instr. 5)

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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Derivative Security	Security: Direct (D) or Indirect (I) (Instr. 5)	
Option: Right-To-Buy	07/24/2002	07/24/2012	Common	7,500	\$ 11.83	D	Â
Option: Right-To-Buy	11/19/2004	11/19/2014	Common	7,500	\$ 13.55	D	Â
Option: Right-To-Buy	01/21/2005	01/21/2015	Common	7,500	\$ 12.15	D	Â
Option: Right-To-Buy	06/01/2007	06/01/2017	Common	7,500	\$ 9.91	D	Â
Option: Right-To-Buy	06/02/2008	06/02/2018	Common	10,000	\$ 8.29	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SCHRECK ERIC W C/O TRUSTCO BANK CORP N Y 5 SARNOWSKI DRIVE GLENVILLE, NY 12302	Â	Â	Â Treasurer	Â

Signatures

/s/ Robert T. Cushing, Power of Attorney

07/27/2010

____Signature of Reporting Person

____Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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).

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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