

TOMPKINS TRUSTCO INC  
 Form 4  
 November 15, 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 \*  
 UPDIKE LAWRENCE A

(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)  
 11/13/2006

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)  
 EVP, Operations Officer

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 Ownership Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount (A) or Price (D)		
Common Stock	11/13/2006		M		500	A	\$ 39.34 8,486 D
Common Stock	11/13/2006		S		500	D	\$ 46.65 7,986 D
Common Stock	11/13/2006		M		500	A	\$ 39.34 8,486 D
Common Stock	11/13/2006		S		500	D	\$ 46.5 7,986 D
Common Stock	11/13/2006		M		178	A	\$ 39.34 8,164 D

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Common Stock	11/13/2006	S	178	D	\$ 46.2	7,986	D
Common Stock	11/13/2006	M	500	A	\$ 32.23	8,486	D
Common Stock	11/13/2006	S	500	D	\$ 46.35	7,986	D
Common Stock	11/13/2006	M	140	A	\$ 32.23	8,126	D
Common Stock	11/13/2006	S	140	D	\$ 46.2	7,986	D
Common Stock	11/13/2006	M	182	A	\$ 39.34	8,168	D
Common Stock	11/13/2006	S	182	D	\$ 46.2	7,986	D

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)

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)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Incentive Stock Option (right to buy)	\$ 32.23	11/13/2006		M	500	<u>(1)</u>	09/30/2012	Common Stock	500
Incentive Stock Option (right to buy)	\$ 32.23	11/13/2006		M	140	<u>(1)</u>	09/30/2012	Common Stock	140
Incentive Stock Option (right to buy)	\$ 39.34	11/13/2006		M	500	<u>(1)</u>	05/03/2014	Common Stock	500

