MONRO MUFFLER BRAKE INC

Form 4

November 16, 2012

FORM 4

Check this box

if no longer

subject to

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

January 31, 2005

0.5

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Section 16. Form 4 or Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Van Heel John W	2. Issuer Name and Ticker or Trading Symbol MONRO MUFFLER BRAKE INC [MNRO]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) (First) (Middle) 200 HOLLEDER PARKWAY	3. Date of Earliest Transaction (Month/Day/Year) 11/14/2012	_X_ Director 10% Owner _X_ Officer (give title Other (specify below) Chief Executive Officer		
(Street) ROCHESTER, NY 14615	4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State) (Zi	p) Table 1	I - Non-De	rivative Sec	urities	Acquire	d, Disposed of, o	r Beneficially	Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	4. Securities on Dispose (Instr. 3, 4	d of (E and 5) (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)
HOLDINGS		Code V Amount (D) P	Price	44,887	D				
Common Stock	11/14/2012	11/14/2012	J	43,018 (1)	D	\$ 31.67	1,869	D	
Common Stock	11/14/2012	11/14/2012	M	112,500	A	\$ 12.11	114,369	D	
Common Stock	11/14/2012	11/14/2012	M	6,750	A	\$ 6.6	121,119	D	
Common Stock	11/15/2012	11/15/2012	S	20,000 (2)	D	\$ 31.56	101,119	D	
	11/16/2012	11/16/2012	S		D		88,419	D	

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Common 12,700 \$ Stock (2) 31.52

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

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SEC 1474

(9-02)

Other

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)	orDeriv Secur Acqu Dispo		6. Date Exercise Expiration Date (Month/Day/Y	e	7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount of Number of Shares
Options (Right to buy)	\$ 12.11	11/14/2012	11/14/2012	M		112,500	01/10/2008	01/09/2013	Common Stock	112,500
Options (Right to buy)	\$ 6.6	11/14/2012	11/14/2012	M		6,750	05/15/2003	05/14/2013	Common Stock	6,750

Reporting Owners

Reporting Owner Name / Address			Relationships
	Director	10% Owner	Officer

Van Heel John W

200 HOLLEDER PARKWAY X Chief Executive Officer

ROCHESTER, NY 14615

Signatures

/s/ John W. Van
Heel

**Signature of Reporting Person

11/16/2012

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) As permitted pursuant to the terms of the 2007 Stock Option Plan, the reporting person delivered these shares to the Issuer in order to pay for the exercise of 112,500 Non-qualified stock options reported on Table I and II. The shares were valued at the closing price for the

Reporting Owners 2

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Issuer's stock on November 14, 2012, the date on which the reporting person delivered these shares and exercised the options.

(2) The reporting person sold stock to pay taxes related to the exercise of options on November 14, 2012. The reporting person's holdings of the Issuer's stock increased by 43,532 shares as a result of the stock option exercises and related sales.

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.