McClimon David Scott Form 4 November 14, 2005

FORM 4

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

OMB APPROVAL OMB

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES** Form 4 or

Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * McClimon David Scott			2. Issuer Name and Ticker or Trading Symbol CNF INC [CNF]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check an applicable)		
			(Month/Day/Year)	Director 10% Owner		
2855 CAMPUS DRIVE, SUITE 300			11/10/2005	X Officer (give title Other (specify below)		
				Senior Vice President		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
SAN MATEC), CA 9440)3		_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tak	ole I - Non-	Derivative	Secui	rities Acquir	red, Disposed of,	or Beneficiall	y 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. Securit onor Dispos (Instr. 3, 4	ed of		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 Stock	11/10/2005		M	7,000	A	\$ 31.38	7,000	D	
Common Stock	11/10/2005		S	7,000	D	\$ 58	0	D	
Common Stock	11/10/2005		M	12,750	A	\$ 25.11	12,750	D	
Common Stock	11/10/2005		S	12,750	D	\$ 58	0	D	
Common Stock	11/10/2005		M	10,900	A	\$ 27.0625	10,900	D	

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Common Stock	11/10/2005	S	10,900	D	\$ 58	0	D	
Common Stock (1)	09/15/2005	J	V 2.0435	A	\$ 50.551	1,035.0507	I	by 401(k)

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. Transactio Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Derivative Expiration Date Securities (Month/Day/Year) Acquired (A) or Disposed of (D) Instr. 3, 4,		7. Title and Amo Underlying Secur (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Non-Qualified Stock Option (right to buy)	\$ 25.11	11/10/2005		M	12,750	(2)	12/04/2011	Common Stock	12,7
Non-Qualified Stock Option (right to buy)	\$ 27.0625	11/10/2005		M	10,900	(2)	12/06/2010	Common Stock	10,9
Non-Qualified Stock Option (right to buy)	\$ 31.38	11/10/2005		M	7,000	(2)	12/02/2012	Common Stock	7,0

Reporting Owners

Reporting Owner Name / Address	Relationships							
Reporting Owner Name / Namess	Director	10% Owner	Officer	Other				
McClimon David Scott 2855 CAMPUS DRIVE, SUITE 300 SAN MATEO, CA 94403			Senior Vice President					

Signatures

By: Gary S. Cullen, Attorney-in-Fact For: Davis S.

McClimon 11/14/2005

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**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) These shares were acquired under the CNF Thrift and Stock Plan either as matching contributions or in lieu of cash dividends.
- (2) The option vests in four quarterly annual installments beginning on January 1 following 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. 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.

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