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TRUSTCO BANK CORP N Y  
Form 8-K  
May 03, 2004

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of  
the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): May 3, 2004  
(May 3, 2004)

TrustCo Bank Corp NY

(Exact name of registrant as specified in its charter)

New York  
(State or other jurisdiction of incorporation)

0-10592

14-1630287

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(Commission File Number)

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(IRS Employer Identification No.)

5 Sarnowski Drive, Glenville, New York 12302  
(Address of principal executive offices) (Zip Code)

Registrant's telephone number, including area code: (518) 377-3311  
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TrustCo Bank Corp NY

Item 5. Other Events

A press release was issued on May 3, 2004 announcing the retirement of Nancy A. McNamara, Senior Vice President, effective April 30, 2004. Attached is the press release labeled as exhibit 99(a).

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Item 7 (c) Exhibits

Reg S-K Exhibit No. -----	Description -----
99(a)	Press release dated May 3, 2004 announcing the retirement of Nancy A. McNamara, Senior Vice President, effective April 30, 2004.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

Dated: May 3, 2004

TrustCo Bank Corp NY  
(Registrant)

By: /s/ Robert T. Cushing

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Robert T. Cushing  
Executive Vice President and  
Chief Financial Officer

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Exhibits Index

The following exhibits are filed herewith:

Reg S-K Exhibit No.	Description	Page
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99(a)

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Press release dated May 3, 2004  
2004, announcing the retirement of  
Nancy A. McNamara, Senior Vice  
President, effective April 30, 2004.

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Exhibit 99(a)

TRUSTCO  
Bank Corp NY

News Release

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5 Sarnowski Drive, Glenville, New York, 12302  
(518) 377-3311 Fax: (518) 381-3668

Subsidiary: Trustco Bank

NASDAQ - TRST

Contact: Robert M. Leonard  
Vice President  
518-381-3693

FOR IMMEDIATE RELEASE:

Glenville, New York - May 3, 2004 - TrustCo Bank Corp NY today announced the retirement of Nancy A. McNamara, Senior Vice President, effective April 30, 2004.

TrustCo is a \$2.8 billion bank holding company and through its subsidiary, Trustco Bank, operates 69 offices in New York, Vermont, and Florida. In addition, the Bank operates a full service Trust Department that has \$961 million of assets under management. The common shares of TrustCo are traded on the Nasdaq National Market tier of the Nasdaq Stock Market under the symbol TRST.

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