

FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934
or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person * Congdon Helen S	2. Date of Event Requiring Statement (Month/Day/Year) 08/30/2010	3. Issuer Name and Ticker or Trading Symbol OLD DOMINION FREIGHT LINE INC/VA [ODFL]	
(Last) (First) (Middle) C/O OLD DOMINION FREIGHT LINE, INC., 500 OLD DOMINION WAY		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) Member of Section 13(d) group	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street) THOMASVILLE, NC 27360			6. Individual or Joint/Group Filing(Check Applicable Line) <input type="checkbox"/> Form filed by One Reporting Person <input checked="" type="checkbox"/> Form filed by More than One Reporting Person
(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	63,750 (1)	D	
Common Stock	32,571 (1)	I	By husband
Common Stock	44,367 (1)	I	By husband's 401(k) plan
Common Stock	418,551 (1)	I	As trustee of David S. Congdon Irrevocable Trust #1 dated 12/1/92
Common Stock	37,050 (1)	I	As trustee of David S. Congdon Irrevocable Trust #2 dated 11/18/99
Common Stock	726,742 (1)	I	By husband as trustee of David S. Congdon Revocable Trust dated 12/3/91
Common Stock	150,000 (1)	I	By husband as trustee of David S. Congdon February 2010 Grantor Retained Annuity Trust
Common Stock	58,198 (1)	I	By husband as trustee of an Irrevocable Trust Agreement dated 12/18/98 fbo Marilyn Congdon
Common Stock	58,198 (1)	I	By husband as trustee of an Irrevocable Trust Agreement dated 12/18/98 fbo Kathryn Congdon
Common Stock	58,198 (1)	I	By husband as trustee of an Irrevocable Trust Agreement dated 12/18/98 fbo Ashlyn Congdon
Common Stock	154,602 (1)	I	By husband as custodian for minor child
Common Stock	430,651 (1)	I	By husband as co-trustee of the Earl E. Congdon GRAT Remainder Trust

Common Stock	154,602 (2)	I	As trustee of Marilyn Marie Congdon Revocable Declaration of Trust
Common Stock	154,602 (3)	I	As trustee of Kathryn Leigh Congdon Revocable Declaration of Trust
Common Stock	8,767 (4)	D	

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

SEC 1473 (7-02)

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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 Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Congdon Helen S C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X		Member of Section 13(d) group
Congdon Marilyn M C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X		Member of Section 13(d) group
Congdon Kathryn L. C/O OLD DOMINION FREIGHT LINE, INC. 500 OLD DOMINION WAY THOMASVILLE, NC 27360		X		Member of Section 13(d) group
Natalie N Congdon Revocable Trust 7511 WHITEPINE ROAD RICHMOND, VA 23237		X		Member of Section 13(d) group

Signatures

/s/ Joel B. McCarty, Jr., by Power of Attorney	09/09/2010
**Signature of Reporting Person	Date
/s/ Joel B. McCarty, Jr., by Power of Attorney	09/09/2010
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/s/ Joel B. McCarty, Jr., by Power of Attorney	09/09/2010
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/s/ Joel B. McCarty, Jr., by Power of Attorney	09/09/2010
**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).

These securities are beneficially owned by Helen S. Congdon, who may be deemed a member of a "group" for purposes of Section

(1) 13(d) of the Exchange Act. The other members of the Section 13(d) group are identified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.

These securities are beneficially owned by Marilyn M. Congdon, who may be deemed a member of a "group" for purposes of Section

(2) 13(d) of the Exchange Act. The other members of the Section 13(d) group are identified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.

These securities are beneficially owned by Kathryn L. Congdon, who may be deemed a member of a "group" for purposes of Section

(3) 13(d) of the Exchange Act. The other members of the Section 13(d) group are identified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.

These securities are beneficially owned by the Natalie N. Congdon Revocable Trust, which may be deemed a member of a "group" for

(4) purposes of Section 13(d) of the Exchange Act. The other members of the Section 13(d) group are identified in a Schedule 13D filed with the Securities and Exchange Commission on September 9, 2010.

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.

POWER OF ATTORNEY

Know all by these presents that each of the undersigned hereby constitutes and appoints Joel B. McCarty, Jr., J. Wes Frye, John P. Booker, III and Alice G. Gibson, and each of them, the undersigned's true and lawful attorney-in-fact to:

- (i) Execute for and on behalf of the undersigned, in the undersigned's capacity as beneficial owner of shares of common stock of Old Dominion Freight Line, Inc. (the "Company"), a Schedule 13D or any amendment thereto pursuant to Section 13(d) of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), and the rules thereunder;
- (ii) Prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the undersigned to make electronic filings with the SEC of reports required by Section 16(a) of the Exchange Act or any rule or regulation of the SEC;
- (iii) Execute for and on behalf of the undersigned, in the undersigned's capacity as beneficial owner of shares of common stock of the Company, Forms 3, 4 and 5 in accordance with Section 16(a) of the Exchange Act and the rules thereunder;
- (iv) Do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Schedule 13D, Form ID, Form 3, 4 or 5, or amendment thereto and timely file such schedule or form with the SEC and any stock exchange or similar authority; and
- (v) Take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion.

The undersigned hereby grants to such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorney-in-fact, in serving in such capacity at the request of the undersigned, is not assuming any of the undersigned's responsibilities to comply with Section 13(d) or Section 16 of the Exchange Act.

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Schedule 13D, Forms 3, 4 and 5 and amendments thereto with respect to the undersigned's holdings of and transactions in securities of the Company, unless earlier revoked by the undersigned in a signed writing delivered to the foregoing attorney-in-fact.

IN WITNESS WHEREOF, each of the undersigned has caused this Power of Attorney to be executed as of this 1st day of September, 2010.

EARL E. CONGDON

/s/ Earl E. Congdon

Earl E. Congdon

DAVID S. CONGDON

/s/ David S. Congdon

David S. Congdon

MARILYN MARIE CONGDON

/s/ Marilyn Marie Congdon

Marilyn Marie Congdon

KATHRYN LEIGH CONGDON

/s/ Kathryn Leigh Congdon

Kathryn Leigh Congdon

DAVID S. CONGDON, CUSTODIAN

/s/ David S. Congdon

David S. Congdon, Custodian for Ashlyn L.
Congdon

HELEN S. CONGDON

/s/ Helen S. Congdon

Helen S. Congdon

AUDREY LEE CONGDON

/s/ Audrey Lee Congdon

Audrey Lee Congdon

SETH MORGAN YOWELL IRREVOCABLE
INTER VIVOS TRUST DATED AUGUST 25,
2010

/s/ Audrey Lee Congdon

Audrey Lee Congdon, Co-Trustee

/s/ John B. Yowell

John B. Yowell, Co-Trustee

MEGAN ELISE YOWELL IRREVOCABLE
INTER VIVOS TRUST DATED AUGUST 25,
2010

/s/ Audrey Lee Congdon

Audrey Lee Congdon, Co-Trustee

/s/ John B. Yowell

John B. Yowell, Co-Trustee

JOHN B. YOWELL

/s/ John B. Yowell

John B. Yowell

KAREN C. PIGMAN

/s/ Karen C. Pigman

Karen C. Pigman

MELISSA A. PENLEY

/s/ Melissa A. Penley

Melissa A. Penley

MATTHEW A. PENLEY

/s/ Matthew A. Penley
Matthew A. Penley

MARK A. PENLEY

/s/ Mark A. Penley
Mark A. Penley

JOHN R. CONGDON

/s/ John R. Congdon
John R. Congdon

NATALIE N. CONGDON REVOCABLE
TRUST AGREEMENT DATED AUGUST 29,
1991

/s/ John R. Congdon
John R. Congdon, Trustee

JOHN R. CONGDON, JR.

/s/ John R. Congdon, Jr.
John R. Congdon, Jr.

SUSAN C. TERRY

/s/ Susan C. Terry
Susan C. Terry

JEFFREY W. CONGDON

/s/ Jeffrey W. Congdon
Jeffrey W. Congdon

JOHN R. CONGDON TRUST FOR JEFFREY
WHITEFIELD CONGDON, JR. DATED
JANUARY 2, 1991

/s/ John R. Congdon, Jr.
John R. Congdon, Jr., Trustee

JOHN R. CONGDON TRUST FOR MARK
ROSS CONGDON DATED JANUARY 2,
1991

/s/ John R. Congdon, Jr.
John R. Congdon, Jr., Trustee

JOHN R. CONGDON TRUST FOR PETER
WHITEFIELD CONGDON DATED
JANUARY 2, 1991

/s/ Jeffrey W. Congdon
Jeffrey W. Congdon, Trustee

JOHN R. CONGDON TRUST FOR MICHAEL
DAVIS CONGDON DATED JANUARY 2,
1991

/s/ Jeffrey W. Congdon
Jeffrey W. Congdon, Trustee

JOHN R. CONGDON TRUST FOR MARY
EVELYN CONGDON DATED JANUARY 2,
1991

/s/ Jeffrey W. Congdon
Jeffrey W. Congdon, Trustee

JOHN R. CONGDON TRUST FOR
KATHRYN LAWSON TERRY DATED
JANUARY 2, 1991

/s/ John R. Congdon, Jr.
John R. Congdon, Jr., Co-Trustee

/s/ Jeffrey W. Congdon
Jeffrey W. Congdon, Co-Trustee

JOHN R. CONGDON TRUST FOR
NATHANIEL EVERETT TERRY DATED
JANUARY 2, 1991

/s/ John R. Congdon, Jr.
John R. Congdon, Jr., Co-Trustee

/s/ Jeffrey W. Congdon
Jeffrey W. Congdon, Co-Trustee

JOHN R. CONGDON TRUST FOR HUNTER
ANDREW TERRY DATED JANUARY 2,
1991

/s/ John R. Congdon, Jr.
John R. Congdon, Jr., Co-Trustee

/s/ Jeffrey W. Congdon
Jeffrey W. Congdon, Co-Trustee

AUDREY L. CONGDON IRREVOCABLE
TRUST NUMBER TWO DATED MAY 28,
2004

/s/ David S. Congdon
David S. Congdon, Trustee

JOHN B. YOWELL

/s/ John B. Yowell
John B. Yowell
