TRUSTCO BANK CORP N Y Form 8-K October 03, 2013

### UNITED STATES 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): October 3, 2013

TrustCo Bank Corp NY (Exact name of registrant as specified in its charter)

NEW YORK State or Other Jurisdiction of Incorporation or Organization 0-10592 14-1630287 Commission File No. Identification Number

5 SARNOWSKI DRIVE, GLENVILLE, NEW YORK 12302 (Address of principal executive offices)

(518) 377-3311 (Registrant's Telephone Number, Including Area Code)

NOT APPLICABLE (Former Name or Former Address, if Changed Since Last Report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

oWritten communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

oSoliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

oPre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

oPre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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TrustCo Bank Corp NY

### Item 8.01. Other Events

Management of TrustCo Bank Corp NY will be meeting with institutional investors on October 3, 2013. Attached is a copy of a presentation that may be used during those meetings, labeled as Exhibit 99(a).

Item 9.01. Financial Statements and Exhibits

(c)Exhibits

Reg S-K Exhibit No.

**Description** 

99(a)Presentation for institutional investor meetings held on October 3, 2013. -2-

#### 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.

Date: October 3, 2013 TrustCo Bank Corp NY (Registrant)

	/s/ Robert
By:	Τ.
	Cushing
	Robert T.
	Cushing
	Executive
	Vice
	President
	and
	Chief
	Financial
	Officer
-3-	

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Exhibits Index

The following exhibits are filed herewith:

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