

Lowe Marcus D
 Form 4
 November 18, 2009

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
 Lowe Marcus D

2. Issuer Name and Ticker or Trading Symbol
 ADAPTEC INC [ADPT]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 691 SOUTH MILPITAS BLVD.
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 11/16/2009

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 VP, Marketing & Business Dev.

MILPITAS, CA 95035

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock	11/16/2009		M		8,333 A \$ 2.86	82,497	D
Common Stock	11/16/2009		S		8,333 D \$ 3.27	74,164	D
Common Stock	11/16/2009		S		1,667 D \$ 3.27	72,497	D
Common Stock	11/16/2009		S		11,435 D \$ 3.28	61,062	D
Common Stock	11/16/2009		S		65 D \$ 3.2801	60,997	D

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Common Stock	11/16/2009	S	31,814	D	\$ 3.29	29,183	D	
Common Stock	11/17/2009	S	5,200	D	\$ 3.28	23,983	D	
Common Stock	11/17/2009	S	4,738	D	\$ 3.25	19,245	D	
Common Stock	11/17/2009	S	2,700	D	\$ 3.2501	16,545	D	
Common Stock	11/17/2009	S	3,212	D	\$ 3.25	13,333	D	
Common Stock						196	I	by Trust

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 2.86	11/16/2009		M	8,333	⁽¹⁾ 08/03/2016	Common Stock	8,333

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Low Marcus D 691 SOUTH MILPITAS BLVD. MILPITAS, CA 95035			VP, Marketing & Business Dev.	

Signatures

/s/ Marcus D.
Lowe

11/18/2009

__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).

A total of 100,000 stock options were granted on 08/03/2009, of which 46,748 are Incentive Stock options and 53,252 are Non-Qualified

- (1) Stock Options. The aggregate of these options vest at the rate of 8.33% of the total option shares at the end of each three month period, such that the total option shares will be fully vested on 08/03/2012.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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