

Freeman Ronald B  
Form 4  
June 26, 2006

**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 \*  
Freeman Ronald B

2. Issuer Name and Ticker or Trading Symbol  
INGLES MARKETS INC [IMKTA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)  
2913 US HIGHWAY 70 WEST

3. Date of Earliest Transaction (Month/Day/Year)  
06/22/2006

Director  10% Owner  
 Officer (give title below)  Other (specify below)  
Chief Financial Officer / Profit Sharing Plan Trustee

(Street)  
BLACK MOUNTAIN, NC 28711

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 or Disposed of (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 Indirect Beneficial Ownership (Instr. 4) |   |   |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|---|---|
|                                 |                                      |  |                                | (A) or (D)  | Price   |  |   |   |   |
|                                 |                                      |  |                                | Code  | V   | Amount   |   |   |   |
| Class A Common Stock            | 06/22/2006                           |  | J <sup>(1)</sup>               | 2,600   | D   | \$ 16.85   | 67,078  | I | By Employee Benefit Plan Trust <sup>(1)</sup> |
| Class A Common Stock            | 06/22/2006                           |  | J <sup>(1)</sup>               | 2,000   | D   | \$ 16.8528   | 65,078  | I | By Employee Benefit Plan Trust <sup>(1)</sup> |
|                                 | 06/22/2006                           |  | J <sup>(1)</sup>               | 3,816   | D   | \$ 16.87   | 61,262  | I |   |

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|                            |            |             |       |   |               |        |   |   |
|----------------------------|------------|-------------|-------|---|---------------|--------|---|---|
| Class A<br>Common<br>Stock |            |             |       |   |               |        |   | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/22/2006 | <u>J(1)</u> | 575   | D | \$ 16.89      | 60,687 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/22/2006 | <u>J(1)</u> | 594   | D | \$<br>16.9034 | 60,093 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/22/2006 | <u>J(1)</u> | 2,051 | D | \$ 16.91      | 58,042 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/22/2006 | <u>J(1)</u> | 184   | D | \$<br>16.9191 | 57,858 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/22/2006 | <u>J(1)</u> | 1,261 | D | \$ 16.92      | 56,597 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/22/2006 | <u>J(1)</u> | 119   | D | \$ 16.93      | 56,478 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/22/2006 | <u>J(1)</u> | 400   | D | \$<br>16.9325 | 56,078 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/22/2006 | <u>J(1)</u> | 400   | D | \$ 16.94      | 55,678 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
|                            | 06/22/2006 | <u>J(1)</u> | 1,088 | D |               | 54,590 | I |   |

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|                            |            |             |       |   |               |               |  |   |   |
|----------------------------|------------|-------------|-------|---|---------------|---------------|--|---|---|
| Class A<br>Common<br>Stock |            |             |       |   |               | \$<br>17.0009 |  |   | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/22/2006 | <u>J(1)</u> | 2,000 | D | \$<br>17.0063 | 52,590        |  | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/23/2006 | <u>J(1)</u> | 1,000 | D | \$<br>16.5202 | 51,590        |  | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/23/2006 | <u>J(1)</u> | 963   | D | \$<br>16.5583 | 50,627        |  | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/23/2006 | <u>J(1)</u> | 1,000 | D | \$ 16.64      | 49,627        |  | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/23/2006 | <u>J(1)</u> | 3,000 | D | \$ 16.71      | 46,627        |  | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/23/2006 | <u>J(1)</u> | 1,000 | D | \$ 16.732     | 45,627        |  | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/23/2006 | <u>J(1)</u> | 1,600 | D | \$<br>16.8506 | 44,027        |  | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/23/2006 | <u>J(1)</u> | 587   | D | \$<br>16.8598 | 43,440        |  | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
|                            | 06/23/2006 | <u>J(1)</u> | 3,000 | D | \$ 16.86      | 40,440        |  | I |   |

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|                            |            |                         |       |   |               |        |   |   |
|----------------------------|------------|-------------------------|-------|---|---------------|--------|---|---|
| Class A<br>Common<br>Stock |            |                         |       |   |               |        |   | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/23/2006 | <u>J</u> <sup>(1)</sup> | 1,800 | D | \$<br>16.8624 | 38,640 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock | 06/23/2006 | <u>J</u> <sup>(1)</sup> | 50    | D | \$ 16.95      | 38,590 | I | By<br>Employee<br>Benefit<br>Plan Trust<br><u>(1)</u> |
| Class A<br>Common<br>Stock |            |                         |       |   |               | 1,532  | D |   |

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

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SEC 1474  
(9-02)

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
(e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2. Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4. Transaction<br>Code<br>(Instr. 8) | 5. Number<br>of<br>Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed<br>of (D)<br>(Instr. 3,<br>4, and 5) | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) | 7. Title and<br>Amount of<br>Underlying<br>Securities<br>(Instr. 3 and 4) | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Nu<br>Deriv<br>Secur<br>Benef<br>Own<br>Follo<br>Repo<br>Trans<br>(Instr |
|---|--|---|---|--------------------------------------|--|--|---|---|---|
|   |  |   |   |                                      |  | Date<br>Exercisable  | Expiration<br>Date  | Title   | Amount<br>or<br>Number<br>of<br>Shares                                      |
|   |  |   |   |                                      |  | Code   | V (A) (D)   |   |   |

## Reporting Owners

Reporting Owner Name / Address

Relationships

Director      10% Owner      Officer      Other

Freeman Ronald B  
2913 US HIGHWAY 70 WEST  
BLACK MOUNTAIN, NC 28711

X

Chief Financial Officer

Profit Sharing Plan  
Trustee

## Signatures

Ronald Freeman

06/26/2006

    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) The reported transactions constitute sales of Class A Common Stock to meet the liquidity needs of the Ingles Markets Investment/Profit Sharing Plan (the "Plan"). The number of shares reported as sold and as beneficially owned reflect the total number of shares sold or owned by the Plan for the benefit of all Plan participants. The reporting person is a trustee of the Plan. The reporting person disclaims beneficial ownership of the reported securities except to the extent of his or her pecuniary interest therein, if any, and this report shall not be deemed an admission that the reporting person is the beneficial owner of such securities for purposes of Section 16 or for any other purpose except to the extent of his or her pecuniary interest therein.

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.