

RICH F D III
Form 4
December 20, 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 *
RICH F D III

2. Issuer Name and Ticker or Trading Symbol
RECKSON ASSOCIATES
REALTY CORP [RA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction
(Month/Day/Year)
12/18/2006

____ Director
 Officer (give title below)
____ 10% Owner
____ Other (specify below)
Exec. V.P., CAO

C/O RECKSON ASSOCIATES
REALTY CORP, 225
BROADHOLLOW ROAD

(Street)

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

UNIONDALE, NY 11556

(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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock ⁽¹⁾	12/18/2006		M		15,100 A \$ 25.666	D	
Common Stock ⁽¹⁾	12/18/2006		S		14,900 D \$ 45.9	D	
Common Stock ⁽¹⁾	12/18/2006		S		200 D \$ 45.91	D	
Common Stock ⁽²⁾	12/19/2006		M		10,000 A \$ 25.666	D	
	12/19/2006		S		100 D \$ 45.41	D	

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Common Stock <u>(2)</u>							
Common Stock <u>(2)</u>	12/19/2006	S	200	D	\$ 45.43	55,182	D
Common Stock <u>(2)</u>	12/19/2006	S	100	D	\$ 45.44	55,082	D
Common Stock <u>(2)</u>	12/19/2006	S	400	D	\$ 45.45	54,682	D
Common Stock <u>(2)</u>	12/19/2006	S	500	D	\$ 45.46	54,182	D
Common Stock <u>(2)</u>	12/19/2006	S	300	D	\$ 45.47	53,882	D
Common Stock <u>(2)</u>	12/19/2006	S	100	D	\$ 45.48	53,782	D
Common Stock <u>(2)</u>	12/19/2006	S	200	D	\$ 45.49	53,582	D
Common Stock <u>(2)</u>	12/19/2006	S	100	D	\$ 45.5	53,482	D
Common Stock <u>(2)</u>	12/19/2006	S	200	D	\$ 45.51	53,282	D
Common Stock <u>(2)</u>	12/19/2006	S	300	D	\$ 45.52	52,982	D
Common Stock <u>(2)</u>	12/19/2006	S	500	D	\$ 45.53	52,482	D
Common Stock <u>(2)</u>	12/19/2006	S	900	D	\$ 45.54	51,582	D
Common Stock <u>(2)</u>	12/19/2006	S	300	D	\$ 45.55	51,282	D
Common Stock <u>(2)</u>	12/19/2006	S	200	D	\$ 45.57	51,082	D
Common Stock <u>(2)</u>	12/19/2006	S	500	D	\$ 45.58	50,582	D
Common Stock <u>(2)</u>	12/19/2006	S	300	D	\$ 45.49	50,282	D
Common Stock <u>(2)</u>	12/19/2006	S	500	D	\$ 45.6	49,782	D
Common Stock <u>(2)</u>	12/19/2006	S	400	D	\$ 45.61	49,382	D
Common Stock <u>(2)</u>	12/19/2006	S	800	D	\$ 45.62	48,582	D
	12/19/2006	S	100	D	\$ 45.63	48,482	D

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Common Stock <u>(2)</u>							
Common Stock <u>(2)</u>	12/19/2006		S	474	D	\$ 45.64	48,008 D
Common Stock <u>(2)</u>	12/19/2006		S	226	D	\$ 45.65	47,782 D
Common Stock <u>(2)</u>	12/19/2006		S	100	D	\$ 45.66	47,682 D
Common Stock <u>(2)</u>	12/19/2006		S	400	D	\$ 45.67	47,282 D
Common Stock <u>(2)</u>	12/19/2006		S	300	D	\$ 45.68	46,982 D

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

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.

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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)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Employee Stock Option (Right to Buy) <u>(1)</u>	\$ 25.666	12/18/2006		M	15,100	01/09/1998 01/09/2008	Common Stock 15,100
Employee Stock Option (Right to Buy) <u>(2)</u>	\$ 25.666	12/19/2006		M	10,000	01/09/1998 01/09/2008	Common Stock 10,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RICH F D III C/O RECKSON ASSOCIATES REALTY CORP 225 BROADHOLLOW ROAD UNIONDALE, NY 11556			Exec. V.P., CAO	

Signatures

/s/ F.D. Rich III 12/20/2006

__Signature of Date
Reporting Person

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) On December 18, 2006, the registrant exercised employee stock options for an aggregate of 15,100 shares of common stock of Reckson Associates Realty Corp. (the "Company"), and subsequently sold such shares in the open market.
- (2) On December 19, 2006, the registrant exercised employee stock options for an aggregate of 10,000 shares of common stock of the Company, and subsequently sold such shares in the open market.
- (3) N/A

Remarks:

Part 1 of 2

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.