FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response... 0.5

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 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses) 5. Relationship of Reporting Person(s) to Issuer 1. Name and Address of Reporting Person -2. Issuer Name and Ticker or Trading Symbol (Check all applicable) SCHAMBERGER JOHN P V F CORP [VFC] 10% Owner Officer (give title below) Other (specify below) (Last) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) VP/Chmn-Cross Coalition Mgmt 105 CORPORATE CENTER BOULEVARD 11/01/2004 (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 GREENSBORO, NC 27408 (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of Security 2A. Deemed 5. Amount of Securities Beneficially 7. Nature 2. Transaction 3. Transaction 4. Securities Acquired (Instr. 3) Date Execution Date, if Code (A) or Disposed of (D) Owned Following Reported Ownership of Indirect (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) Beneficial Transaction(s) Form: anv (Month/Day/Year) Ownership Direct (D) (Instr. 3 and 4) or Indirect (Instr. 4) (A) or (I) Code Amount (D) Price (Instr. 4) Common Stock 11/01/2004 44,000 Α D M 83,758.991 43.20 Common Stock 11/01/2004 S 400 D D 83,358.991 53.76 11/01/2004 S 1,300 D 82,058.991 D Common Stock 53.83 S D D Common Stock 2,100 11/01/2004 79,958.991 53.81 Common Stock 11/01/2004 S 4,900 D 75,058.991 D 53.78 11,400 11/01/2004 S D D Common Stock 63,658.991 53.89 Common Stock 11/01/2004 S 100 D 63,558.991 D 53.87 S D D Common Stock 11/01/2004 4,100 59,458.991 53.85 S D D Common Stock 11/01/2004 3,700 55,758.991 53.80 S D Common Stock 11/01/2004 1,700 54,058.991 D 53.79 S 1,900 Common Stock 11/01/2004 D 52,158.991 D 53.84 S D Common Stock 11/01/2004 7,800 D 44,358.991 53.88 S Common Stock 11/01/2004 1,100 D 43,258.991 D 53.82 Common Stock 11/01/2004 S 1,700 D 41,558.991 D 53.75 S D D Common Stock 11/01/2004 1.100 40,458.991 53.77 Common Stock 11/01/2004 S 700 D 39,758.991 D 53.86 Common Stock 11/02/2004 M 44,000 Α 83,758.991 D 35.40 S D D Common Stock 11/02/2004 44,000 39,758.991 54.40 by Trust Common Stock 32 (1)

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

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

	2. Conversion or Exercise Price of Derivative Security	Date (Month/Day/Year)	Year) Execution Date, if Transaction of Code S (Month/Day/Year) (Instr. 8) A			of Derivative		(Month/Day/Year)		of Underlying Securities		Derivative Security (Instr. 5)	Securities Beneficially Owned Following	Ownership Form of Derivative Security: Direct (D) or Indirect	Beneficial
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4)	
Non- Qualified Stock Option (right to buy)	\$ 43.20	11/01/2004		M			44,000	02/09/2000	02/08/2009	Common Stock	44,000	\$ 0	0	D	
Non- Qualified Stock Option (right to buy)	\$ 35.40	11/02/2004		М			44,000	02/06/2002	02/05/2011	Common Stock	44,000	\$ 0	0	D	

Reporting Owners

	Relationships							
Reporting Owner Name / Address		10% Owner	Officer	Other				
SCHAMBERGER JOHN P								
105 CORPORATE CENTER BOULEVARD			VP/Chmn-Cross Coalition Mgmt					
GREENSBORO, NC 27408								

Signatures

Mark R. Townsend for John P. Schamberger (pursuant to signature authority on file)	11/03/2004
**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) 401(k)

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.