

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

(Print or Type Responses)

1. Name and Address of Reporting Person * GROSSMAN MICHAEL (Last) (First) (Middle)	2. Issuer Name and Ticker or Trading Symbol MACK CALI REALTY CORP [CLI]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) Executive Vice President
C/O MACK-CALI REALTY CORPORATION, 343 THORNALL STREET (Street)	3. Date of Earliest Transaction (Month/Day/Year) 08/03/2009	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
EDISON, NJ 08837 (City) (State) (Zip)	4. If Amendment, Date Original Filed (Month/Day/Year)	

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	(A) or (D)	Price			
Common Stock	08/03/2009		S		210	D	\$ 28.16	122,445	D	
Common Stock	08/03/2009		S		800	D	\$ 28.17	121,645	D	
Common Stock	08/03/2009		S		100	D	\$ 28.175	121,545	D	
Common Stock	08/03/2009		S		100	D	\$ 28.18	121,445	D	
Common Stock	08/03/2009		S		1,407	D	\$ 28.19	120,038	D	
Common Stock	08/03/2009		S		1,000	D	\$ 28.2	119,038	D	
Common Stock	08/03/2009		S		800	D	\$ 28.21	118,238	D	
Common Stock	08/03/2009		S		400	D	\$ 28.215	117,838	D	
Common Stock	08/03/2009		S		400	D	\$ 28.22	117,438	D	
Common Stock	08/03/2009		S		300	D	\$ 28.225	117,138	D	
Common Stock	08/03/2009		S		612	D	\$ 28.23	116,526	D	
Common Stock	08/03/2009		S		100	D	\$ 28.24	116,426	D	
Common Stock	08/03/2009		S		407	D	\$ 28.25	116,019	D	
Common Stock	08/03/2009		S		100	D	\$ 28.255	115,919	D	
Common Stock	08/03/2009		S		600	D	\$ 28.26	115,319	D	
Common Stock	08/03/2009		S		100	D	\$ 28.265	115,219	D	
Common Stock	08/03/2009		S		384	D	\$ 28.27	114,835	D	
Common Stock	08/03/2009		S		100	D	\$ 28.275	114,735	D	
Common Stock	08/03/2009		S		100	D	\$ 28.28	114,635	D	
Common Stock	08/03/2009		S		313	D	\$ 28.29	114,322	D	
Common Stock	08/03/2009		S		100	D	\$ 28.295	114,222	D	
Common Stock	08/03/2009		S		2	D	\$ 28.3	114,220	D	
Common Stock	08/03/2009		S		100	D	\$ 28.31	114,120	D	

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)				6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
GROSSMAN MICHAEL C/O MACK-CALI REALTY CORPORATION 343 THORNALL STREET EDISON, NJ 08837			Executive Vice President	

Signatures

/s/ Michael Grossman	08/04/2009
	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).

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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