

GOLD BANC CORP INC  
Form 4  
March 31, 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 \*  
RUSS JAMES G

(Last) (First) (Middle)  
16500 SINGLETARY RD  
(Street)

MYAKKA CITY, FL 34251

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
GOLD BANC CORP INC [GLDB]

3. Date of Earliest Transaction  
(Month/Day/Year)  
03/30/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director  10% Owner  
 Officer (give title below)  Other (specify below)

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

**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)
				(A) or (D)	Price		
Common Stock	03/30/2006		M	V	11,268 A \$ 6.807	181,082	D
Common Stock	03/30/2006		M	V	2,500 A \$ 7.25	183,582	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)**

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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)				
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
						Code	V	(A)	(D)		
Stock Option	\$ 6.807	03/30/2006		M	11,268	07/01/1999	07/01/2008	Common Stock	11,268		
Stock Option	\$ 7.25	03/30/2006		M	2,500	03/08/2001	03/08/2010	Common Stock	2,500		
Stock Option	\$ 7.25					03/06/2002	03/06/2011	Common Stock	5,000		
Stock Option	\$ 7.1					01/23/2003	01/23/2012	Common Stock	5,000		
Stock Option	\$ 10.41					01/22/2004	01/22/2013	Common Stock	5,000		
Stock Option	\$ 14.4					01/21/2005	01/21/2014	Common Stock	5,000		
Stock Option	\$ 13.4					04/19/2006	04/19/2015	Common Stock	5,000		

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RUSS JAMES G 16500 SINGLETARY RD MYAKKA CITY, FL 34251	X			

## Signatures

J. Gary Russ 03/30/2006  
 \_\_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).

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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