MECHANICAL TECHNOLOGY IN	(
Form 8-K	
August 29, 2013	

UNITED STATES				
SECURITIES AND EXCHANGE COMMISSION				
Washington, D.C. 20549				
FORM 8-K				
CURRENT REPORT				
Pursuant to Section 13 or 15(d) of the				

Securities Exchange Act of 1934

Date of Report (Date of earliest event reported):

August 28, 2013

14-1462255

MECHANICAL TECHNOLOGY, INCORPORATED

0-6890

(Exact name of registrant as specified in charter)

New York

(State or Other Jurisdiction	(Commission File Number)	(IRS Employer
of Incorporation)		Identification No.)
325 Washington Avenue Extension, Alba	nny, New York 12205	
(Address of Principal Executive Offices)	(Zip Code)	
(518) 218-2550		
(Registrant s telephone number, includi	ng area code)	

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (*see* General Instruction A.2. below):

- " Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- " Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- " Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- " Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

On August 28, 2013, the Board of Directors of Mechanical Technology, Incorporated (the Company) appointed David C. Michaels to the Board of Directors of the Company. Mr. Michaels was also elected to the Governance, Compensation & Nominating Committee and the Audit Committee. Mr. Michaels will also receive options to purchase 12,500 shares of the Company s common stock with an exercise price based on the closing market price of \$0.46 per share on the date of grant.

There are no related party transactions with Mr. Michaels required to be disclosed under Item 404(a) of Regulation S K.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

MECHANICAL TECHNOLOGY, INCORPORATED

Date: August 29, 2013 By: /s/ Kevin G. Lynch

Name: Kevin G. Lynch

Title: Chairman and Chief Executive Officer