

OMB APPROVAL	
OMB Number:	3235-0104
Estimated average burden hours per response:	0.5

INITIAL STATEMENT OF 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

1. Name and Address of Reporting Person* <u>Foland Jeffrey T.</u> (Last) (First) (Middle) P.O. BOX 66100 - HDQLD (Street) CHICAGO IL 60666 (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 10/01/2010	3. Issuer Name and Ticker or Trading Symbol <u>United Continental Holdings, Inc. [UAL]</u>	
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>EVP - President, Mileage Plus</u>	5. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	5,800	D	

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Restricted Stock Units	(1)	(1)	Common Stock	41,361	(2)	D	
Option (Right to Buy)	(3)	03/30/2019	Common Stock	25,800	4.86	D	
Option (Right to Buy)	(4)	08/01/2017	Common Stock	6,000	45.69	D	

Explanation of Responses:

- 24,161 restricted stock units vest in three equal annual installments beginning on April 1, 2011 and the remaining 17,200 restricted stock units vest in equal installments on April 1, 2011 and April 1, 2012.
- Each restricted stock unit represents the economic equivalent of one share of common stock and may be settled in cash or common stock upon vesting at the sole discretion of the Human Resources Subcommittee of the Company's Board of Directors.
- The option vests in three equal annual installments. The first installment vested on April 1, 2010. The second and third installment vest on April 1, 2011 and April 1, 2012, respectively.
- The option vests in three equal annual installments. The first two installments vested on February 1, 2009 and February 1, 2010, respectively. The third installment vests on February 1, 2011.

/s/ Lydia J. Mathas for Jeffrey T. Foland 10/05/2010

** Signature of Reporting Person Date

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

* If the form is filed by more than one reporting person, see Instruction 5 (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.

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 Number.

Exhibit 24

United Continental Holdings, Inc.

Authorization and Designation to Sign and File
Section 16 Reporting Forms and Form 144s

The undersigned, a director and/or executive officer of United Continental Holdings, Inc., a Delaware corporation (the "Company"), does hereby authorize and designate Lydia J. Mathas, Gerald W. Clayton, Sarah E. Hagy, Barbara Thomas or Thomas J. Sabatino, Jr. to sign and file on my behalf any and all Forms 3,4 and 5 relating to equity securities of the Company with the Securities and Exchange Commission (the "SEC") pursuant to the requirements of Section 16 of the Securities Exchange Act of 1934 ("Section 16") and any and all Form 144's relating to equity securities of the Company with the SEC pursuant to Rule 144 under the Securities Act of 1933, as amended. The undersigned revokes any prior Authorization and Designation to Sign and File Section 16 Reporting Forms and Form 144s. This authorization, unless earlier revoked in writing, shall be valid until the undersigned's reporting obligations under Section 16 and Rule 144 with respect to securities of the Company shall cease.

In witness whereof, the undersigned has executed this Authorization and Designation this 1st day of October, 2010.

Signature: /s/ Jeffrey T. Foland
Printed Name: Jeffrey T. Foland
Position: EVP and President, Mileage Plus
Holdings Inc.