



NEWS RELEASE

Contact: Barry Bass
Chief Financial Officer
(301) 986-9200

Tripp Sullivan
Corporate Communications, Inc.
(615) 254-3376

FIRST POTOMAC REALTY TRUST ANNOUNCES TAX REPORTING INFORMATION FOR 2005 COMMON SHARE DISTRIBUTIONS

BETHESDA, Md. — (January 17, 2006) – First Potomac Realty Trust (NYSE: FPO) today announced the tax reporting information (Federal 1099) for the year 2005 distributions on its common shares.

The income tax treatment for the 2005 distributions for First Potomac Realty Trust *Common Stock* CUSIP# 33610F109 traded on the NYSE under ticker symbol "FPO" is as follows:

Declaration Dates	Record Dates	Payable Dates	Distributions Per Share	Distribution Type		
				Ordinary Taxable Dividend	Return of Capital	Unrecaptured Sec. 1250 Gain
1/18/2005	1/31/2005	2/10/2005	\$0.260	\$0.1041	\$0.1488	\$0.0071
4/19/2005	4/30/2005	5/10/2005	0.275	0.1101	0.1574	0.0075
7/12/2005	7/29/2005	8/10/2005	0.290	0.1161	0.1660	0.0079
10/12/2005	10/31/2005	11/10/2005	0.300	0.1201	0.1717	0.0082
TOTALS			\$1.125	\$0.4504	\$0.6439	\$0.0307
PERCENT			100.00%	40.03%	57.25%	2.72%

None of the dividends classified above as ordinary income represents "qualified dividend income" and therefore are not eligible for reduced rates. The Company did not incur any foreign taxes. This information represents final income allocations.

About First Potomac Realty Trust

First Potomac Realty Trust is a self-administered, self-managed real estate investment trust that focuses on owning and operating industrial and flex properties in the Washington, D.C. metropolitan area and other major markets in Virginia and Maryland. The Company owns a 114-building portfolio totaling approximately 8.3 million square feet. The Company's largest tenant is the U.S. Government. The Company has completed \$555 million in acquisitions in 24 separate transactions since it completed its public offering in October 2003, including \$214 million in acquisitions in 2005.

First Potomac's press releases are available at www.first-potomac.com or by contacting the Company at 301-986-9200.

-END-