



## NEWS RELEASE

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### FIRST POTOMAC REALTY TRUST ANNOUNCES TAX REPORTING INFORMATION FOR 2006 COMMON SHARE DISTRIBUTIONS

BETHESDA, Md. – (January 16, 2007) – First Potomac Realty Trust (NYSE: FPO) today announced the tax reporting information (Federal 1099) for the year 2006 distributions on its common shares.

The income tax treatment for the 2006 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
1/20/2006	1/31/2006	2/10/2006	\$0.31	\$0.1284	\$0.1816
4/19/2006	4/28/2006	5/10/2006	0.31	0.1284	0.1816
7/11/2006	7/31/2006	8/10/2006	0.31	0.1284	0.1816
10/10/2006	10/31/2006	11/10/2006	0.31	0.1284	0.1816
TOTALS			\$1.24	\$0.5138	\$0.7262
PERCENT			100.00%	41.43%	58.57%

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 real estate investment trust (REIT) 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's portfolio totals 10.7 million square feet. Its largest tenant is the U.S. Government.

#### Forward Looking Statements

*The forward-looking statements contained in this press release are subject to various risks and uncertainties. Although the Company believes the expectations reflected in such forward-looking statements are based on reasonable assumptions, there can be no assurance that its expectations will be achieved. Certain factors that could cause actual results to differ materially from the Company's expectations include changes in general or regional economic and market conditions; failure of customary closing conditions; the Company's ability to timely lease or re-lease space at current or anticipated rents; changes in interest rates; changes in operating costs; the Company's ability to complete acquisitions on acceptable terms; and other risks detailed in the Company's Annual Report on Form 10-K and described from time to time in the Company's filings with the SEC. Many of these factors are beyond the Company's ability to control or predict. Forward-looking statements are not guarantees of performance. For forward-looking statements herein, the Company claims the protection of the safe harbor for forward-looking statements contained in the Private Securities Litigation Reform Act of 1995. The Company assumes no obligation to update or supplement forward-looking statements that become untrue because of subsequent events.*

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