



Third Quarter 2009 Supplemental Financial Report



Enterprise Center
Chantilly, VA

Index to Supplemental Information

	<u>Page</u>
Company Information	2
Highlights	3
Reconciliation of EBITDA to Net Income	4
Financial Measures	5
Net Operating Income (NOI) Same-Property Analysis	6
Consolidated Balance Sheets	7
Total Market Capitalization and Selected Ratios	8
Outstanding Debt	9
Debt Maturity Schedule	11
Debt Covenants	12
Portfolio Summary	13
Occupancy Summary	14
Net Asset Value Analysis	15
Investment in Joint Venture	16
Top Thirty Tenants	17
Portfolio Analysis	18
Market Concentration	19
Leasing Analysis	20
Lease Expirations	21
Lease Expirations - Current and Next Four Quarters	22
Portfolio by Size	23
Land and Properties Available for Development or Redevelopment	24
Maryland Region	25
Maryland Region - Lease Expirations	26
Northern Virginia Region	27
Northern Virginia Region - Lease Expirations	28
Southern Virginia Region	29
Southern Virginia Region - Lease Expirations	30
Management Statements on Non-GAAP Supplemental Measures	31

Company Information

First Potomac Realty Trust is a self-managed, self-administered real estate investment trust that focuses on owning, developing, redeveloping and operating industrial properties and business parks in the Washington, D.C. metropolitan area and other major markets in Virginia and Maryland. The Company's focus is acquiring properties that can benefit from its intensive property management and seeking to reposition these properties to increase their profitability and value.

Corporate Headquarters

7600 Wisconsin Avenue
11th Floor
Bethesda, MD 20814

Investor Relations

ICR, Inc.
(301) 244-6200

New York Stock Exchange



Barry H. Bass
Chief Financial Officer
(301) 986-9200
bbass@first-potomac.com

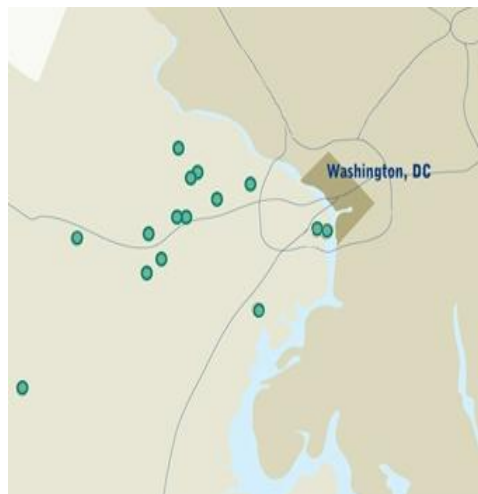
Web Site

www.first-potomac.com

Property Locations



Maryland



Northern Virginia



Southern Virginia

Matters other than historical facts set forth within this Quarterly Supplemental Financial Report are forward-looking statements within the meaning of the federal securities laws. You should exercise caution in interpreting and relying on forward-looking statements because they involve known and unknown risks, uncertainties and other factors that could materially affect actual results, performance or achievements. These factors include, without limitation, the ability to enter into new leases or renew leases on favorable terms, the financial condition of tenants, the uncertainties of acquisition activity, the cost and availability of financing, the effects of general and local economic and market conditions, regulatory changes and other risks and uncertainties detailed in the Company's Annual Report on Form 10-K. The Company assumes no obligation to update or supplement forward-looking statements that become untrue because of subsequent events. Note that certain figures are rounded to the nearest thousands throughout the document, which may impact footing and/or crossfooting of totals and subtotals.

Highlights

(unaudited, amounts in thousands, except per share data)

Performance Metrics

	Q3-2009	Q2-2009	Q1-2009	Q4-2008	Q3-2008
Net income, attributable to FPO	\$ 608	\$ 1,607	\$ 4,997	\$ 1,704	\$ 322
Reported FFO	10,698	11,624	14,825	11,798	9,445
Reported FFO per share	\$ 0.37	\$ 0.42	\$ 0.53	\$ 0.43	\$ 0.38
FFO per share, excluding gains ⁽¹⁾	\$ 0.35	\$ 0.37	\$ 0.38	\$ 0.38	\$ 0.38

Operating Metrics

Change in Same-Property NOI					
Cash basis	3.3%	0.1%	5.9%	0.4%	1.5%
Accrual basis	3.3%	-0.9%	4.7%	2.1%	2.2%
Tenant retention rate	90%	88%	80%	81%	55%

Capitalization

Debt to Gross asset value ⁽²⁾	53.6%	55.3%	54.3%	55.3%	56.1%
--	-------	-------	-------	-------	-------

Debt Balances

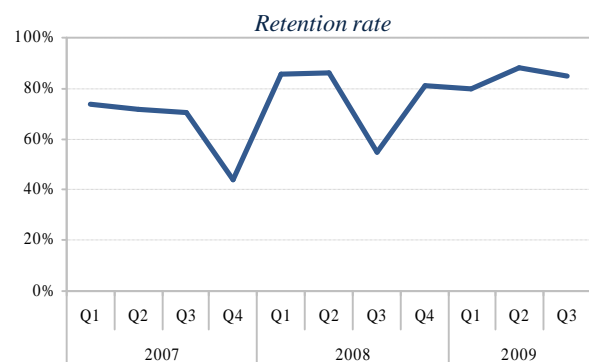
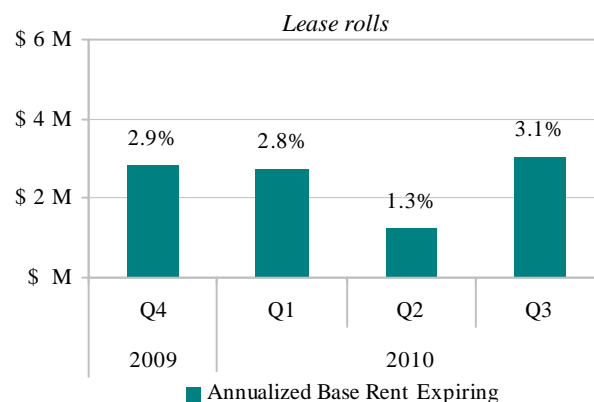
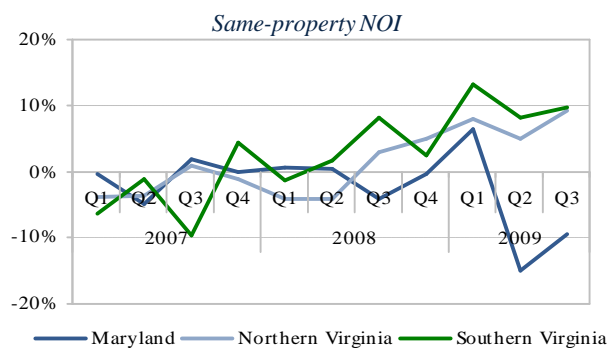
Unhedged variable rate debt	\$ 114,400	\$ 114,400	\$ 100,500	\$ 90,500	\$ 80,800
Hedged variable rate debt	94,856	94,856	94,856	113,000	113,000
Fixed rate debt	405,376	415,124	432,931	450,281	457,077
Total	\$ 614,632	\$ 624,380	\$ 628,287	\$ 653,781	\$ 650,877

Coverage Ratio

Interest Coverage Ratio	2.28x	2.27x	2.30x	2.15x	2.09x
-------------------------	-------	-------	-------	-------	-------

Leasing Metrics

	QTD	Leased
Net Absorption (Square Feet)	5,741	86.9%



Portfolio Concentration

Market	% of Annualized Base Rent	% Leased at September 30, 2009
Greater Washington D.C. ⁽³⁾	58.7%	85.6%
Baltimore	5.0%	75.5%
Richmond	11.7%	90.0%
Norfolk	24.6%	89.5%

⁽¹⁾Excludes gains on debt extinguishment.

⁽²⁾Debt does not include accrued liabilities. Gross asset value calculation as defined in the unsecured revolving credit facility agreement.

⁽³⁾Includes properties in Suburban Maryland and Northern Virginia.

Reconciliation of EBITDA to Net Income

(unaudited, amounts in thousands)
(percentages are representative of total revenues)

	Three Months Ended														
	September 30, 2009		June 30, 2009		March 31, 2009		December 31, 2008		September 30, 2008						
OPERATING REVENUES															
Rental	\$	27,149	82.6%	\$	26,709	82.1%	\$	27,027	80.4%	\$	26,528	81.2%	\$	25,491	82.0%
Tenant reimbursements and other		5,725	17.4%		5,810	17.9%		6,599	19.6%		6,145	18.8%		5,577	18.0%
		32,874	100.0%		32,519	100.0%		33,626	100.0%		32,673	100.0%		31,068	100.0%
PROPERTY EXPENSES															
Property operating		8,149	24.8%		8,052	24.8%		8,317	24.7%		7,154	21.9%		7,160	23.1%
Real estate taxes and insurance		3,183	9.7%		3,213	9.8%		3,313	9.9%		3,110	9.5%		3,173	10.2%
NET OPERATING INCOME		21,542	65.5%		21,254	65.4%		21,996	65.4%		22,409	68.6%		20,735	66.7%
OTHER INCOME (EXPENSE)															
General and administrative		(3,609)	11.0%		(2,922)	9.1%		(2,956)	8.9%		(3,603)	11.1%		(2,797)	9.0%
Interest and other income		150	0.5%		118	0.4%		139	0.4%		299	0.9%		142	0.5%
Equity in losses of affiliate		(38)	0.1%		(47)	0.1%		(7)	0.0%		-	0.0%		-	0.0%
EBITDA		18,045	54.9%		18,403	56.6%		19,172	56.9%		19,105	58.4%		18,080	58.2%
Depreciation and amortization		(10,132)			(10,005)			(10,046)			(9,835)			(9,113)	
Interest expense		(7,929)			(8,113)			(8,327)			(8,887)			(8,635)	
Gain on early retirement of debt		640			1,367			4,339			1,369			-	
NET INCOME		624			1,652			5,138			1,752			332	
Less: Net income attributable to noncontrolling interests in the Operating Partnership		(16)			(45)			(141)			(48)			(10)	
NET INCOME ATTRIBUTABLE TO COMMON SHAREHOLDERS	\$	608		\$	1,607		\$	4,997		\$	1,704		\$	322	

Financial Measures

(unaudited, amounts in thousands, except per share data)

	Three Months Ended				
	September 30, 2009	June 30, 2009	March 31, 2009	December 31, 2008	September 30, 2008
FUNDS FROM OPERATIONS ("FFO")					
Net income attributable to common shareholders	\$ 608	\$ 1,607	\$ 4,997	\$ 1,704	\$ 322
Add back:					
Depreciation and amortization:					
Real estate assets ⁽¹⁾	9,983	9,876	9,673	9,835	9,113
Unconsolidated joint venture	91	96	14	-	-
Joint venture acquisition fee	-	-	-	211	-
Net income attributable to noncontrolling interests	16	45	141	48	10
FFO	\$ 10,698	\$ 11,624	\$ 14,825	\$ 11,798	\$ 9,445
ADJUSTED FUNDS FROM OPERATIONS ("AFFO")					
FFO	\$ 10,698	\$ 11,624	\$ 14,825	\$ 11,798	\$ 9,445
Non-cash share-based compensation expense	934	728	563	526	540
Gain on early retirement of debt	(640)	(1,367)	(4,339)	(1,369)	-
Rental payments treated as basis reduction ⁽²⁾	113	99	99	1,398	-
Straight-line rent, net ⁽³⁾	(377)	157	(90)	(533)	(126)
Deferred market rent	(247)	(388)	(473)	(365)	(452)
Non-real estate depreciation ⁽⁴⁾	213	211	211	220	218
Debt fair value amortization	(532)	(541)	(568)	(575)	(747)
Amortization of finance costs	338	370	389	392	353
Amortization of discounts	261	298	355	410	419
Tenant improvements ⁽⁵⁾	(995)	(4,413)	(2,611)	(2,694)	(2,153)
Leasing commissions ⁽⁵⁾	(605)	(1,221)	(752)	(793)	(1,872)
Capital expenditures ⁽⁵⁾	(936)	(298)	(269)	(125)	(377)
AFFO	\$ 8,225	\$ 5,259	\$ 7,349	\$ 8,290	\$ 5,248
Total weighted average shares and OP units:					
Basic	28,894	27,930	27,772	27,747	24,927
Diluted	28,991	28,002	27,801	27,755	24,980
FFO per share:					
FFO per share and unit - basic and diluted	\$ 0.37	\$ 0.42	\$ 0.53	\$ 0.43	\$ 0.38
AFFO per share:					
AFFO per share and unit - basic and diluted	\$ 0.28	\$ 0.19	\$ 0.26	\$ 0.30	\$ 0.21
First-generation costs					
Tenant improvements	\$ 1,092	\$ 2,835	\$ 2,100	\$ 4,006	\$ 2,305
Leasing commissions	83	466	271	460	625
Capital expenditures	568	923	604	1,565	3,322
Total first-generation costs	1,743	4,224	2,975	6,031	6,252
Development	53	108	77	105	1,143
Redevelopment	43	127	501	99	326
Total	\$ 1,839	\$ 4,459	\$ 3,553	\$ 6,235	\$ 7,721

⁽¹⁾For the three months ended September 30, June 30 and March 31, 2009, depreciation and amortization expense of \$149 thousand, \$129 thousand and \$373 thousand, respectively, related to a third party's portion of a consolidated joint venture was not added back when calculating the Company's FFO.

⁽²⁾Represents cash received from space leased to a former owner of a property the Company acquired in September 2008. All cash received from these leases is treated as a reduction in the basis of the property acquired.

⁽³⁾Straight-line rent, less uncollectable amounts and rent abatements.

⁽⁴⁾Most non-real estate depreciation is classified in general and administrative expense.

⁽⁵⁾Does not include first generation costs, which the Company defines as tenant improvement, leasing commissions and capital expenditure costs that were taken into consideration when underwriting the purchase of a property or incurred to bring the property to operating standard for its intended use.

Net Operating Income (NOI) Same-Property Analysis

(unaudited, amounts in thousands)

Same-Property NOI ⁽¹⁾⁽²⁾	Three Months Ended September 30,		Nine Months Ended September 30,	
	2009	2008	2009	2008
Total base rent	\$ 26,452	\$ 25,431	\$ 78,332	\$ 75,257
Tenant reimbursements and other	5,511	5,475	17,195	15,294
Property operating expenses	(7,404)	(6,971)	(22,433)	(19,247)
Real estate taxes and insurance	(3,121)	(3,177)	(9,493)	(9,161)
Same-property NOI - accrual basis	21,438	20,758	63,601	62,143
Straight-line revenue, net	(359)	(123)	(314)	(396)
Deferred market rental revenue, net	(242)	(454)	(1,051)	(1,366)
Same-property NOI - cash basis	\$ 20,837	\$ 20,181	\$ 62,236	\$ 60,381
Change in same-property NOI - accrual basis	3.3%		2.3%	
Change in same-property NOI - cash basis	3.3%		3.1%	
Change in Same-Property NOI - accrual basis				
Rental revenue increase	\$ 1,021		\$ 3,075	
Tenant reimbursement and other increase	36		1,901	
Expense increase	(377)		(3,518)	
	\$ 680		\$ 1,458	
Same-property percentage of total portfolio (sf)	97.3%		97.3%	

Reconciliation of Consolidated NOI to Same-Property NOI	Three Months Ended September 30,		Nine Months Ended September 30,	
	2009	2008	2009	2008
Total revenues	\$ 32,874	\$ 31,068	\$ 66,145	\$ 60,552
Property operating expenses	(8,149)	(7,160)	(16,369)	(12,931)
Real estate taxes and insurance	(3,183)	(3,173)	(6,526)	(5,949)
NOI	21,542	20,735	43,250	41,672
Less: Non-same property NOI ⁽³⁾	(104)	23	20,351	20,471
Same-property NOI - accrual basis	21,438	20,758	63,601	62,143
Straight-line revenue, net	(359)	(123)	(314)	(396)
Deferred market rental revenue	(242)	(454)	(1,051)	(1,366)
Same-property NOI - cash basis	\$ 20,837	\$ 20,181	\$ 62,236	\$ 60,381

Change in Same-Property NOI by Region	Three Months Ended	Nine Months Ended
	September 30, 2009	September 30, 2009
Maryland	-8.7%	-10.1%
Northern Virginia	9.1%	7.4%
Southern Virginia	9.8%	10.3%

⁽¹⁾Same property comparisons are based upon those properties owned for the entirety of the periods presented. Same property results exclude the results of the following non-same-properties: Alexandria Corporate Park, Triangle Business Center and RiversPark I and II.

⁽²⁾Excludes a 76,000 square foot redevelopment building at Ammendale Commerce Center, which was placed in service during the fourth quarter of 2008.

⁽³⁾Non-same property NOI has been adjusted to reflect a normalized management fee percentage in lieu of an administrative overhead allocation for comparative purposes.

Consolidated Balance Sheets

(unaudited, amounts in thousands, except per share amounts)

	<u>September 30, 2009</u> (unaudited)	<u>December 31, 2008</u>
Assets		
Rental property	\$ 1,095,008	\$ 1,106,571
Less: Accumulated depreciation	(133,668)	(111,658)
Rental property, net	<u>961,340</u>	<u>994,913</u>
Cash and cash equivalents	11,968	16,352
Escrows and reserves	9,141	8,808
Investment in affiliate	1,909	-
Other assets	<u>59,224</u>	<u>60,176</u>
Total assets	<u>\$ 1,043,582</u>	<u>\$ 1,080,249</u>
Liabilities		
Mortgage loans	\$ 291,747	\$ 322,846
Unsecured notes	123,485	155,435
Bank debt	199,400	175,500
Accounts payable and accrued interest	19,245	20,513
Other liabilities	<u>21,505</u>	<u>30,035</u>
Total liabilities	<u>655,382</u>	<u>704,329</u>
Noncontrolling interests (redemption value \$8,470 and \$7,186, respectively)	9,800	10,627
Shareholders' equity:		
Common shares, \$0.001 par value, 100,000 common shares authorized; 29,966 and 27,353 shares issued and outstanding, respectively	30	27
Additional paid-in capital	509,807	484,825
Accumulated other comprehensive loss	(2,394)	(3,823)
Dividends in excess of accumulated earnings	<u>(129,043)</u>	<u>(115,736)</u>
Total shareholders' equity	<u>378,400</u>	<u>365,293</u>
Total liabilities, noncontrolling interests and shareholders' equity	<u>\$ 1,043,582</u>	<u>\$ 1,080,249</u>

Total Market Capitalization and Selected Ratios

(unaudited, amounts in thousands)

MARKET CAPITALIZATION

		Percent of Total Market Capitalization
Total common shares outstanding	29,966	
Operating Partnership ("OP") units held by third parties	733	
Total common shares and OP units	30,699	
Market price at September 30, 2009	\$ 11.56	
Total equity capitalization	\$ 354,880	36.6%
Debt capitalization		
Fixed-rate debt	\$ 405,376	41.8%
Floating-rate debt ⁽¹⁾⁽²⁾	209,256	21.6%
Total debt capitalization	\$ 614,632	63.4%
Total market capitalization	\$ 969,512	100.0%

SELECTED RATIOS

	Three Months Ended				
	September 30, 2009	June 30, 2009	March 31, 2009	December 31, 2008	September 30, 2008
<u>COVERAGE RATIO</u>					
Interest Coverage Ratio					
EBITDA	\$ 18,045	\$ 18,403	\$ 19,172	\$ 19,105	\$ 18,080
Interest expense	7,929	8,113	8,327	8,887	8,635
	2.28x	2.27x	2.30x	2.15x	2.09x
<u>OVERHEAD RATIO</u>					
G&A to Real Estate Revenues					
General and administrative expense	\$ 3,609	\$ 2,922	\$ 2,956	\$ 3,603	\$ 2,797
Total revenues	32,874	32,519	33,626	32,673	31,068
	11.0%	9.0%	8.8%	11.0%	9.0%
<u>LEVERAGE RATIO</u>					
Debt/Undepreciated Book Value					
Total debt	\$ 614,632	\$ 624,380	\$ 628,287	\$ 653,781	\$ 650,877
Undepreciated book value	1,095,008	1,091,709	1,086,264	1,106,571	1,098,409
	56.1%	57.2%	57.8%	59.1%	59.3%

⁽¹⁾As of September 30, 2009, the Company had entered into interest rate swap agreements that fixed interest rates on \$94.9 million of its variable rate debt, therefore, only \$114.4 million, or 18.6%, of the Company's debt is exposed to variable interest rate fluctuations.

⁽²⁾On March 16, 2009, the Company deconsolidated a joint venture that owned RiversPark II due to the renewal of a tenant's lease, which effectively terminated a lease guarantee to the joint venture. As a result, \$18.1 million of hedged, variable-rate debt for River's Park II was deconsolidated.

Outstanding Debt

(unaudited, amounts in thousands)

Fixed Rate Debt	Effective Interest Rate	Principal Balance at September 30, 2009	Annualized Debt Service	Maturity Date	Balance at Maturity
Encumbered Properties					
4200 Tech Court ⁽¹⁾⁽²⁾	8.07%	\$ 1,705	\$ 168	10/1/2009	\$ 1,705
Park Central I ⁽³⁾	5.66%	4,565	519	11/1/2009	4,523
4212 Tech Court	8.53%	1,671	169	6/1/2010	1,654
Park Central II ⁽³⁾	5.66%	5,670	638	11/1/2010	5,289
Enterprise Center ⁽²⁾⁽³⁾	5.20%	17,576	1,647	12/1/2010	16,712
Indian Creek Court ⁽²⁾⁽³⁾	5.90%	12,518	1,162	1/1/2011	11,982
403/405 Glenn Drive ⁽³⁾	5.50%	8,324	746	7/1/2011	7,807
4612 Navistar Drive ⁽²⁾⁽³⁾	5.20%	12,791	1,131	7/11/2011	11,921
Campus at Metro Park ⁽²⁾⁽³⁾	5.25%	23,579	2,028	2/11/2012	21,581
1434 Crossways Boulevard Building II ⁽³⁾	5.38%	9,940	826	8/5/2012	8,866
Crossways Commerce Center	6.70%	24,711	2,087	10/1/2012	23,313
Newington Business Park Center	6.70%	15,588	1,316	10/1/2012	14,706
Prosperity Business Center ⁽³⁾	5.75%	3,665	332	1/1/2013	3,242
Aquia Commerce Center I	7.28%	518	165	2/1/2013	42
1434 Crossways Boulevard Building I ⁽³⁾	5.38%	8,557	665	3/5/2013	7,597
Linden Business Center ⁽³⁾	5.58%	7,271	559	10/1/2013	6,596
Owings Mills Business Center ⁽³⁾	5.75%	5,577	425	3/1/2014	5,066
Annapolis Commerce Park East ⁽³⁾	6.25%	8,643	665	6/1/2014	8,010
Plaza 500					
Van Buren Business Park					
Rumsey Center					
Snowden Center					
Greenbrier Technology Center II					
Norfolk Business Center					
Northridge I & II					
15395 John Marshall Highway					
	5.19%	99,625	5,171	8/1/2015	91,588
Hanover Business Center					
Hanover Building D ⁽³⁾	6.63%	783	161	8/1/2015	13
Hanover Building C ⁽³⁾	6.63%	1,181	186	12/1/2017	13
Chesterfield Business Center					
Chesterfield Buildings C, D, G and H ⁽³⁾	6.63%	2,042	414	8/1/2015	34
Chesterfield Buildings A, B, E and F ⁽³⁾	6.63%	2,588	318	6/1/2021	26
Gateway Centre Building I ⁽³⁾	5.88%	1,391	239	11/1/2016	-
Airpark Business Center ⁽³⁾	6.63%	1,412	173	6/1/2021	14
	5.63% ⁽⁴⁾	\$ 281,891	\$ 21,910		\$ 252,300
Convertible Debt					
Exchangeable Senior Notes ⁽⁴⁾	5.84%	\$ 48,485	\$ 2,020	12/15/2011	\$ 50,500
Senior Unsecured Debt					
Series A Notes	6.41%	\$ 37,500	\$ 2,404	6/15/2013	\$ 37,500
Series B Notes	6.55%	37,500	2,456	6/15/2016	37,500
		\$ 75,000	\$ 4,860		\$ 75,000
Total Fixed Rate Debt	5.81% ⁽⁵⁾	\$ 405,376	\$ 28,790		\$ 377,800

Outstanding Debt Continued

(unaudited, amounts in thousands)

	Effective Interest Rate	Principal Balance at September 30, 2009	Annualized Debt Service	Maturity Date	Balance at Maturity
Total Fixed Rate Debt	5.81% ⁽⁵⁾	\$ 405,376	\$ 28,790		\$ 377,800
Hedged Floating Rate Debt					
Secured Term Loan I ⁽⁶⁾	3.81%	\$ 50,000	\$ 1,905	8/7/2011	\$ 50,000
Secured Term Loan II ⁽⁷⁾	5.83%	35,000	2,041	8/11/2011	35,000
RiversPark I ⁽⁸⁾	5.97%	9,856	588	9/26/2011	9,856
	4.78% ⁽⁵⁾	\$ 94,856	\$ 4,534		\$ 94,856
Unhedged Floating Rate Debt					
Unsecured Revolving Credit Facility ⁽⁹⁾	LIBOR + 1.20%	\$ 99,400	\$ 1,441	4/26/2011	\$ 99,400
Secured Term Loan II ⁽⁷⁾	LIBOR + 2.50%	15,000	413	8/11/2011	15,000
	1.62% ⁽⁵⁾	\$ 114,400	\$ 1,854		\$ 114,400
Total at September 30, 2009	4.87%⁽⁵⁾	\$ 614,632	\$ 35,178	⁽¹⁰⁾	\$ 587,056

⁽¹⁾In October 2009, the Company repaid the \$1.7 million mortgage encumbering 4200 Tech Court with available cash.

⁽²⁾The maturity date on these loans represents the anticipated repayment date of the loans, after which the interest rates on the loans increase.

⁽³⁾The balance includes the fair value impacts recorded at acquisition upon assumption of the mortgages encumbering these properties. The fair value impacts at September 30, 2009 and actual interest rates are:

Property	Fair Value Impact	Contractual Interest Rate
Park Central I	\$ 17	8.00%
Park Central II	162	8.32%
Enterprise Center	546	8.03%
Indian Creek Court	281	7.80%
403/405 Glenn Drive	280	7.60%
4612 Navistar Drive	481	7.48%
Campus at Metro Park	955	7.11%
1434 Crossways Boulevard Building II	558	7.05%
Prosperity Business Center	42	6.25%
1434 Crossways Boulevard Building I	376	6.25%
Linden Business Center	110	6.01%
Owings Mills Business Center	21	5.85%
Annapolis Commerce Park East	(176)	5.74%
Hanover Business Center Building D	46	8.88%
Hanover Business Center Building C	53	7.88%
Chesterfield Buildings C, D, G and H	102	8.50%
Chesterfield Buildings A, B, E and F	105	7.45%
Gateway Centre Building I	61	7.35%
Airpark Business Center	57	7.45%
Total fair value increase	\$ 4,077	

⁽⁴⁾During the third quarter of 2009, the Company retired \$8.5 million of its Exchangeable Senior Notes.

⁽⁵⁾Represents the weighted average interest rate.

⁽⁶⁾Borrowings on the \$50 million secured term loan bear interest at a rate of LIBOR plus 110 basis points. The Company has entered into an interest rate swap agreement that fixed the interest rate on the loan at 2.71%, plus a spread of 0.70% to 1.25% (depending on the Company's overall leverage). The loan, which matures in August 2010, has a one-year extension at the Company's option, which it intends to exercise.

⁽⁷⁾On August 11, 2008, the Company entered into a \$35.0 million secured term loan with KeyBank, N.A., which can be expanded to \$70.0 million. In August 2008, the Company entered into an interest rate swap agreement that fixed the interest rate on the initial \$35.0 million loan at 5.58%. On December 9, 2008, the Company borrowed an additional \$15.0 million under an amendment to the loan agreement, which increased its total commitment to \$50.0 million. The transaction increased the base interest rate on the entire loan balance and on the interest rate swap agreement by 0.25%. The loan, which matures in August 2010, has a one-year extension at the Company's option, which it intends to exercise.

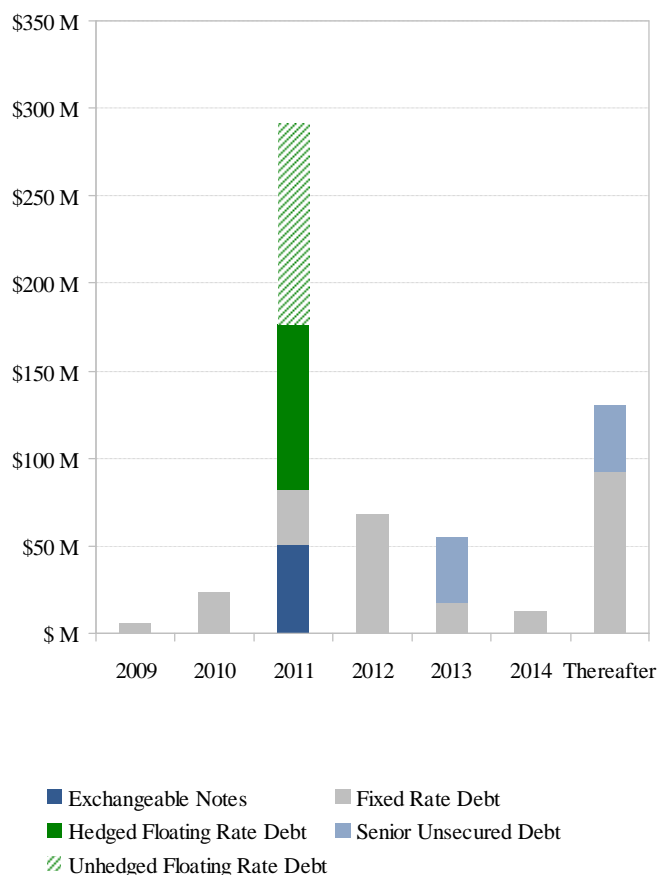
⁽⁸⁾The mortgage loan matures in September 2011 and has two one-year renewal options. Borrowing on the loan bear interest at LIBOR plus 250 basis points. The Company has entered into an interest rate swap agreement that fixed the interest rate on the loan at 5.97% for its initial three-year term. On December 12, 2008, the Company entered into a joint venture with an affiliate of AEW Capital Management, L.P. ("AEW") to own RiversPark I. The joint venture is owned 25% by the Company and 75% by AEW. As a result of lease guarantees and its continuing involvement, the Company consolidates the joint venture and its respective operating results within its financial statements. The cash contributed to the joint venture by AEW is reflected in the liability section of the Company's balance sheet under "Financing Obligation." This amount was recorded based on AEW's initial investment and is adjusted to reflect AEW's share of earnings in the joint venture or any distributions received by AEW. The earnings from the joint venture attributable to AEW are recorded as interest expense on the Company's statements of operations.

⁽⁹⁾As of September 30, 2009, the borrowing base for the Company's unsecured revolving credit facility included the following properties: 13129 Airpark Road, Virginia Center, Aquia Commerce Center II, Airpark Place, Gateway West II, Crossways II, Reston Business Campus, Cavalier Industrial Park, Gateway Centre (Building II), Enterprise Parkway, Diamond Hill Distribution Center, Linden Business Center (Building I), 1000 Lucas Way, River's Bend Center, Crossways I, Sterling Park Business Center, Sterling Park Land, 1408 Stephanie Way, Davis Drive, Gateway 270, Gateway II, Greenbrier Circle Corporate Center, Greenbrier Technology Center I, Pine Glen, Ammdale Commerce Center, River's Bend Center II, Park Central (Building V), Hanover AB, Herndon Corporate Center, Deer Park, 6900 English Muffin Way, Gateway West, 4451 Georgia Pacific, 20270 Goldenrod Lane, 7561 Lindbergh Drive, Old Courthouse Square, Patrick Center, West Park, Woodlands Business Center and 15 Worman's Mill Court. The loan, which matures in April 2010, has a one-year extension at the Company's option, which it intends to exercise.

⁽¹⁰⁾During the third quarter of 2009, the Company paid approximately \$1.3 million in principal payments.

Debt Maturity Schedule

(unaudited, amounts in thousands)



NOI of Pledged Properties and Supported Indebtedness

Year of Maturity	Type	Annualized NOI	Total Maturing Indebtedness	Total Supported Indebtedness	Debt Yield
2009	Secured Property Debt	\$ 678	\$ 6,228	\$ 6,228	10.9%
2010	Secured Property Debt	4,067	23,655	23,655	17.2%
2011	Secured Property Debt	5,262	41,566	41,566	12.7%
2011	Unsecured Debt ⁽¹⁾	33,289	149,900	224,900	14.8%
2011	Secured Term Loan I ⁽²⁾	34,687	50,000	274,576	12.6%
2011	Secured Term Loan II	8,653	50,000	50,000	17.3%
2012	Secured Property Debt	11,602	68,466	68,466	16.9%
2013	Secured Property Debt	3,134	17,477	17,477	17.9%
2014	Secured Property Debt	2,490	13,076	13,076	19.0%

⁽¹⁾The unsecured debt also includes private debt of \$37.5 million maturing in 2013 and \$37.5 million maturing in 2016.

⁽²⁾Secured Term Loan I is mezzanine debt that shows an encumbered borrowing base with first mortgage property debt that matures from 2010 through 2021.

Debt Covenants

(unaudited, amounts in thousands)

	Credit Facility / Secured Term Loan I		Senior Notes	
	Quarter Ending September 30, 2009	Covenant	Quarter Ending September 30, 2009	Covenant
Unencumbered Pool Leverage ⁽¹⁾	51.9%	≤ 65%	53.5%	≤ 65%
Unencumbered Pool Debt Service Coverage Ratio ^{(1),(2)}	3.37x	≥ 1.75x	N/A	N/A
Maximum Consolidated Total Indebtedness	55.0%	≤ 60% ⁽³⁾	56.6%	≤ 65%
Minimum Tangible Net Worth	\$ 517,030	≥ \$359,685	\$ 483,654	≥ \$359,685
Fixed Charge Coverage Ratio	1.93x	≥ 1.50x	1.93x	≥ 1.50x
Maximum Dividend Payout Ratio	53.5%	≤ 95%	53.5%	≤ 95%
<i>Restricted Investments⁽²⁾ :</i>				
Joint Ventures ⁽²⁾	0.2%	≤ 20%	N/A	N/A
Construction in Progress ⁽²⁾	1.1%	≤ 10%	N/A	N/A
Undeveloped Land ⁽²⁾	1.6%	≤ 5%	N/A	N/A
Mortgage Notes ⁽²⁾	0.0%	≤ 5%	N/A	N/A
<i>Total Restricted Investments⁽²⁾</i>	2.9%	≤ 25%	N/A	N/A
<i>Restricted Indebtedness :</i>				
Unhedged Variable Rate Debt ⁽²⁾	10.0%	≤ 25%	N/A	N/A
Maximum Secured Debt	33.9%	≤ 55%	34.9%	≤ 40%
Maximum Secured Recourse Debt ⁽²⁾	9.3%	≤ 10%	N/A	N/A

⁽¹⁾Covenant does not apply to Secured Term Loan I's covenants.

⁽²⁾Covenant only applies to the unsecured revolving credit facility.

⁽³⁾Company has a one time right to increase indebtedness to 65% for three consecutive quarters.

Portfolio Summary

(unaudited)

	<u>Square Feet</u>
<u>Portfolio In Service</u>	
Maryland	3,568,362
Northern Virginia	2,763,980
Southern Virginia	5,143,347
Total Portfolio In Service	<u>11,475,689</u>
 <u>Assets in Development / Redevelopment</u>	
Redevelopment	112,593
Development	104,555
Total Assets in Development / Redevelopment	<u>217,148</u>
 Total Portfolio	 <u><u>11,692,837</u></u>
 <u>Unconsolidated Joint Venture</u>	
RiversPark II	<u>146,197</u>

Occupancy Summary

(unaudited)

CURRENT OCCUPANCY

<u>Property Type</u>	<u>Occupied Square Feet</u>	<u>% of Occupied Square Feet</u>	<u>% Occupied at September 30, 2009⁽¹⁾</u>	<u>Annualized Base Rent⁽²⁾ - Cash Basis</u>	<u>% of Annualized Base Rent</u>
Business Park	5,704,081	57.4%	83.5%	\$ 65,296,042	66.6%
Industrial	3,850,084	38.8%	91.6%	28,140,377	28.7%
Office	192,194	1.9%	81.7%	3,331,180	3.4%
Retail	186,879	1.9%	92.9%	1,204,347	1.3%
Total	9,933,238	100.0%	86.6%	\$ 97,971,946	100.0%

LEASED BUT NOT YET OCCUPIED

Leased at September 30, 2009 (In-Place Portfolio⁽¹⁾) **86.9%**

⁽¹⁾Does not include space in development or redevelopment.

⁽²⁾Triple-net equivalent.

Net Asset Value Analysis

(unaudited, in thousands)

<u>Income Statement Items</u> ⁽¹⁾	<u>Three Months Ended September 30, 2009</u>	<u>Annualized</u>
Total Portfolio In-Place Cash NOI		
Total GAAP Revenue	\$ 32,874	\$ 131,496
Straight-line and Deferred Market Rents	(1,098)	(4,392)
Management Fee Adjustment	527	2,108
Property Operating Costs	<u>(11,186)</u>	<u>(44,742)</u>
Total Portfolio In-Place Cash NOI	<u>\$ 21,117</u>	<u>\$ 84,470</u>
Total Portfolio Cash NOI @ 94% Occupancy		
Total Revenue	\$ 36,563	\$ 146,252
Straight-line and Deferred Market Rents	(1,211)	(4,844)
Property Operating Costs	<u>(11,443)</u>	<u>(45,772)</u>
Total Portfolio Cash NOI	<u>\$ 23,909</u>	<u>\$ 95,636</u>
Balance Sheet Items ⁽¹⁾		
Land for Future Development & CIP		
Original Cost Basis of Land held for Future Development	\$ 18,395	
Original Cost Basis of Development Assets	2,010	
Original Cost Basis of Redevelopment Assets ⁽²⁾	4,464	
Construction In Progress	<u>13,234</u>	
Total Land for Future Development & CIP	<u>\$ 38,103</u>	
Investments in Affiliate	<u>\$ 1,909</u>	
Total Investments in Affiliate	<u>\$ 1,909</u>	
Current Quarter Acquisitions	<u>\$ -</u>	
Total Current Quarter Acquisitions	<u>\$ -</u>	
Select Balance Sheet Items		
Cash and cash equivalents, escrows and reserves	\$ 11,968	
Accounts and other receivables, net of allowance	6,257	
Prepaid expenses and other assets	9,835	
Accounts payable and other liabilities	(15,465)	
Accrued interest	(3,780)	
Rents received in advance	(5,924)	
Tenant security deposits	(5,031)	
Mortgage and Senior Debt, cash principal balances	<u>610,555</u>	
Total	<u>\$ 608,415</u>	

⁽¹⁾Consolidated figures include RiversPark I, but do not include RiversPark II.

⁽²⁾Represents portion of original purchase under redevelopment.

Investment in Joint Venture

(unaudited, amounts in thousands)

Unconsolidated Joint Venture

	<u>FPO Ownership</u>	<u>FPO Investment at September 30, 2009</u>	<u>Property Type</u>	<u>Location</u>	<u>Square Feet</u>	<u>Leased at September 30, 2009</u>	<u>Occupied at September 30, 2009</u>
RiversPark II⁽¹⁾	25%	\$ 1,909	BP	Columbia, MD	146,197	100.0%	100.0%
<u>Outstanding Debt</u>			<u>Effective Interest Rate</u>	<u>Principal Balance at September 30, 2009</u>	<u>Annualized Debt Service</u>	<u>Maturity Date</u>	<u>Balance at Maturity</u>
Hedged Floating Rate Debt ⁽²⁾			5.97%	\$ 18,144	\$ 1,083	9/26/2011	\$ 18,144

Consolidated Joint Venture

	<u>FPO Ownership</u>	<u>Property Type</u>	<u>Location</u>	<u>Square Feet</u>	<u>Leased at September 30, 2009</u>	<u>Occupied at September 30, 2009</u>	
RiversPark I	25%	BP	Columbia, MD	160,470	73.7%	73.7%	
<u>Outstanding Debt</u>			<u>Effective Interest Rate</u>	<u>Principal Balance at September 30, 2009</u>	<u>Annualized Debt Service</u>	<u>Maturity Date</u>	<u>Balance at Maturity</u>
Hedged Floating Rate Debt ⁽²⁾			5.97%	\$ 9,856	\$ 588	9/26/2011	\$ 9,856

⁽¹⁾On December 12, 2008, the Company entered into a joint venture with a third party to own RiversPark I and II. As a condition of the joint venture, the Company provided a guarantee to the joint venture for several lease agreements entered into by the former owner for certain vacancy at RiversPark I and rental payments in the event a specified tenant does not renew its lease at RiversPark II. On March 17, 2009, the specified tenant renewed its lease at RiversPark II, which effectively terminated the Company's lease guarantee related to RiversPark II. As a result, the Company applied equity accounting to RiversPark II and therefore, the assets, liabilities and operating results of RiversPark II are no longer consolidated on the Company's financial statements effective March 17, 2009.

⁽²⁾The mortgage loan matures in September 2011 and has two one-year renewal options. Borrowing on the loan bear interest at LIBOR plus 250 basis points. The Company has entered into an interest rate swap agreement that fixed the interest rate on the loan at 5.97% for its initial three-year term.

Top Thirty Tenants

(unaudited)

Ranking	Tenant	Number of Leases	Total Leased Square Feet	Total Annualized Rental Revenue ⁽¹⁾	Percentage of Total Annualized Rental Revenue - Cash Basis	Weighted Average Remaining Lease Years
1	U.S. Government	30	662,107	\$ 7,025,089	7.1%	3.7
2	Engineering Solutions	1	236,082	3,175,303	3.2%	7.5
3	HP Corporation	2	220,501	2,692,453	2.7%	1.7
4	FKI Industries, Inc	1	215,085	1,890,048	1.9%	7.0
5	Lockheed Martin Corporation	9	148,520	1,862,227	1.9%	2.3
6	Sentara Healthcare	7	183,767	1,825,687	1.9%	5.9
7	Verizon Virginia, Inc.	6	92,829	1,373,250	1.4%	3.2
8	Montgomery County	2	57,825	1,301,318	1.3%	5.8
9	First Data Corporation	1	117,336	1,290,696	1.3%	4.2
10	State of Maryland	10	76,242	1,285,564	1.3%	10.3
11	Iron Mountain	2	188,911	1,266,071	1.3%	9.0
12	Stock Building Supply, Inc	1	124,501	1,177,086	1.2%	7.4
13	Capital One Financial Corp	1	158,400	1,111,104	1.1%	1.8
14	Vangent, Inc	1	123,200	1,039,968	1.1%	4.3
15	Harris Corporation	3	47,680	1,006,750	1.0%	3.8
16	General Dynamics Information Technology, Inc	6	147,651	1,004,019	1.0%	2.9
17	Siemens Real Estate	1	76,292	991,796	1.0%	6.6
18	First American Registry	1	55,851	955,052	1.0%	4.8
19	D.D. Jones	4	272,624	940,318	1.0%	2.1
20	Lyttle Corp	1	54,530	905,266	0.9%	3.3
21	Allstate Insurance Company	2	48,785	791,737	0.8%	2.4
22	Wachovia Bank/Harris Connect	1	58,954	765,449	0.8%	2.0
23	Eska Graphic Board USA BV	2	152,600	752,318	0.8%	4.4
24	Measurement Specialties, Inc.	1	120,000	716,992	0.7%	11.8
25	Baxter Healthcare Corp., Amvax, Inc.	2	36,740	700,772	0.7%	4.2
26	Home Depot	4	129,988	659,443	0.7%	1.6
27	ServiceSource, Inc.	4	64,683	654,914	0.7%	5.0
28	TVI Corporation	1	118,273	654,050	0.7%	5.6
29	Capital Office Solutions	1	46,781	643,238	0.7%	9.3
30	American Public University System, Inc.	2	48,968	631,487	0.6%	5.5
	Subtotal Top 30 Tenants	110	4,085,706	41,089,465	41.8%	4.8
	All Remaining Tenants	685	5,889,279	57,219,532	58.2%	3.7
	Total / Weighted Average	795	9,974,985	\$ 98,308,997	100.0%	4.2

⁽¹⁾Annualized rental revenue is based on triple-net equivalent cash basis rental revenue as of September 30, 2009.

Portfolio Analysis

(unaudited)

PORTFOLIO BY MARKET

	Number of Buildings	Square Feet ⁽¹⁾	Percent Leased ⁽¹⁾	Percent Occupied ⁽¹⁾	Annualized Base Rent ⁽²⁾ - Cash Basis	Percentage of Annualized Base Rent
Maryland	72	3,568,362	82.6%	82.1%	\$ 32,996,831	33.6%
Baltimore	18	575,732	75.5%	75.5%	4,927,475	5.0%
Suburban MD	54	2,992,630	84.0%	83.4%	28,069,356	28.6%
Northern VA	48	2,763,980	87.4%	87.3%	29,596,873	30.1%
Southern VA	54	5,143,347	89.6%	89.2%	35,715,293	36.3%
Richmond	27	1,761,976	90.0%	90.0%	11,521,507	11.7%
Norfolk	27	3,381,371	89.5%	88.8%	24,193,786	24.6%
Total	174	11,475,689	86.9%	86.6%	\$ 98,308,997	100.0%

PORTFOLIO BY PROPERTY TYPE

	Number of Buildings	Square Feet ⁽¹⁾	Percent Leased ⁽¹⁾	Percent Occupied ⁽¹⁾	Annualized Base Rent ⁽²⁾ - Cash Basis	Percentage of Annualized Base Rent
Industrial	33	4,204,220	91.6%	91.6%	\$ 28,140,377	28.6%
Business Park	135	6,835,138	83.9%	83.5%	65,556,742	66.7%
Office	5	235,113	87.1%	81.7%	3,407,531	3.5%
Retail	1	201,218	92.9%	92.9%	1,204,347	1.2%
Total	174	11,475,689	86.9%	86.6%	\$ 98,308,997	100.0%

PORTFOLIO BY LEASE TYPE

	Number of Leases	Square Feet ⁽³⁾	Percentage of Leased Portfolio
Triple net	548	7,304,074	73.2%
Industrial gross	55	545,923	5.5%
Full service	192	2,124,988	21.3%
Total	795	9,974,985	100.0%

⁽¹⁾Does not include space under redevelopment or completed construction yet to be placed into service.

⁽²⁾Triple-net equivalent; reflects leased, not yet occupied spaces.

⁽³⁾Does not include vacant and core factor space.

Market Concentration

(unaudited)

Market Concentration by Square Footage

	Maryland			Northern VA	Southern VA			Total
	Baltimore	Suburban MD	Subtotal		Richmond	Norfolk	Subtotal	
Industrial	-	8.5%	8.5%	11.4%	8.8%	9.9%	18.7%	38.6%
Business Park	4.4%	12.7%	17.1%	12.7%	7.1%	20.5%	27.6%	57.4%
Office	-	2.1%	2.1%	-	-	-	-	2.1%
Retail	-	1.9%	1.9%	-	-	-	-	1.9%
Total	4.4%	25.2%	29.6%	24.1%	15.9%	30.4%	46.3%	100.0%

Market Concentration by Annualized Rent

	Maryland			Northern VA	Southern VA			Total
	Baltimore	Suburban MD	Subtotal		Richmond	Norfolk	Subtotal	
Industrial	-	6.3%	6.3%	12.9%	5.3%	4.2%	9.5%	28.7%
Business Park	5.0%	17.6%	22.6%	17.2%	6.4%	20.4%	26.8%	66.6%
Office	-	3.5%	3.5%	-	-	-	-	3.5%
Retail	-	1.2%	1.2%	-	-	-	-	1.2%
Total	5.0%	28.6%	33.6%	30.1%	11.7%	24.6%	36.3%	100.0%

Leasing Analysis

(unaudited)

<u>Leasing Production</u> ⁽¹⁾	<u>Three Months Ended</u> <u>September 30, 2009</u>	<u>Nine Months Ended</u> <u>September 30, 2009</u>
New and Renewal Leases		
Square footage of new and renewal leases	450,151	1,502,412
Number of new and renewal leases commencing	50	150
Expired/Early Renewal/Terminated leases		
Square footage of expired/early renewal leases	433,990	1,402,811
Square footage of terminated leases	<u>85,408</u>	<u>280,817</u>
Total - expired/early renewal/terminated leases	519,398	1,683,628
Signed in advance of existing tenant's lease expiration	12,437	25,644
Pre-Leasing	-	39,852
Recognition of previous advance leases and pre-leasing	87,425	200,001
Net Absorption	5,741	(46,711)
New Leases		
New square footage	79,856	331,535
Number of new leases commencing	15	45
<u>Rental Change - Cash</u>⁽²⁾		
New base rent	\$ 12.62	\$ 10.20
Percentage change in base rent	20.4%	9.7%
<u>Rental Change - GAAP</u>⁽²⁾		
New base rent	\$ 15.69	\$ 11.42
Percentage change in base rent	47.9%	19.9%
Average capital cost per square foot ⁽³⁾	\$ 5.94	\$ 16.15
Average downtime between leases (months)	6.3	13.1
Average lease term (months)	77.4	64.3
Renewal Leases		
Square footage of renewal leases ⁽⁴⁾	370,295	1,170,877
Number of renewal leases commencing	35	105
Retention rate	90%	85%
Maryland	92%	81%
Northern VA	74%	74%
Southern VA	93%	93%
<u>Rental Change - Cash</u>		
New base rent	\$ 13.10	\$ 10.69
Expiring base rent	\$ 12.30	\$ 10.50
Percentage change in base rent	6.5%	1.7%
<u>Rental Change - GAAP</u>		
New base rent	\$ 14.00	\$ 11.29
Expiring base rent	\$ 12.37	\$ 10.24
Percentage change in base rent	13.2%	10.3%
Average capital cost per square foot	\$ 2.88	\$ 3.88
Average lease term (months)	56.5	48.7

⁽¹⁾Includes 32,542 square feet of leases and associated costs for leases signed in the third quarter for subsequent periods. Of the total, 11,452 square feet will commence in Q4 2009, 15,494 square feet will commence in Q1 2010 and 5,596 square feet in Q2 2010.

⁽²⁾Quarter lease comparison based on eleven leases totaling 42,667 square feet. Nine months-ended figures excludes 44,900 square feet lease at below market rent that was signed in an effort to mitigate the loss associated with a tenant who vacated their space during their lease term.

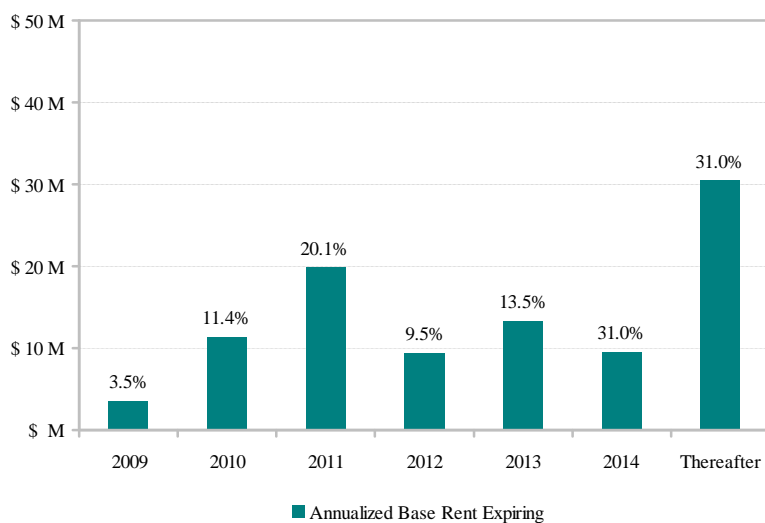
⁽³⁾Includes first and second generation TI costs. Second generation capital costs averaged \$3.82 per square foot.

⁽⁴⁾Includes 21,242 square feet of lease extensions from restructured leases. Average lease term consisted of 44.8 months. Changes in cash and GAAP rents were 0.3% and 7.6% respectively.

Lease Expirations

(unaudited)

Year of Lease Expiration	Number of Leases Expiring	Square Footage	Percent of Total	Amount	Percent of Total	Average Base Rent per Sq. Ft. ⁽¹⁾
MTM	21	185,060	1.9%	\$ 1,247,050	1.3%	\$ 6.74
2009	48	385,679	3.9%	3,454,403	3.5%	8.96
2010	143	1,118,800	11.2%	11,246,513	11.4%	10.05
2011	161	2,278,286	22.8%	19,799,156	20.1%	8.69
2012	103	841,514	8.4%	9,359,859	9.5%	11.12
2013	103	1,281,790	12.9%	13,232,896	13.5%	10.32
2014	85	1,008,706	10.1%	9,505,654	9.7%	9.42
Thereafter	131	2,875,150	28.8%	30,463,466	31.0%	10.60
Total	795	9,974,985	100.0%	\$ 98,308,997	100.0%	\$ 9.86

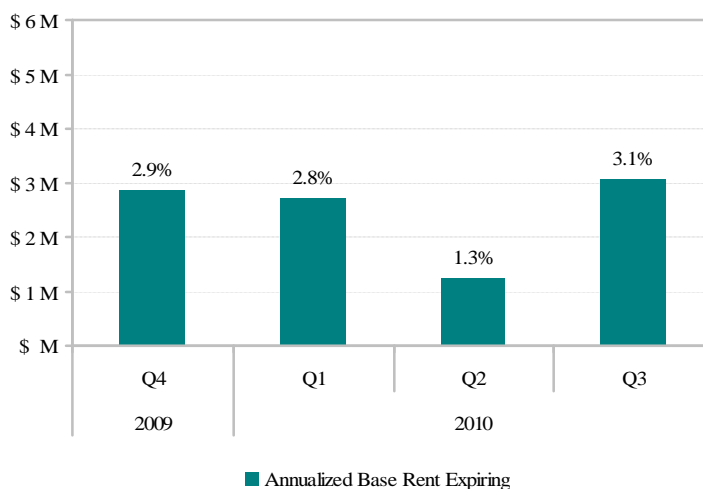


⁽¹⁾Triple-net equivalent

Lease Expirations – Current and Next Four Quarters

(unaudited)

Quarter of Lease Expiration	Number of Leases Expiring	<u>Gross Leased Area</u>		<u>Annualized Cash Rental Revenue</u>		
		Square Footage	Percent of Total	Amount	Percent of Total Portfolio	Average Base Rent per Sq. Ft. ⁽¹⁾
2009 - Q3 ⁽²⁾	7	45,078	4.4%	\$ 599,483	0.6%	\$ 13.30
2009 - Q4	41	340,601	33.2%	2,854,919	2.9%	8.38
2010 - Q1	41	293,699	28.6%	2,722,008	2.8%	9.27
2010 - Q2	22	95,095	9.3%	1,245,688	1.3%	13.10
2010 - Q3	38	252,169	24.5%	3,062,141	3.1%	12.14
Total	149	1,026,642	100.0%	\$ 10,484,239	10.7%	\$ 10.21



⁽¹⁾Triple-net equivalent

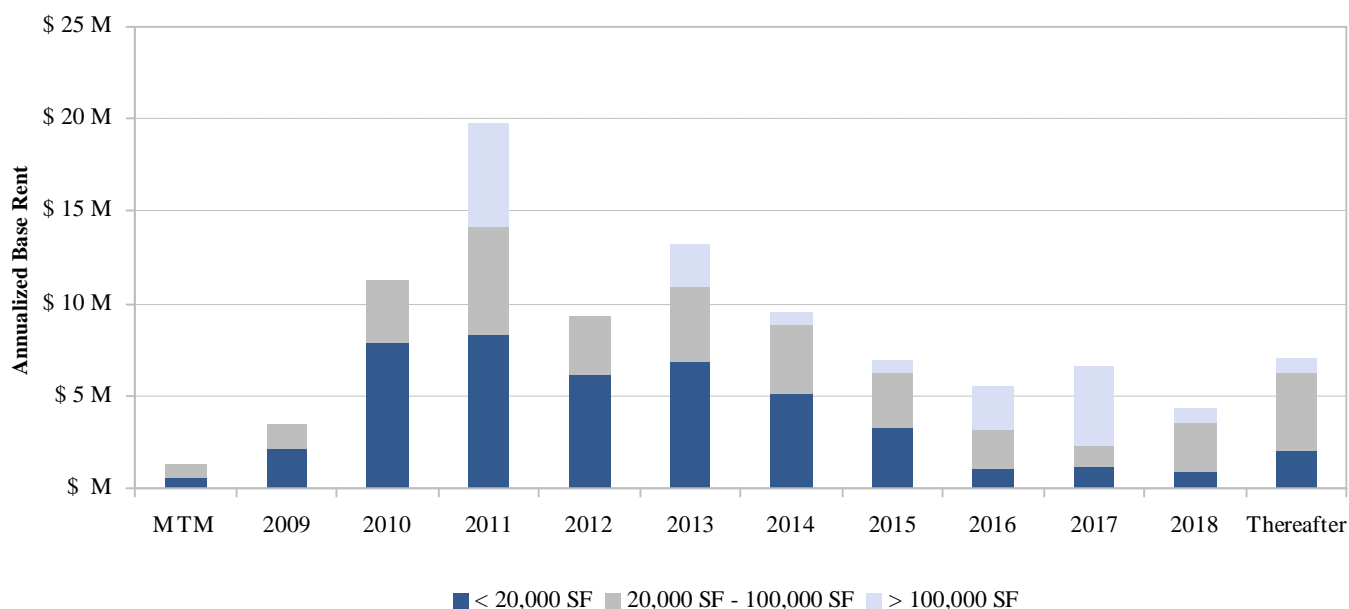
⁽²⁾The Company treats leases that expired on the last day of the quarter as leased square footage since the tenant is contractually entitled to the space.

Of the 45,078 square feet of leases that expired on September 30, 2009, 33,198 square feet were moved out, 4,680 square feet were renewed and 7,200 square feet were held over.

Portfolio by Size

(unaudited)

Square Feet Under Lease	Number of Leases	Leased Square Feet	% of Total Square Feet	Annualized Base Rent ⁽¹⁾	% of Annualized Rent	Revenue per SF
0-4,999	369	901,352	9.0%	\$ 11,036,437	11.2%	\$ 12.24
5,000-9,999	174	1,232,584	12.4%	14,621,132	14.9%	11.86
10,000-14,999	93	1,114,353	11.2%	12,786,725	13.0%	11.47
15,000-19,999	38	647,818	6.5%	7,080,519	7.2%	10.93
20,000-24,999	30	680,005	6.8%	6,753,334	6.9%	9.93
25,000-29,999	19	512,009	5.1%	5,947,704	6.1%	11.62
30,000-34,999	14	454,051	4.6%	4,433,700	4.5%	9.76
35,000-39,999	10	368,097	3.7%	2,647,916	2.7%	7.19
40,000-44,999	7	294,670	3.0%	2,452,482	2.5%	8.32
45,000-49,999	10	467,263	4.7%	4,433,658	4.5%	9.49
50,000-54,999	3	159,368	1.6%	1,995,468	2.0%	12.52
55,000-59,999	2	114,805	1.2%	1,720,501	1.8%	14.99
60,000-64,999	2	121,992	1.2%	1,001,898	1.0%	8.21
65,000-69,999	2	135,321	1.4%	615,164	0.6%	4.55
70,000-74,999	1	70,460	0.7%	479,713	0.5%	6.81
75,000-79,999	3	228,092	2.3%	1,824,476	1.9%	8.00
85,000-89,999	1	87,120	0.9%	370,260	0.4%	4.25
90,000-94,999	1	94,950	1.0%	559,256	0.6%	5.89
100,000-104,999	1	104,218	1.0%	1,274,586	1.3%	12.23
115,000-119,999	4	466,892	4.7%	3,838,564	3.9%	8.22
120,000-124,999	5	608,301	6.1%	4,350,604	4.4%	7.15
125,000-129,999	1	127,108	1.2%	603,763	0.6%	4.75
130,000-134,999	1	134,589	1.3%	542,736	0.6%	4.03
155,000-159,999	1	158,400	1.6%	1,111,104	1.1%	7.01
215,000-219,999	1	215,085	2.1%	1,890,048	1.8%	8.79
235,000-239,999	2	476,082	4.7%	3,937,249	4.0%	8.27
Total	795	9,974,985	100.0%	\$ 98,308,997	100.0%	\$ 9.86



⁽¹⁾Triple-net equivalent

Land and Properties Available for Development or Redevelopment

(unaudited, amounts in thousands)

ACTIVE DEVELOPMENT / REDEVELOPMENT

	Region	Square Feet			Estimated Date In Service	Estimated Stabilization Date	Expected Return
		Under Development /Redevelopment	Projected Cost	Cost to Date			
Development							
Sterling Park Business Center - Lot 7	Northern VA	56,555	\$ 7,300	\$ 4,006	TBD	TBD	9%
Greenbrier	Southern VA	48,000	8,100	408	TBD	TBD	10%
		<u>104,555</u>	<u>15,400</u>	<u>4,414</u>			
Redevelopment⁽¹⁾							
Gateway 270 West	Maryland	41,710	1,400	751	Q1-2010	Q2-2011	10%
Enterprise Parkway	Southern VA	70,883	950	775	Q1-2010	Q2-2011	10%
		<u>112,593</u>	<u>2,350</u>	<u>1,526</u>			
Total Active Development / Redevelopment		<u>217,148</u>	<u>\$ 17,750</u>	<u>\$ 5,940</u>			

COMPLETED DEVELOPMENT / REDEVELOPMENT

PLACED IN SERVICE DURING QUARTER	Region	Square Feet		Total Cost	Estimated Stabilization Date	Expected Return
		Placed in Service	Leased Square Feet			
Redevelopment⁽¹⁾						
Interstate Plaza	Northern VA	56,578	34,025	\$ 371	Q1-2011	7%
Park Central	Southern Virginia	7,822	7,822	106	Q3-2009	10%
Total Completed Assets		<u>64,400</u>	<u>41,847</u>	<u>\$ 477</u>		

ADDITIONAL DEVELOPABLE LAND

		Developable Square Feet
Glenn Dale Business Center	Maryland	100,000
4612 Navistar Drive	Maryland	50,000
Sterling Park Business Center	Northern VA	335,545
Plaza 500	Northern VA	200,000
Linden Business Center	Northern VA	32,400
River's Bend Center II	Southern VA	600,000
Chesterfield	Southern VA	35,700
Norfolk Commerce Park II	Southern VA	17,500
		<u>1,371,145</u>

⁽¹⁾Redevelopment of existing structures.

Maryland Region

(unaudited)

Property	Buildings	Property Type ^{(1),(2)}	Location	Square Footage	Annualized Cash Basis Rent ⁽³⁾	Leased at September 30, 2009 ⁽⁴⁾	Occupied at September 30, 2009 ⁽⁴⁾
<u>SUBURBAN MD</u>							
<u>Frederick</u>							
15 Worman's Mill Court	1	BP	Frederick	39,966	\$ 380,042	100.0%	100.0%
Frederick Industrial Park ⁽⁵⁾	3	I	Frederick	550,418	3,997,957	93.7%	93.7%
Patrick Center	1	Office	Frederick	66,260	1,064,454	72.1%	72.1%
West Park	1	Office	Frederick	28,933	354,540	87.9%	87.9%
<u>I-270 Corridor</u>							
20270 Goldenrod Lane	1	BP	Germantown	24,468	114,389	46.0%	46.0%
7561 Lindbergh Drive	1	I	Gaithersburg	36,000	328,295	100.0%	100.0%
Airpark Place	3	BP	Gaithersburg	82,290	636,757	55.3%	55.3%
Campus at Metro Park North	4	BP	Rockville	190,912	3,033,826	85.1%	85.1%
Gateway 270 West	6	BP	Clarksburg	213,341	2,977,713	99.1%	99.1%
Gateway Center	2	BP	Gaithersburg	44,144	567,564	88.4%	84.5%
Girard Business Park ⁽⁶⁾	7	BP	Gaithersburg	299,878	2,559,547	76.4%	75.4%
<u>Beltsville</u>							
Ammendale Business Park ⁽⁷⁾	7	BP	Beltsville	313,890	2,437,900	61.1%	61.1%
<u>Columbia</u>							
Rumsey Center	4	BP	Columbia	134,321	1,304,034	82.4%	82.4%
Snowden Center	5	BP	Columbia	144,807	1,717,994	77.5%	77.5%
RiversPark I ⁽⁸⁾	3	BP	Columbia	160,470	1,572,190	73.7%	73.7%
<u>Other</u>							
Annapolis Commerce Park	2	Office	Annapolis	101,464	1,524,451	98.8%	86.4%
Glenn Dale Business Center	1	I	Glenn Dale	321,394	1,829,270	93.0%	93.0%
Old Courthouse Square	1	Retail	Martinsburg, WV	201,218	1,204,347	92.9%	92.9%
Woodlands Business Center	1	Office	Largo	38,456	464,086	81.4%	81.4%
Total	54			2,992,630	28,069,356	84.0%	83.4%
<u>BALTIMORE</u>							
<u>Owings Mills</u>							
Owings Mills Business Park ⁽⁹⁾	6	BP	Owings Mills	219,430	2,684,155	93.8%	93.8%
<u>Other</u>							
Deer Park	4	BP	Randallstown	171,125	1,053,190	72.0%	72.0%
Gateway West	4	BP	Westminster	111,165	645,075	48.6%	48.6%
Triangle Business Center	4	BP	Baltimore	74,012	545,055	69.9%	69.9%
Total	18			575,732	4,927,475	75.5%	75.5%
Grand Total	72			3,568,362	\$ 32,996,831	82.6%	82.1%

⁽¹⁾I= Industrial

⁽²⁾BP = Business Park

⁽³⁾Triple-net equivalent

⁽⁴⁾Does not include space in development or redevelopment.

⁽⁵⁾Frederick Industrial Park consists of the following properties: 4451 Georgia Pacific Boulevard, 4612 Navistar Drive and 6900 English Muffin Way.

⁽⁶⁾Girard Business Park consists of the following properties: Girard Business Center and Girard Place.

⁽⁷⁾Ammendale Business Park consists of the following properties: Ammendale Commerce Center and Indian Creek Court.

⁽⁸⁾Occupancy includes seller lease-back. Effective March 17, 2009, RiversPark II was no longer consolidated in the Company's portfolio.

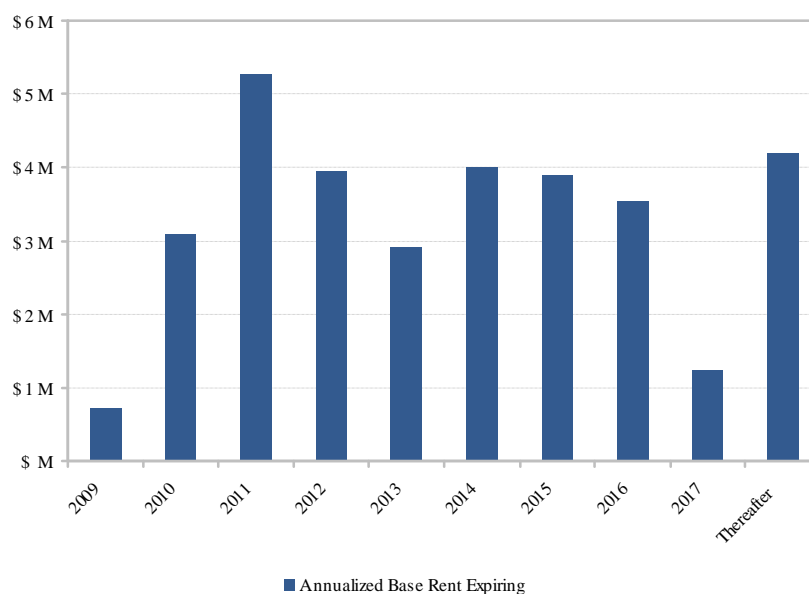
⁽⁹⁾Owings Mills Business Park consists of the following properties: Owings Mills Business Center and Owings Mills Commerce Center.



Maryland Region - Lease Expirations

(unaudited)

Year of Lease Expiration	SF of Expiring Leases	% of Total SF	Annual Base Rent ⁽¹⁾	% of Annual Base Rent ⁽¹⁾	Base Rent ⁽¹⁾ per SF
Vacant	620,087	17.4%	\$ -	-	\$ -
MTM	15,420	0.4%	189,060	0.6%	12.26
2009	83,208	2.3%	710,905	2.2%	8.54
2010	307,924	8.6%	3,080,024	9.3%	10.00
2011	552,056	15.5%	5,264,046	16.0%	9.54
2012	318,525	8.9%	3,949,390	12.0%	12.40
2013	232,264	6.5%	2,919,336	8.8%	12.57
2014	295,595	8.3%	4,013,599	12.2%	13.58
2015	311,398	8.7%	3,902,515	11.8%	12.53
2016	345,116	9.7%	3,532,960	10.7%	10.24
2017	94,296	2.7%	1,238,914	3.8%	13.14
Thereafter	392,473	11.0%	4,196,082	12.6%	10.69
Total	3,568,362	100.0%	\$ 32,996,831	100.0%	\$ 11.19



⁽¹⁾Triple-net equivalent

Northern Virginia Region

(unaudited)

Property	Buildings	Property Type ⁽¹⁾⁽²⁾	Location	Square Footage	Annualized Cash Basis Rent ⁽³⁾	Leased at September 30, 2009 ⁽⁴⁾	Occupied at September 30, 2009 ⁽⁴⁾
<u>Alexandria</u>							
Interstate Plaza	1	I	Alexandria	109,029	\$ 947,001	78.2%	78.2%
Plaza 500	2	I	Alexandria	504,089	5,305,922	91.7%	91.7%
<u>Manassas</u>							
Gateway Centre	3	BP	Manassas	101,021	825,434	67.7%	67.7%
Linden Business Center	3	BP	Manassas	109,597	1,089,389	79.8%	79.8%
Windsor at Battlefield	2	BP	Manassas	154,989	1,935,850	100.0%	100.0%
<u>Reston/Herndon</u>							
Herndon Corporate Center	4	BP	Herndon	127,443	1,471,396	73.0%	73.0%
Van Buren Business Park	5	BP	Herndon	108,047	1,551,825	93.9%	93.9%
Reston Business Campus	4	BP	Reston	82,584	1,103,562	93.9%	93.9%
<u>Sterling</u>							
Sterling Park Business Center ⁽⁵⁾	6	BP	Sterling	437,195	3,901,708	82.2%	82.2%
<u>Chantilly</u>							
Lafayette Business Park ⁽⁶⁾	6	BP	Chantilly	253,987	3,360,395	82.3%	81.2%
<u>Other</u>							
13129 Airpark Road	1	I	Culpeper	149,888	663,596	75.9%	75.9%
15395 John Marshall Highway	1	I	Haymarket	236,082	3,175,303	100.0%	100.0%
Newington Business Park Center	7	I	Lorton	254,242	2,578,860	93.2%	93.2%
Prosperity Business Center	1	BP	Merrifield	71,299	807,193	92.5%	92.5%
Aquia Commerce Center I & II	2	BP	Stafford	64,488	879,439	100.0%	100.0%
Total	48			2,763,980	\$ 29,596,873	87.4%	87.3%

⁽¹⁾I = Industrial

⁽²⁾BP = Business Park

⁽³⁾Triple-net equivalent

⁽⁴⁾Does not include space in development or redevelopment.

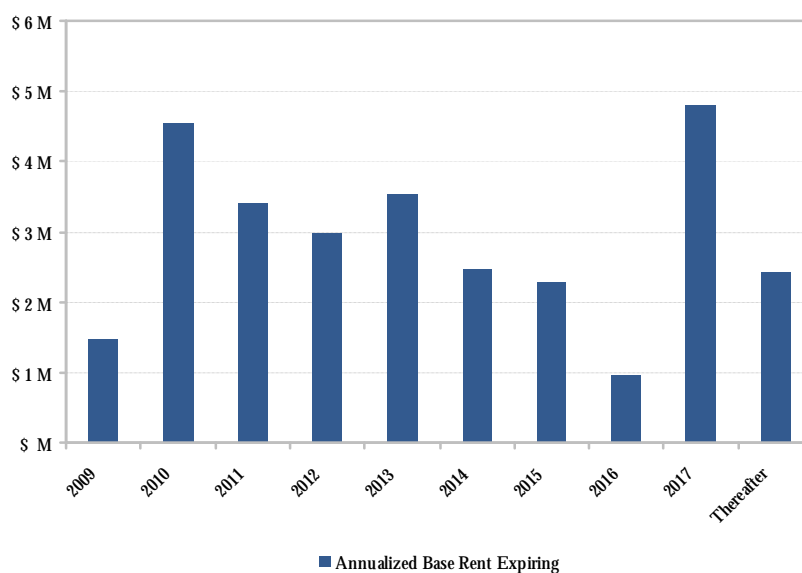
⁽⁵⁾Sterling Park Business Center consists of the following properties: 403/405 Glenn Drive, Davis Drive and Sterling Park Business Center.

⁽⁶⁾Lafayette Business Park consists of the following properties: Enterprise Center and Tech Court.

Northern Virginia Region - Lease Expirations

(unaudited)

<u>Year of Lease Expiration</u>	<u>SF of Expiring Leases</u>	<u>% of Total SF</u>	<u>Annual Base Rent⁽¹⁾</u>	<u>% of Annual Base Rent⁽¹⁾</u>	<u>Base Rent⁽¹⁾ per SF</u>
Vacant	347,736	12.6%	\$ -	-	\$ -
MTM	84,475	3.1%	642,379	2.2%	7.60
2009	121,792	4.4%	1,483,859	5.0%	12.18
2010	327,989	11.9%	4,552,192	15.4%	13.88
2011	272,863	9.9%	3,410,927	11.5%	12.50
2012	268,713	9.7%	2,990,054	10.1%	11.13
2013	263,322	9.5%	3,551,887	12.0%	13.49
2014	230,299	8.3%	2,475,394	8.4%	10.75
2015	168,833	6.1%	2,300,197	7.8%	13.62
2016	45,848	1.7%	950,515	3.2%	20.73
2017	408,078	14.8%	4,801,427	16.2%	11.77
Thereafter	224,032	8.0%	2,438,042	8.2%	10.88
Total	2,763,980	100.0%	\$ 29,596,873	100.0%	\$ 12.25



⁽¹⁾Triple-net equivalent

Southern Virginia Region

(unaudited)

Property	Buildings	Property Type ^{(1),(2)}	Location	Square Footage	Annualized Cash Basis Rent ⁽³⁾	Leased at September 30, 2009 ⁽⁴⁾	Occupied at September 30, 2009 ⁽⁴⁾
<u>RICHMOND</u>							
<u>North</u>							
Virginia Center	1	BP	Glen Allen	119,921	\$ 1,221,045	87.4%	87.4%
Northridge I, II	2	I	Ashland	140,424	776,140	85.6%	85.6%
Hanover Business Center	4	BP	Ashland	182,968	992,125	89.5%	89.5%
Park Central	3	BP	Richmond	204,280	2,368,064	90.9%	90.9%
<u>South</u>							
River's Bend Center ⁽⁵⁾	6	I	Chester	795,037	4,425,869	95.8%	95.8%
Chesterfield Business Center ⁽⁶⁾	11	BP	Richmond	319,346	1,738,264	78.2%	78.2%
Total	27			1,761,976	11,521,507	90.0%	90.0%
<u>NORFOLK</u>							
<u>Crossways</u>							
Crossways Commerce Center ⁽⁷⁾	9	BP	Chesapeake	1,086,838	10,837,925	96.7%	96.7%
<u>Greenbrier</u>							
Greenbrier Business Center ⁽⁸⁾	4	BP	Chesapeake	410,613	3,824,541	86.3%	81.0%
<u>Chesapeake Other</u>							
1400 Cavalier Boulevard	4	I	Chesapeake	394,723	1,405,181	86.3%	86.3%
Diamond Hill Distribution Center	4	I	Chesapeake	712,894	2,706,983	90.1%	90.1%
<u>Hampton</u>							
1000 Lucas Way	2	BP	Hampton	182,323	1,361,507	96.3%	96.3%
Enterprise Parkway	1	BP	Hampton	332,536	1,574,195	65.2%	65.2%
<u>Norfolk</u>							
Norfolk Commerce Park ⁽⁹⁾	3	BP	Norfolk	261,444	2,483,454	93.2%	93.2%
Total	27			3,381,371	24,193,786	89.5%	88.8%
Grand Total	54			5,143,347	\$ 35,715,293	89.6%	89.2%

⁽¹⁾I= Industrial

⁽²⁾BP = Business Park

⁽³⁾Triple-net equivalent

⁽⁴⁾Does not include space in development or redevelopment.

⁽⁵⁾River's Bend Center consists of the following properties: River's Bend Center and River's Bend Center II.

⁽⁶⁾Chesterfield Business Center consists of the following properties: Airpark Business Center, Chesterfield Business Center and Pine Glen.

⁽⁷⁾Crossways Commerce Center consists of the following properties: Coast Guard Building, Crossways Commerce Center I, Crossways Commerce Center II, Crossways I, Crossways II, 1434 Crossways Boulevard and 1408 Stephanie Way.

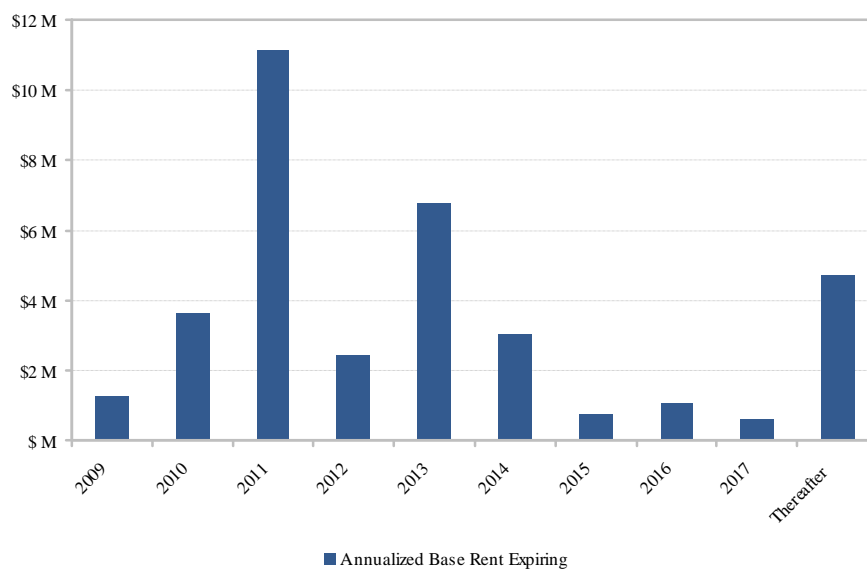
⁽⁸⁾Greenbrier Business Center consists of the following properties: Greenbrier Technology Center I, Greenbrier Technology Center II and Greenbrier Circle Corporate Center.

⁽⁹⁾Norfolk Commerce Park consists of the following properties: Norfolk Business Center, Norfolk Commerce Park II and Gateway II.

Southern Virginia Region - Lease Expirations

(unaudited)

Year of Lease Expiration	SF of Expiring Leases	% of Total SF	Annual Base Rent ⁽¹⁾	% of Annual Base Rent ⁽¹⁾	Base Rent ⁽¹⁾ per SF
Vacant	532,881	10.4%	\$ -	-	\$ -
MTM	85,165	1.7%	415,611	1.2%	4.88
2009	180,679	3.5%	1,259,639	3.5%	6.97
2010	482,887	9.4%	3,614,297	10.1%	7.48
2011	1,453,367	28.3%	11,124,183	31.1%	7.65
2012	254,276	4.9%	2,420,415	6.8%	9.52
2013	786,204	15.3%	6,761,673	18.9%	8.60
2014	482,812	9.4%	3,016,660	8.4%	6.25
2015	76,975	1.5%	738,420	2.1%	9.59
2016	182,424	3.5%	1,057,144	3.0%	5.79
2017	132,270	2.6%	598,268	1.7%	4.52
Thereafter	493,407	9.5%	4,708,983	13.2%	9.54
Total	5,143,347	100.0%	\$ 35,715,293	100.0%	\$ 7.75



⁽¹⁾Triple-net equivalent

Management Statements on Non-GAAP Supplemental Measures

Investors and analysts following the real estate industry utilize funds from operations ("FFO"), net operating income ("NOI"), earnings before interest, taxes, depreciation and amortization ("EBITDA") and adjusted funds from operations ("AFFO"), variously defined, as supplemental performance measures.

The Company believes FFO, NOI, EBITDA and AFFO are appropriate measures given their wide use by and relevance to investors and analysts. FFO, reflecting the assumption that real estate asset values rise or fall with market conditions, principally adjusts for the effects of GAAP depreciation/amortization of real estate assets. NOI provides a measure of rental operations and does not factor in depreciation/amortization and non-property specific expenses such as general and administrative expenses. EBITDA provides a further tool to evaluate the ability to incur and service debt and to fund dividends and other cash needs. AFFO provides a further tool to evaluate the ability to fund dividends. In addition, FFO, NOI, EBITDA and AFFO are commonly used in various ratios, pricing multiples/yields and returns and valuation calculations used to measure financial position, performance and value.

NOI

Management believes that NOI is a useful measure of the Company's property operating performance. The Company defines NOI as operating revenues (rental, tenant reimbursements and other income) less property and related expenses (property expenses, real estate taxes and insurance). Other real estate investment trust ("REITs") may use different methodologies for calculating NOI, and accordingly, the Company's NOI may not be comparable to other REITs.

Because NOI excludes general and administrative expenses, interest expense, depreciation and amortization, gains and losses from property dispositions, discontinued operations and extraordinary items, it provides a performance measure that, when compared year over year, reflects the revenues and expenses directly associated with owning and operating commercial real estate properties and the impact to operations from trends in occupancy rates, rental rates and operating costs, providing perspective not immediately apparent from net income. The Company uses NOI to evaluate its operating performance since NOI allows the Company to evaluate the impact that factors such as occupancy levels, lease structure, lease rates and tenant base have on the Company's results, margins and returns. In addition, management believes that NOI provides useful information to the investment community about the Company's property and operating performance when compared to other REITs since NOI is generally recognized as a standard measure of property performance in the real estate industry.

However, NOI should not be viewed as a measure of the Company's overall financial performance since it does not reflect general and administrative expenses, interest expense, depreciation and amortization costs, the level of capital expenditures and leasing costs necessary to maintain the operating performance of the Company's properties.

SAME-PROPERTY NOI

The Company defines same-property NOI as NOI for the Company's properties wholly owned during the entirety of the periods reported. Other REITs may use different methodologies for calculating same-property NOI and, accordingly, the Company's same-property NOI may not be comparable to other REITs.

EBITDA

Management believes that EBITDA is a useful measure of the Company's operating performance. EBITDA is defined as earnings before interest, taxes, depreciation and amortization.

Management considers EBITDA to be an appropriate supplemental performance measure since it represents earnings prior to the impact of depreciation, amortization, gain (loss) from property dispositions and loss on early retirement of debt. This calculation facilitates the review of income from operations without considering the effect of non-cash depreciation and amortization or the cost of debt.

FFO

Management believes that FFO is a useful measure of the Company's operating performance. The Company computes FFO as defined by the National Association of Real Estate Investment Trusts, or NAREIT, which states FFO should represent net income (loss) before minority interest (computed in accordance with GAAP) plus real estate related depreciation and amortization (excluding amortization of deferred financing costs) and after adjustments for unconsolidated partnerships and joint ventures and excluding gains on the sale of property. Further, other REITs may use different methodologies for calculating FFO and, accordingly, the Company's FFO may not be comparable to other REITs. The Company presents FFO per diluted share calculations that are based on the outstanding dilutive common shares plus the outstanding Operating Partnership units for the periods presented.

Management considers FFO a useful additional measure of performance for an equity REIT because it facilitates an understanding of the operating performance of its properties without giving effect to real estate depreciation and amortization, which assumes that the value of real estate assets diminishes predictably over time. Since real estate values have historically risen or fallen with market conditions, we believe that FFO provides a more meaningful and accurate indication of our performance. In addition, management believes that FFO provides useful information to the investment community about the Company's financial performance when compared to other REITs since FFO is generally recognized as the industry standard for reporting the operations of REITs.

AFFO

Management believes that AFFO is a useful measure of the Company's liquidity. The Company computes AFFO by adding to FFO equity based compensation expense and the non-cash amortization of deferred financing costs and non-real estate depreciation, and then subtracting cash paid for any recurring tenant improvements, leasing commissions, and recurring capital expenditures, and eliminating the net effect of straight-line rents, deferred market rent and debt fair value amortization.

First generation costs include tenant improvements, leasing commissions and capital expenditures that were taken into consideration when underwriting the purchase of a property or incurred to bring the property to operating standard for its intended use. The Company also excludes development and redevelopment related expenditures. AFFO provides an additional perspective on the Company's ability to fund cash needs and make distributions to shareholders by adjusting for the effect of these non-cash items included in FFO, as well as recurring capital expenditures and leasing costs. However, other REITs may use different methodologies for calculating AFFO and, accordingly, the Company's AFFO may not be comparable to other REITs.