

CONTACT:
Vikki Kayne
Vice President, Marketing
(301) 986-9200
vkayne@first-potomac.com

FPO
LISTED
NYSE

First Potomac Realty Trust
7600 Wisconsin Avenue
11th Floor
Bethesda, MD 20814
www.first-potomac.com

**FIRST POTOMAC REALTY TRUST ANNOUNCES TAX REPORTING INFORMATION FOR
2014 COMMON AND PREFERRED SHARE DISTRIBUTIONS**

BETHESDA, MD (January 30, 2015) – First Potomac Realty Trust (NYSE: FPO), a leader in the ownership, management, development and redevelopment of office and business park properties in the greater Washington, D.C. region, today announced the tax reporting information (Federal 1099) for the year 2014 distributions on its common and preferred shares. The information in this release is based on the preliminary results of the Company's tax filings and is subject to correction or adjustment when the filings are completed.

The income tax treatment for the 2014 distributions for First Potomac Realty Trust Common Shares CUSIP# 33610F109 traded on the NYSE under ticker symbol "FPO" is as follows:

Record Dates	Payment Dates	Distributions per Share	Distribution Type	
			Ordinary Taxable Dividend	Return of Capital
2/10/2014	2/18/2014	\$0.15	\$0.108630	\$0.041370
5/6/2014	5/15/2014	\$0.15	\$0.108630	\$0.041370
8/6/2014	8/15/2014	\$0.15	\$0.108630	\$0.041370
11/6/2014	11/17/2014	\$0.15	\$0.108630	\$0.041370
TOTALS		\$0.60	\$0.434520	\$0.165480
PERCENT		100.00%	72.42%	27.58%

The income tax treatment for the 2014 distributions for First Potomac Realty Trust Preferred Shares CUSIP# 33610F307 traded on the NYSE under ticker symbol "FPO-PA" is as follows:

Record Dates	Payment Dates	Distributions per Share	Distribution Type		
			Ordinary Taxable Dividend	Capital Gains	Return of Capital
2/10/2014	2/18/2014	\$0.484375	\$0.484375	\$0.000000	\$0.000000
5/6/2014	5/15/2014	\$0.484375	\$0.484375	\$0.000000	\$0.000000
8/6/2014	8/15/2014	\$0.484375	\$0.484375	\$0.000000	\$0.000000
11/6/2014	11/17/2014	\$0.484375	\$0.484375	\$0.000000	\$0.000000
TOTALS		\$1.937500	\$1.937500	\$0.000000	\$0.000000
PERCENT		100.00%	100.00%	00.00%	00.00%

The dividends classified above as ordinary dividends do not represent "qualified dividend income" and therefore are not eligible for reduced rates. The Company did not incur any foreign taxes. This information represents preliminary income allocations.

For shareholders subject to alternative minimum tax, your share of the 2014 alternative minimum tax adjustment items can be calculated by multiplying the ordinary taxable dividend amount in box 1a of the 2014 Form 1099-DIV by 1.9%. Please consult your tax advisor for proper treatment of this adjustment item.

Forward Looking Statements

The forward-looking statements contained in this press release, including statements regarding the income tax treatment for the 2014 distributions, are subject to various risks and uncertainties. Although we believe the expectations reflected in such forward-looking statements are based on reasonable assumptions, there can be no assurance that our expectations will be achieved. Certain factors that could cause actual results to differ materially from our expectations include changes in general or regional economic conditions; our ability to timely lease or re-lease space at current or anticipated rents; changes in interest rates; changes in operating costs; our ability to complete acquisitions on acceptable terms; our ability to manage our current debt levels and repay or refinance our indebtedness upon maturity or other required payment dates; our ability to maintain financial covenant compliance under our debt agreements; our ability to maintain effective internal controls over financial reporting and disclosure controls and procedures; any impact of the informal inquiry initiated by the U.S. Securities and Exchange Commission (the "SEC"); our ability to obtain debt and/or financing on attractive terms, or at all; changes in the assumptions underlying our earnings and Core FFO guidance and other risks detailed in our Annual Report on Form 10-K and described from time to time in our filings with the SEC. Many of these factors are beyond our ability to control or predict. Forward-looking statements are not guarantees of performance. For forward-looking statements herein, we claim the protection of the safe harbor for forward-looking statements contained in the Private Securities Litigation Reform Act of 1995. We assume no obligation to update or supplement forward-looking statements that become untrue because of subsequent events.

About First Potomac Realty Trust

First Potomac Realty Trust is a self-administered, self-managed real estate investment trust that focuses on owning, operating, developing and redeveloping office and business park properties in the greater Washington, D.C. region. As of September 30, 2014, our consolidated portfolio totaled 8.9 million square feet. Based on annualized cash basis rent, our portfolio consists of 59% office properties and 41% business park and industrial properties. A key element of First Potomac's overarching strategy is its dedication to sustainability. Over one million square feet of First Potomac property is LEED Certified, with the potential for another 700,000 square feet in future development projects. Approximately half of the portfolio's multi-story office square footage is LEED or Energy Star Certified. FPO common shares (NYSE: FPO) and preferred shares (NYSE: FPO-PA) are publicly traded on the New York Stock Exchange.