



For First Potomac Realty Trust

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**FIRST POTOMAC REALTY TRUST PARTNERS WITH CITY OF
CHESAPEAKE TO BRING TWO NEW COMPANIES TO CHESAPEAKE**

CHESAPEAKE, VA – (September 10, 2008) – The City of Chesapeake Economic Development Department and First Potomac Realty Trust (NYSE:FPO) announced today the decisions by Cryomax USA, Inc. (Cryomax) and J.C. Ehrlich Co., Inc. (Ehrlich Distribution) to locate in Chesapeake’s Cavalier Industrial Park. Both companies will be leasing approximately 24,000 square feet in a newly constructed logistics facility developed by First Potomac Realty Trust at 1400 Cavalier Boulevard.

“We are very excited that Cryomax and Ehrlich have chosen one of our properties as their new home,” said Tony Beck, First Potomac’s Regional Vice President for Southern Virginia. “Totaling approximately 48,000 SF, these leases bring our occupancy level for our new Bay Warehouse building to 50%.”

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Two New Companies Open in Chesapeake

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Bay Warehouses is an industrial property owned by First Potomac Realty Trust that totals approximately 400,000 square feet after the company completed a 100,000 square-foot expansion in October 2007.

“The decisions by Cryomax USA and Ehrlich Distribution to locate in Chesapeake are welcome news,” said Chesapeake Mayor Alan P. Krasnoff. “By coming to Chesapeake, both companies have reinforced the importance of our city's strategic location, not to mention our region's skilled work force and favorable conditions for businesses such as these to grow and prosper. I'm also pleased for our partners within the real estate community, without whom these projects could not have happened.”

The Chesapeake Economic Development Department worked with Tony Beck (First Potomac Realty Trust); Ashton Williamson, Worth Remick and Lang Williams (CB Richard Ellis); and Pat Mumey and Scott Wermers (Thalhimer Commercial).

About Cryomax USA, Inc.

Cryomax USA, Inc. is the American branch of Cryomax Cooling System Corporation, a Taiwanese manufacturer of radiators for the automobile industry. Cryomax Cooling System, established in 1984, specializes in the manufacture of automotive radiators. In addition to conventional plastic and copper radiators, the company is one of the few companies in Taiwan that possesses the capability to develop, design and manufacture aluminum radiators. Cryomax manufactures over 700 specifications of radiators used in European, American and Japanese car models. The Chesapeake facility will be responsible for sales and distribution for the Eastern United States. Another US facility is based in California.

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About J.C. Ehrlich Co., Inc.

Ehrlich Distribution provides products for the control of pests and vegetation. With distribution centers in Pennsylvania, Maryland, Virginia and South Carolina, its product line includes insecticides, repellents, and rodenticides plus the application and safety equipment necessary to apply these materials.

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 properties and business parks in the Washington, D.C. metropolitan area and other major markets in Virginia and Maryland. The Company's portfolio totals approximately 11.4 million square feet. First Potomac is also one of the largest commercial property owners in the City of Chesapeake.