FORM 4

Check this box if no longer subje Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549

ct to	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPR	JAVC					
OMB Number:	3235-0287					
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Brenninkmeijer John W. M. (Last) (First) (Middle) 311 SOUTH WACKER DRIVE SUITE 4000				FI	2. Issuer Name and Ticker or Trading Symbol FIRST INDUSTRIAL REALTY TRUST INC [FR]										all applicable) Director		10% O		Owner
				3. Date of Earliest Transaction (Month/Day/Year) 04/09/2009										below)			Other (specify below)		
				4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)									Form	orm filed by One Reporting Person orm filed by More than One Reporting				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
Date				Ex Day/Year) if a		Execution Date, if any		Transaction Dispos Code (Instr. 5)		Disposed	ties Acquired (A) d Of (D) (Instr. 3,			4 and S		Securities Beneficially		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
									v	Amount	((A) or (D) Price		Transaction(s) (Instr. 3 and 4)				, ,	
Stock, par	value \$.01 per sh	are	04/09	9/2009			A		4,0820	(1) A		(2	(2) 9,10		9,166		D		
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																			
erivative Conversion Date Execution Date, ecurity or Exercise (Month/Day/Year) if any					ative rities ired sed	6. Date Exercisable and Expiration Date (Month/Day/Year)			Amoun		ount	Deriv Secu	rative rity 7. 5)	derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)			
	GO IL (St Stock, par v 2. Conversion or Exercise Price of Derivative	(First) (TH WACKER DRIVE 10000 GO IL (State) (Tabl Security (Instr. 3) Stock, par value \$.01 per sh Ta 2. Conversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle) TH WACKER DRIVE 10000 GO IL 60606 (State) (Zip) Table I - Nor Security (Instr. 3) Stock, par value \$.01 per share Table II - L (Instr. 3) 2. (Instr. 3) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) Conversion or Exercise Price of Derivative (Month/Day/Year) (Month/Day/Year)	(First) (Middle) OTH WACKER DRIVE 10000 GO IL 60606 (State) (Zip) Table I - Non-Deriv Security (Instr. 3) 2. Trans Date (Month/) Stock, par value \$.01 per share 1. Table II - Derivat (e.g., point of Exercise Price of Derivative (Month/Day/Year) 1. Table III - Demivation (Month/Day/Year)	Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price of Derivative Security (Instr. 3) Conversion or Exercise Price	INC [(First) (Middle) 3. 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Transaction Date (Month/Day/Year) (Month/Day/Year)	Conversion or Exercise Price of Derivative Security Security	FIRST INDUST INC FR	Security (Instr. 3) Security (Instr. 3) Table I - Non-Derivative Securities Acquired, (Month/Day/Year) Security (Instr. 3) Table II - Derivative Securities Acquired (A) or Derivative Securities Acquired (A) or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Month/Day/Year) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Stock, par value (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Date (Middle) Date (Middle) Securities Acquired (Middle) Date (M	Code V Code V Code Conversion or Exercise Price of Derivative Security Sec	Security (Instr. 3) Security (Instr. 3)	Stock, par value \$.01 per share O4/09/2009 A A,082(1)	FIRST INDUSTRIAL REALTY TRUST INC [FR] 3. Date of Earliest Transaction (Month/Day/Year) 04/09/2009 4. If Amendment, Date of Original Filed (Month/Day/Year) Table I - Non-Derivative Securities Acquired, Disposed of, or Benefic (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) Stock, par value \$.01 per share	FIRST INDUSTRIAL REALTY TRUST INC FR	FIRST INDUSTRIAL REALTY TRUST Check X	FIRST INDUSTRIAL REALTY TRUST INC [FR] Security (Instr. 3) 2. Transaction (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Transaction (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (First) (Check all app X Direct Officion (Month/Day/Year) (Check all app X Direct Officion (Month/Day/Year) (A) (19/2009) 4. If Amendment, Date of Original Filed (Month/Day/Year) (State) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year) (FIRST INDUSTRIAL REALTY TRUST INC FR S. Director Officer (give title below) STH WACKER DRIVE Od/09/2009 4. If Amendment, Date of Original Filed (Month/Day/Year) Od/09/2009 A. If Amendment, Date of Original Filed (Month/Day/Year) S. Amount of Securities S. Amount of Security S. Amount of Securities S. Amount of Securities S. Amount of Securities S. Amount of Securities S. Amount of Security S. Amount of Securities S. Amount of Securities S. Amount of Securities S. Amount of Securities S. Amount of Security S. Amount of S. Amoun	Check all applicable Check all applicable	FIRST INDUSTRIAL REALTY TRUST Check all applicable) X Director 10% Compared Check all applicable) X Director

Explanation of Responses:

- 1. Represents shares granted under FR's 1997 Stock Incentive Plan. Such shares vest on January 31, 2014.
- 2. No figure applicable.

/s/ John W. M. Brenninkmeijer 04/09/2009

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.