

PROSPECTUS SUPPLEMENT NO. 1
(to prospectus dated February 19, 1999)

589,133 Shares
First Industrial Realty Trust, Inc.
Common Stock

This prospectus supplement supplements information contained in the "Selling Stockholders" section of the prospectus dated February 19, 1999 relating to the potential offer and sale from time to time of up to 589,133 shares of common stock of First Industrial Realty Trust, Inc. by the selling stockholders. This prospectus supplement is not complete without, and may not be delivered or used except in connection with, the prospectus dated February 19, 1999, including any amendments to such prospectus.

The table below reflects the following transactions:

- o the transfer by Donald C. Thompson, who is no longer a selling stockholder, of 719 units to Donald C. Thompson Revocable Family Trust u/a/d 12/31/98;
- o the transfer by Leland A. and Margery Ann Hodges in December 1999 of 1,000 units to North Texas Public Broadcasting, Inc.; and
- o the transfer by Leland A. and Margery Ann Hodges in December 1999 of 4,000 units to Community Foundation of North Texas, Inc.

Name	Number of Shares and Units Owned Before the Offering	Number of Shares Offered Hereby
Donald C. Thompson Revocable Family Trust u/a/d 12/31/98	39,243	719(2)
Leland A. and Margery Ann Hodges	55,000	55,000(5)
North Texas Public Broadcasting, Inc.	0	1,000(5)
Community Foundation of North Texas, Inc.	0	4,000(5)

The date of this prospectus supplement is March 24, 2000.