UNITED STATES SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, DC 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported): January 15, 2014

MACK-CALI REALTY CORPORATION

(Exact Name of Registrant as Specified in Charter)

Maryland

(State or Other Jurisdiction of Incorporation)

1-13274

(Commission File Number)

22-3305147 (IRS Employer Identification No.)

08837-2206

(Zip Code)

08837-2206

(Zip Code)

343 Thornall Street, Edison, New Jersey, (Address of Principal Executive Offices)

(732) 590-1000

(Registrant's telephone number, including area code)

MACK-CALI REALTY, L.P.

(Exact Name of Registrant as Specified in Charter) 333-57103

(Commission File Number)

Delaware (State or Other Jurisdiction of Incorporation)

343 Thornall Street, Edison, New Jersey, (Address of Principal Executive Offices)

22-3315804 (IRS Employer Identification No.)

(732) 590-1000

(Registrant's telephone number, including area code)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions *kee* General Instruction A.2. below):

□ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

□ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

□ Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD.

On December 23, 2013, Mack-Cali Realty Corporation (the "General Partner"), the general partner of Mack-Cali Realty, L.P., issued a press release expressing comfort with earnings guidance for the full year 2014 and hosted a conference call with investors on January 8, 2014 to discuss the guidance. The Company is making available to investors certain supplemental materials relating to the 2014 guidance that is furnished herewith as Exhibit 99.1.

Item 9.01	Financial Statements and Exhibits.
(d) Exhibits	
Exhibit No.	Description

99.1 Supplemental Materials.

The information included in this Current Report on Form 8-K (including the exhibit hereto) is being furnished under Item 7.01, "Regulation FD Disclosure" and Item 9.01 "Financial Statements and Exhibits" of Form 8-K. As such, the information (including the exhibit) herein shall not be deemed to be "filed" for the purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of that Section, nor shall it be incorporated by

reference into a filing under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such a filing. This Current Report (including the exhibit hereto) will not be deemed an admission as to the materiality of any information required to be disclosed solely to satisfy the requirements of Regulation FD.

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	SIGNATURES	
Pursuant to the requirements of the Securities Exchange hereunto duly authorized.	Act of 1934, each Registrant has	duly caused this report to be signed on its behalf by the undersigned
	MACK-CA	ALI REALTY CORPORATION
Dated: January 15, 2014	By:	/s/ Mitchell E. Hersh Mitchell E. Hersh President and Chief Executive Officer
	MACK-CA	ALI REALTY, L.P.
	By:	Mack-Cali Realty Corporation, its general partner
Dated: January 15, 2014	By:	/s/ Mitchell E. Hersh Mitchell E. Hersh President and Chief Executive Officer
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	EXHIBIT INDEX	
Exhibit No.	Descri	otion
99.1 Supplemental Materials.		
	4	

2014 Guidance - December 19, 2013

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Key Assumptions Sales - \$438 MM - Wyndham \$99MM 4/1/14, \$339 MM 10/1/14 Acquisitions - \$200 MM per Residential Business Plan Development/JVs, net - \$208 MM (including cap. interest \$18 MM) Key Statistics

- 3 Cash Available for Distribution
- 4 Occupancy Comparison
- 5 DYNA Leasing Starts

The information contained herein is draft, internal company estimates and projections, including forward-looking information, as of December 19, 2013 and is subject to change. The Company assumes no obligation to supplement or update this information because of subsequent events, new information or otherwise. Additional information regarding risks and uncertainties of forward-looking statements is contained in our periodic reports under the caption "Disclosure Regarding Forward-Looking Statements.

Key Assumptions for 2014 Guidance

2014

12/19/2013

December 23, 2013 press release

\$ in millions except per share data

	2014									
		1Q		2Q		3Q		4Q		FY
Consensus - December 19,,2013 by quarter and by year	\$	0.540	\$	0.550	\$	0.540	\$	0.560	\$	2.19
Consensus Range of Estimates	\$	0.51 - 0.56		\$0.51 - 0.60		\$0.48 - 0.60		\$0.58 - 0.65		\$2.04 - 2.41
	\$	0.47	\$	0.52	\$	0.53	\$	0.48	\$	2.00
Projected FFO-GAAP per share - current model	\$	0.47	\$	0.52	\$	0.53	\$	0.48	\$	2.00
Guidance range - recommended	Э	0.47	æ	0.52	Þ	0.55	ð	0.40	э	\$1.90 \$2.10
Ourdance range - recommended										\$1.90 \$2.10
DYNA/IBS occup current portfolio - end of period		81.4%		81.0%		81.6%		82.7%		
adj.		0.0%		0.0%		0.0%		0.0%		
DYNA/IBS occup projected - end of period		81.4%		81.0%		81.6%		82.7%		
Diff. Between leased and occupied		2.1%		2.1%		2.1%		2.1%		
% Leased - published, end of period		83.5%		83.1%		83.7%		84.8%		
Prop level reserve 87 bp included in DYNA for 2014	\$	1.2	\$	1.2	\$	1.2	\$	1.2	\$	4.8
Corp loss reserve (\$mils)	\$	_	\$	_	\$	_	\$	_	\$	_
Total loss reserve	\$	1.2	\$	1.2	\$	1.2	\$	1.2	\$	4.8
Facility borrowing rate (+110)		1.36%		1.58%		1.42%		1.49%		
LIBOR rate		0.26%		0.28%		0.32%		0.39%		
Debt to undepreciated assets ratio		38.7%		37.4%		39.3%		38.6%		38.6%
Fixed charge coverage ratio										
Fixed charge coverage ratio		2.2		2.3		2.4		2.2		2.2
Line balance average - \$mils	\$	154.9	\$	44.2	\$	119.5	\$	_		
Line interest only in quarter - \$mils	\$	0.6	\$	0.2	\$	0.5	\$	_		
Line balance at end of period - \$mils	\$	111.6	\$	54.6	\$	93.7	\$	_		
Unrestricted Cash balance at end of period - \$mil	\$	20.0	\$	20.0	\$	20.0	\$	215.7		
Capitalized interest (\$mils)	\$	3.3	\$	4.3	\$	5.0	\$	5.9	\$	18.6
DYNA base cash rent	\$	125.2	\$	125.7	\$	127.1	\$	128.5	\$	506.5
Straight-line rent - CORE in model	\$	2.0	\$	2.0	\$	1.3	\$	1.5	\$	6.8
Straight-line rent - Large tenants in model	\$	1.3	\$	0.8	\$	0.1	\$	0.1	\$	2.3
									\$	515.6
Other income (\$mils) incl. Term. fees	\$	1.3	\$	1.3	\$	1.3	\$	1.3	\$	5.0
DYNA Parking revenues	\$ \$	1.3	ծ Տ	1.3	ծ Տ	1.3	ֆ Տ	1.5	ծ Տ	5.6
Real estate services and fee revenues (\$mils)	\$	7.6	\$	8.1	۰ ۶	8.3	۰ ۶	8.6	۰ ۶	32.6
iven estate services and ice revenues (pinns)	φ	7.0	φ	0.1	φ	0.5	φ	0.0	φ	52.0

RPC G&A components (\$mils) \$ 5.1 \$ 5.3 \$ 5.5 \$ 6.0 \$ 21.8 Corp G&A expense (\$mils) \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 9.3 37.5 59.3 Total G&A \$ 14.5 \$ 14.6 \$ 14.8 \$ 15.4 \$ 59.3	Real estate services expense (\$mils)	\$ 4.5	\$ 4.6	\$ 4.7	\$ 4.7	\$ 18.5
S 9.4 \$ 9.4 \$ 9.4 \$ 9.4 \$ 37.5	RPC G&A components (Smils)	\$ 5.1	\$ 53	\$ 5.5	\$ 6.0	\$ 21.8
Total G&A \$ 14.5 \$ 14.6 \$ 14.8 \$ 15.4 \$ 59.3	,	\$ 9.4	\$ 5.5	\$	\$	\$
	Total G&A	\$ 14.5	\$ 14.6	\$ 14.8	\$ 15.4	\$ 59.3

Mack-Cali Realty Corporation

Key Statistics

12/19/13 *\$ in thousands*

			2014 3Q	2014 4Q	2014 FY
Funds from Operations	47,039	51,481	53,392	47,632	199,544
Guidance Range					
First Call Consensus Range of Estimates	\$0.51 - 0.56	\$0.51 - 0.60	\$0.48 - 0.60	\$0.58 - 0.65	\$2.04 - 2.41
First Call Consensus	<u>\$ 0.540</u>	<u>\$ 0.550</u>	<u>\$ 0.540</u>	\$ 0.560	<u>\$ 2.190</u>
Funds from Operations Per Share	<u>\$ 0.471</u>	<u>\$ 0.516</u>	<u>\$ 0.535</u>	\$ 0.477	<u>\$ 1.999</u>
Reported Occupancy - IBS % Leased	83.50%	83.10%	6 83.70%	84.80%	
Weighted Average Shares Outstanding	99,803	99,804	99,805	99,805	99,804
Recurring EBITDA	75,091	75,390	77,339	71,642	299,462
Total Debt EOP	2.290.549	2,237,673	2,304,256	2,240,068	2,240,068
Cash	20,000	20,000	20,000	215,697	215,697
Net Debt EOP	2,270,549	2,217,673	2,284,256	2,024,371	2,024,371
Channel in Dalit	(00.002)	(50.97()	((592	((4.197)	(140.275)
Change in Debt Credit Line Balance EOP	(98,893)	(52,876)	66,582 93,719	(64,187)	(149,375)
Undepreciated Assets	111,615 5,918,906	54,617 5,975,455	5,870,401	5,804,114	5,804,114
Investing Activity - Incremental Only	5,918,900	5,975,455	5,870,401	5,004,114	5,004,114
Capitalized Interest	(3,338)	(4,336)	(5,033)	(5,908)	(18,615)
M-F Acquisitions	(128,648)	(2,000)	(70,656)	(-,	(201,304)
M-F Development/Hotel Site Sale	(6,131)	(33,965)	98	(37,869)	(77,867)
Core Development	(2,000)	(2,000)	(2,000)	(2,000)	(8,000)
Investment in Joint Ventures, net of JV sales	(69,018)	(25,491)	19,127	(21,365)	(96,747)
Office Sales	—	99,784	—	338,519	438,303
Purchase Money Mortgage Note Issuance	(1,908)	92	92	92	(1,633)
Total Investing Activity, net	(211,044)	32,084	(58,373)	271,469	34,137
Financing Activity					
Maturing Notes	(200,000)				(200,000)
Maturing Mortgages	(5,424)	(9,492)	(152,777)	_	(167,693)
Planned Long Term Debt Issuance	—	—	—	_	—
Mortgage Issuance	_	14,365	181,037	30,558	225,960
Planned Common Equity Issuance	—	—	—	—	
Change in Line Balance	111,615	(56,998)	39,102	(93,719)	
Total Financing Activity	(93,809)	(52,124)	67,361	(63,161)	(141,733)
Ratios					
Fixed Charge	2.22 x	2.34x		2.21 x	2.21 x
Interest Coverage	2.46x	2.71 x		2.70x	2.67 x
Debt to Undepreciated Assets	38.70%				38.59%
Debt to EBITDA (Q/annlzd., Y/TTM) Net Debt to EBITDA (Q/annlzd., Y/TTM)	7.63 x 7.56 x	7.42x 7.35x		7.82x 7.06x	7.48x 6.76x
Proportionate Share of UJV Debts:	/.30X	/.55X	7.38x	7.00X	0./0X
MC Share of JV Debt	220,250	220,250	220,250	220,250	220,250
MC Share of JV EBITDA	4,375	4,375	4,375	4,375	17,500
JV Debt to EBITDA	12.59x	12.59x		12.59x	12.59x
Net Debt - With Proportionate Share of JV Debt	2,490,799	2,437,923	2,504,506	2,244,621	2,244,621
EBITDA - With Proportionate Share of JV's	79,466	79,765	81,714	76,017	316,962
Net Debt to EBITDA - With Proportionate UJV Share	7.84 x	7.64 x	7.66 x	7.38 x	7.08 x
Total Interest Paid					
Interest expense	30,542	27,832	27,099	26,504	111,977
Capitalized interest cost	3,338	4,336	5,033	5,908	18,615
	33,880	32,168	32,133	32,411	130,592

Mack-Cali Realty Corporation Cash Available for Distribution Scenario 2:

Scenario #1 AND Add \$438MM sales program (\$99MM April 1, \$339MM Oct. 1)

\$ in thousands

	2013							2014		
	1Q	2Q	3Q	4Q	FY	1Q	2Q	3Q	4Q	FY
Funds From Operation - GAAP	63,035	65,113	57,109	50,884	236,141	47,039	51,481	53,392	47,632	199,544
Less: Non-incremental Revenue Generating										
Capex										
Building Improvements	4,916	3,122	3,438	4,000	15,476	10,143	10,616	9,375	9,706	39,840
Tenant Improvements and Leasing										
Commissions	14,182	11,258	11,421	11,000	47,861	16,700	6,400	13,500	15,500	52,100
Straight-line Rent Adjustments	6,409	3,272	439	3,080	13,200	3,330	2,823	1,338	1,588	9,079
Amortization of (Above)/Below Market Lease										
Intangibles	399	542	474	32	1,447	32	32	32	32	128
Cash Available for Distribution	37,129	46,919	41,337	32,772	158,157	16,834	31,610	29,147	20,806	98,397
Other Cash Flow Adjustments										
Plus: Amortization Of Deferred Financing										
Fees	839	966	962	1.021	3,788	1,059	1.065	1,041	1.041	4.205
Less: Interest Paid But Capitalized	3,476	3,334	3,559	2,673	13,042	3,338	4,336	5,033	5,908	18,615
Less: Incremental Capital Expenditures	7.608	8,835	5,335	9.000	30,778	9.000	9.000	7,912	7,487	33,399
	(10,245)	(11,203)	(7,932)	(10,652)	(40,032)	(11,279)	(12,271)	(11,905)	(12,354)	(47,809)
Cash Available to Pay Common										
Dividends/Distributions	26,885	35,716	33,405	22,120	118,125	5,554	19,339	17,242	8,452	50,588
Less: Common Dividends/Distributions	44,828	44,967	29,997	30,003	149,795	30,003	30,003	30,003	30,004	120,013
Cash Flow Surplus/(Deficit)	(17,943)	(9,251)	3,407	(7,883)	(31,670)	(24,449)	(10,664)	(12,761)	(21,551)	(69,425)
Cash Flow Surplus/(Dench)	(17,943)	(9,251)	3,407	(7,003)	(31,070)	(24,449)	(10,004)	(12,701)	(21,551)	(09,423)
Cash Flow Surplus/(Deficit) Per Share	(0.180)	(0.093)	0.034	(0.079)	(0.317)	(0.245)	(0.107)	(0.128)	(0.216)	(0.696)
Ratios on a Cash Basis										
Dividends/FFO-GAAP Ratio	71.12%	69.06%	52.53%	58.96%	63.43%	63.78%	58.28%	56.19%	62.99%	60.14%
Dividends/CAD Ratio	120.74%	95.84%	72.57%	91.55%	94.71%	178.23%	94.92%	102.94%	144.20%	121.97%
Dividends/Cash Available Ratio	166.74%	125.90%	89.80%	135.64%	126.81%	540.17%	155.14%	174.01%	354.97%	237.23%
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The information contained herein is draft, internal company estimates and projections, including forward-looking information, as of December 19, 2013 and is subject to change. The Company assumes no obligation to supplement or update this information because of subsequent events, new information or otherwise. Additional information regarding risks and uncertainties of forward-looking statements is contained in our periodic reports under the caption "Disclosure Regarding Forward-Looking Statements.

Occupancy Comparison for 2014 Projections

31-Jul

82.23 %

2014 Projected		2014 Projection as of Oct 18, 2013 Projected - DYNA		Projections - month to month change Change vs. Previous	2014 Expirations by SF as of Oct 18, 2013 (for Projected SF) Expirations Projected - IBS	Expirations by % of Company (SF basis)	Implied Total Absorption SF Lease starts	Implied Absorption (% of Company)
	31-Jan	81.61 %		-3.99%	840,481	3.01%	-274,798	-0.98%
	28-Feb	81.65%		0.04%	222,638	0.80%	233,819	0.84%
	31-Mar	81.71 %	1st Qtr Avg	0.06%	121,376	0.43%	138,147	0.49%
			81.66%	-3.89%	1,184,495	4.24%	97,168	0.35%
	30-Apr	81.65%		-0.06%	158,486	0.57%	141,715	0.51%
	31-May	81.53 %		-0.12%	194,287	0.70%	160,745	0.58%
	30-Jun	81.48 %	2nd Qtr Avg	-0.05%	144,293	0.52%	130,317	0.47%
			81.55%	-0.23%	497,066	1.78%	432,777	1.55%

0.75%

166,476

0.60%

166,476

0.60%

¹⁹⁻Dec-13

31-Aug	82.27 %	0.04%	172,880	0.62%	184,061	0.66%
30-Sep	82.36 % 3rd Qtr Avg	0.09%	234,678	0.84%	259,835	0.93%
	82.29%	0.88%	574,034	2.05%	610,371	2.18%
31-Oct	83.29 %	0.93%	175,363	0.63%	435,315	1.56%
30-Nov	83.30 %	0.01%	130,244	0.47%	133,039	0.48%
31-Dec	83.65 % 4th Qtr Avg	0.35%	54,463	0.19%	152,294	0.54%
	83.41%	1.29%	360,070	1.29%	720,649	2.58%
last 12 mo avg	82.23 %	-1.95%	2,615,665	12 mo	1,860,965	

DYNA LEASING STARTS - Q3 2013 (10/13)

	Qtr1	Qtr2	Qtr3	Qtr4	Total
IBS Actual 5-Qtr - 2004 (1)	254,003	551,584	680,240	718,069	2,203,896
IBS Actual 5 Qtr -2005 (2)	281,924	509,244	954,467	928,613	2,674,248
IBS Actual 5 Qtr - 2006	212,355	635,635	828,759	762,871	2,439,620
IBS Actual 5 Qtr - 2007 (3)	290,072	616,185	816,107	973,859	2,696,223
IBS Actual 5 Qtr - 2008 (4)	274,472	556,687	678,238	720,300	2,229,697
IBS Actual 5 Qtr - 2009 (5)	212,576	371,415	577,959	379,493	1,541,443
IBS Actual 5 Qtr - 2010	322,851	609,042	551,998	686,452	2,170,343
IBS Actual 5 Qtr - 2011	377,538	705,500	738,657	724,257	2,545,952
IBS Actual 5 Qtr - 2012	473,837	560,364	688,018	709,505	2,431,724
Average of Historical Data	299,959	568,406	723,827	733,713	2,325,905
Average of Historical Data w/o 2009	310,882	593,030	742,061	777,991	2,423,963
Dyna Calendar Year 2013 - Original 10/12	383,757	591,418	820,853	833,796	2,629,824
Dyna Calendar Year 2013 - Update 1/13	358.336	585.910	844,308	842,309	2,630,863
Dyna Calendar Year 2013 - Update 4/13	289,920	641,938	791,022	804,989	2,030,803
Dyna Calendar Year 2013 - Update 7/13	294,630	687,628	812,896	689,267	2,327,809
Dyna Calendar Tear 2013 - Opuale 7/15	294,050	087,028	012,090	089,207	2,404,421
Dyna Calendar Year 2013 - Leasing Starts (Signed Q4 2012 thru Current Qtr)					
Executed Deals	294,630	687,628	723,729	679,305	2,385,292
New & Renewal Pipleline Deals	0	0	0	83,699	83,699
Speculative New & Renewal Deals	0	0	0	19,228	19,228
Total Revised Leasing Starts	294,630	687,628	723,729	782,232	2,488,219
Increase (Decrease) Starts	0	0	(89,167)	92,965	3,798
10/12 - 2012 Projections for Year-over-Year Comparison					
IBS 2012 Executed Deal	473,837	560,364	688,018	636,052	2,358,271
New/Renewal Pipleline Deals	0	0	0	118,541	118,541
Spec & Proposed Renewal Deals	0	0	0	44,483	44,483
Total Revised Leasing Starts	473,837	560,364	688,018	799,076	2,521,295
I Utal Neviseu Leasing Starts					

YEAR END OCCUPANCY PROJECTION - 2013

Prior Projected Dyna 2013 YE % Occupancy before Occupancy Reserves			83.47%	
Impact of Projected Change in Leasing & Misc. Activity			-0.01%	
Activity Not Impacting YE Occupancy			-0.08%	
Net Early Terminations / Downsizings / Defaults in Current Quarter Impacting YE Occ			-0.02%	
				Prior Qtr Projection
Current Projected 2013 YE Occupancy before Occupancy Reserves & Port. Adjstmt			83.36%	83.47%
Potential Defaults Due to Litigation List thru YE		-0.16%		
Reserves for Unanticipated Terminations / Defaults / Downsizings thru YE		0.00%		
Est. Occupancy Reserves Required for Remainder of Year			-0.16%	-0.26%
Current Portfolio Projected 2013 YE Occupancy Net of Reserves Before Portfolio Adjstmt			83.20%	83.21%
Impact on YE Occupancy of Adding 14 Sylvan & Completed Dispositions other than PA			0.77%	0.75%
Impact on YE Occupancy of PA Disposition			0.24%	0.14%
Adjusted Portfolio Projected 2013 YE Occupancy Net of Reserves			84.21%	84.10%
Aujusteu Fortiono Frojecteu 2015 FE Occupancy Net of Reserves	Change		0.11%	04.10 70