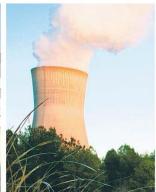
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Goldman Sachs Power & Utility Conference

August 12, 2010

Grand Hyatt New York

Safe Harbor for Forward-Looking Statements

Caution Regarding Forward-Looking Information:

This presentation contains forward-looking statements within the meaning of the safe harbor provisions of the Private Securities Litigation Reform Act of 1995. The matters discussed in this document involve estimates, projections, goals, forecasts, assumptions, risks and uncertainties that could cause actual results or outcomes to differ materially from those expressed in the forward-looking statements.

Examples of factors that you should consider with respect to any forward-looking statements made throughout this document include, but are not limited to, the following: the impact of fluid and complex laws and regulations, including those relating to the environment and energy policy; our ability to recover eligible costs and earn an adequate return on investment through the regulatory process; the ability to successfully operate electric generating facilities and deliver electricity to customers; the impact on our facilities and businesses from a terrorist attack; the ability to meet the anticipated future need for additional baseload generation and associated transmission facilities in our regulated service territories and the accompanying regulatory and financial risks; our ability to meet current and future renewable energy requirements; the inherent risks associated with the operation and potential construction of nuclear facilities, including environmental, health, safety, regulatory and financial risks; the financial resources and capital needed to comply with environmental laws and regulations; risks associated with climate change; weather and drought conditions that directly influence the production, delivery and demand for electricity; recurring seasonal fluctuations in demand for electricity; the ability to recover in a timely manner, if at all, costs associated with future significant weather events through the regulatory process; fluctuations in the price of energy commodities and purchased power and our ability to recover such costs through the regulatory process; our ability to control costs, including operations and maintenance expense (O&M) and large construction projects; the ability of our subsidiaries to pay upstream dividends or distributions to Progress Energy; current economic conditions; the ability to successfully access capital markets on favorable terms; the stability of commercial credit markets and our access to short- and long-term credit; the impact that increases in leverage or reductions in cash flow may have on us; our ability to maintain our current credit ratings and the impacts in the event our credit ratings are downgraded; the investment performance of our nuclear decommissioning trust (NDT) funds; the investment performance of the assets of our pension and benefit plans and resulting impact on future funding requirements; the impact of potential goodwill impairments; our ability to fully utilize tax credits generated from the previous production and sale of qualifying synthetic fuels under Internal Revenue Code Section 29/45K; and the outcome of any ongoing or future litigation or similar disputes and the impact of any such outcome or related settlements. Many of these risks similarly impact our nonreporting subsidiaries. These and other risk factors are detailed from time to time in our filings with the SEC. All such factors are difficult to predict, contain uncertainties that may materially affect actual results and may be beyond our control. New factors emerge from time to time, and it is not possible for management to predict all such factors, nor can management assess the effect of each such factor on us.

Any forward-looking statement is based on information current as of the date of this presentation and speaks only as of the date on which such statement is made, and we undertake no obligation to update any forward-looking statement or statements to reflect events or circumstances after the date on which such statement is made.

For questions or comments contact:

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Major Discussion Topics

- Executive summary
- Company overview
- Balanced solution strategy
- Financial update

Progress Energy

Executive Summary

Progress Energy Value Drivers

- System modernization strategy
 - · Constructive approach to environmental compliance
 - · Significant upgrade in capabilities of the grid
 - Substantial rate base growth opportunity
 - · Stimulates economic development in regions
- Future growth prospects
 - · Attractive service territory
 - · Economic recovery translates into top-line growth
 - · Long-term contractual wholesale growth in Carolinas
- Financial flexibility
 - · Strong liquidity position
 - · Limited near-term refinancing risk
- Attractive, sustainable dividend



3

Our Dual Approach to 2010

Manage the present

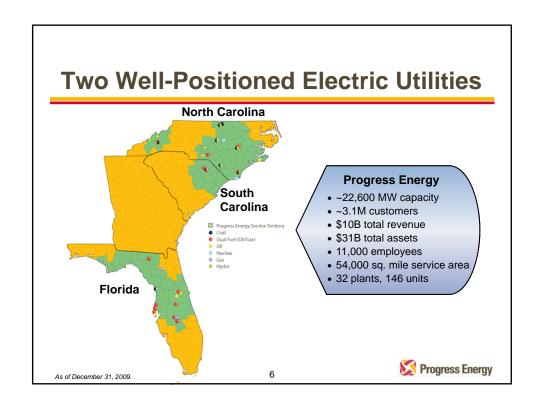
- · Excel in operating our system, serving customers and managing projects
- Achieve EPS target by effectively managing expenses, deploying capital and enhancing margin
- Take appropriate steps to address FPSC rate decision
- · Successfully complete Crystal River 3 outage

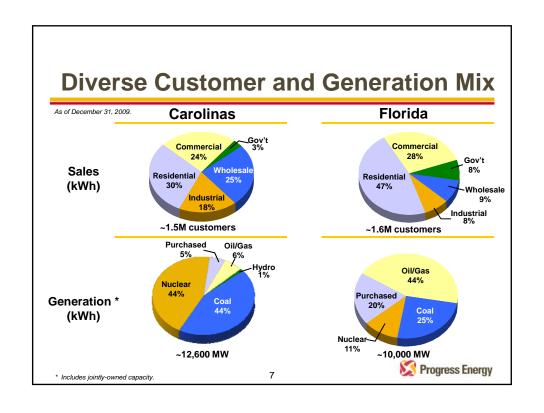
Create the future

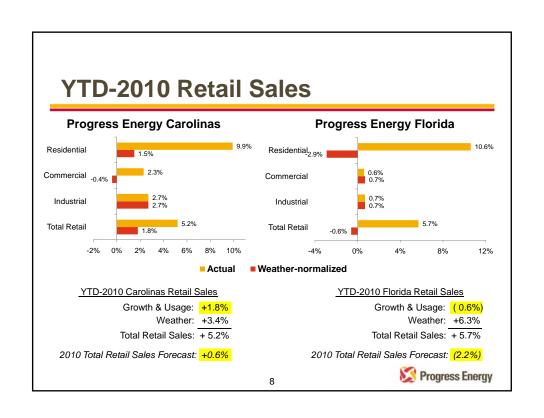
- Take next steps in building our Balanced Solution portfolio to meet customer needs and public policies while achieving our financial objectives
- Foster a more constructive Florida regulatory climate
- Achieve sustainable internal efficiency improvements of 3-5% each year
- · Ensure financial strength and flexibility

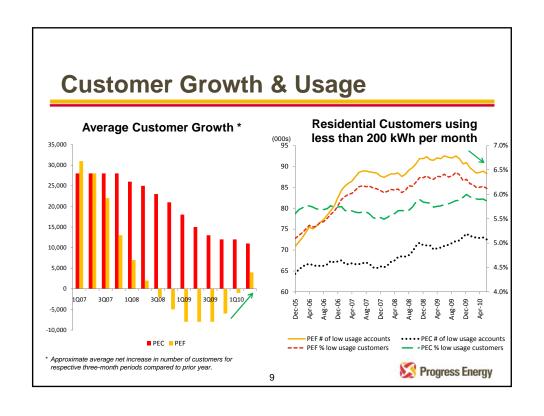


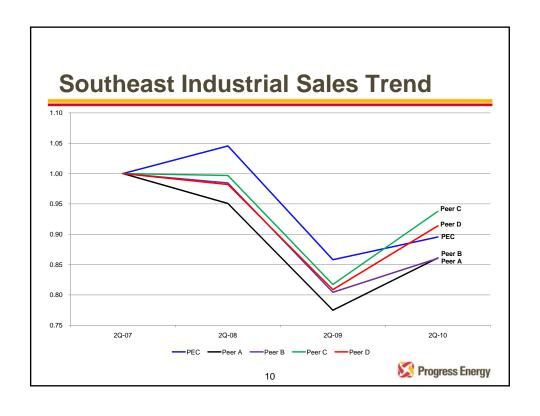
Company Overview © Progress Energy











Florida Rate Settlement

Key Provisions

- Retail base rate freeze through 2012
- Discretion to reduce depreciation expense
- Flexibility to accelerate certain regulatory assets
- Allowed ROE range of 9.5% 11.5% ROE
- Rate freeze does not apply to cost-recovery clauses
- Ensures timely storm damage cost-recovery for named storms

Strategic Rationale

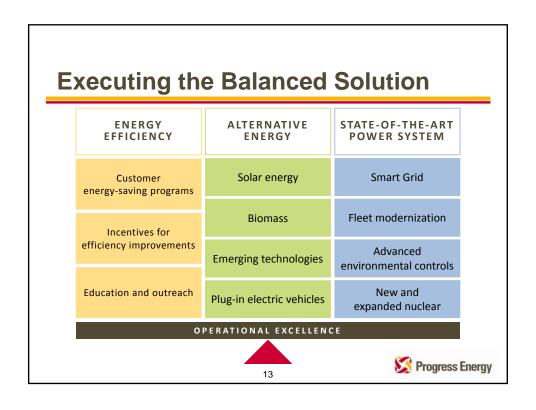
- Provides regulatory certainty without impacting retail rates
- Allows time for improvement in economy
- Substantially mitigates depreciation reserve issues in future rate cases
- Elimination of depreciation reserve increases rate base

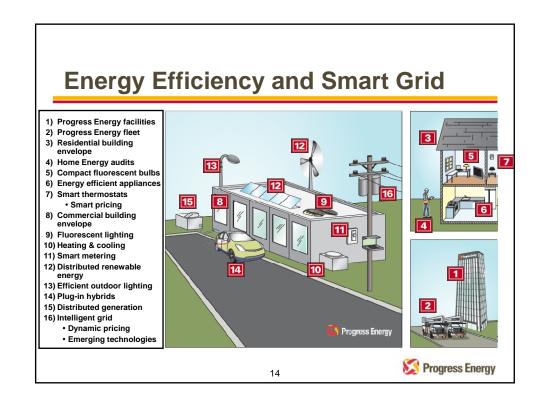
Note: Stipulation and Settlement Agreement filed with FPSC on May 10, 2010 and approved on June 1, 2010.



Balanced Solution Strategy







Alternative Energy

Biomass contracts

- Florida
 - Existing 173 MW
 - Development 280 MW
- Carolinas
 - Existing 29 MW
 - Development 50 MW





Solar energy strategy

- 10 MW of solar PV contracts
- SunSense retail rooftop plan
 - Incentives for customers
 - 100-MW target over next decade



Advanced Vehicle Technologies: A Leader in Electric Vehicles

- Cleaner and cheaper to operate
- Less dependence on foreign oil





- Partnerships with automakers and universities to create PHEV infrastructure
- Member of multi-utility trial of V2 Green communications technology



Carolinas Coal-to-Gas Fleet Modernization



Lee Repowering

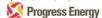
- Replacing 397 MW coal-fired Lee Plant with 950 MW CCGT
- Received CPCN* from NCUC in Oct. 2009
- Announced agreement with Piedmont Natural Gas for gas supply
- Expected in-service in January 2013
- Estimated capex ~\$800M, net of AFUDC

* CPCN - Certificate of public convenience and necessity.



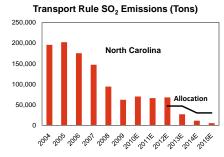
Sutton Repowering

- Replacing 600 MW coal-fired plant with 620 MW CCGT
- CPCN* is expected in June 2010
- Announced agreement with Piedmont Natural Gas for gas supply
- Expected in-service in January 2014
- Estimated capex ~\$500M, net of AFUDC



Well-Positioned for EPA's Proposed Transport Rule

- Installed scrubbers and SCRs on largest coal-fired units
- Completed Bartow Plant oil-to-gas repowering in Florida
- Initiated coal-to-gas repowering in North Carolina
- Potential investment opportunities remain in Florida and South Carolina



Note: Based on EPA's preferred option for SO₂ allowance allocations. Projected emissions based on most recent internal forecasts. 18



Levy Nuclear Update



- Defer major construction on Levy project in Florida until licensing is complete
 - Reduces near-term price impact on customers
 - Allows time for economic recovery and greater clarity on federal and state policies
- Assess project and determine schedule after COL is received, which is expected in late 2012

New nuclear plants are increasingly important to reduce emissions, support growing population/economy and strengthen energy security.

19



Crystal River Unit 3 Nuclear Outage

As of June 30, 2010

- Containment delamination
 - · Completed root cause analysis
 - · Repair process well under way
 - Targeting return to service during 4Q-10
- Repair costs

• Spent to date \$ 79M

Less: (\$ 15M) NEIL proceeds YTD

• Net costs \$64M

Replacement power costs

Spent to date \$166M

Less: (\$ 27M) NEIL proceeds YTD

• Net costs \$139M



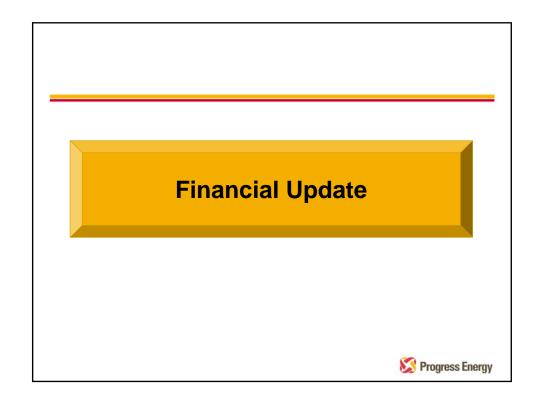
Crystal River Unit 3 Nuclear Power Plant

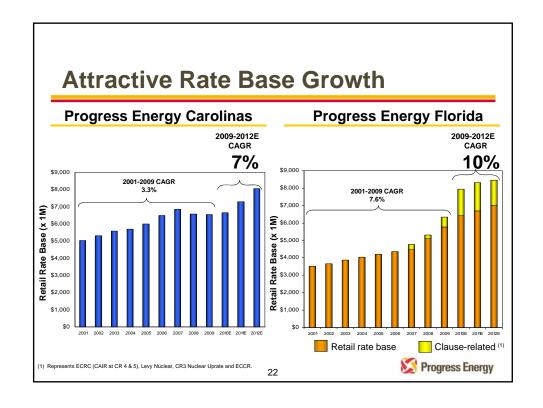
- · Citrus County, FL
- 860-MW single unit
- B&W pressurized water reactor

• Operator: PEF (91.78% ownership)

NEIL: Nuclear Electric Insurance Limited, a mutual insurance company.



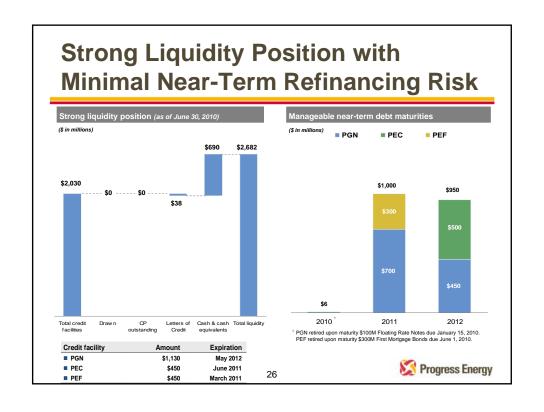




Major Capital Projects on Target Total Project **Cumulative Spent** Expected Recovery CapEx through 6/30/10 **Completion Date** Methodology Carolinas Amortized \$584M; Clean Smokestacks \$ 1,100M 1,050M 2013 balance in rate base Richmond County CCGT (incl transmission) 600M 400M June 2011 Rate Base SGIG Program* DSM/EE rider 205M 55M Spring 2013 Lee CCGT ~800M 100M Jan 2013 Rate Base (incl transmission) Sutton CCGT (incl transmission) ~600M 50M Jan 2014 Rate Base Florida **Environmental Cost** Environmental 1,130M 1,125M May 2010 Recovery Clause CR3 steam generator TBD 350M 4Q - 2010 Rate Base replacement Nuclear Cost CR3 nuclear uprate 450M 230M Spring 2012 Recovery legislation Energy Conservation Cost Recovery ** SGIG Program* 115M 2M Spring 2013 Note: Total project capital expenditures based on current estimates and exclude AFUDC. * Smart Grid Investment Grant capital excludes requested \$200M of matching stimulus funds. ** Pending expected filing/approval. Progress Energy

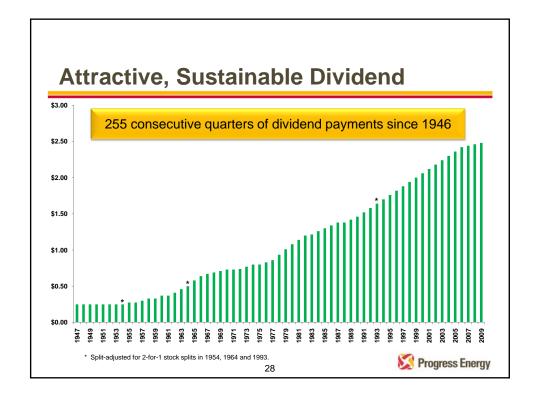
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millions)	2008A	2009A	2010E	2011E	2012
Maintenance Capex					
Generation	\$298	\$463	\$510	\$440	\$43
PEC Environmental	114	37	20	40	5
Transmission	211	237	240	250	28
Distribution	94	121	150	140	15
Other	74	87	50	60	5
Total Maintenance Capex	791	945	970	930	96
Growth Capex					
Generation	373	428	660	720	40
PEF Environmental	564	301	110	0	
Transmission	108	66	110	130	110
Distribution	268	218	280	300	30
Total Growth Capex	1,313	1,013	1,160	1,150	81
Corporate/other	22	7	30	30	3
Total Capital before Potential New Nuclear	2,126	1,965	2,160	2,110	1,80
Potential nuclear construction	168	291	100 - 150	60 - 70	60 - 7
Total Capital Spending	\$2,294	\$2,256	\$2,260-2,310	\$2,170-2,180	\$1,860-1,87
Total PEC (excluding new nuclear)	736	822	1,330	1,350	1,17
Total PEF (excluding new nuclear)	1.368	1.136	800	730	60

(\$ in millions)	2009A	2010
Operating cash flow	\$2,271	\$2,44
Nuclear fuel and decommissioning trust	(250)	(280
Maintenance & corporate/other capex	(952)	(1,000
AFUDC debt	(39)	(30
Common dividends	(693)	(710
ree cash flow before growth capex	337	42
Growth capex	(1,013)	(1,160
Potential nuclear construction (1)	(291)	(125
Free cash flow	\$(967)	\$(865



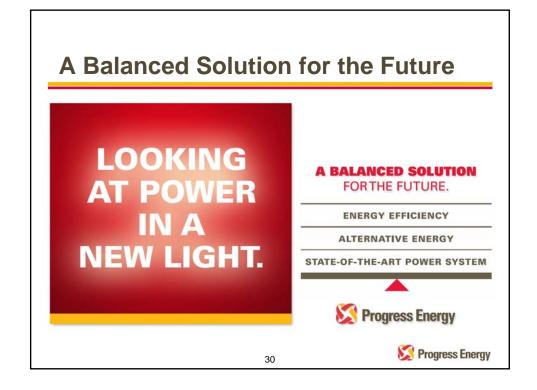
2010 Financing Plan

- Progress Energy, Inc.
 - Equity issuance of up to \$500M through Investor Plus Plan
 - ▶ Issued \$405M through June 30, 2010
 - Retired upon maturity \$100M Floating Rate Notes due January 15, 2010
 - Refinance remaining portion of March 1, 2011 \$700M maturity
- **Progress Energy Carolinas**
 - Potential long-term debt issuance of approximately \$400M
- Progress Energy Florida
 - ✓ Issued \$600M First Mortgage Bonds on March 25, 2010
 - > \$250M 10-year @ 4.55%
 - > \$350M 30-year @ 5.65%
 - Retired upon maturity \$300M First Mortgage Bonds due June 1, 2010



Progress Energy Value Drivers

- System modernization strategy
- Future growth prospects
- Financial flexibility
- Attractive, sustainable dividend







Credit Ratings

As of June 30, 2010.

Progress Energy	Moody's ⁽¹⁾	S&P ⁽²⁾	Fitch ⁽³⁾
Outlook	Stable	Negative	Stable
Corporate Credit Rating		BBB+	BBB
Senior Unsecured Debt	Baa2	BBB	BBB
Commercial Paper	P-2	A-2	F2
Progress Energy Carolinas			
Outlook	Stable	Negative	Stable
Corporate Credit Rating	A3	BBB+	A-
Commercial Paper	P-2	A-2	F1
Senior Secured Debt	A1	A-	A+
Senior Unsecured Debt	A3	BBB+	Α
Preferred Stock	Baa2	BBB-	BBB+
Progress Energy Florida			
Outlook	Stable	Negative	Stable
Corporate Credit Rating	Baa1	BBB+	BBB+
Commercial Paper	P-2	A-2	F2
Senior Secured Debt	A2	A-	Α
Senior Unsecured Debt	Baa1	BBB+	A-
Preferred Stock	Baa3	BBB-	BBB

- (1) On April 9, 2010, Moody's downgraded the long-term ratings of PEF with a stable outlook and affirmed all ratings of PGN and PEC and the short-term ratings of PEF with stable outlooks.

 2) On March 11, 2010, SaP removed PGN and its subsidiaries from CreditWatch Negative, affirmed all ratings and changed the outlook for each entity to negative.

 3) On April 29, 2010, Fitch downgraded the long- and short-term ratings of PEF with a stable outlook and affirmed all ratings of PGN and PEC with stable outlooks.

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NC Recovery Clauses

Clause	Eligible Costs	Timeframe	Recovery
Fuel	Fuel Fuel transportation Reagent expense Purchased power Fuel Non-fuel energy Transmission Dispatchable cogen capacity Renewable avoided cost	Annual filing	\$ for \$
Renewable energy portfolio standard (REPS)	Premium for renewable energy PPAs	Annual filing	\$ for \$
DSM / Energy Efficiency	All program and measure costs, plus a potential return Net lost revenues for 3 years Performance incentives	Annual filing	\$ for \$ (O&M), Return on/of capital

Progress Energy

SC Recovery Clauses

Clause	Eligible Costs	Timeframe	Recovery
Fuel	Fuel Fuel transportation Reagent expense Emission allowances Purchased power Fuel Non-fuel energy	Annual filing	\$ for \$
New Nuclear Construction	Financing costs for: Pre-construction Construction capital	No more often than annually	Return on capital during construction period
DSM / Energy Efficiency	All program and measure costs, plus a potential return Net lost revenues for 3 years Performance incentives	Annual filing	\$ for \$ (O&M), Return on/of capital

Progress Energy

FL Recovery Clauses

	Clause	Eligible Costs	Timeframe	Recovery
	Fuel	FuelFuel transportationPurchased powerFuelTransmission	Annual filing	\$ for \$
	Capacity (CCRC)	Capacity portion of purchased powerPost 9/11 security costs	Annual filing	\$ for \$
	Nuclear Capacity	Planning and construction costs of a nuclear power plant	Annual filing	\$ for \$ for pre-construction Return on construction capital Return of/on capital in-service
	vironmental (ECRC)	Environmental compliance equipment Emission allowances	Annual filing	\$ for \$ (O&M); Return of/on capital
Co	Energy onservation (ECCR)	Energy conservation program costs	Annual filing	\$ for \$ (O&M); Return of/on capital

For more information about



Visit our website at www.progress-energy.com and click on the "Investors" tab.