

March 7, 2007



MTI to Discuss 2006 Fourth Quarter Results and Activities During Conference Call on March 15, 2007

ALBANY, N.Y., March 7 /PRNewswire-FirstCall/ -- Mechanical Technology Inc. (MTI) (Nasdaq: MKTY) plans to release financial results and activities for its fourth quarter ended December 31, 2006 on a live conference call and webcast at 10:30 a.m. (ET) on Thursday, March 15, 2007. The dial-in phone number for the call is (866) 271-0675 or international (617) 213-8892. There will be a simultaneous live webcast, which can be heard by logging onto MTI's corporate Web site at <http://www.mechtech.com>. A replay of the conference call will be available within 24 hours on both the Web site or via phone by dialing (888) 286-8010 or international (617) 801-6888 and, when prompted, entering pin code number 69541061.

About MTI

MTI is primarily engaged in the development and commercialization of award winning Mobion(R)cord-free advanced portable power systems, through its subsidiary MTI MicroFuel Cells Inc. (MTI Micro). MTI Micro has a world-class team of entrepreneurial business executives, researchers and scientists; a proprietary direct methanol micro fuel cell power system and a number of system prototypes demonstrating size reductions and performance improvements; and significant related intellectual property. MTI Micro has received government awards and developed strategic partnerships to facilitate efforts to achieve commercialization. MTI is also engaged in the design, manufacture, and sale of high-performance test and measurement instruments and systems through its subsidiary MTI Instruments, Inc. For more information about the Company please visit <http://www.mechtech.com>.

For further information:

George Relan

Vice President of Corporate Development

(518) 533-2220

grelan@mechtech.com

SOURCE Mechanical Technology Incorporated