



TRILOGY ENERGY TRUST

Calgary, Alberta

October 20, 2009

NEWS RELEASE: TRILOGY ENERGY TRUST ANNOUNCES OCTOBER DISTRIBUTION

Trilogy Energy Trust ("Trilogy" or the "Trust") (TSX – TET.UN) announces that its cash distribution for October 2009 will be \$0.05 per Trust Unit. The distribution is payable on November 16, 2009 to unitholders of record on November 2, 2009. The ex-distribution date is October 29, 2009.

About the Trust

Trilogy is a petroleum and natural gas-focused Canadian energy trust that actively acquires, develops, produces and sells natural gas, crude oil and natural gas liquids. Trilogy's Trust Units are listed on the Toronto Stock Exchange under the symbol "TET.UN".

For further information, please contact:

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