



TRILOGY ENERGY CORP.

Calgary, Alberta

March 15, 2010

NEWS RELEASE: TRILOGY ENERGY CORP. ANNOUNCES MARCH DIVIDEND

Trilogy Energy Corp. ("Trilogy") (TSX – TET) announces that its cash dividend for March 2010 will be \$0.035 per share. The dividend is payable on April 15, 2010 to shareholders of record on March 31, 2010. The ex-dividend date is March 29, 2010.

About Trilogy

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

For further information, please contact:

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