



**ALLIED PROPERTIES REAL ESTATE INVESTMENT TRUST
ANNOUNCES OCTOBER DISTRIBUTION**

Toronto, October 16, 2009 - Allied Properties REIT (TSX:AP.UN) announced today that the Trustees of the REIT have declared a distribution of \$0.11 per unit for the month of October, 2009, representing \$1.32 per unit on an annualized basis. The distribution will be payable on November 16, 2009, to unitholders of record as at October 30, 2009. The REIT has 39,008,203 units issued and outstanding.

Allied Properties REIT is the leading owner and manager of Class I office properties in Canada, with portfolio assets in the urban areas of Toronto, Montreal, Winnipeg, Quebec City and Kitchener. The objectives of the REIT are to provide stable and growing cash distributions to unitholders and to maximize unitholder value through effective management and accretive portfolio growth.

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For further information:

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