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RETROCOM MID-MARKET REIT ANNOUNCES DISTRIBUTION REINVESTMENT PLAN

Plan Includes 3% Bonus Units Purchased with Reinvested Cash Distributions

Toronto, Ontario – September 30, 2005 – (TSX:RMM.UN) - **Retrocom Mid-Market Real Estate Investment Trust** (the “REIT”) announced today the availability of its Unitholder Distribution Reinvestment Plan (“DRIP”) effective with the November 2005 cash distribution. Eligible investors registered in the DRIP will have their monthly cash distributions used to purchase Units of the REIT, and will also receive bonus Units equal to 3% of their monthly cash distributions.

“The Plan offers our Unitholders the opportunity to steadily increase their ownership in Retrocom REIT without incurring any commissions or brokerage fees,” commented Michael Steplock, Chief Executive Officer. “In addition, to encourage participation we are offering the further benefit of 3% in bonus Units purchased through the Plan.”

Unitholders that wish to participate in the DRIP should contact their investment advisors. Unitholders must be residents of Canada to be eligible to participate in the DRIP. Complete details of the DRIP are available on the REIT’s website - <http://www.retrocomreit.ca/> - or from a Unitholder’s investment advisor.

About Retrocom Mid-Market REIT

Retrocom Mid-Market REIT is an Ontario unincorporated open-end real estate investment trust which focuses on owning and acquiring mid-market commercial properties in primary and secondary cities across Canada with the objective of producing a geographically diversified portfolio of properties with stable and growing cash flows. Further information can be found at <http://www.retrocomreit.ca>.

Certain statements contained in this news release may include forward-looking information with respect to Retrocom Mid-Market Real Estate Investment Trust’s operations and future financial results. Such statements are based on current expectations, are subject to a number of uncertainties and risks, and actual results may differ materially from those contained in such statements. These uncertainties and risks include, but are not limited to, economic, competitive and commercial real estate conditions. Further information can be found in the disclosure documents filed by Retrocom Mid-Market Real Estate Investment Trust with the securities regulatory authorities, available at <http://www.sedar.com/>.

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