

March 26, 2014



Triangle Capital Corporation Paying an Aggregate of \$0.69 Per Share in Regular Quarterly Dividend and Special Cash Distribution on March 26, 2014

RALEIGH, N.C., March 26, 2014 (GLOBE NEWSWIRE) -- As previously announced, Triangle Capital Corporation (NYSE:TCAP) will pay a special cash distribution of \$0.15 per share to shareholders on March 26, 2014, which is in addition to Triangle's regular quarterly dividend of \$0.54 per share. This press release serves as a reminder of the previously announced dividend and distribution dates and amounts:

	Declared	Record Date	Payment Date	Amount per Share
Special Distribution	2/12/2014	3/5/2014	3/26/2014	\$0.15
Quarterly Dividend	2/24/2014	3/12/2014	3/26/2014	\$0.54
Total payable on March 26, 2014:				\$0.69

Also as previously announced, Triangle will pay a second special cash distribution of \$0.15 per share as follows:

	Declared	Record Date	Payment Date	Amount per Share
Special Distribution	2/12/2014	5/28/2014	6/25/2014	\$0.15

The two special distributions are due to the Company's significant net realized long-term capital gains during 2013. Based on the regular quarterly dividend of \$0.54 per share for the first quarter of 2014 and the special distributions totaling \$0.30 per share, Triangle's current annualized cash payout is \$2.46 per share.

For informational purposes, please note that shareholders will not receive an IRS Form 2439 for tax year 2013 since the Company did not elect deemed distribution treatment for its 2013 long-term capital gains.

About Triangle Capital Corporation

Triangle Capital Corporation (www.TCAP.com) invests capital in established companies in the lower middle market to fund growth, changes of control and other corporate events. Triangle offers a wide variety of investment structures with a primary focus on mezzanine financing with equity components. Triangle's investment objective is to seek attractive returns by generating current income from debt investments and capital appreciation from equity related investments. Triangle's investment philosophy is to partner with business owners, management teams and financial sponsors to provide flexible financing solutions. Triangle typically invests \$5.0 million - \$35.0 million per transaction in

companies with annual revenues between \$20.0 million and \$200.0 million, and EBITDA between \$3.0 million and \$35.0 million.

Triangle has elected to be treated as a business development company under the Investment Company Act of 1940 ("1940 Act"). Triangle is required to comply with a series of regulatory requirements under the 1940 Act as well as applicable NYSE, federal and state laws and regulations. Triangle has elected to be treated as a regulated investment company under the Internal Revenue Code of 1986. Failure to comply with any of the laws and regulations that apply to Triangle could have a material adverse effect on Triangle and its stockholders.

Forward Looking Statements

This press release may contain forward looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. Any such statements, other than statements of historical fact, are likely to be affected by other unknowable future events and conditions, including elements of the future that are or are not under the Company's control, and that the Company may or may not have considered; accordingly, such statements cannot be guarantees or assurances of any aspect of future performance. Actual developments and results are highly likely to vary materially from these estimates and projections of the future and some of these uncertainties are enumerated in Triangle's filings with the Securities and Exchange Commission. Certain factors that could cause actual results to differ materially from those contained in the forward-looking statements are included in our annual reports on Form 10-K, quarterly reports on Form 10-Q and current reports on Form 8-K, each as filed with the Securities and Exchange Commission. Copies are available on the SEC's website at www.sec.gov and stockholders may receive a hard copy of the completed audited financial statements free of charge upon request to the Company at 3700 Glenwood Avenue, Suite 530, Raleigh, NC 27612. Such statements speak only as of the time when made, and the Company undertakes no obligation to update any such statement now or in the future.

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Source: Triangle Capital Corporation