



Hospitality Investors Trust Announces Virtual Format for 2020 Annual Meeting of Stockholders

NEW YORK – July 15, 2020 – Hospitality Investors Trust, Inc. (the “Company”) announced today that due to the public health impact of the COVID-19 pandemic and continuing concern for the safety and well-being of its stockholders, directors and employees, the format of its 2020 Annual Meeting of Stockholders (the “Annual Meeting”) has been changed from in-person to a virtual format and will be held solely by means of remote communication via a live webcast. While the previously announced date and time of the Annual Meeting, Wednesday, August 5, 2020 at 1:00 p.m., Eastern Time, has not changed, stockholders will not be able to attend the Annual Meeting in person.

As described in the Company’s proxy materials previously distributed for the Annual Meeting, stockholders at the close of business on May 7, 2020, the record date, are entitled to attend and participate in the Annual Meeting. To attend, participate in and/or vote at the virtual Annual Meeting at www.virtualshareholdermeeting.com/HIT2020, stockholders must enter the 16-digit control number found on their proxy card or voting instruction form or notice previously distributed. Authenticated stockholders will be able to vote and submit questions online during the meeting by following the instructions available on the Annual Meeting website.

For additional information regarding how stockholders may attend, participate in and/or vote at the virtual Annual Meeting, please refer to the Company’s supplemental proxy materials filed today with the Securities and Exchange Commission (the “SEC”).

Hospitality Investors Trust, Inc.

Hospitality Investors Trust, Inc. is a publicly registered, nontraded real estate investment trust (“REIT”). Hospitality Investors Trust’s strategy focuses on owning and operating stable, institutional quality and strategically located select-service lodging properties in the United States branded by premium national hotel brands.

Important Notice

This press release contains forward-looking statements, and such statements involve substantial risks and uncertainties. Actual results or events could differ materially from the plans, intentions and expectations disclosed in the forward-looking statements the Company makes. Forward-looking statements may include, but are not limited to, statements regarding stockholder liquidity and investment value and returns. The words “anticipates,” “believes,”

“expects,” “estimates,” “projects,” “plans,” “intends,” “may,” “will,” “would,” and similar expressions are intended to identify forward-looking statements, although not all forward-looking statements contain these identifying words. Factors that might cause such differences include, but are not limited to: factors included in the Company’s reports filed with the SEC, particularly in the “Risk Factors” and “Management’s Discussion and Analysis of Financial Condition and Results of Operations” sections of the Company’s latest Annual Report on Form 10-K for the year ended December 31, 2019, filed with the SEC on March 30, 2020, as such Risk Factors have been updated by the Company’s latest Quarterly Report on Form 10-Q for the quarterly period ended March 31, 2020, filed with the SEC on May 14, 2020, and may be updated from time to time in subsequent reports. The Company does not assume any obligation to update any forward-looking statements, whether as a result of new information, future events or otherwise, except as required by law.

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