



## VISIT AMARC AT THE VANCOUVER RESOURCE INVESTMENT CONFERENCE

### Charlie Greig Receives A.O. Dufresne Exploration Achievement Award from the Canadian Institute of Mining, Metallurgy and Petroleum

**May 12, 2022, Vancouver, BC** – Amarc Resources Ltd. (“Amarc” or the “Company”) (TSX-V: AHR; OTCBB: AXREF) will be exhibiting at the 2022 Vancouver Resource Investment Conference that will be held at the Vancouver Convention Centre West, Exhibit Hall C on May 17 and 18 from 8:30 am to 5:30 pm.

We invite conference delegates to visit us at **Booth #916** to meet and discuss with Diane Nicolson President and CEO and Bob Dickinson, Executive Chair recent developments and plans for Amarc’s three expansive, 100%-owned copper±gold districts located in British Columbia - JOY, IKE and DUKE. These districts are host to four known copper±gold deposits that are prime for moving toward development, and also 10 porphyry copper-gold deposit targets that are fully permitted and ready for drill discovery.

The Company is also pleased to announce that another of our key technical advisors, CJ (Charlie) Greig, was recognized by the Canadian Institute of Mining, Metallurgy and Petroleum at its Awards Gala in Vancouver on May 2, 2022, receiving the A.O. Dufresne Exploration Achievement Award for exceptional contribution to mining exploration in Canada. Charlie is also recipient of the 2022 Prospector's and Developers Association of Canada's Bill Dennis Award as well as the 2020 Association for Mineral Exploration's H.H. 'Spud' Huestis Award for his discoveries in British Columbia, in particular the North Saddle porphyry Cu-Au deposit and Saddle South epithermal gold zone in northwest BC. A highly regarded geologist with more than 40 years in the mineral exploration sector Charlie, brings a wealth of valuable knowledge to the Amarc team.

For further details on Amarc Resources Ltd., please visit the Company’s website at [www.amarcresources.com](http://www.amarcresources.com) or contact Dr. Diane Nicolson, President & CEO, at (604) 684-6365 or within North America at 1-800-667-2114.

ON BEHALF OF THE BOARD

Dr. Diane Nicolson

President and Chief Executive Officer

Neither the TSX Venture Exchange nor any other regulatory authority accepts responsibility for the adequacy or accuracy of this release.

### Forward Looking and other Cautionary Information

This news release includes certain statements that may be deemed "forward-looking statements". All such statements, other than statements of historical facts that address exploration plans are forward-looking statements. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results or developments may differ materially from those in the forward-looking statements. Assumptions used by the Company to develop forward-looking statements include the following: Amarc's projects will obtain all required environmental and other permits and all land use and other licenses, studies and exploration of Amarc's projects will continue to be positive, and no geological or technical problems will occur. Factors that could cause actual results to differ materially from those in forward-looking



statements include market prices, potential environmental issues or liabilities associated with exploration, development and mining activities, exploitation and exploration successes, continuity of mineralization, uncertainties related to the ability to obtain necessary permits, licenses and tenure and delays due to third party opposition, changes in and the effect of government policies regarding mining and natural resource exploration and exploitation, exploration and development of properties located within Aboriginal groups asserted territories may affect or be perceived to affect asserted aboriginal rights and title, which may cause permitting delays or opposition by Aboriginal groups, continued availability of capital and financing, and general economic, market or business conditions, as well as risks relating to the uncertainties with respect to the effects of COVID-19. Investors are cautioned that any such statements are not guarantees of future performance and actual results or developments may differ materially from those projected in the forward-looking statements. For more information on Amarc Resources Ltd., investors should review Amarc's annual Form 20-F filing with the United States Securities and Exchange Commission at [www.sec.gov](http://www.sec.gov) and its home jurisdiction filings that are available at [www.sedar.com](http://www.sedar.com).

