

Schroeter, Tom EMPR:EX

From: Canarc Resource Corp. [news@canarc.net]
 Sent: May 1, 2007 11:47 AM
 To: Schroeter, Tom EMPR:EX
 Subject: Shareholder Update - First Quarter Review 2007

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SW-May 2/07

Shareholder Update - First Quarter Review 2007

Bradford Cooke, Chairman and CEO of Canarc Resource Corp. (TSX: CCM, OTC-BB: CRCUF, DBFrankfurt: CAN) provides the following review of the First Quarter 2007 and the outlook for the Second Quarter.

First Quarter Review

In Q1 2007, Canarc announced **positive year-end results** from both the New Polaris gold mine and Benzdorp gold exploration projects. The Company closed its first **new gold property acquisitions** in Mexico, the Providencia and Los Arrastres properties. Canarc also appointed **two seasoned mining professionals** to its senior management team.

Mr. Bruce Bried, P. Eng., the new President and Chief Operating Officer, brings to Canarc a wealth of experience in the mining business. He was most recently the Vice President, Mining for both Canarc Resource Corp. and Endeavour Silver Corp., where he oversaw the initial mine engineering of the New Polaris gold project in northwestern B.C., as well as the development and start-up of operations at Endeavour's Guanacevi silver mines project in Durango, Mexico. Bruce is looking forward to transitioning Canarc from a pure gold explorer to a **diversified gold explorer-developer-producer**.

Garry Biles, P. Eng., joins Canarc as the new Vice President, Mining and General Manager of the New Polaris Gold Project. Garry was most recently the General Manager of the Bellavista gold mine in Costa Rica for Glencairn Gold, where he supervised the development of Bellavista from the start-up stage through to commercial production in December 2005. Garry's primary responsibility will be to manage the New Polaris gold mine project **from the pre-feasibility stage through feasibility to production if warranted**.

At New Polaris, the 2006 infill drilling program was successful in delineating continuous, thick, high grade gold mineralization within the C vein system. The Company released an updated **NI 43-101 resource estimate** in February 2007

that outlined measured and indicated resources of **519,000 oz gold** contained in 1,288,000 tonnes grading 12.5 gpt gold (measured resource of 271,000 tonnes grading 11.89 gpt and indicated resource of 1,017,000 tonnes grading 12.71 gpt) and inferred resources totaling **636,000 oz gold** contained in 1,628,000 tonnes grading 12.2 gpt gold, using a 6 gpt gold cutoff grade, still open for expansion in other veins and at depth.

Mine engineering and dewatering of the old underground workings got underway in Q1, 2007 and the project has now moved into the pre-feasibility phase.

At Benzdorp, recent sampling of a **newly discovered quartz vein** in the MM pit on the property in Suriname assayed **39.7 gpt gold over a 2 m** horizontal channel sample and 9.3 gpt gold over a 2 m vertical channel sample. A representative grab sample from the same vein returned 28.8 gpt gold. The MM vein was discovered by local poknockers, who have excavated a pit 20 m deep, are currently processing the quartz vein and mineralized saprolite through a small hammer mill and are recovering the gold in a sluice box. The MM vein is just one of several new gold discoveries sampled by Canarc in late 2006-early 2007.

A program of additional poknocker pit mapping and sampling, 58 km of geochemical soil sampling, and bulldozer trenching of high priority gold prospect areas got underway in Q1, 2007.

During the 1st Quarter, 2007, Glencairn Gold Corporation, the owner/operator of the Bellavista gold mine in Costa Rica, announced that the mine **produced 38,830 oz gold** in 2006 at a realized sale price of US\$595 per oz and a cash operating cost of US\$316 per oz. Proven and probable reserves at year-end were 7.9 million tonnes grading 1.44 gpt and containing **365,500 oz gold**.

In addition, Glencairn reports measured and indicated resources of **421,300 oz gold** grading 1.5 gpt within 8.7 million tonnes. Canarc currently holds a 5.5% net profit royalty in Bellavista, subject to certain initial deductions by Glencairn.

Last but not least, Canarc's affiliated company, Aztec Metals Corp., announced it has completed the **acquisition of five polymetallic projects in Mexico**, including two new projects, Los Pericos and Matehuala, in Q1, 2007. Phase 1 exploration programs are now underway.

Second Quarter Outlook

Canarc's three-pronged growth strategy focusing on New Polaris, Benzdorp and material new gold acquisitions in Mexico should continue to enhance shareholder value in the 2nd Quarter.

At New Polaris, Canarc plans to complete the conceptual mine plan for and preliminary economic assessment of building a 65,000 oz per year high grade underground gold mine at New Polaris. An Alimak raise climber was reinstalled in the mine shaft and the mine dewatering program now underway should be completed in Q2, 2007.

Subject to positive results, Canarc plans a feasibility program of environmental studies, ~~driving a decline from the bottom of the mine shaft~~, developing one or more new drifts within the C vein, trial mining of a bulk sample and the shipping and processing of a representative portion for final metallurgical testing to finalize the process flow sheet.

At Benzdorp, the exploration work program of geochemical soil sampling, poknocker pit mapping and sampling and bulldozer trenching to better define high priority gold prospect areas for diamond drilling will continue in Q2, 2007.

At Providencia, the Phase 1 exploration program of geochemical soil sampling, geological mapping and machine trenching of the Providencia and San Feliz gold prospect areas along strike from the old mines will get underway shortly. The old mine dumps will also be sampled to identify mineralized material of sufficient grade to ship to local plants for custom processing in order to generate short term cash-flow.

A Phase 2 program of diamond drilling the high priority gold targets is planned to commence in the 3rd Quarter, contingent upon receiving positive results from the Phase 1 program.

As of March 31, 2007, Canarc held cash and marketable securities totalling CA \$3.0 million. The Company is well financed to fund current work at New Polaris, Benzdorp and Providencia and the evaluation of new acquisition opportunities in Mexico out of working capital.

James Moors, B.Sc., P.Geo, Vice President, Exploration, is the Qualified Person responsible for QA/QC, the exploration programs and geological modelling on the New Polaris and Benzdorp properties. Gary Giroux, M.A.Sc., P. Eng., is the Qualified Person who prepared the updated NI 43-101 resource estimate on New Polaris. For sampling and assaying procedures on each project, please refer to the project news releases dated February 1 and 14, 2007 on the Company website or SEDAR. For the production, reserve and resource information regarding the Bellavista Mine, please refer to the news releases of Glencairn Gold Corporation found on their website or SEDAR.

CANARC RESOURCE CORP.

Per:

/s/ Bradford J. Cooke

Bradford J. Cooke
Chairman and C.E.O.

For more information, please contact Gregg Wilson at Toll Free: 1-877-684-9700, tel: (604) 685-9700, fax: (604) 685-9744, email: invest@canarc.net or visit our website, www.canarc.net. The TSX has neither approved nor disapproved the contents of this news release.

→ New Polaris

Schroeter, Tom EMPR:EX

From: Canarc Resource Corp. [info@canarc.net]

Sent: Thu, February 1, 2007 11:06 AM

To: Schroeter, Tom EMPR:EX

Subject: Canarc Reports Updated NI 43-101 Resource Estimate For New Polaris Gold Project, British Columbia

SW - Feb. 2/07

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Feb 1, 2007
Canarc Reports Updated NI 43-101 Resource Estimate For New Polaris Gold Project, British Columbia

Canarc Reports Updated NI 43-101 Resource Estimate For New Polaris Gold Project, British Columbia

Canarc Resource Corp. (TSX: CCM: OTC-BB: CRCUF, DBFrankfurt: CAN) announces that it has received an updated, independent, NI 43-101 compliant resource estimate for the New Polaris gold project, northwestern British Columbia.

Summary

Jan 30, 2007
Canarc Makes Two New Appointments To Senior Management Team

Measured and indicated undiluted resources range from 570,000 to 457,000 oz of gold contained in 1,670,000 to 1,009,000 tonnes (1,840,861 to 1,112,233 tons) of mineralized vein material grading 10.6 to 14.1 grams per tonne (0.31 to 0.41 oz per ton) using a range of cutoff grades from 2 to 8 gpt (0.06 to 0.23 opt). Greater than 95% of the measured and indicated resources are located within the C vein system where infill drilling programs were conducted over the past three years.

Jan 16, 2007
Shareholder Update: Review of 2006 and Outlook for 2007

Inferred undiluted resources range from 697,000 to 571,000 oz of gold contained in 2,060,000 to 1,340,000 tonnes (2,270,763 to 1,477,098 tons) of mineralized vein material grading 10.5 to 13.3 grams per tonne (0.31 to 0.39 oz per ton) using a range of cutoff grades from 2 to 8 gpt (0.06 to 0.23 opt). Approximately 75% of the inferred resources are also located within the C vein system, with the remainder attributable to the Y19 and Y20 veins.

MEASURED UNDILUTED RESOURCE						
Cutoff Grade		Mineralized Tonnage		Average Grade		Contained Gold
(g/tonne)	(oz/ton) *	(tonnes)	(tons)	(g/tonne)	(oz/ton)	Au (oz)
2	0.058	390,000	429,902	9.48	0.277	119,000

4	0.117	330,000	363,763	10.62	0.310	113,000
6	0.175	271,000	298,727	11.89	0.347	104,000
8	0.233	203,000	223,769	13.54	0.395	88,000

INDICATED UNDILUTED RESOURCE						
Cutoff Grade		Mineralized Tonnage		Average Grade		Contained Gold
(g/tonne)	(oz/ton) *	(tonnes)	(tons)	(g/tonne)	(oz/ton)	Au (oz)
2	0.058	1,280,000	1,410,960	10.97	0.320	451,000
4	0.117	1,180,000	1,300,728	11.65	0.340	442,000
6	0.175	1,017,000	1,121,052	12.71	0.371	416,000
8	0.233	806,000	888,464	14.22	0.415	368,000

MEASURED PLUS INDICATED UNDILUTED RESOURCE						
Cutoff Grade		Mineralized Tonnage		Average Grade		Contained Gold
(g/tonne)	(oz/ton) *	(tonnes)	(tons)	(g/tonne)	(oz/ton)	Au (oz)
2	0.058	1,670,000	1,840,861	10.62	0.310	570,000
4	0.117	1,510,000	1,664,491	11.42	0.333	555,000
6	0.175	1,288,000	1,419,778	12.54	0.366	519,000
8	0.233	1,009,000	1,112,233	14.08	0.411	457,000

INFERRED UNDILUTED RESOURCE						
Cutoff Grade		Mineralized Tonnage		Average Grade		Contained Gold
(g/tonne)	(oz/ton) *	(tonnes)	(tons)	(g/tonne)	(oz/ton)	Au (oz)
2	0.058	2,060,000	2,270,763	10.5	0.307	697,000
4	0.117	1,925,000	2,121,951	11.0	0.322	683,000
6	0.175	1,628,000	1,794,564	12.2	0.354	636,000

8	0.233	1,340,000	1,477,098	13.3	0.387	571,000
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* ton equals short dry ton

Bradford Cooke, Chairman and CEO, commented, "This updated NI 43-101 resource estimate was a key first step in advancing the New Polaris gold project towards the feasibility stage. We are thrilled to beat our minimum resource target, even though we only infill drilled the C vein system to a depth of just 500 m and did not drill any of the other historic resource areas in the Y and AB veins, which are mostly at shallower depths."

2007 Proposed Work Program

The first goal of the recent infill drilling programs at New Polaris was to establish a minimum 650,000 oz NI-43-101 compliant gold resource in all categories. Canarc has well exceeded this initial resource target so work is now underway to complete a conceptual mine plan, initial economic assessment and government permit application in Q1, 2007.

Subject to receiving positive results, Canarc plans to carry out an aggressive 2007 work program of mine dewatering, underground development, diamond drilling, bulk sampling, metallurgical testing, environmental studies and related work necessary to complete a feasibility study.

An Alimak raise climber was recently reinstalled in the mine shaft and the mine dewatering program is now underway. The lowest mine level 600 should be open within three months, at which time the proposed 2007 development and bulk sampling program will commence.

Resource Calculation Methodology

The resource estimate was prepared by Giroux Consultants Limited using ordinary kriging of 192 recent drill holes and 1,432 gold assay intervals constrained within 4 main vein segments as modelled in three dimensions by Canarc geologists. The total New Polaris data base consists of 1,056 diamond drill holes with a total of 31,514 sample intervals.

The geologic continuity of the C vein system has been well established through historic mining and diamond drilling. Grade continuity was quantified using a geostatistical method called the semivariogram, which measures distances (ranges) and directions of maximum continuity. The four principle veins in the semivariogram model produced ranges between 50 and 90 metres, both along strike and down plunge.

For this study, the classification for each resource block was a function of the semivariogram range. In general, blocks estimated using $\frac{1}{4}$ of the semivariogram range were classed as measured, blocks estimated using $\frac{1}{2}$ the semivariogram

range were classed as indicated and all other blocks estimated using the full semivariogram range were classed as inferred.

A review of gold grade distribution outlined 6 overlapping lognormal gold populations within the resource data base. On this basis, a total of 10 gold assays were capped at 63 g/t.

Historic Resource Estimates

In addition to the new NI 43-101 resource estimate, two historic resource estimates cover other veins within and beyond the old mine workings on the New Polaris property (see table below).

Beacon Hill (1988) estimated probable and possible resources for the AB vein system within the old mine workings based on historic underground drilling and sampling, a 5 foot minimum mining width and a 0.15 oz per ton cutoff grade. Giroux (1995) estimated probable and possible resources for the Y veins beyond the old mine workings based on surface drilling by Canarc and its predecessors, no minimum mining width and a 0.25 oz per ton cutoff grade.

New Polaris Historic Resource Estimates								
Zone	Probable Resources				Possible Resources			
	In-Situ		Diluted		In-Situ		Diluted	
	Tons	Grade	Tons	Grade	Tons	Grade	Tons	Grade
	(SDT)	(oz/SDT)	(SDT)	(oz/SDT)	(SDT)	(oz/SDT)	(SDT)	(oz/SDT)
Beacon Hill (1988)								
Up Levs.	53,440	0.37	67,800	0.29	41,560	0.35	53,450	0.27
Lo Levs.	50,170	0.50	64,410	0.39	45,000	0.48	58,760	0.37
Subtotal	103,610	0.43	132,210	0.33	85,560	0.42	112,210	0.32
Giroux (1995)								
Y Zone	210,000	0.461	262,500	0.369	987,000	0.469	1,124,000	0.375

The Beacon Hill (1988) historic resource estimate utilized data from historic information and represents a resource completely separate from the current NI 43-101 resource estimate. The Giroux (1995) historic resource estimate was made on a partially separate data base for the Y vein system, but there are numerous drill intercepts in multiple Y veins from Giroux (1995) not included in the current NI 43-101 resource estimate.

Therefore, the Beacon Hill (1988) and Giroux (1995) historic resource estimates may be considered relevant even though Canarc has not verified the classification of these resources. They are referred to here because they represent additional areas with gold vein potential on the New Polaris property.

The probable and possible historic resource categories correspond roughly to the indicated and inferred current resource categories. Canarc is not treating these

historic resources as current resources, and they should not be relied upon.

James Moors, B.Sc., P.Geo, Vice President, Exploration, is the Qualified Person responsible for the project QA/QC, infill drilling, and geological modelling on the New Polaris property. Gary Giroux, M.A.Sc., P.Eng. is the Qualified Person who prepared the updated NI 43-101 resource estimate.

Canarc Resource Corp. is a growth-oriented, gold exploration company listed on the TSX (symbol CCM) and the OTC-BB (symbol CRCUF). The Company's New Polaris gold project in north-western British Columbia is one of the largest undeveloped high grade gold deposits in Western Canada. Canarc's focus is now on advancing New Polaris to the feasibility stage and acquiring attractive near-term gold mining projects. Barrick Gold Corp. is a shareholder.

CANARC RESOURCE CORP.

Per:

/s/ Bradford J. Cooke

Bradford J. Cooke
Chairman and C.E.O.

For more information, please contact Gregg Wilson at Toll Free: 1-877-684-9700, tel: (604) 685-9700, fax: (604) 685-9744, email: invest@canarc.net or visit our website, www.canarc.net. The TSX Exchange has neither approved nor disapproved the contents of this news release.

CAUTIONARY DISCLAIMER – FORWARD LOOKING STATEMENTS

Certain statements contained herein regarding the Company and its operations constitute "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995. All statements that are not historical facts, including without limitation statements regarding future estimates, plans, objectives, assumptions or expectations of future performance, are "forward-looking statements". We caution you that such "forward looking statements" involve known and unknown risks and uncertainties that could cause actual results and future events to differ materially from those anticipated in such statements. Such risks and uncertainties include fluctuations in precious metal prices, unpredictable results of exploration activities, uncertainties inherent in the estimation of mineral reserves and resources, fluctuations in the costs of goods and services, problems associated with exploration and mining operations, changes in legal, social or political conditions in the jurisdictions where the Company operates, lack of appropriate funding and other risk factors, as discussed in the Company's filings with Canadian and American Securities regulatory agencies. The Company expressly disclaims any obligation to update any forward-looking statements. We seek safe harbour.

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Schroeter, Tom EMPR:EX

From: Canarc Resource Corp. [info@canarc.net]
Sent: Tue, January 30, 2007 11:10 AM
To: Schroeter, Tom EMPR:EX
Subject: Canarc Makes Two New Appointments To Senior Management Team

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Canarc Makes Two New Appointments To Senior Management Team

Vancouver, Canada - January 30, 2007 - Canarc Resource Corp. (TSX: CCM, OTC-BB: CRCUF, DBFrankfurt: CAN) announces two new appointments to its senior management team. With the addition of two seasoned mining professionals, Canarc plans to make the transition this year from its history as a successful gold explorer into a more integrated mining company.

Bruce Bried, P. Eng., will assume the role of President and COO, effective February 15, 2007. Bruce was most recently the Vice President, Mining for both Canarc Resource Corp. and Endeavour Silver Corp., where he oversaw the initial mine engineering of Canarc's main asset, the New Polaris Gold Project in northwestern B.C., as well as the development and operation of Endeavour's Guanacevi silver mines project in Durango, Mexico.

Mr. Bried is a professional mining engineer with over 28 years experience in the engineering, development, operation, reclamation and management of producing mines. He specializes in underground vein gold/silver mines, having worked for many years with Dickinson Mines (now Goldcorp) in Red Lake, ON and New Denver, BC, and then with Homestake Mining, where he was Mine Superintendent at the Hemlo and Eskay Creek gold mines and General Manager of the Snip and Lead gold mines.

Garry Biles, P. Eng., joins Canarc as the new Vice President, Mining and General Manager of the New Polaris Gold Project, effective March 1, 2007. Garry was most recently the General Manager of the Bellavista gold mine in Costa Rica for Glencairn Gold, where he supervised the development of Bellavista from the start-up stage through to commercial production in December 2005. Canarc holds a 5-20% net profit royalty in Bellavista.

Mr. Biles is a professional engineer with more than 34 years experience, including 16 years as General Manager of 4 producing mines, including the development of

the rich Eskay Creek mine of Barrick Gold. He has excelled at maximizing gold mining operations, achieving production and cost targets and establishing excellent track records for safety first, environmental leadership and strong relations with employees and First Nations.

Canarc also announces the resignation of Jack McClintock as President and COO, effective February 15, 2007. Jack plans to pursue other opportunities in the exploration sector.

Bradford Cooke, Chairman and CEO, commented, "With these two new appointments to its senior management team, Canarc has taken an important step towards its goal of growth through developing the New Polaris gold project and acquiring other producing or advanced gold mine projects.

On behalf of the Board of Directors, I would like to welcome Bruce and Garry to their new positions and we wish Jack well in his new ventures."

Canarc Resource Corp. is a growth-oriented, gold exploration company listed on the TSX (symbol CCM) and the OTC-BB (symbol CRCUF). The Company's New Polaris gold project in north-western British Columbia is one of the largest undeveloped high grade gold deposits in Western Canada. Canarc's focus is now on advancing New Polaris to the feasibility stage and acquiring attractive near-term gold mining projects. Barrick Gold Corp. is a shareholder.

CANARC RESOURCE CORP.

Per:

/s/ Bradford J. Cooke

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Chairman and C.E.O.

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→ New
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Schroeter, Tom EMPR:EX

From: Canarc Resource Corp. [info@canarc.net]
Sent: Tue, January 16, 2007 2:04 PM
To: Schroeter, Tom EMPR:EX
Subject: Shareholder Update: Review of 2006 and Outlook for 2007



CCM:TSX
CRCUF:OTC-BB

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News Release

Shareholder Update Review of 2006 and Outlook for 2007

Bradford Cooke, Chairman and CEO of Canarc Resource Corp. (trading symbols **CCM: TSX, CRCUF: OTC-BB and CAN: DB-Frankfurt**) provides shareholders with the following review of Canarc's accomplishments in 2006 and its plans for 2007.


2006 In Review

Gold posted another solid year of gains in 2006, closing at US\$638 per oz, **up 23% on the year**, and peaking at US\$722 per oz in April. Given the strong fundamentals (rising investment demand and tightening mine supply) and the weakening US dollar last year, gold remained in a firm uptrend typical of the five year-old secular bull market.

Junior gold stocks followed gold higher in Q1, 2006, then fell with the now familiar late spring sell-off, but they closed generally higher at year-end. **Canarc**'s share price rose 55% to test the CA \$0.90 mark in April and again in November and closed at CA\$0.78, **up 35% on the year**.

Last year, Canarc set out a new, three-pronged growth strategy to more aggressively create shareholder value. The primary goal was the advancement of its core asset, the **New Polaris** gold project in north-western B.C. through a major infill drilling program.

The New Polaris infill drilling program was expanded late last summer and yet was still **successfully completed** by year-end and only 5% over-budget. Approximately CA\$5.2 million was invested at New Polaris, mainly on drilling 24,394 m (80,033 ft) of core in 69 holes along the C vein system to vertical depths of 577 m (1890 ft) below surface, on a major fuel purchase and mobilization to the mine-site and on related environmental, metallurgical and engineering studies.



Drill results established excellent continuity of the high grade gold mineralization, including the discovery of the **first-ever occurrence of visible gold** at New Polaris along the deep south-west margin of the drill grid, and the **intersection of the widest veins yet** at New Polaris along the deep north-east edge of the drill grid. In fact, six of the best gold intercepts ever drilled at New Polaris were completed in 2006, as shown in the attached table.

Canarc also accomplished its second goal for 2006 of **completing more exploration work** at the **Benzdorp** gold project in Suriname in order to attract financing or a partner. The Benzdorp project did experience some delays, first in obtaining Suriname government permits to complete the airborne geophysical survey and second, in receiving the sample assays from the assay lab for the soil geochemical program. However, all field work and assaying at Benzdorp were successfully completed by year-end and Canarc now expects to report on the results within a few weeks.

The third goal of **acquiring at least one new property** is still a work in progress. Management reviewed several attractive gold projects in Mexico and elsewhere last year and completed negotiations on the first new project acquisition, which is anticipated to close shortly.

Hole (no.)	From (m)	Length (m)	Gold (gpt)	Length (ft)	Gold (opt)
06-300SW-8	303.30	35.0	8.9	114.8	0.26
Incl.	307.50	1.5	35.3	4.9	1.03
06-1615E-8	346.40	6.2	44.7	20.3	1.30
Incl.	350.80	1.0	108.0	3.3	3.18
06-1768E-1A	225.80	16.5	23.1	54.1	0.67
Incl.	237.00	2.3	48.6	7.5	1.42
06-1615E-9	439.50	12.4	16.1	40.7	0.47
Incl.	451.00	0.9	118.5	3.0	3.45
06-270SW-3	239.50	24.5	7.4	80.4	0.22
Incl.	242.15	0.85	30.4	2.8	0.88
061676E-5B	257.20	14.0	10.9	45.9	0.32
Incl.	260.60	0.9	44.7	3.0	1.30

True widths range from 60% to 90% of core lengths.

In addition to the New Polaris project, Canarc saw **significant progress** on its three **other gold properties**, as well as accomplishing several corporate objectives. Some of the highlights in 2006 were as

follows:

- January** Jack McClintock, ex-global exploration manager for BHP Billiton, appointed President
- February** Bellavista gold mine in Costa Rica reached commercial production
- March** CA\$3.5 million financing closed for New Polaris
- April** Affiliate Aztec Metals raised CA\$1.1 million in financing for poly-metallic projects
- May** Sara Kreek gold project transferred for US\$400,000 plus US\$50,000 per year royalty
- June** Initial drill results from New Polaris very positive, including 22.4 gpt over 4.8 m
- July** Continued solid drill results from New Polaris, including 15.3 gpt over 5.5 m
- August** Large airborne geophysical survey completed at Benzdorp, Suriname
- September** First ever occurrence of visible gold at New Polaris returned 44.7 gpt over 6.2 m
- October** CA\$4.0 million financing closed for New Polaris and Benzdorp
- November** Affiliate Aztec Metals acquired three polymetallic exploration projects in Mexico
- December** Extensive soil geochemical survey completed at Benzdorp

Outlook for 2007

This year, Canarc plans to pick up the pace of project acquisitions, exploration and development even further as management pursues its three-pronged growth strategy to create a diversified mid-tier gold producer. With the secular bull market for gold still in place, Canarc's new focus should help to create substantial value for shareholders in 2007.

An updated, NI 43-101 resource estimate for the New Polaris gold project is scheduled for release in January and the conceptual mine plan and initial economic assessment should be completed in Q1, 2007. Subject to positive results, Canarc plans a major feasibility program of environmental studies, dewatering the old mine workings, deepening the mine shaft, developing a new drift from the shaft bottom over to the C vein, trial mining of a bulk sample and further infill drilling.

The objectives of this work program will be to establish proven and probable reserves around the new drift, estimate future mining costs, complete metallurgical testing to finalize the process flow-sheet and expand the measured and indicated resources. This would allow Canarc to pursue a feasibility study, government

permitting and project financing in 2008 in anticipation of mine construction in 2009.

In addition to the New Polaris gold mine project, Canarc plans to pursue a financing or partner for the Benzdorp gold exploration project in 2007 in order to advance the project through the next phase of drilling. Other substantial property transactions are currently under consideration for 2007, with a view to accelerating Canarc's status as a diversified gold explorer, developer and producer.

At year-end, Canarc held about CA\$4.2 million in cash and marketable securities, of which approximately CA\$1.8 million is flow-through funds reserved for New Polaris.

James Moors, B.Sc., P.Geo, Vice President, Exploration, is the Qualified Person supervising the 2006 drill program on the New Polaris property. He has instituted a Quality Control sampling program of blanks, duplicates and standards to ensure the integrity of all assay results. All drill core is split by Canarc personnel at the New Polaris camp, and then flown to Vancouver for assay by ALS Chemex. The core samples are dried, crushed, split and a 30-gram sub-sample is taken for analysis. Gold content is determined by fire assay with a gravimetric finish on samples containing greater than 1 gpt Au, and other trace elements are analyzed by atomic absorption. ALS Chemex also uses its own standards for quality control checks.

Canarc Resource Corp. is a growth-oriented, gold resource company listed on the TSX (symbol CCM), the OTC-BB (symbol CRCUF) and the DB-Frankfurt (symbol CAN). The Company is focused on advancing its core asset, the New Polaris gold mine project, towards mine development and on acquiring, exploring and developing other attractive gold projects.

CANARC RESOURCE CORP.

Per:

/s/ Bradford J. Cooke

Bradford J. Cooke
Chairman and C.E.O.

For more information, please contact Gregg Wilson, toll free: 1-877-684-9700, tel: (604) 685-9700, fax: (604) 685-9744, email: invest@canarc.net or visit our website, www.canarc.net. The TSX has neither approved nor disapproved the contents of this news release.

CAUTIONARY DISCLAIMER – FORWARD LOOKING STATEMENTS

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→ New
Polaris

Schroeter, Tom EMPR:EX

From: Canarc Resource Corp. [info@canarc.net]

Sent: Tue, December 12, 2006 12:51 PM

To: Schroeter, Tom EMPR:EX

Subject: Deepest Drill Hole of 2006 Drilling Program at New Polaris Intersects 7.1 gpt Gold Over 10.2 m Length



CCM:TSX
CRCUF:OTC-BB

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News Release

Deepest Drill Hole of 2006 Drilling Program at New Polaris Intersects 7.1 gpt Gold Over 10.2 m Length

2006 Drill Program Now Complete, Independent N.I 43-101 Resource Estimate Now Underway

December 12, 2006 - Vancouver, Canada - Canarc Resource Corp. (CCM:TSX and CRCUF: OTC-BB) announces that the deepest drill hole of the 2006 drilling program at the New Polaris gold property in northwestern BC, has intersected 7.1 gpt gold over a 10.2 m length. (0.21 opt gold over 33.5 ft) at an approximate depth of 500 m (1600 ft) below surface.

The 2006 drill program has now been successfully completed with the 24,394 m of drilling in 69 diamond drill holes into the C vein system. The final drilling highlights are shown in the following table:

Hole (No.)	From (m)	Length (m)	Gold (gpt)	Length (ft)	Gold (opt)
1707DE-1	425.6	4.5	11.8	14.8	0.34
incl.	425.6	1.0	19.0	3.3	0.55
1768DE-1	473.3	0.7	12.6	2.3	0.37
and	487.4	4.5	9.5	14.8	0.28
1768DE-2	538.4	10.2	7.1	33.5	0.21
incl.	538.4	6.2	8.9	20.3	0.26
incl.	539.4	0.8	15.5	2.6	0.45
1859E-2	297.5	1.6	14.9	5.2	0.43
and	336.2	2.1	15.6	6.9	0.46
incl.	336.2	0.8	25.5	2.6	0.74
and	417.4	3.4	11.0	11.2	0.32

incl.	417.4	0.7	27.4	2.3	0.80
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True widths are approximately 70% to 90% of core lengths.

For drill hole locations, refer to the C Veins Longitudinal Section on Canarc's website [New Polaris Project](#) . All previous drill holes are shown as solid circles and the holes reported in this news release are shown as stars. Note that this year's drill hole numbers refer to location along the section lines, not chronological sequence. Therefore, previous drill holes located along the section lines will cause some gaps to appear in this year's drill hole number sequence.

Like most of the previously released drill holes of the 2006 drilling program, these most recent holes were drilled to infill the C vein drill grid at approximately 30 m centres. However, the deepest holes, including 1768DE-2 were drilled up to 140 metres below the C vein drill grid in order to prove continuity of the C vein system to depth.

Six deep drill holes were drilled in 1995 to test the C vein system at depth. Five holes intersected high grade gold mineralisation between the elevations of 570 m and 700 m below sea level (b.s.l.) (see table below), however, the bottom of the C vein drill grid in 1995 was at only 250 b.s.l., leaving a large un-drilled gap between the -250 m and -570 m elevations.

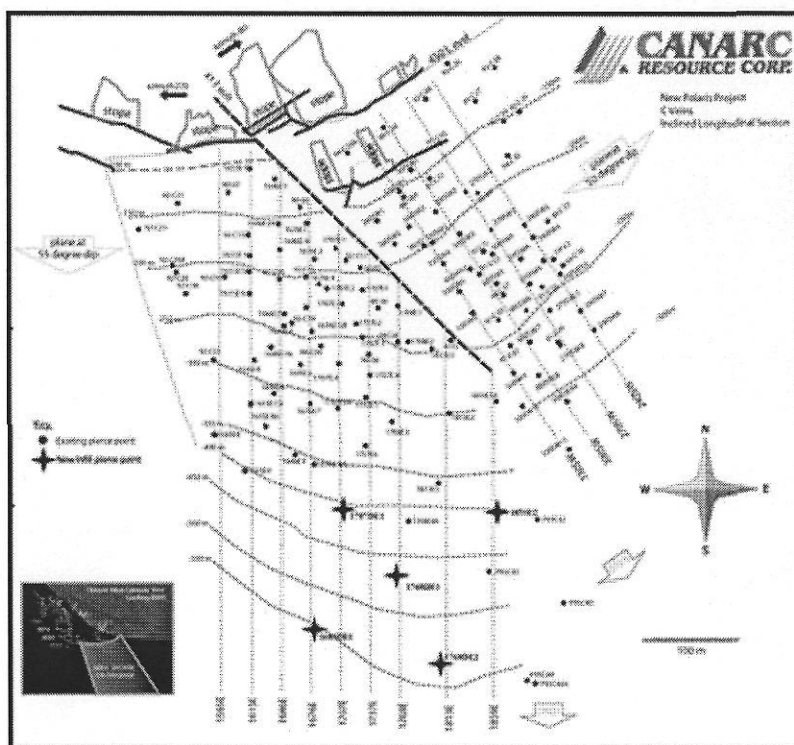
Hole 1768DE2 and other deep holes of the 2006 drilling have now demonstrated the continuity of the C vein to a minimum depth of 500 metres b.s.l., while the deeper footwall zone outlined by two drill-holes in 1995 at 700 m b.s.l. remains untested and is open for expansion.

Hole (No.)	From (m)	Length (m)	Gold (gpt)	Length (ft)	Gold (opt)
P95C40	493.0	5.9	8.5	19.4	0.25
	727.8	7.5	11.3	24.5	0.33
P95C42	318.5	3.8	13.7	12.5	0.40
	351.7	2.0	4.2	6.6	0.12
	456.5	1.1	13.1	3.6	0.38
P95C43	338.3	2.0	6.0	6.7	0.17
	354.5	2.5	15.1	8.2	0.44
	482.0	2.5	15.9	8.1	0.46
P95C44	586.5	3.1	18.8	10.1	0.55
	640.1	1.6	12.4	5.3	0.36
	692.4	1.8	28.1	5.8	0.82
P95C44A	586.4	4.8	16.0	15.7	0.47
	726.4	4.2	6.0	13.7	0.18

An independent N.I. 43-101 resource estimate is now underway, focusing on the C vein system at New Polaris. It will cover many, but not all, of the resource areas estimated historically by Beacon Hill (1988) and Giroux (1995). The resource study is scheduled for completion and release in January 2007.

James Moors, B.Sc., P.Geo, Vice President, Exploration, is the Qualified Person supervising the 2006 drill program on the New Polaris property. He has instituted a Quality Control sampling program of blanks, duplicates and standards to ensure the integrity of all assay results. All drill core is split by Canarc personnel at the New Polaris camp, and then flown to Vancouver for assay by ALS Chemex. The core samples are dried, crushed, split and a 30-gram sub-sample is taken for analysis. Gold content is determined by fire assay with a gravimetric finish on samples containing greater than 1 gpt Au, and other trace elements are analyzed by atomic absorption. ALS Chemex also uses its own standards for quality control checks.

Canarc Resource Corp. is a growth-oriented, gold exploration company listed on the TSX (symbol CCM) and the OTC-BB (symbol CRCUF). The Company's principal asset is its 100% interest in the New Polaris gold deposit, British Columbia, Canada.



CANARC RESOURCE CORP.

Per:

/s/ Bradford J. Cooke

Bradford J. Cooke
Chairman and C.E.O.

→ New
Polaris

Schroeter, Tom EMPR:EX

From: Canarc Resource Corp. [info@canarc.net]

Sent: Tue, November 21, 2006 2:57 PM

To: Schroeter, Tom EMPR:EX

Subject: Canarc Drilling Intersects Additional High Grade Visible Gold Mineralization at New Polaris Property, BC.

CCM:TSX
CRCUF:OTC-BB

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News Release

Canarc Drilling Intersects Additional High Grade Visible Gold Mineralization at New Polaris Property, BC.

SW-Nov-22/06

November 21, 2006

November 21, 2006 - Vancouver, Canada - Canarc Resource Corp. (CCM: TSX and CRCUF: OTC-BB) announces that recent drilling on the New Polaris property in northwestern B.C. has intersected additional high grade, visible gold mineralization.

Drill holes 1615E-7.5 and 1615E-9 both intersected visible gold mineralization, respectively about 20 m above and 100 m below the previously reported visible gold intercept in drill hole 1615E-8, which assayed 44.7 gpt gold over a 6.2 m length (1.3 oz per ton over 20.3 ft) including 108.0 gpt over 1.0 m (3.15 oz per ton over 3.3 ft).

Hole 1615E-7.5 returned 22.5 gpt over 3.05 m (0.66 oz per ton over 10.0 ft), including 48.9 gpt over 0.6 m (1.43 oz per ton over 2.0 ft), and hole 1615E-9 intersected 16.1 gpt over 12.4 m (0.47 oz per ton over 40.7 ft) including 118.5 gpt over 0.9 m (3.45 oz per ton over 3.0 ft). The latest significant drill intercepts are summarized in the attached table.

For drill hole locations, refer to the C Veins Longitudinal Section on the [New Polaris Project](#) page on Canarc's website. All previous drill holes are shown as solid circles, proposed 2006 hole locations are shown as open circles and the holes reported in this news release are shown as stars. Note that this year's drill hole numbers refer to location along the section lines, not chronological sequence. Therefore, previous drill holes located along the section lines will cause some gaps to appear in this year's drill hole number sequence.

Holes 1615E-7.5 and 1615E-9 exhibit the same native gold-stibnite (quartz-carbonate) mineralization as hole 1615E-8 whereas the other holes reported herein display the more common arsenopyrite-pyrite (quartz-carbonate) veining normally found at New Polaris. The visible gold-stibnite mineralization appears to be spatially related to a late-stage aplite dike and also appears to thicken and remain open at depth.

James Moors, B.Sc., P.Geo, Vice President, Exploration, is the Qualified Person supervising the 2006 drill program on the New Polaris property. He has instituted a Quality Control sampling program of blanks, duplicates and standards to ensure the integrity of all assay results. All drill cores are split by Canarc personnel at the New Polaris camp, and then flown to Vancouver for assay by ALS Chemex. The core samples are dried, crushed, split and a 30-gram sub-sample is taken for analysis. Gold content is determined by fire assay with a gravimetric finish on samples containing greater than 1 gpt Au, and other trace elements are analyzed by atomic absorption. ALS Chemex also uses its own standards for quality control checks.

Drill cores that contain visible gold were prepared differently for assay than the normal cores in order to minimize the nugget effect. Core samples were dried, crushed, split and a 1000-gram sub-sample taken for analysis. Each sample pulp was passed through a 100mm (Tyler 150 mesh) stainless steel screen. Any material remaining on the screen (+100mm fraction) was retained and analyzed in its entirety by fire assay with gravimetric finish and reported as the Au (+) fraction. The material passing through the screen (-100mm fraction) was homogenized and two sub-samples were analyzed by fire assay with an AAS finish. The average of the two AAS results is taken and reported as the Au (-100) fraction result. All three values are used in calculating the combined gold content of the plus and minus fractions. In the assayers report, the gold values for both the +100 and -100 micron fractions are reported together with the weight of each fraction as well as the calculated total gold content of the sample.

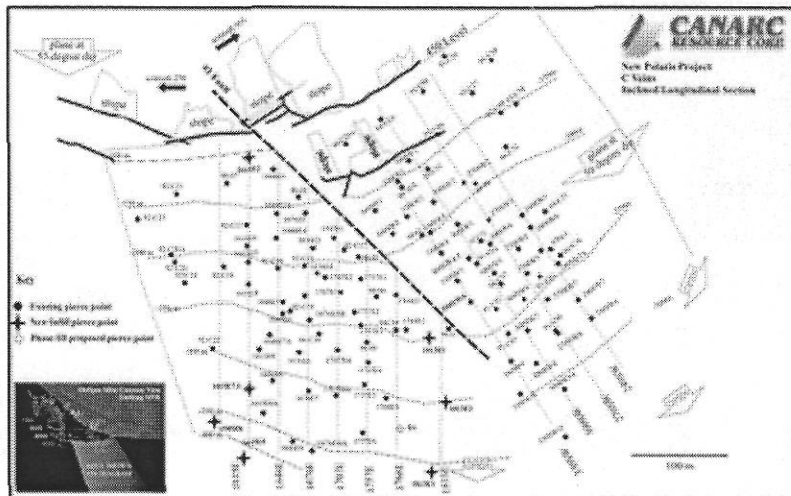
Canarc Resource Corp. is a growth-oriented, gold exploration company listed on the TSX (symbol CCM) and the OTC-BB (symbol CRCUF). The Company's principal asset is its 100% interest in the New Polaris gold deposit, British Columbia. Barrick Gold Corp. is a shareholder.

New Polaris Drill Results

Hole (No.)	From (m)	Length (m)	Gold (gpt)	Length (ft)	Gold (opt)
1585E-8	391.2	0.85	7.7	2.8	0.22
1615E-2	142.1	5.2	25.0	17.1	0.73
incl.	142.1	2.6	36.0	8.5	1.05
1615E-7.5	351.15	3.05	22.5	10.0	0.66
incl.	353.6	0.6	48.9	2.0	1.43
1615E-9	439.5	12.4	16.1	40.7	0.47
incl.	451.0	0.9	118.5	3.0	3.45
1813E-1	300.1	3.0	16.7	9.8	0.49
incl.	302.0	1.1	32.6	3.6	0.95
1813E-2	313.3	1.6	12.7	5.2	0.37
and	331.5	1.5	6.4	4.9	0.19
and	336.3	7.2	18.2	23.6	0.53
and	338.2	0.9	38.4	3.0	1.12

1813E-3	332.6	1.0	6.3	3.3	0.18
and	392.5	1.85	6.0	6.1	0.17
and	405.7	1.55	7.3	5.1	0.21

True widths are approximately 70% to 90% of core lengths.



CANARC RESOURCE CORP.

Per:

/s/ Bradford J. Cooke

Bradford J. Cooke
Chairman and C.E.O.

For more information, please contact Gregg Wilson at Toll Free: 1-877-684-9700, tel: (604) 685-9700, fax: (604) 685-9744, email: invest@canarc.net or visit our website, www.canarc.net. The TSX Exchange has neither approved nor disapproved the contents of this news release.

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OS → New
Polaris

Schroeter, Tom EMPR:EX

From: Canarc Resource Corp. [info@canarc.net]
Sent: Thu, October 19, 2006 2:15 PM
To: Schroeter, Tom EMPR:EX
Subject: Canarc Closes Two Private Financings Totaling CA\$4 Million

SW-001. 20/10/06



Canarc Closes Two Private Financings Totaling CA\$4 Million

October 19, 2006 - Vancouver, Canada - Canarc Resource Corp. (CCM: TSX and CRCUF: OTC-BB) announces it has closed on two private placement financings totaling CA\$4.05 million, including CA\$3.5 million in flow-through financing for the New Polaris gold project in northwestern B.C. and CA\$0.5 million in non-flow-through financing for working capital.

These non-brokered private placements were well over-subscribed but the Company elected not to issue any shares in excess of the previously announced amounts at this time.

Canarc issued 4,300,000 flow-through units at CA\$0.82 per unit to 21 subscribers, each unit comprised of one flow-through common share and one-half of one share purchase warrant, with each whole share purchase warrant exercisable to acquire one non-flow-through common share at an exercise price of CA\$1.25 for one year. Canarc also issued 700,000 non-flow-through units at CA\$0.75 per unit to 3 placees, each unit consisting of one common share and one-half of one share purchase warrant, with each whole share purchase warrant exercisable to acquire one common share at an exercise price of CA\$0.95 for one year.

On the flow-through financing, the Company paid cash fees totaling CA\$208,196 and issued 247,800 broker warrants, each warrant exercisable to purchase one common share at CA\$0.82 for a one year period from the date of closing. For greater clarity, the news release announcing the two financings dated September 28, 2006 mistakenly disclosed the exercise price for the broker warrants as having the same terms and conditions as the share purchase warrants in the flow-through private placement, instead of the units; so the correct exercise price for the broker warrants is CA\$0.82. For the non-flow-through private placement, Canarc paid a cash fee of CA\$5,850. All of the securities issued pursuant to the two financings are subject to a standard four-month hold period expiring February 19, 2007.

The CA\$3.5 million proceeds from the flow-through private placement will be used by Canarc to commence a Phase 4 work program as follows:

1. Additional infill drilling of approximately 14 holes totaling 7,000 m,
2. Accelerate engineering, metallurgical and environmental studies for an initial economic assessment of the project, and
3. Mobilize 200 tonnes of fuel, mining equipment and supplies for a major underground dewatering and exploration program to commence in Q4, 2006

In addition to the CA\$3.8 million in net proceeds from the two financings, Canarc currently holds approximately CA\$2.6 million in cash and marketable securities. The Company is now well

funded for the next phase of work on the New Polaris property, as well as holding ample working capital for the evaluation of new acquisitions.

Canarc Resource Corp. is a growth-oriented, gold exploration company listed on the TSX (symbol CCM) and the OTC-BB (symbol CRCUF). The Company's principal asset is its 100% interest in the New Polaris gold property, British Columbia.

CANARC RESOURCE CORP.

Per:

/s/ Bradford J. Cooke

Bradford J. Cooke

Chairman and C.E.O.

For more information, please contact Gregg Wilson at Toll Free: 1-877-684-9700, tel: (604) 685-9700, fax: (604) 685-9744, email: invest@canarc.net or visit our website, www.canarc.net . The TSX Exchange has neither approved nor disapproved the contents of this news release.

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- Unsubscribe Me -

Schroeter, Tom EMPR:EX

→ New Polaris

From: Canarc Resource Corp. [info@canarc.net]
Sent: Thu, September 28, 2006 10:31 AM
To: Schroeter, Tom EMPR:EX
Subject: Canarc To Raise Up To CA\$4.1 Million in Two Private Placements



Canarc To Raise Up To CA\$4.1 Million in Two Private Placements

September 28, 2006,

Vancouver, Canada - Canarc Resource Corp. (CCM: TSX and CRCUF: OTC-BB) announces that it has agreed to raise up to CA\$4.1 million in two non-brokered private placements for units.

The non-flow through private placement is for up to 700,000 non-flow through units at CA\$0.75 for total proceeds of up to CA\$525,000. Each unit comprises of one common share and one-half of one share purchase warrant, with each whole share purchase warrant exercisable to acquire one common share at an exercise price of CA\$0.95 for one year.

The flow-through private placement is for up to 4.3 million flow-through units at CA\$0.82 for total proceeds of up to CA\$3.5 million. Each unit comprises of one flow-through common share and one-half of one share purchase warrant, with each whole share purchase warrant exercisable to acquire one non-flow through common share at an exercise price of CA\$1.25 for one year.

Total proceeds from the two financings amount up to CA\$4,051,000. Canarc will pay a cash finders fee of 6% on a portion of the gross proceeds from both private placements, and 6% in share purchase warrants on a portion of the flow through private placement, having the same terms and conditions as the warrants in the financing.

The proceeds from the private placements will be used by Canarc to commence a Phase 4 work program as follows:

1. Drill program for 14 holes totaling 7,000 m of drilling,
2. Accelerate engineering, metallurgical and environmental studies, and
3. Mobilize 200 tonnes of fuel, mining equipment and supplies for a major underground dewatering and exploration program to commence Q4, 2006.

Canarc Resource Corp. is a growth-oriented, gold exploration company listed on the TSX (symbol CCM) and the OTC-BB (symbol CRCUF). The Company's principal asset is its 100% interest in the New Polaris gold property, British Columbia.

On Behalf of the Board of Directors
CANARC RESOURCE CORP.

Schroeter, Tom EMPR:EX

From: Canarc Resource Corp. [info@canarc.net]
Sent: Mon, September 25, 2006 2:32 PM
To: Schroeter, Tom EMPR:EX
Subject: Drilling Intersects 23.1 gpt Gold Over 16.5 m at New Polaris Project

→ New Polaris

Sw. Sept. 26/06



Drilling Intersects 23.1 gpt Gold Over 16.5 m at New Polaris Project

September 25, 2006 - Vancouver, Canada - Canarc Resource Corp. (CCM: TSX and CRCUF: OTC-BB) announces that recent drilling has intersected 23.1 gpt gold over 16.5m (0.67 oz per ton gold over 54.1 ft) in hole 1768E-1A at the New Polaris project in northwestern British Columbia.

Drill holes 1768E-1A, 330SW-9 and 330SW-10 each intersected strong mineralized zones consisting of disseminated to semi-massive arsenopyrite (quartz-carbonate) and containing higher-grade core zones typical of the C vein system. All three holes were drilled near the #1 fault towards the center of the 2006 drill grid to fill gaps in the previous drill pattern. Therefore, these holes have expanded the area of known mineralization outside of the historic estimates.

Drilling highlights from the latest three drill holes were as follows:

Hole (no.)	From (m)	Length (m)	Gold (gpt)	Length (ft)	Gold (opt)
1768E-1A	225.8	16.5	23.1	54.1	0.67
Incl.	227.3	1.0	36.9	3.3	1.08
	229.3	2.0	40.3	6.6	1.17
	237.0	2.3	48.6	7.5	1.42
330SW-9	326.4	6.6	8.3	21.7	0.24
Incl.	328.7	1.2	16.3	3.9	0.48
	331.3	1.0	15.8	3.3	0.46
330SW-10	330.5	2.75	12.9	9.0	0.38
Incl.	330.5	1.0	18.1	3.3	0.53
and	373.85	2.6	17.7	8.5	0.52
Incl.	374.85	1.0	23.5	3.3	0.69

True widths are approximately 65% to 80% of core lengths.

For drill hole locations, refer to the C Veins Longitudinal Section on Canarc's website

www.canarc.net . All previous drill holes are shown as solid circles, proposed 2006 drill hole locations are shown as open circles and the holes reported in this news release are shown as stars. Note that this year's drill hole numbers refer to location along the section lines, not chronological sequence. Therefore, previous drill holes located along the section lines will cause some gaps to appear in this year's drill hole number sequence.

As a result of the recent drill results defining a much thicker zone of C vein mineralization towards the deep northeast edge of the 2006 infill drill grid and the discovery of high grade visible gold mineralization along the deep southwest edge of the drill grid, the 2006 work program has now been expanded as follows:

1. Extend drill program by 10 holes totalling an additional 7,000 m of drilling,
2. Accelerate mine engineering, metallurgical and environmental studies,
3. Mobilize 200 tonnes of fuel, mining equipment and supplies for a major underground dewatering and ramp development program to commence Q4, 2006

James Moors, B.Sc., P.Geo, Vice President, Exploration, is the Qualified Person supervising the 2006 drill program on the New Polaris property. He has instituted a Quality Control sampling program of blanks, duplicates and standards to ensure the integrity of all assay results. All drill core is split by Canarc personnel at the New Polaris camp, and then flown to Vancouver for assay by ALS Chemex. The core samples are dried, crushed, split and a 30-gram sub-sample is taken for analysis. Gold content is determined by fire assay with a gravimetric finish on samples containing greater than 1 gpt Au, and other trace elements are analyzed by atomic absorption. ALS Chemex also uses its own standards for quality control checks.

Canarc Resource Corp. is a growth-oriented, gold exploration and mining company listed on the TSX (symbol CCM) and the OTC-BB (symbol CRCUF). The Company's principal asset is its 100% interest in the New Polaris gold property, British Columbia. Shareholders include Barrick Gold Corp. and Kinross Gold Corp.

CANARC RESOURCE CORP.

Per:

/s/ Bradford J. Cooke

Bradford J. Cooke

Chairman and C.E.O.

For more information, please contact Gregg Wilson at Toll Free: 1-877-684-9700, tel: (604) 685-9700, fax: (604) 685-9744, email: invest@canarc.net or visit our website, www.canarc.net. The TSX Exchange has neither approved nor disapproved the contents of this news release.

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Schroeter, Tom EMPR:EX

TS → New
Polaris

From: Canarc.Resource.Corp." <info@canarc.net>"@server3.blendermedia.com
 Sent: Mon, August 21, 2006 9:54 AM
 To: Schroeter, Tom EMPR:EX
 Subject: Drilling Returns Best Holes Yet At New Polaris Project, BC

SW - Aug. 22/06



Drilling Returns Best Holes Yet At New Polaris Project, BC

August 21, 2006 - Vancouver, Canada - Canarc Resource Corp. (CCM: TSX and CRCUF: OTC-BB) announces that the 2006 infill drilling program has returned some of the best holes yet in the C vein system on the New Polaris property in northwestern British Columbia.

Drilling highlights include 8.9 gpt over 35.0 m (0.26 oz per ton over 114.8 ft), 20.4 gpt over 5.0 m (0.59 oz per ton over 16.4 ft) and 35.3 gpt over 1.5 m (1.03 oz per ton over 4.9 ft) in Hole 300SW-8. Significant intercepts were as follows:

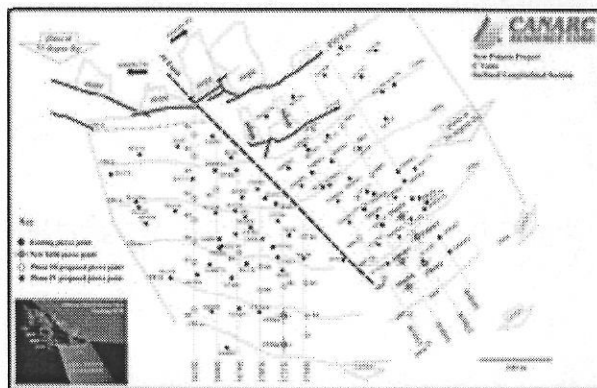
Hole (No.)	From (m)	Length (m)	Gold (gpt)	Length (ft)	Gold (opt)
270SW-5	266.75	8.25	11.7	27.1	0.34
incl.	272.1	2.9	19.9	9.5	0.58
270SW-17	229.8	4.2	9.8	13.8	0.29
270SW-8	286.3	2.7	13.9	8.9	0.41
300SW-7	278.2	14.8	8.6	48.6	0.25
incl.	281.9	3.5	14.2	11.5	0.41
incl.	281.9	1.0	27.1	3.3	0.79
incl.	290.4	1.9	17.3	6.2	0.50
300SW-8	303.3	35.0	8.9	114.8	0.26
incl.	305.1	5.0	20.4	16.4	0.59
incl.	307.5	1.5	35.3	4.9	1.03
incl.	318.0	7.1	16.2	23.3	0.47
incl.	323.3	1.0	40.9	3.3	1.19
1737E-5	312.3	3.95	9.5	13.0	0.28
incl.	314.1	1.5	15.9	4.9	0.46
1737E-6	350.5	8.6	7.1	28.2	0.21
incl.	356.1	2.1	20.0	6.9	0.58
incl.	356.1	0.9	34.0	3.0	1.00

For drill hole locations, refer to the C Veins Longitudinal Section on Canarc's website www.canarc.net. All previous drill holes are shown as solid circles, proposed 2006 hole locations are shown as open circles and the holes reported in this news release are shown as stars. Note that this year's drill hole numbers refer to location along the section lines, not chronological sequence. Therefore, previous drill holes located along the section lines will cause some gaps to appear in this year's drill hole number sequence. True widths are estimated to be

70 to 75% of core lengths.

These latest drill results confirm that the C vein system is thickening to the northeast and at depth, beyond the area previously drilled. Because the gold resource is wide open in this area, management is now considering a significant expansion of the 2006 work program, as follows:

1. Extend drill program by 10 holes totalling an additional 7,000 m of drilling to expand the NI 43-101 resource target substantially higher than the minimum 600,000 oz gold
2. Accelerate mine engineering, metallurgical and environmental studies for the Preliminary Economic Evaluation
3. Mobilize 600 tonnes fuel, mining equipment and supplies for a major underground dewatering and mining program to commence Q4, 2006



Bradford Cooke, Chairman and CEO, stated, " We are very encouraged by these latest drill results, the best of the 2006 infill drilling program so far. In the 1990's, Canarc drilled similar thick C vein intercepts in the southwest portion of the C vein zone but this is the first time we have seen such thick, rich intercepts towards the northeast, outside of the area previously drilled. Because of the excellent potential for finding substantial new resources at depth on the C veins, management is now looking at expanding the 2006 work program."

James Moors, B.Sc., P.Geo, Vice President, Exploration, is the Qualified Person supervising the 2006 drill program on the New Polaris property. He has instituted a Quality Control sampling program of blanks, duplicates and standards to ensure the integrity of all assay results. All drill core is split by Canarc personnel at the New Polaris camp, and then flown to Vancouver for assay by ALS Chemex. The core samples are dried, crushed, split and a 30-gram sub-sample is taken for analysis. Gold content is determined by fire assay with a gravimetric finish on samples containing greater than 1 gpt Au, and other trace elements are analyzed by atomic absorption. ALS Chemex also uses its own standards for quality control checks.

Canarc Resource Corp. is a growth-oriented, gold exploration and mining company listed on the TSX (symbol CCM) and the OTC-BB (symbol CRCUF). The Company's principal assets are its 100% interest in the New Polaris gold deposit, British Columbia and its 80% option on the Benzdorp gold property in Suriname. Major shareholders include Barrick Gold Corp. and Kinross Gold Corp.

On Behalf of the Board of Directors
CANARC RESOURCE CORP.

/s/ Bradford J. Cooke

→ New
Polaris

Schroeter, Tom EMPR:EX

From: Canarc Resource Corp. [info@canarc.net]
Sent: Tue, August 8, 2006 3:31 PM
To: Schroeter, Tom EMPR:EX
Subject: In-Fill Drilling Continues To Delineate High



News Release

In-Fill Drilling Continues To Delineate High Grade Gold Mineralization At New Polaris Property, BC Title

August 8, 2006

SW - Aug. 8/06

August 8, 2006 - Vancouver, Canada - Canarc Resource Corp. (CCM: TSX and CRCUF: OTC-BB) announces that the 2006 infill drilling program continues to delineate high grade gold mineralization in the C veins on the New Polaris property in northwestern B.C.

Drilling highlights include higher grades such as 24.6 gpt gold over 2.0 m (0.72 oz per ton over 6.6 ft) in hole 1737E-3 and broader widths such as 7.4 m grading 8.0 gpt gold (0.23 oz per ton over 24.3 ft) in hole 1676E-6. Significant intercepts were as follows:

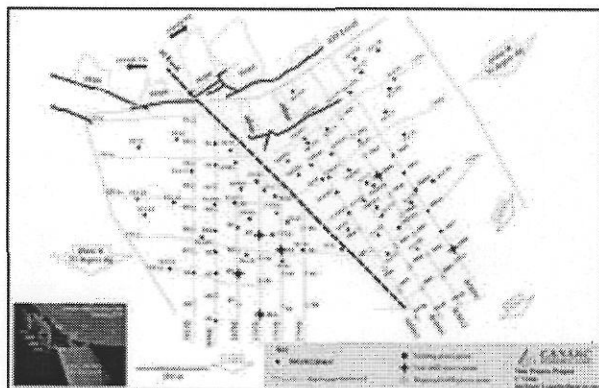
Hole (No.)	From (m)	Length (m)	Gold (gpt)	Length (ft)	Gold (opt)
1676E-6	284.8	7.4	8.0	24.3	0.23
1707E-3	232.7	3.1	17.4	10.2	0.51
and	247.0	3.0	5.9	9.8	0.17
and	253.0	1.9	10.5	6.2	0.31
1707E-6A	312.0	1.4	18.8	4.6	0.55
1737E-3	242.3	2.0	24.6	6.6	0.72
and	252.7	2.0	10.6	6.6	0.31
240SW-8	263.5	6.5	7.7	21.3	0.22
and	297.7	1.5	8.8	4.9	0.26
and	316.1	1.45	8.3	4.8	0.24

270SW-4	263.1	5.75	12.3	18.9	0.36
and	310.8	2.9	4.9	9.5	0.14

For drill hole locations, refer to the C Veins Longitudinal Section on Canarc's website www.canarc.net. All previous drill holes are shown as solid circles, proposed 2006 hole locations are shown as open circles and the holes reported in this news release are shown as stars. Note that this year's drill hole numbers refer to location along the section lines, not chronological sequence. Therefore, previous drill holes located along the section lines will cause some gaps to appear in this year's drill hole number sequence. True widths are estimated to be 70 to 75% of core lengths.

Hole 240SW-8 is the deepest and north-eastern most drill hole on the infill grid to date. The C vein appears to be thickening in this direction and the C vein resource area is wide open for expansion to the northeast and at depth. Although not part of the original drill plan, some additional holes will be drilled to further test this area of the C veins.

Canarc has now completed the drilling of 33 holes, or half of the scheduled 65 hole 2006 infill drill program. Eleven holes are currently out for assay including several in the vicinity of 240SW-7 and 8.



James Moors, B.Sc., P.Geo, Vice President, Exploration, is the Qualified Person supervising the 2006 drill program on the New Polaris property. He has instituted a Quality Control sampling program of blanks, duplicates and standards to ensure the integrity of all assay results. All drill core is split by Canarc personnel at the New Polaris camp, and then flown to Vancouver for assay by ALS Chemex. The core samples are dried, crushed, split and a 30-gram sub-sample is taken for analysis. Gold content is determined by fire assay with a gravimetric finish on samples containing greater than 1 gpt Au, and other trace elements are analyzed by atomic absorption. ALS Chemex also uses its own standards for quality control checks.

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On Behalf of the Board of Directors

Schroeter, Tom EMPR:EX

→ New Polaris ✓

From: Canarc Resource Corp. [info@canarc.net]
Sent: Wed, July 19, 2006 12:10 PM
To: Schroeter, Tom EMPR:EX
Subject: Shareholder Update: Second Quarter Review 2006



SW - July 20/06 #3M



Shareholder Update: Second Quarter Review 2006

July 19, 2006

Bradford Cooke, Chairman and CEO of Canarc Resource Corp. (CCM: TSX and CRCUF: OTC-BB) provides the following review of the Second Quarter 2006 and the outlook for the Third Quarter.

Second Quarter Review

65 adh = 20,000 m

During Q2 2006, Canarc commenced a 65 hole, 20,000 m (65,000 ft) Phase 3 in-fill drilling program at its New Polaris gold property located 60 km south of Atlin in northwest British Columbia. The objective is to bring 600,000 to 650,000 ounces contained within 1.2 to 1.6 million tons grading 0.4 to 0.5 oz per ton (1.1 to 1.5 million tonnes grading 13.7 to 17.2 grams per tonnes gold) of the historical 1.3 million ounce resource to a NI 43-101 compliant measured, indicated and inferred gold resource.

Two diamond drill rigs are active on the site and to date a total of 27 holes totalling 9,254.5 m (30,364 ft) have been completed. Highlights of the drill program include: 22.4 gpt gold over 4.80 m (0.65 opt gold over 15.7 ft) in hole 1615E-8, 15.5 gpt gold over 7.20 m (0.45 opt gold over 23.6 ft) in hole 1646E-6, 23.0 gpt gold over 3.8 m (0.67 opt over 12.5 ft) in hole 1676E-7, and 15.3 gpt gold over 5.5 m (0.45 opt over 18.0 ft) in hole 1676E-4.

Especially encouraging is the intersection of significant gold grades and thickness in the lower most line of drill holes including 240SW-8, 1676E-7 and 1615E-8. These holes confirm the C vein is wide open to depth. For drill hole locations and results refer to the C Veins Longitudinal Section on Canarc's website www.canarc.net.

Results from the drilling program will be released approximately every two weeks until September. After completing a new resource estimate, Canarc plans to refine the conceptual mine plan, complete an initial economic evaluation and enter into the provincial mine development permitting process in the fourth quarter of 2006. The New Polaris project should then move to a full feasibility study and final permitting in 2007.

Canarc reached an agreement in the second quarter to transfer its interest in the Sara Kreek property, Suriname, to its partner in the project, Suriname Wylap Resource Company NV, in exchange for repayment of monies previously advanced for exploration of the property. Canarc received an immediate cash payment of US\$400,000 and will receive the greater of US\$50,000 per year or 1.5% royalty on annual gold production from the property over the next 6 years.

Proceeds from the disposal of Sara Kreek are being used for exploration of the Benzdorp property, Canarc's main Suriname asset.

During the second quarter, a low level, high-resolution airborne magnetic and radiometric survey was completed over the favourable western greenstone area of the Benzdorp property. A grid-auger sampling program designed to identify gold anomalous areas is ongoing.

A number of new gold acquisition opportunities were reviewed in Mexico and Peru some of which are of sufficient interest to justify continued due diligence and discussions with the owners.

Third Quarter Outlook

Canarc will continue its three pronged growth strategy focusing on New Polaris, Benzdorp and a material new gold acquisition in 2006 to enhance shareholder value in the Third Quarter.

~~Canarc will complete its Phase 3 in-fill drilling program at New Polaris that will result in a new resource estimate ready in Q 4. Preliminary mine planning and environmental studies will also begin in this quarter.~~

Auger sampling on the Benzdorp project will be completed by late August. Together with the magnetic survey, the auger results will be used to define additional drill targets to add to those already identified on the van Heemstra, Eureka and Pinchivin grids.

Efforts to identify and acquire a major gold project will continue in the next quarter. The focus of the search will remain in the Americas.

Finally, management will continue working on the sale of Canarc's other non-core asset, the Bellavista mine royalty. An independent evaluation of the Bellavista royalty is expected in Q3.

~~As of June 30, 2006, Canarc held cash and marketable securities totalling CA \$5.5 million, of which CA \$3 million is reserved for New Polaris. The Company is well financed to fund the current work program at New Polaris, Benzdorp and for the evaluation of acquisition opportunities out of working capital.~~

Canarc Resource Corp. is a growth-oriented, gold exploration and mining company listed on the TSX (symbol CCM) and the OTC-BB (symbol CRCUF). The Company's principle assets are its 100% interest in the New Polaris gold deposit located in northwestern British Columbia and its option on the large Benzdorp gold property in Suriname. Major shareholders include Barrick Gold Corp. and Kinross Gold Corp.

On Behalf of the Board of Directors **CANARC RESOURCE CORP.** /s/ Bradford J. Cooke
Bradford J. Cooke *Chairman and C.E.O.*

For more information, please contact Gregg Wilson, toll free: 1-877-684-9700, tel: (604) 685-9700, fax: (604) 685-9744, email: invest@canarc.net or visit our website, www.canarc.net. The TSX has neither approved nor disapproved the contents of this news release.

CAUTIONARY DISCLAIMER – FORWARD LOOKING STATEMENTS

Certain statements contained herein regarding the Company and its operations constitute "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995. All statements that are not historical facts, including without limitation

New Polaris

Schroeter, Tom EMPR:EX**From:** Canarc.Resource.Corp." <info@canarc.net>"@server3.blendermedia.com**Sent:** Wed, July 5, 2006 3:09 PM**To:** Schroeter, Tom EMPR:EX**Subject:** Additional High Grade Drill Results From New Polaris Property, B.C. Shareholders Re-Elect Board of Directors

Additional High Grade Drill Results From New Polaris Property, B.C. Shareholders Re-Elect Board of Directors

July 5, 2006

SW - July 6/06

Vancouver, Canada - Canarc Resource Corp. (CCM: TSX and CRCUF: OTC-BB) reports that additional high grade drill results have been intersected in the Phase 3 infill drill program on the New Polaris property in northwestern B.C.

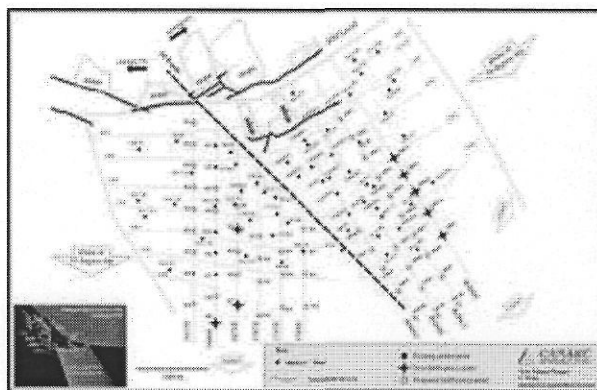
Drilling highlights include 23.0 gpt gold over 3.8 m (0.67 oz per ton over 12.5 ft) in hole 1676E-7 and 15.3 gpt gold over 5.5 m (0.45 oz per ton over 18.0 ft) in hole 1676E-4. Significant intercepts were as follows:

Hole (No.)	From (m)	Length (m)	Gold (gpt)	Length (ft)	Gold (opt)
1646E-9	378.5	1.3	20.6	4.3	0.60
1676E-4	231.4	4.4	9.7	14.4	0.28
and	251.5	5.5	15.3	18.0	0.45
1676E-7	212.6	3.8	23.0	12.5	0.67
240SW-4	265.0	6.0	7.1	19.7	0.21
240SW-5A	277.2	3.2	8.0	10.5	0.23
240SW-7	203.4	7.1	7.7	23.3	0.22

incl.	209.5	1.0	13.1	3.3	0.38
and	231.6	2.9	18.7	9.5	0.55
and	385.2	1.0	8.6	3.3	0.25

For drill hole locations, refer to the C Veins Longitudinal Section [click here](#) . All previous drill holes are shown as solid circles, proposed 2006 hole locations are shown as open circles and the holes reported in this news release are shown as stars. Note that this year's drill hole numbers refer to location along the section lines, not chronological sequence. Therefore, previous drill holes located along the section lines will cause some gaps to appear in this year's drill hole number sequence. True widths are estimated to be 70 to 75% of core lengths.

Holes 240SW-3 and 240SW-4.5 both intersected weak gold mineralization below the 5 gpt cut-off grade in the C Vein along the north-eastern most section line in an area where previous drill holes failed to intercept significant mineralization. However, the two deeper holes on the same section line, 240SW-5A and 240SW-7, both intersected strong gold mineralization of good grade. Therefore, the C vein appears to be strengthening at depth on this section line and could open up a whole new area to drill.



Canarc owns a 100% interest (subject to a 10% net profit royalty) in the New Polaris property, a former high-grade, underground gold mine that produced 231,000 oz of gold between 1939 and 1951. From 1990 to 1997, Canarc invested over CA\$15 million exploring New Polaris to outline an historic resource of 1.3 million oz gold contained within 3.6 million tons grading 0.36 oz per ton (3.3 million tonnes grading 12.3 gpt) that preceded NI 43-101, and which is not compliant with it and therefore should not be relied upon.

In 2006, Canarc plans to complete 20,000 m (65,000 ft) of infill core drilling in approximately 65 holes on a 30 m (100 ft) grid pattern to depths of 360 m (1,200 ft) using two drill rigs in order to delineate a NI 43-101 compliant, measured, indicated and inferred gold resource of 600,000 to 650,000 oz contained within 1.2 to 1.6 million tons grading 0.4 to 0.5 oz per ton gold (1.1 to 1.5 million tonnes grading 13.7 to 17.2 gpt gold). Results will be released approximately every two weeks from June to September.

After completing a new resource estimate, Canarc plans to refine the conceptual mine plan, complete an initial economic evaluation and enter into the provincial mine development permitting process by year-end. The New Polaris project should then move to a full feasibility study and final permitting in 2007.

James Moors, B.Sc., P.Geo, is the Qualified Person supervising the 2006 drill program on the New Polaris property. He has instituted a Quality Control sampling program of blanks, duplicates and standards to ensure the integrity of all assay results. All drill core is split by Canarc personnel at the New Polaris camp, and then flown to Vancouver for assay by ALS Chemex. The core samples are dried, crushed, split and a 30-gram sub-sample is taken for analysis. Gold content is determined by fire assay with a gravimetric finish on samples containing greater than 1 gpt Au, and other trace elements are analyzed by atomic absorption. ALS Chemex also uses its own standards for quality control checks.

At the Canarc Annual General Meeting held on June 29th, shareholders re-elected the Board of Directors, re-appointed KPMG as auditors and approved amendments to the Company's stock option plan.

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On Behalf of the Board of Directors
CANARC RESOURCE CORP.

/s/ Bradford J. Cooke

Bradford J. Cooke
Chairman and C.E.O.

For more information, please contact Gregg Wilson at Toll Free: 1-877-684-9700, tel: (604) 685-9700, fax: (604) 685-9744, email: invest@canarc.net or visit our website, www.canarc.net. The TSX Exchange has neither approved nor disapproved the contents of this news release.

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