

AMARC RESOURCES LTD  
Form 6-K  
September 09, 2003

SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

## FORM 6-K

Report of Foreign Private Issuer  
Pursuant to Rule 13a-16 or 15d-16  
of the Securities Exchange Act of 1934

CIK # 1175596

As at September 9 , 2003

### AMARC RESOURCES LTD.

**800 West Pender Street, Suite 1020  
Vancouver, British Columbia  
Canada V6C 2V6**

Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.

Form 20-F...X.... Form 40-F.....

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1): \_\_\_\_

Note: Regulation S-T Rule 101(b)(1) only permits the submission in paper of a Form 6-K if submitted solely to provide an attached annual report to security holders.

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7): \_\_\_\_

Indicate by check mark whether by furnishing the information contained in this Form, the registrant is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes ..... No .....

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): 82-

Signatures

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

By: /s/ Jeffrey R. Mason  
Director and Chief Financial Officer

Date: September 9, 2003

\* Print the name and title of the signing officer under his signature.

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**AMARC RESOURCES LTD.**

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**OUTSTANDING WARRANT EXPIRY EXTENDED BY SIX MONTHS**

**September 9, 2003, Vancouver, BC** - Ronald W. Thiessen, President of Amarc Resources Ltd. (TSXV:AHR) announces that it has requested TSX Venture Exchange acceptance to extend the expiry date of 2,500,000 share purchase warrants from September 8, 2003 to March 8, 2004. Each warrant remains exercisable at a price of \$0.50 to acquire one common share of Amarc. The transaction is subject to TSX Venture Exchange acceptance.

ON BEHALF OF THE BOARD,

/s/ Ronald W. Thiessen

Ronald W. Thiessen  
CEO, President and Director

No regulatory authority has approved or disapproved the information contained in this news release.

This release includes certain statements that may be deemed "forward-looking statements". All statements in this release, other than statements of historical facts, that address future production, reserve potential, exploration drilling, exploitation activities and events or developments that the Company expects are

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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. Factors that could cause actual results to differ materially from those in forward-looking statements include market prices, exploitation and exploration successes, continued availability of capital and financing, and general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and that actual results or developments may differ materially from those projected in the forward-looking statements. For more information on the Company, Investors should review the Company's home jurisdiction filings that are available at [www.sedar.com](http://www.sedar.com).