

AMARC RESOURCES LTD  
Form 6-K  
January 06, 2005

**UNITED STATES  
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 December 16, 2004

**AMARC RESOURCES LTD.**  
800 West Pender Street, Suite 1020  
Vancouver, British Columbia  
Canada V6C 2V6  
(address of principal executive offices)

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: December 16, 2004

Print the name and title of the signing officer under his signature  
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**AMARC'S FOCUSED SEARCH CONTINUES FOR  
MAJOR NEW GRASSROOT DISCOVERIES IN BC**

**December 16, 2004, Vancouver, BC** - Ronald W. Thiessen, President and CEO of Amarc Resources Ltd. (TSX Venture: AHR; OTCBB: AXREF) announces that Amarc is continuing to operate an aggressive grassroots exploration program to explore for new, major gold and copper-gold deposits in British Columbia.

To date, Amarc has acquired by option and staking 21 separate properties located throughout British Columbia, totaling 3,189 claim units covering 797 square kilometres. Currently, five separate geophysical crews are conducting induced polarization (IP) and magnetic surveys to define drill targets on a number of these prospective properties. Three diamond drill rigs have been mobilized to test the targets that have been developed. The program is being directed by Amarc's qualified person, C.M. Rebagliati, P.Eng., as well as other members of Hunter Dickinson's management and senior staff, a team with a track record of making significant mineral deposit discoveries.

After a short Christmas break, exploration work is expected to continue through 2005 as Amarc advances its focused effort to discover major new mineral deposits in British Columbia.

For further details on Amarc and its properties visit the Company's website at [www.amarcresources.com](http://www.amarcresources.com) or contact Investor Services at (604)684-6365 or within North America call 1-800-667-2114.

ON BEHALF OF THE BOARD

/s/ Ronald W. Thiessen

Ronald W. Thiessen  
President and CEO

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 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 annual Form 20-F filing with the United States Securities Commission.