

PACIFIC RIDGE APPOINTS VICE PRESIDENT EXPLORATION AND GRANTS STOCK OPTIONS

Vancouver, B.C. – March 17, 2020 - Pacific Ridge Exploration Ltd. (TSX Venture: PEX) ("Pacific Ridge" or the "Company") is pleased to announce the appointment of Danette Schwab as Vice President Exploration of the Company.

Ms. Schwab is a Professional Geoscientist registered in British Columbia. She obtained a Bachelor of Science degree (Earth Science) from Simon Fraser University in 2001. Ms. Schwab has 18 years of experience in mining and mineral exploration and is the Chair of the Vancouver Mining Exploration Group (Vancouver MEG). Previously, she was a Senior Exploration Geologist for Brixton Metals, NovaCopper and Fronteer Gold (acquired by Newmont for \$2.3B in 2011), Project Manager for Riverside Resources and Project Geologist for NovaGold and Balmoral Resources. Ms. Schwab has experience exploring for a number of deposit types, including porphyry copper-gold, Carlin-style gold, sediment-hosted copper, orogenic gold, epithermal gold and VMS.

"I am pleased to welcome Danette to our team" stated Gerry Carlson, Pacific Ridge President. "She has an excellent background in gold and copper-gold deposits as well as solid skills in exploration targeting and field operations. Her focus will be to direct the Company's exploration programs on our new Kliyul and Redton copper-gold projects."

The Company also announces that it has granted incentive stock options to various Directors and Officers to purchase 750,000 common shares at an exercise price of \$0.05 per share exercisable for a period of five years. The options vest immediately and are subject to the terms and conditions of the Company's stock option plan. The options are subject to acceptance for filing by the TSX Venture Exchange.

About Pacific Ridge

Pacific Ridge has assembled a portfolio of highly prospective gold and base metal projects located in the Yukon and British Columbia, where its board and management team have a track record of success. Its holdings include the new Kliyul and Redton copper-gold porphyry projects in north-central British Columbia, the Mariposa, Eureka Dome and Gold Cap gold exploration projects in the Klondike-White Gold District, Fyre Lake Cu-Au-Co massive sulphide deposit in the Finlayson District and the Spius Cu-Mo porphyry in southern British Columbia.

On behalf of the Board of Directors,

"Gerald G. Carlson"

Gerald G. Carlson
President & CEO
Pacific Ridge Exploration Ltd.

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Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

The technical information contained within this News Release has been reviewed and approved by Gerald G. Carlson, Ph.D., P.Eng., President and CEO of Pacific Ridge and Qualified Person as defined by National Instrument 43-101 policy.

Forward-Looking Information: *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 exploration drilling and other activities and events or developments that Pacific Ridge Exploration Ltd. ("Pacific Ridge") expects to occur, are forward-looking statements. Forward-looking statements in this news release include statements regarding the exercise of the options and future exploration plans and expenditures. Although Pacific Ridge 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 forward-looking statements. Factors that could cause actual results to differ materially from those in forward looking statements include market prices, exploration successes, and continued availability of capital and financing and general economic, market or business conditions. These statements are based on a number of assumptions including, among other things, assumptions regarding general business and economic conditions, that one of the options will be exercised, the ability of Pacific Ridge and other parties to satisfy stock exchange and other regulatory requirements in a timely manner, the availability of financing for Pacific Ridge's proposed programs on reasonable terms, and the ability of third party service providers to deliver services in a timely manner. 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. Pacific Ridge does not assume any obligation to update or revise its forward-looking statements, whether as a result of new information, future events or otherwise, except as required by applicable law.*