



October 5, 2009

NEWS RELEASE

GRANT OF INCENTIVE STOCK OPTIONS

Gold Canyon Resources Inc. (GCU: TSX-V) (“Gold Canyon” or “the Company”) announces that it has granted incentive stock options to certain directors, senior officers and consultants to purchase an aggregate of 820,000 common shares at an exercise price of \$0.31 per share, representing the closing price of the Company’s common shares on October 2, 2009 as reported on the TSX Venture Exchange (the “Exchange”). The options expire on October 5, 2011. The grant was pursuant to the Company's Rolling Stock Option Plan, which was re-affirmed by the shareholders of the Company on April 23, 2009 and subsequently accepted by the Exchange.

About Gold Canyon Resources Inc.:

Gold Canyon is engaged in the acquisition and exploration of mineral and precious metals properties. The Company controls a 100% interest in the Springpole Gold - Horseshoe Island Gold, Platinum, Palladium Project and Favourable Lake Poly-metallic property which is joint ventured with Shoreham Resources Inc. - all in the Red Lake Mining District of Ontario, Canada.

Through its wholly owned U.S. subsidiary, Gold Canyon Resources USA Inc., the Company controls a 100% interest in the Cordero Gallium Project situated in Humboldt County, Nevada, U.S.A.

Gold Canyon entered into a Joint Exploration Agreement to acquire Rare Earth Element projects with the Japan Oil, Gas and Metals National Corporation (JOGMEC) in January 2009.

Additional information can be found on the Company’s website: www.goldcanyon.ca

**Akiko Levinson,
President & Director**

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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 news release.