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TSX-V: ATC

**ATAC RESOURCES LTD. ANNOUNCES GRANTING OF INCENTIVE STOCK
OPTIONS**

May 1, 2009 – ATAC Resources Ltd. (“ATAC”) (TSX-V:ATC) announces that it has granted incentive stock options to certain of its directors, officers, employees and consultants under its Incentive Stock Option Plan, entitling them to purchase up to a total of 1,835,000 shares at a price of \$0.25 per share for a period of 5 years.

ATAC is a well funded junior mining company focused on gold. Its business model entails acquiring quality gold and silver prospects, advancing them to drill stage and then attracting strong partners to move them toward production. For additional information concerning ATAC Resources Ltd. or its various exploration projects please visit ATAC’s website at www.atacresources.com.

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This news release may contain forward looking statements based on assumptions and judgments of management regarding future events or results that may prove to be inaccurate as a result of exploration and other risk factors beyond its control, and actual results may differ materially from the expected results.