SIERRA GROWTH CORP.

CSE: SGRO OTC: SIEGF FKT: F9IQ

For Immediate Release

CORPORATE UPDATE: CRAIG ALFORD JOINS BOARD

Delta, British Columbia, September 19, 2019, Sierra Growth Corp. (the "Company" or "Sierra") (CSE: SGRO) (OTC: SIERF) (FF: F91Q) is pleased to announce that Mr. Craig Alford has joined the Company's board of directors as an independent member.

Mr. Alford brings a wealth of knowledge and experience to the Company including accreditation of PGeo., an Honours Bachelor of Science in Geology and a Master of Science in Geology. He has worked internationally in a broad spectrum of mineralized and political environments and brings over thirty years of geologic operational experience and twenty years in positions of project leadership.

He has conducted exploration in many difficult countries and environments, including Argentina, Chile, Guyana, Venezuela, Panama, *Peru*, Suriname and French Guiana. During the span of his career, Mr. Alford has held positions with several mining companies including Teck, Placer Dome, Falconbridge and recently was Deputy General Manager of one of China's largest mining company, Zijin Mining Group, which has significant mining investments in Peru.

Mr. Alford will be heading up the Company's precious metals division to develop an exploration programme for the Company's Peruvian mineral claims.

ON BEHALF OF THE BOARD OF DIRECTORS

"Sonny Janda"
Director
+1 (604) 357-4731

Further information regarding Sierra Growth Corp. and its operations can be obtained by reviewing the Company's interim and annual reports and other documents on SEDAR at www.sedar.com.

Forward Looking Statements — Certain information set forth in this news release may contain forward-looking statements that involve substantial known and unknown risks and uncertainties. These forward-looking statements are subject to numerous risks and uncertainties, certain of which are beyond the control of Sierra Growth Corp., including, but not limited to the impact of general economic conditions, industry conditions, volatility of commodity prices, currency fluctuations, dependence upon regulatory approvals, the availability of future financing and exploration risk. Readers are cautioned that the assumptions used in the preparation of such information, although considered reasonable at the time of preparation, may prove to be imprecise and, as such, undue reliance should not be placed on forward-looking statements.

Neither the Canadian Securities Exchange nor its Market Regulator (as that term is defined in the policies of the Canadian Securities Exchange) accepts responsibility for the adequacy or accuracy of this news release.