SPIRIT BEAR CAPITAL CORP.

Suite 303, 750 West Pender Street Vancouver, British Columbia V6C 2T7

NEWS RELEASE

SPIRIT BEAR CAPITAL TO RESUME TRADING ON AUGUST 22

August 17, 2018 – Vancouver, British Columbia – Spirit Bear Capital Corp. (the "**Company**") (NEX: SGB.H) is pleased to announce that trading in its common shares will resume on the NEX board of the TSX Venture Exchange at the opening of markets on August 22, 2018. The common shares will continue to trade under the symbol "SBG.H".

For further information, contact Zula Kropivnitski at 604.681.0084.

On behalf of the Board,

Spirit Bear Capital Corp.

Zula Kropivnitski, Chief Executive Officer

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