



## Ring of Fire Resources Inc. Provides Baltic Project Update: Borehole Transient Electromagnetic Survey

**Toronto, September 13, 2010 – Ring of Fire Resources.** (TSX-V:ROF, FRANKFURT:RG5, PINK-OTC:HWKPF) (“ROF” or the “Company”) is pleased to announce the results of the recently completed Borehole Transient Electromagnetic Survey by Crone Geophysics of Mississauga, Ontario, Canada on 3 drill holes on the Baltic 1 and Baltic 2 Properties, James Bay Lowlands, Northern Ontario. The interpretation was completed by S.T. Coulson P.Geo of Quantec Geoscience Limited of Toronto, Ontario. The holes were drilled by Canadian Orebodies Inc. in 2008 to test VTEM airborne anomalies.

The Borehole TEM survey on the 100%-owned ROF - Baltic Properties was successful in defining strong conductors, both in-hole, and off-hole in all three (3) drill holes surveyed. It has been recommended that these strong conductors be tested with additional diamond drilling.

The data was acquired using a Crone Geophysics Borehole TEM system, that acquires 3D data using two (2) logging passes of the drill hole: one to acquire the Hz or axial component and the second to acquire the Hx and Hy components. These systems have been proven to determine the extent of and characterize mineralization in drill holes and determine if any conductive mineralization (EM targets) exists off the hole within 25m to 100m radius of the drill hole. This system is very useful in detecting EM targets associated with potential base metal mineralization.

The data was acquired by very low frequency (5.0Hz) which indicates that the anomalies detected are of very high conductance and are well defined. The data was of very high quality with little to no noise evident and little or no surficial response. All responses have been modeled using Maxwell Plate modeling software to better define the conductor size, location, orientation and strength.

Michael Newbury, P. Eng (ON), a "qualified person" as such term is defined by National Instrument 43-101 and a director of ROF has verified the data disclosed in this news release, and has otherwise reviewed and approved the technical information in this news release on behalf of ROF. Exploration activities are coordinated by Randy Singh, P.Geo (ON), P.Eng (ON), Exploration Manager, Ring of Fire Resources Inc.

### About Ring of Fire Resources Inc.

Ring of Fire Resources Inc. is a Canadian based junior exploration company with a portfolio of diversified projects at various stages of exploration and drilling, for Uranium in Northern Saskatchewan and Quebec, Gold in Ontario and Nickel/Copper/PGM in the 'Ring of Fire' McFauld's Lake Area of Northern Ontario.

More detailed information is available on the website at [www.ringoffireresources.com](http://www.ringoffireresources.com).

### Cautionary Statement:

**Neither 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.** No stock exchange, securities commission or other regulatory authority has approved or disapproved the information contained herein.

The foregoing information may contain forward-looking statements relating to the future performance of Ring of Fire Resources Inc. Forward-looking statements, specifically those concerning future performance, are subject to certain risks and uncertainties, and actual results may differ materially from ROF's plans and expectations. These plans, expectations, risks and uncertainties are detailed herein and from time to time in the filings made by ROF with the TSX Venture Exchange and securities regulators. ROF does not assume any obligation to update or revise its forward-looking statements, whether as a result of new information, future events or otherwise.

### Contacts:

Ring of Fire Resources Inc.  
H. Vance White, President  
Phone: 416-214-2250  
Phone: 866-214-9486  
Fax: 416-367-1954

Corinna de Beer, Investor Relations  
Phone: 416-792-0343  
eMail: [ir@ringoffireresources.com](mailto:ir@ringoffireresources.com)

---

2500 – 120 Adelaide St. West, Toronto, Ontario M5H 1T1  
Phone: 416-214-2250  
Toll Free: 866-214-9486  
Fax: 416-367-1954