

LA QUINTA RESOURCES CORPORATION  
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JANUARY 15, 2010

FOR IMMEDIATE RELEASE

Today the Company announced the granting of 3,200,000 incentive stock options to various executives, directors and consultants pursuant to the Stock Option Plan as approved by shareholders at the last Annual General Meeting. The Options vest immediately and are exercisable at \$0.10 for a term of five years.

La Quinta is a junior exploration company actively seeking mineral opportunities for the benefit of all our stakeholders. Currently the Company is focused on exploring for gold on its Easter Project in Nevada. The Easter Project is underlain by a quartz-adularia vein stockwork system within Tertiary volcanic rocks of the Caliente Calderon Complex of southeastern Nevada. Numerous drill programs were conducted over the past 27 years by several operators and 109 holes outlined an area of gold mineralization with a strike length of at least 6,450 feet and widths up to 90 feet. Significant prior intercepts include up to 0.194 oz. Au / ton over 90 feet (including 0.549 oz. Au / ton over 15 feet) and 0.084 oz. / ton over 110 feet (including 0.534 oz. Au / ton over 5 feet).

Homestake Mining JV partner World Wide Minerals reported (June 20, 1994) a near surface historic resource of 3.35 million tons grading 0.065 ounces per ton gold (218,000 gold ounces) to a depth of 200 feet. Drilling has also shown the system is open below a vertical depth of 1,740 feet, several hundred feet below an indicated boiling zone (at a depth of 500 to 800 feet) and suggests the possibility of a second bonanza system underlying the near surface mineralization.

A qualified person has not done sufficient work to classify the historic resource estimate as current mineral resources or to verify the analytical work as reliable. These do not meet current 43-101 standards and are presented here only as an indication of the amount of gold mineralization.

**ON BEHALF OF THE BOARD**

Glen R Watson  
CEO and President

**To Contact La Quinta Resources Corp.**

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This document includes forward- looking statements. Forward-looking statements. When used in this document, the words “potential”, “plan”, ”could”, “estimate”, “expect”, “intend”, “may”, “should”, and similar expressions are intended to be among the statements that identify forward-looking statements. Although La Quinta believes that their expectations reflected in these forward-looking statements are reasonable, such statements involve risks and uncertainties and no assurance can be given that actual results will be consistent with these forward-looking