

CANARC RESOURCE CORP  
Form 6-K  
October 12, 2007

FORM 6-K

SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

Report of Foreign Issuer

Pursuant to rule 13a-16 or 15d-16 of  
The Securities Exchange Act of 1934

**CANARC RESOURCE CORP.**

800, 850 West Hastings Street, Vancouver, British Columbia, V6C 1E1

EXHIBIT LIST

- 99.1 Preliminary Assessment Technical Report
- 99.2 Certificates
- 99.3 Consents of Authors

SIGNATURES

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Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

Canarc Resource Corp.

(Registrant)

Date: October 10, 2007

/s/ Bradford Cooke

Bradford Cooke

Chief Executive Officer