

Par Pacific Holdings Management to Participate in December 2019 Investor Conferences

HOUSTON, Oct. 22, 2019 (GLOBE NEWSWIRE) -- **Par Pacific Holdings, Inc. (NYSE: PARR) ("Par Pacific")** today announced that members of its senior management team will attend the following investor conferences in December 2019.

Bank of America Merrill Lynch 2019 Leveraged Finance Conference, December 3-4, 2019 in Boca Raton, FL

Seaport Global Securities 9th Annual San Francisco Energy 1x1 Day, December 3, 2019 in San Francisco, CA

9th Annual Cowen Energy Conference, December 9-10, 2019 in New York, NY

About Par Pacific

Par Pacific Holdings, Inc. (NYSE: PARR), headquartered in Houston, Texas, owns and operates market-leading energy and infrastructure businesses. Par Pacific's strategy is to acquire and develop energy and infrastructure businesses in logistically complex markets. Par Pacific owns and operates one of the largest energy networks in Hawaii with 148,000-bpd of combined refining capacity, a logistics system supplying the major islands of the state and 91 retail locations. In the Pacific Northwest and the Rockies, Par Pacific owns and operates 60,000-bpd of combined refining capacity, related multimodal logistics systems and 33 retail locations. Par Pacific also owns 46% of Laramie Energy, LLC, a natural gas production company with operations and assets concentrated in Western Colorado.

For more information contact:

Suneel Mandava Senior Vice President, Finance
(713) 969-2136
smandava@parpacific.com

