

B & R Jack Daniels Mile

The twenty-fourth running of the B&R Distributors Jack Daniels Mile (formerly known as the Triton Trot) will occur this year on Thursday, August 6th, 2009 at 7 P.M. It will be run in conjunction with the annual Triton Hose Company Carnival, right before the Fireman's parade. Fun for the entire family!!!

Awards will be given to the first overall male and female. An award will be given to the first fireman to finish. Awards will be given in twenty age groups. Male: 8 and under (3), 9-11 (3), 12-15 (3), 16-19 (4), 20-29 (4), 30-34 (3), 35-39 (3), 40-44 (3), 45-49 (3), 50-59 (3), 60-69 (2) and 70 and over (1). Female: 8 and under (3), 9-11 (3), 12-15 (3), 16-19 (3), 20-29 (3), 30-39 (3), 40-49 (3) and 50 and over (2). **Frank J. Valvano awards for first male 190 lbs. + in masters and sub masters age groups.**

Records: **Open** **Hugh Mundy 4:20** **Patty Kupstas 5:02**
 Masters **John Serrao 4:24** **Laurel Park 5:17**
 Fireman **John Kirby and Joe Gorski 5:00**

Registration will be held in the foyer of the Tunkhannock Middle School auditorium. Awards will be presented on the steps outside the entrance to the middle school auditorium. The finish line will be in the bus lane in front of the middle school. Please try and get there early because of traffic congestion and parking.

Registration fee is \$10.00. Tee shirts guaranteed to the first one hundred runners.

Direct questions and send pre-registrations to: Dick Daniels
12 Lake Street (Lake Carey)
Tunkhannock, PA 18657
(570) 240-1932 or dick.daniels@gmail.com

Make checks payable to: **Triton Hose Company**

The course has two left turns with a one hundred meter downhill just after the quarter mile mark. The course also has a short uphill and downhill at the mid point with a one hundred meter uphill just before the three quarter mile mark. The course is wheel measured and accurate.

In signing this entry I, for myself, my heirs, lawyers, executors, and administrators waive and release any and all rights and claims for personal damages I may have against the sponsors of the race. I hereby certify that I am physically fit and have trained for this event.

Name _____ Age _____

Address _____ Sex M F

_____ Shirt s m l xl

Fireman? Yes No Signature _____

Parent signature if under eighteen _____

One Mile Run ~ Tunkhannock

August 6th, 2009

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