

# Triton Hose Company

## Triton Trot One Mile Run

sponsored by

## Sjoblikk ~ Glan-Llyn

The second running of the Triton Hose Company Triton Trot Masters 1 mile run will occur this year on Saturday, August 4th, 2018 at 7 P.M. It will be run in conjunction with the annual Triton Hose Company Carnival, right before the Antique Car Parade. Fun for the entire family!!! **You must be at least forty years young to run in this race.** Awards will be given to the first overall male and female. Awards will also be given to the top three in following age groups for both male and female: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80 and over.

### Course Records:

**John Serrao 4:24**

**Laurel Park 5:17**

Race day registration will be held at the entrance to the Tunkhannock Area Middle School starting at 5:30 p.m. and closing at 6:30 p.m. Pre-register by mail or in person at the carnival announcing trailer on Tuesday or Wednesday during carnival hours. 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 \$15.00. Tee shirts guaranteed to the first 25 runners.

Direct questions and send 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. Same course as Peoples Security Bank and Trust Triton Hose Company Jack Daniels Mile. **Lordy, lordy ~ you must be at least forty!!!!!!**

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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

Signature \_\_\_\_\_

## Triton Trot Masters One Mile Run ~ Tunkhannock

Saturday, August 4th, 2018 ~ 7 P.M.