Triton Hose Company
Jack Daniels Mile

The thirty-seventh running of the Peoples Security Bank and Trust & Triton Hose Company Jack Daniels Mile will occur this year on Thursday, August 3rd, 2023 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. Awards will be given to the top three in the following age groups both male and female: 8 and under, 9-11, 12-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70-79 and 80 and over. **Frank J. Valvano award for first male 200 lbs. + ~ Triton Memorial First Responders awards to first male and female first responders !!!**

Records:	**Open**	**Hugh Mundy 4:20**	**Marina Orrison 4:58**
	Masters	**John Serrao 4:24**	**Laurel Park 5:17**
	First Responder	**Chris Hromeck 4:57**	**Bridgette Vullo 6:30**

Race day registration will be held in the foyer of the Tunkhannock Middle School auditorium starting at 5:00 p.m. and closing at 6:30 p.m. Pre-register by mail, in person at the carnival announcing trailer on Tuesday or Wednesday during carnival hours or on-line at: runsignup.com/jdmile up to and including Tuesday, August 2nd. No on-line registration on race day. 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. Timing by **Scranton Running Company.** Pre-registration fee is $10.00. Race day registration fee is $15.00. Tee shirts guaranteed to the first 250 runners. Direct questions and send pre-registrations to: Dick Daniels

12 Lake Street
Tunkhannock, PA 18657
(570) 240-1932 or dick.daniels@gmail.com

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

The course has three 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 xs s m l xl

1st Responder ? Yes No Signature_____

Parent signature if under eighteen_____

One Mile Run ~ Tunkhannock

August 3rd**, 2023**