

TETON ENERGY CORP  
Form 8-K  
March 20, 2007

**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549  
FORM 8-K  
CURRENT REPORT**

**Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934**

Date of Report (Date of earliest event reported): March 20, 2007 (March 19, 2007)

**TETON ENERGY CORPORATION**

(Exact name of registrant as specified in its charter)

**Delaware**  
(State of incorporation)

**001-31679**  
(Commission File No.)

**84-1482290**  
(IRS Employer  
Identification No.)

**410 17<sup>th</sup> Street, Suite 1850**  
**Denver, CO 80202**  
(Address of principal executive offices, including zip code)  
**(303) 565-4600**  
(Registrant's telephone number, including area code)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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**Item 7.01- Regulation FD Disclosure**

On March 19, 2007, Teton Energy Corporation (the Company ) issued a press release stating that several directors and officers of the Company adopted prearranged trading plans (the Plans ) with respect to certain shares that they will receive pursuant to the Company s Long-term Incentive Plan. Such Plans were adopted in accordance with Securities and Exchange Commission Rule 10b5-1.

The Plans were established in order to enable the Company to ensure compliance with applicable tax withholding requirements and may only be implemented when the director or officer is not in possession of material non-public information. Once established, the director or officer does not retain or exercise any discretion over sales of stock under the Plans and the pre-planned trades can be executed at later dates as set forth therein, without regard to any subsequent material non-public information that the director or officer may receive.

The directors and officers who entered into the Plans include: James J. Woodcock, Chairman, Karl F. Arleth, President, Bill I. Pennington, Chief Financial Officer, Dominic J. Bazile, Chief Operating Officer, Andrew Schultz, Vice President Production, Richard Bosher, Vice President Business Development, William Brand, Controller, and directors William White, Thomas Conroy, John Connor, and Robert Bailey. The Plans each terminate on December 31, 2009, unless earlier terminated under certain conditions provided in the Plans.

**ITEM 9.01 FINANCIAL STATEMENTS AND EXHIBITS.**

(a) **Not applicable.**

(b) **Not applicable.**

(c) **Not applicable.**

(d) **Exhibits.**

<b>Exhibit No.</b>	<b>Description</b>
99.1	Press Release dated March 19, 2007

**SIGNATURE**

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.

Dated: March 20, 2007

TETON ENERGY CORPORATION

By: /s/ Bill I. Pennington  
Bill I. Pennington  
Chief Financial Officer

**EXHIBIT INDEX**

<b>Exhibit No.</b>	<b>Description</b>
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