

HVTC Course Record Holders 2007-Present (Wilson State Park-Mt. Tremper, NY)

Swim	Distance	Time	Age-Group	Year	Race #
Art Boyko	400 yards	3:49	45-49	2014	#2
Jeanette Shelow-MacDougall	400 yards	5:08	45-49	2010	#3

Bike	Distance	Time	Age-Group	Year	Race #
Mike Bakker	12 miles	0:31:56	45-49	2011	#4
Shannon Dawkins	12 miles	0:36:30	30-34	2008	#2

Run	Distance	Time	Age-Group	Year	Race #
Nick Mancuso	2 miles	10:02	19-Under	2009	#3
Kierann Toth	2 miles	10:49	25-29	2012	#4

Course Record	Distance	Time	Age-Group	Year	Race #
Terry Kerrigan	400/12/2	0:47:20	35-39	2007	#3
Erica Ruge	400/12/2	0:54:23	35-39	2011	#2