

<i>CYCLING RECORDS: 5,000 Meters (3.1 Mile) / Men</i>				
50-54	Paul Black	Des Moines	6:40.0	2002
55-59	Robert Steinbach	Ankeny	7:16.3	2011
60-64	James Moutray	Ames	6:51.0	2002
65-69	James Moutray	Ames	6:49.0	2005
70-74	James Graham	Ames	7:04.0	2002
75-79	Robert Peterson	Marshalltown	7:20.0	2005
80-84	William Beal	Fairfield	14:03.0	2007
<i>CYCLING RECORDS: 5,000 Meters (3.1 Mile) / Women</i>				
50-54	Roberta Blakeman	Altoona	8:04.0	2002
55-59	Connie French	Forest City	7:30.0	2002
60-64	Roberta Blakeman	Altoona	8:52.3	2011
65-69	Bertha Aldrich	Alden	8:54.0	2002
<i>CYCLING RECORDS: 10 K (6.2 Mile)/ Men</i>				
50-54	Kim West	Des Moines	13:47.0	2007
	# Dennis Weinbeck	Topeka, KS	13:37.0	2008
55-59	Kim West	Des Moines	14:13.0	2009
60-64	Paul Black	Des Moines	15:05.0	2010
65-69	Jim Moutray	Ames	15:42.0	2005
	# William Earp	Independence, MO	15:27.6	2011
70-74	James Graham	Ames	17:07.0	2004
	# Patrick Bunch	Roeland Park, KS	16:45.0	2008
75-79	Robert Peterson	Marshalltown	16:14.0	2005
80-84	Harold Bergman	Urbandale	23:05.0	2004
<i>CYCLING RECORDS: 10 K (6.2 Mile)/ Women</i>				
50-54	Sandy Dunivan	Urbandale	16:57.0	2011
55-59	Roberta Blakeman	Altoona	18:44.0	2007
60-64	Ann Shuman	West Des Moines	17:56.0	2007
65-69	Ann Shuman	West Des Moines	18:09.0	2010