

Records / ROAD RACE - 5K / Women (New Course in 2011)				
50-54	Kathy Ford	Clive	30:22	2011
55-59				
60-64	Diann Zimmerman	Tama	31:58	2011
65-69				
70-74	Shirley Sprague	Berwick	39:21	2011
Records / ROAD RACE - 5K / Men				
50-54	Patrick Weepie	Altoona	24:33	2011
55-59	Brad Ewest	Ankeny	22:33	2011
60-64	Robert Hoffman	West Des Moines	27:06	2011
65-69	Ron Truhlar	Iowa City	30:21	2011
70-74	Ruben Rullan	Urbandale	31:29	2011
75-79	Alvin Ravenscroft	Ames	37:00	2011
Records / ROAD RACE - 5K / Women				
50-54	Susan Duoblys	Des Moines	26:14	2006
55-59	Marge Nielsen	Spencer	24:57	1993
60-64	Lois Ribbens	Hull	27:36	1992
65-69	Rita Ashmead	Ottumwa	26:47	2001
70-74	Rita Ashmead	Ottumwa	26:23	2006
Records / ROAD RACE - 5K / Men				
50-54	Curt Hoegh	Clive	17:52	2002
55-59	John Bartello	Newton	19:04	2005
60-64	Gary Patton	Rock Rapids	18:53	2008
65-69	Mike Bender	Des Moines	20:32	2006
70-74	Alvin Ravenscroft	Ames	23:08	2005
75-79	Madeleo Blake	Letts	26:55	1989
80-84	Madeleo Blake	Letts	36:09	1994
90-94	# Thomas Young	Overland Park, KS	56:16	2010
Records / ROAD RACE - 5 Mile / Women (Started in 2011)				
50-54	Janine Seibert	Granger	43:17	2011
60-64	Margaret Kneeder	Creston	65:03	2011
Records / ROAD RACE - 5 Mile / Men (Started in 2011)				
55-59	Brad Ewest	Ankeny	38:12	2011
60-64	David Zimmerman	Tama	47:37	2011
65-69	John Schneller	West Des Moines	40:59	2011
70-74	Wilbur Veenstra	Pella	59:22	2011
Records / ROAD RACE - 10K / Women (Ran from 2004 - 2010)				
50-54	# Holly Starr	Walnut Creek, CA	49:20	2007
70-74	Rita Jackson-Ashmead	Ottumwa		2007
Records / ROAD RACE - 10K / Men (Ran from 2004 - 2010)				
50-54	Jim Quigley	Johnston	39:07	2010
55-59	Gary Patton	Rock Rapids	41:25	2004
60-64	Jim Floyd	West Des Moines	44:02	2004
65-69	Mike Bender	Des Moines	43:57	2007
70-74	Gerald Hendrickson	Cedar Falls	60:06	2008
	# Jose Badillo	Bellevue, NE	49:44	2010
80-84	William Beal	Fairfield	71:11	2007