

2012 Cycling: 5 K

Women					Total	Place	Medal
Sandra	Dunivan	Urbandale	IA	53	07:12.0	1	Gold
Ellen	Eakin	Ankeny	IA	54	07:57.0	2	Silver
Debra	Leehoven	Des Moines	IA	54	08:17.0	3	Bronze
Julie	Thrasher	Cumming	IA	54	08:29.0	4	
Susan	Sinnwell	Nashua	IA	53	09:40.0	5	
Rozalyn	Boyer	Dallas Center	IA	55	08:08.0	1	Gold
Roberta	Blakeman	Altoona	IA	62	08:05.0	1	Gold
Ann	Shuman	West Des Moines	IA	69	07:36.0	1	Gold
Men					Total	Place	Medal
Dennis	Weinbeck	Topeka	KS	54	06:01.0	1	Gold
Bradley	Lones	Urbandale	IA	52	06:50.0	2	Gold
Kevin	Vanderlinden	Sioux City	IA	51	07:17.0	3	Silver
Brian	Reed	Indianola	IA	51	07:40.0	4	Bronze
Tim	Pew	Des Moines	IA	51	12:17.0	5	
Ken	Hopkins	Marion	IA	55	06:34.0	1	Gold
Robert	Steinbach	Ankeny	IA	57	06:46.0	2	Silver
John	Bregar	Madrid	IA	55	06:51.0	3	Bronze
Danny	Kruzic	WDM	IA	55	06:56.0	4	
Stan	Boyer	Dallas Center	IA	57	07:20.0	5	
Gerald	Osmundson	Polk City	IA	59	08:53.0	6	
Paul	Black	Des Moines	IA	63	06:25.0	1	Gold
Tony	Leehoven	Des Moines	IA	61	06:47.0	2	Silver
Craig	Morkert	West Des Moines	IA	64	06:51.7	3	Bronze
Jim	Jenkins	Newton	IA	63	06:52.4	4	
Frank	Quinlan	Overland Park	KS	64	07:08.0	5	
Harry	Fortney	Kelley	IA	62	07:22.0	6	
William	Earp	Independence	MO	69	06:29.0	1	Gold
Hollis	Anderson	Lincoln	NE	65	06:51.0	2	Silver
Robert	Sturgeon	Urbandale	IA	69	07:05.0	3	Gold
Earl	Hill	Britt	IA	66	07:39.0	4	Silver
Edward	Hegner	Des Moines	IA	69	07:40.0	5	Bronze
Elmo	Hansen		IA	69	09:06.0	6	
David	Brown	Des Moines	IA	66	11:06.0	7	
Terry	Knowles	Topeka	KS	74	07:11.0	1	Gold
John	Hartwig	Ankeny	IA	71	07:18.0	2	Gold
Donald	Venzke	Cedar Rapids	IA	74	07:23.0	3	Silver
Terrill	Deberg	Ackley	IA	72	08:27.0	4	Bronze
Wilbur	Veenstra	Pella	IA	74	10:21.0	5	
Edward	Klatte	Urbandale	IA	72	10:31.0	6	
Alvin	Ravenscroft	Ames	IA	79	09:10.0	1	Gold

2012 Cycling: 10 K

Women					Total	Place	Medal
Sandra	Dunivan	Urbandale	IA	53	17:52.0	1	Gold
Ellen	Eakin	Ankeny	IA	54	19:38.0	2	Silver
Debra	Leehoven	Des Moines	IA	54	20:29.0	3	Bronze
Julie	Thrasher	Cumming	IA	54	21:06.0	4	
Susan	Sinnwell	Nashua	IA	53	23:31.0	5	
Rozalyn	Boyer	Dallas Center	IA	55	20:27.0	1	Gold
Roberta	Blakeman	Altoona	IA	62	19:42.0	1	Gold
Ann	Shuman	West Des Moines	IA	69	18:43.0	1	Gold
Men					Total	Place	Medal
Dennis	Weinbeck	Topeka	KS	54	14:02.0	1	Gold
Bradley	Lones	Urbandale	IA	52	16:37.0	2	Gold
Kevin	Vanderlinden	Sioux City	IA	51	17:54.0	3	Silver
Brian	Reed	Indianola	IA	51	19:24.0	4	Bronze
Tim	Pew	Des Moines	IA	51	31:10.0	5	
John	Bregar	Madrid	IA	55	15:40.0	1	Gold
Robert	Steinbach	Ankeny	IA	57	15:58.0	2	Silver
Danny	Kruzic	WDM	IA	55	16:20.0	3	Bronze
Ken	Hopkins	Marion	IA	55	16:38.0	4	
Stan	Boyer	Dallas Center	IA	57	17:49.0	5	
Gerald	Osmundson	Polk City	IA	59	22:21.0	6	
Paul	Black	Des Moines	IA	63	15:50.0	1	Gold
Tony	Leehoven	Des Moines	IA	61	16:47.0	2	Silver
Jim	Jenkins	Newton	IA	63	16:48.0	3	Bronze
Frank	Quinlan	Overland Park	KS	64	17:22.0	4	
Craig	Morkert	West Des Moines	IA	64	17:24.0	5	
Harry	Fortney	Kelley	IA	62	18:24.0	6	
William	Earp	Independence	MO	69	15:27.0	1	Gold
Hollis	Anderson	Lincoln	NE	65	17:06.0	2	Silver
Robert	Sturgeon	Urbandale	IA	69	17:19.0	3	Gold
Edward	Hegner	Des Moines	IA	69	18:00.0	4	Silver
Earl	Hill	Britt	IA	66	20:19.0	5	Bronze
Elmo	Hansen		IA	69	23:04.0	6	
David	Brown	Des Moines	IA	66	29:33.0	7	
John	Hartwig	Ankeny	IA	71	17:37.0	1	Gold
Donald	Venzke	Cedar Rapids	IA	74	17:59.0	2	Silver
Terrill	Deberg	Ackley	IA	72	20:49.0	3	Bronze
Terry	Knowles	Topeka	KS	74	22:00.0	4	
Wilbur	Veenstra	Pella	IA	74	26:33.0	5	
Edward	Klatte	Urbandale	IA	72	27:22.0	6	
Alvin	Ravenscroft	Ames	IA	79	24:36.0	1	Gold