



IMT Des Moines Marathon – Race Day Information



All races are held Sunday, October 18 at Nollen Plaza | 400 Locust Street | Des Moines, IA 50309.

The IMT Des Moines Marathon, Half Marathon 5-Person Marathon Relay Challenge Official Race Announcements will begin at 7:45 a.m. Race divisions will start promptly together at 8:00 a.m.

The Principal Financial Group 5K Road Race starts promptly at 8:30 a.m. Please note this new time.

Athletes should self-select starting position based on predicted finish time. Van Meter Industrial Pace Team signs will assist in gauging where to line up. A general rule to follow is runners in the front and walkers in the back. It may take you the downtown city streets of Des Moines to work through the pack before settling into your race pace.

Parking is available on the streets and parking ramps in the downtown area. Parking fees do not apply on Sunday. Parking to the north and east of the start/finish line is encouraged. You may also park at Principal Park to the south.

Lint Van Lines Baggage Check will be available at Nollen Plaza. Your baggage will be checked according to your race/bib number. The IMT Des Moines Marathon is not responsible for any lost or stolen items. Please do not check anything of value. Locker space is available (provide your own lock) at Riverfront YMCA | 101 Locust Street | Des Moines, IA 50309.

Aid Stations are located at least every two miles on the race course. You will find Crystal Clear Bottled Water and Endurance Formula Gatorade at each Aid Station. Some of the Aid Stations will have items such as petroleum jelly, Kleenex, fruit, ice and snacks provided by Wellmark Blue Cross and Blue Shield Volunteers.

Portable restrooms will be available at multiple placements around the start/finish line area, as well as restroom facilities in the YMCA and Renaissance Savery Hotel. Portable restrooms are placed within every two miles on the course and restroom facilities are available at Drake University, Water Works Park and Gray's Lake Park.

Mercy Medical Center First Aid Stations are located at the start/finish line, Drake University, Water Works Park, Gray's Lake Park and Martin Luther King Jr. Parkway. GU energy gels will be available on the course near the First Aid Stations at Drake University and Water Works Park. You are encouraged to supply your own energy gels for personal use.

If you require medical attention and are not near a First Aid Station try to make it to an Aid Station on the course. If unable to do so, stop where you are at on the race course until an IMT Des Moines Marathon Course Official comes to you. A Mercy Medical Center Sag Wagon will bring you back to the finish at Nollen Plaza if desired.

Wellmark Blue Cross and Blue Shield Volunteers will assist you at the finish line with the removal of the Sportag™ timing device from your shoe. IMT Des Moines Marathon, Half Marathon and Marathon Relay athletes will be presented with a finisher medal. Marathoners are also offered a heat sheet. All athletes are invited to celebrate the day with the Michelob Ultra Race to the Finish party at Nollen Plaza with live entertainment and beer until 3:00 p.m.

The top three overall male and female winners, as well as the top three male and female in respective age divisions will receive awards. Awards will not be duplicated. The Award Ceremony for overall winners will begin at 11:00 a.m. at Nollen Plaza. Age Division awards will be mailed directly to age division winners once race results are made official.

Results will be posted at Nollen Plaza by The End Result and posted within 24 hours to www.desmoinesmarathon.com. Visit the Mediacom Finish Line Tent for a printed receipt of your finish time and statistics before leaving Nollen Plaza.

Manipulation services are offered at the finish line area for all finishers by Des Moines University. Massage services are offered at the finish line area for all finishers and have been coordinated by Personal Best Massage.

Race day photographs are presented to you by MarathonFoto and will be available for online purchase. Smile!

Please treat other athletes, volunteers, spectators, City of Des Moines Police and IMT Des Moines Marathon Course Officials with courtesy and consideration. It is your responsibility to know the entire and correct course. Make sure your race/bib number is visible at all times throughout the race. If passing athletes on the course, try to pass on the left. Allow others to pass you.

Welcome to Des Moines. Enjoy the fall day and race atmosphere. Race well. Have fun. We look forward to seeing you cross the finish line. Congratulations on your accomplishment! Join the IMT Des Moines Marathon Post Race Party following the finish line festivities at El Bait Shop | 200 SW 2nd Street | Des Moines, IA 50309.