



## **IMT Des Moines Marathon 5-Person Marathon Relay Challenge Relay Transition Areas**

### **Start: 5 Mile Leg**

The 1st team member will begin the IMT Des Moines Marathon 5-Person Marathon Relay Challenge at the start line at Nollen Plaza. They will complete the first 5 miles of the Marathon course to Relay Transition Area #1, which is located at Mile 5 on 42<sup>nd</sup> Street between Woodlawn Drive and John Lynde Drive.

A team member who is a fast runner and can establish an early pace in a crowded field may be the key to success at start of the 5-Person Marathon Relay Challenge!

### **Relay Transition Area #1: 5 Mile Leg**

The 2nd team member will be waiting at Relay Transition Area #1 to transition into the second leg of the race. They will continue along the Marathon course to Relay Transition Area #2, which is located at Mile 10 at 40<sup>th</sup> Street and Kingman Boulevard.

A team member, who does not mind running up and down hills, may be the key to success in the second portion of the 5-Person Marathon Relay Challenge!

### **Relay Transition Area #2: 5 Mile Leg**

The 3<sup>rd</sup> team member will be waiting at Relay Transition Area #2 to transition into the third leg of the race. They will continue on the Marathon course to Relay Transition Area #3, which is located at Mile 15 on Polk Boulevard and Observatory Road.

A team member who can maintain a steady pace may be the key to success along the out and back portion of the 5-Person Marathon Relay Challenge!

### **Relay Transition Area #3: 5 Mile Leg**

The 4th team member will be at Relay Transition Area #3 to transition into the fourth leg of the race. They will continue on the Marathon course to Relay Transition Area #4, which is located at Mile 20 in Water Works Park.

A team member who is comfortable running with others on narrow trails may be the key to success at the later stages of the 5-Person Marathon Relay Challenge!

### **Relay Transition Area #4: 6.2 Mile Leg**

The 5th team member will be waiting at Relay Transition Area #4 and will have the Sportag™ timing device attached to their shoe. They will transition into the last leg of the race. They will continue on the Marathon course to the finish line at Nollen Plaza.

A team member who can handle an extra 1.2 miles to anchor the team may be the key to success for the finish of the 5-Person Marathon Relay Challenge!

Visit [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com) and click on RACES and Marathon Relay Challenge for course maps, mile by mile descriptions, transition area locations, course driving instructions, frequently asked questions and more!

For more information regarding the 5-Person Marathon Relay Challenge, email your questions or comments to [info@desmoinesmarathon.com](mailto:info@desmoinesmarathon.com) or phone 515.288.2692.