



IMT Des Moines Marathon Aid Station Locations

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| Start/Finish: | IMT Insurance | 309 Locust Street at Nollen Plaza |
| Aid Station 5K: | Principal Financial Group | East Locust Street between East 3 rd and East 4 th – south side |
| Aid Station A: | Meredith Corporation | 15 th Street between Locust & Grand Avenue – both sides |
| Aid Station B: | Des Moines University | 3333 Grand Avenue – both sides |
| Aid Station C: | Faith Lutheran Church | 224 Foster Drive at Park Hill Drive intersection – east side |
| Aid Station D: | North High School | 44 th Street and Grand Avenue |
| Aid Station E: | North Ingersoll Neighborhood | 675 Bradway Place - Harwood Drive triangle – east side |
| Aid Station F: | Capital Striders | 2714 Kingman Boulevard – median serving south |
| Aid Station F: | Drake Neighborhood | 2714 Kingman Boulevard – median serving south |
| Aid Station G: | Wellmark – Blues For Caring | 25 th Street between Lot 1 and Lot 2 – east side |
| Aid Station H: | Dam to Dam | 3914 Kingman Boulevard – median serving north |
| Aid Station I: | Dallas Center Grimes XC | 45 th Street and Grand Avenue – entrance to Greenwood Park |
| Aid Station I: | Bergman Academy | 45 th Street and Grand Avenue – entrance to Greenwood Park |
| Aid Station J: | Climb Iowa | Irish Farms Horse Stables – serving south |
| Aid Station K: | Mediacom | WWP - at loop around lake – y in road – west side |
| Aid Station L: | Coconut Castaways | WWP – entrance to additional loop in park – east side |
| Aid Station M: | Monsanto | WWP – east of pedestrian bridge – north side |
| Aid Station N: | Team in Training | WWP – along ponds to the north – north side |
| Aid Station N: | American Cancer Society | WWP – along ponds to the north – north side |
| Aid Station O: | Merit Resources | Gray's Lake - SE parking lot– along trail |
| Aid Station O: | Johnston High School | \Gray's Lake - SE parking lot– along trail |
| Aid Station P: | Girl Scouts | Meredith Trail at Fleur Drive Exit Ramp – east side |
| Aid Station P: | Valley High School XC | Meredith Trail at Fleur Drive Exit Ramp – east side |
| Aid Station Q: | Iowa Clinic (a.m. shift) | 11 th Street and MLK JR Parkway – south side |
| Aid Station Q: | PD Walkers (p.m. shift) | 11 th Street and MLK JR Parkway – south side |