



IMT Des Moines Marathon Marathon Course Notes

Start: 309 Locust Street

Handicap parking meter, between light poles on each side of street.

Head east on Locust Street

Turn right (south) on East 7th Street

Turn right (west) on Court Avenue

Mile 1: Court Avenue between East 6th and East 5th Street

See lamppost across East 5th and signpost on north side of street.

Five parking meters to the east on Court Avenue

Continue west on Court Avenue

Turn right (north) on 4th Street

Turn left (west) on Walnut Avenue

Mile 2: Walnut Avenue between 8th and 9th

Closer to 8th. Three trees west of fire hydrant on corner of 8th/Walnut.

Continue west on Walnut Avenue

Turn right (north) on 15th Street

Turn left (west) on Grand Avenue

Mile 3: Grand Avenue on Grand Avenue Bridge

South side of bridge, second lamppost from east end of bridge.

Continue west on Grand Avenue

Mile 4: Grand Avenue and 35th Street Intersection

In front of Wesley Acres and 35th Street traffic lights.

Continue west on Grand Avenue

Turn left (south) on 37th Street

Turn right (west) on John Lynde Road

Mile 5: John Lynde Road East of SW 42nd Street Intersection

Just east of left turn on SW 42nd.

Turn left (south) on SW 42nd Street

Turn right (west) on Glenview Drive

Turn left (south) on Foster Drive

Follow Foster Drive through the curves

Mile 6: 424 Foster Drive

Just south of 424 mailbox.

Foster Drive will straighten out to the north before turning back east

Turn right at 42nd Street (south) and turn a quick left (east) at Tonawanda Drive

Follow Tonawanda Drive as it curves north by staying in southbound lane



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Mile 7: Tonawanda Drive and Marsh Drive

Southbound lane north of Marsh Drive median and south of SH drive.

Stay in the southbound lane on Tonawanda Drive and continue north
Turn left (west) on Grand Avenue
Turn right (north) on Polk Boulevard

Mile 8: 635 Polk Boulevard

Between 635 and 629 Polk

Continue north on Polk Boulevard
Turn right (east) on Harwood Avenue to begin Harwood Avenue loop
Turn right (south) on 44th Street
Turn left (east) on Woodland Avenue
Turn left (north) on Harwood Avenue
Follow Harwood Avenue north onto Bradway Place
Turn left (west) on Pleasant Street
Turn left (south) on 44th Street
Turn right (west) on Harwood Avenue to complete Harwood Avenue loop

Mile 9: Harwood Avenue and Polk Boulevard

East of stop sign and east of 46th. Across from garages of 699 Polk.

Turn right (north) on Polk Boulevard
Turn right (east) on Kingman Boulevard

Mile 10: 4018 Kingman Boulevard

In front of driveway of 4018/4014 and west of 40th.

Continue east on Kingman Boulevard

Mile 11: 26th Street intersection with Kingman Boulevard

Middle of intersection, just east of manhole.

Turn left (north) on 25th Street
Turn left (west) on Clark Street
Turn right (north) on 27th Street and quick left (west) into Drake Stadium Track

Mile 12: Southwest corner of Drake Stadium Track

Section Q/Row 1/Seat7. Right handrail leading to supply closet.

One foot in front of lane 2 – 800 MR mark.

Complete counter clockwise lap of Drake Stadium Track and exit stadium
Turn right (south) out of Drake Stadium onto 27th Street
Turn left (east) on Carpenter Avenue
Turn right (south) on 25th Street
Turn right (west) on Kingman Boulevard



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**Mile 13: 26th Street at intersection with Kingman Boulevard
Northwest corner of intersection. 1052 26th.**

Continue west on Kingman Boulevard

**Mile 13.1: 28th Street intersection with Kingman Boulevard
Ten feet west of stop sign**

Mile 14: 4011 Kingman Boulevard

Between 4011 and 4013 and across from 4018 driveway. Big tree.

Turn right (north) on Polk Boulevard for out and back to third median

Turnaround at out and back and continue (south) on Polk Boulevard

**Mile 15: Observatory Road intersection with Polk Boulevard
Across from tennis courts. Manhole on SW corner of intersection.**

Continue south on Polk Boulevard

Turn left (east) on Grand Avenue

Turn right (south) on 45th Street into Greenwood Park

Mile 16: 335 45th Street in Greenwood Park

Between 335 light pole on west side of street w/ park hours sign.

Enter the Bill Riley Trailhead at Ashworth Pool parking lot

Mile 17: Bill Riley Trail just before Railroad Bridge

Ninety feet north of blue park bench before reaching bridge.

Continue on Bill Riley Trail

Mile 18: South of Water Works Park Pedestrian Bridge

Shed on left side of trail. Aprox. 250 feet north of bridge.

Follow Bill Riley Trail south across pedestrian bridge into Water Works Park

Turn right (west) onto Water Works Park Road

Turn right (north) at Y in the road to begin Water Works Park loop

Mile 19: North of Water Works Park Loop Small Pond

North of 2nd pond. Across from 2nd electrical box to the east.

Follow Water Works loop north, then west, and then south

Follow Water Works Park loop road as it curves east

Mile 20: West of Water Works Park Shelter

Across from electrical box to the north and park grill to the south.

Between sign post by road and wood pole to the north.

Continue east along Water Works Park road

Mile 21: East of Water Works Park Pedestrian Bridge

Three feet east of electric box to the south.

Continue east along Water Works Park road



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Mile 22: West of Water Works Park Arboretum

Just east of No Parking Sign. At speed bump on park road.

Exit Water Works Park and cross Fleur Drive

Enter Gray's Lake Park on continue east on John Grubb Lane

Turn right (south) into Gray's Lake Park parking lot entrance

Turn left (east) into parking lot and right (south) onto Gray's Lake Park trail

Follow Gray's Lake Park trail over pedestrian bridge

Mile 23: Robert and Shirley Porter Plaque on Gray's Lake Park Pedestrian Bridge

Thirty three posts from east side of bridge.

Continue on Gray's Lake Park trail around Gray's Lake

Mile 24: Gray's Lake Park Trail East of Meredith Trail Connector

Between 4th and 5th lamp post. Across from small blue sign by lake road.

Exit Gray's Lake Park trail (north) onto Meredith Trail

Remain on sidewalk and cross George Washington Carver Bridge

At 16th Street intersection crosswalk merge onto Martin Luther King Parkway

Mile 25: East of 16th Street on Martin Luther King Boulevard

Across from power plant and to the east. Man hole in median is close by.

Continue east on Martin Luther King Boulevard

Turn left (north) at 3rd Street

Mile 26: North of Market Street on 3rd Street

In front of SCI parking ramp. Four feet south of parking meter 3-008.

Continue north on 3rd Street to Nollen Plaza

Finish: North of Walnut Avenue on 3rd Street*

North of light pole and south of concrete circular structure on west side.

***IMT Des Moines Marathon course maps available at desmoinesmarathon.com**