



IMT Des Moines Marathon – Race Day Information



Race day races and activities are held Sunday, October 17 at Nollen Plaza | 400 Locust Street | Des Moines, IA 50309.

Official race announcements for the IMT Des Moines Marathon/Half Marathon and Bankers Trust Marathon Relay will begin at 7:45 a.m. These race divisions will start together promptly at 8:00 a.m.

Race Announcements for the Principal Financial Group 5K Road Race will follow with the race starting at 8:30 a.m.

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. Relax.

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 2 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. All of the Aid Stations are staffed by course volunteers. Be sure to thank them.

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 other mile of the Aid Stations on the course. 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 Gel will be available on the course near the First Aid Stations at Drake University and Water Works Park. You are encouraged to rely on 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. If you desire, a Mercy Medical Center Sag Wagon will bring you back to the First Aid Station at Nollen Plaza.

You will be presented with a finisher medal and will be assisted with the removal of the Sportag™ timing device from your shoe after you cross the finish line. Marathoners will be offered a heat sheet; please assist in recycling them when done. You are invited to celebrate your accomplishment with friends and family at the Michelob Ultra Race to the ULTRA party at Nollen Plaza until 3 p.m. with live entertainment and beer for athletes.

The top 3 overall male and female winners and top 3 male and female age division winners will receive awards. Awards will not be duplicated. The Fitness Sports Award Ceremony for overall winners will begin at 12:30 p.m. at Nollen Plaza. Personalized overall and age division awards will be mailed directly to the 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.

Osteopathic treatments and physical therapy services are offered for all finishers by Des Moines University. Massage services are offered for all finishers as well, and have been coordinated by Personal Best Massage. Look for both under the Capital Square awning, on the west side of Nollen Plaza.

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

Please treat other athletes, volunteers, spectators, Des Moines Police Department, and IMT Des Moines Marathon Course Officials with courtesy and consideration. It is your responsibility to know the correct course. Make sure your race/bib number is visible at all times throughout the race. If you are a walker, try to stay on the right and not walk more than 2 abreast while on the paved trails. Allow others to pass you. If passing athletes on the course, try to pass on the left.

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.