



MercyOne 5-Mile Run Course Description

Start Line: Principal Park

Begin south in parking lot

Turn left (east) at Principal Park Riverwalk behind Iowa Cubs home plate mezzanine

Turn left (north) at Meredith Trail/Water Street

Turn left (west) at Martin Luther King Jr. Parkway

Mile 1: MLK Jr. PKWY & SW 11th Street

Continue west at Martin Luther King Jr. Parkway

Cross SW 16th Street and merge onto Meredith Trail sidewalk

Mile 2: Meredith Trail north of Gray's Lake Trail

Continue south at Meredith Trail

Turn right (south) at Meredith Trail as it merges into Gray's Lake Park

Cross John Grubb Lane and follow the trail south around Gray's Lake Park

Mile 3: Gray's Lake Park Pedestrian Bridge

Continue east over pedestrian bridge at Meredith Trail

Turn right (south) at Meredith Trail connector after crossing pedestrian bridge

Turn left (east) at Meredith Trail connector

Meredith Trail exits Gray's Lake Park and continues east along Thomas Beck Road

Mile 4: Meredith Trail west of SW 7th Street Underpass

Continue east at Meredith Trail

Turn left (north) at Meredith Trail/Water Street

Turn left (west) at Principal Riverwalk at Principal Park

Turn right (north) into Principal Park parking lot

Mile 5: Principal Park Riverwalk behind Iowa Cubs home plate mezzanine

Finish Line: Principal Park

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