



IMT Des Moines Marathon Marathon Course Description

Start: 300 Court Avenue

Head east on Court Avenue
Turn right (south) on SE 5th Street
Turn right (west) on MLK Jr Pkwy

Mile 1: MLK Jr Pkwy west of SE 4th Street

Continue west on MLK Jr Pkwy
Turn right (north) on SW 11th Street

Mile 2: SW 11th Street south of Cherry Street

Continue north on SW 12th Street
Turn left (west) on Grand Avenue

IMT Des Moines Marathon & Half Marathon split at Grand Avenue & Fleur Drive

Mile 3: Grand Avenue Fleur Drive Overpass Bridge

Continue west on Grand Avenue

Mile 4: Grand Avenue west of 35th Street

Continue west on Grand Avenue
Turn left (south) on 37th Street
Turn right (west) on John Lynde Road

Mile 5: 3808 John Lynde Road

Turn left (south) on SW 42nd Street Turn right (west) on Glenview Drive
Turn right (west) on Glenview Drive
Turn left (south) on Foster Drive
Follow Foster Drive through the curves

Mile 6: 514 Foster Drive

Continue north on Foster Drive, which will straighten out before turning back east
Turn right at 42nd Street (south)
Turn left (east) at Tonawanda Drive
Follow Tonawanda Drive as it curves north by staying in the southbound lane



Mile 7: Tonawanda Drive north of Marsh 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

Continue north on Polk Boulevard
Turn right (east) on Harwood Avenue to begin the 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 the Harwood Avenue loop

Mile 9: 4607 Harwood Avenue

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

Mile 10: 4018 Kingman Boulevard

Continue east on Kingman Boulevard

Mile 11: Kingman Boulevard east of 26th Street

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

Mile 12: Drake Stadium Track west pole of south Goal Post

Complete counter-clockwise lap of Drake Stadium Track to exit stadium
Turn right (south) out of Drake Stadium onto 27th Street
Continue south on 27th Street past Forest Avenue onto Drake University sidewalk
Turn left (east) on Carpenter Avenue Turn right (south) on 25th Street
Turn right (west) on Kingman Boulevard



Mile 13: 2600 Kingman Boulevard

Continue west on Kingman Boulevard

Mile 13.1: Kingman Boulevard west of 28th Street

Continue west on Kingman Boulevard

Mile 14: 4057 Kingman Boulevard

Continue west on Kingman Boulevard
Turn left (south) on Polk Boulevard
Turn right (west) on Harwood Drive

Mile 15: 4735 Harwood Drive

Continue west on Harwood Drive
Turn left (south) on 49th Street
Turn left (east) on Woodland Drive
Turn right (south) on Polk Boulevard
Continue south on Polk Boulevard
Turn left (east) on Grand Avenue
Turn right (south) on 45th Street into Greenwood Park

Mile 16: Greenwood Park west of Sylvan Outdoor Theater

Enter the Bill Riley Trail past Ashworth Pool parking lot

Mile 17: Bill Riley Trail east of Railroad Bridge

Continue on Bill Riley Trail

Mile 18: Water Works Park south of Pedestrian Bridge

Follow trail south across the pedestrian bridge into Water Works Park
Turn right (west) onto Water Works Park Road

IMT Des Moines Marathon & Half Marathon rejoin at Water Works Park pedestrian bridge

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

Mile 19: Water Works Park northwest corner of Loop



Follow Water Works Park loop north, then west, and then south, then east
Follow Water Works Park loop road as it curves northeast

Mile 20: Water Works Park northeast of George Flagg Pkwy Gate Entrance

Continue north east along Water Works Park road

Mile 21: Water Works Park west of SW 30th Street Gate Entrance

Continue east along Water Works Park Road
Turn right (south) on Water Works Park arboretum road

Mile 22: Water Works Park south of Janis Ruan Trail Connector

Continue south along Water Works Park arboretum road
Turn left (east) on Janis Ruan Trail Connector under Fleur Drive to Gray's Lake Park trail
Turn right (south) on Gray's Lake Park trail and follow counter-clockwise around trail
Follow Gray's Lake Park trail over pedestrian bridge

Mile 23: Gray's Lake Park west of southwest corner Parking Lot

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

Mile 24: Gray's Lake Park east of Meredith Trail connector

Exit Gray's Lake Park trail (north) onto Meredith Trail
Remain on the sidewalk and cross George Washington Carver Bridge At 16th Street
intersection crosswalk merge onto MLK Jr Pkwy

Mile 25: MLK Jr Pkwy east of SW 14th Street

Continue east on MLK Jr Pkwy
Cross into westbound lane of MLK Jr Pkwy at 2nd Street
Perform out and back on MLK Jr Pkwy bridge (westbound lane)
Turn right (north) at Water Street

Mile 26: Water Street north of Market Street

Turn left (west) to finish on Court Avenue

Finish: 300 Court Avenue

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