



## 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 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 26<sup>th</sup> 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 a counter-clockwise lap of Drake Stadium Track to exit the 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 28<sup>th</sup> 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 the 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 the 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 northeast along Water Works Park road



### **Mile 21: Water Works Park west of SW 30<sup>th</sup> 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 the trail  
Follow Gray's Lake Park trail over the 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 the 16th Street intersection crosswalk merge onto MLK Jr Pkwy

### **Mile 25: MLK Jr Pkwy east of SW 14<sup>th</sup> Street**

Continue east on MLK Jr Pkwy  
Perform out and back on MLK Jr Pkwy bridge (eastbound lane)  
Turn right (north) at 2nd Street

### **Mile 26: 2<sup>nd</sup> Street north of Market Street**

Turn left (west) to finish on Court Avenue

### **Finish: 300 Court Avenue**

**\*IMT Des Moines Marathon course maps are available at:  
<https://www.desmoinesmarathon.com/course-maps/>**