



Bankers Trust Marathon Relay Course Driving Instructions

Staging Area

Kinetic Edge Physical Therapy opens at 7 a.m. 516 3rd Street, Suite 100, Des Moines, IA 50309. Enter from Grand Avenue or 4th Street to enter the Kinetic Edge Physical Therapy parking lot.

Transition Area 1 Grand Avenue and 35th Street at approximately **MILE 4.**

Exit the Kinetic Edge Physical Therapy parking lot to the west on 4th Street.

South (left) to Grand Avenue.

West (right) on Grand Avenue to 10th Street.

North (right) to High Street (turns into Ingersoll Avenue at 15th Street).

West (left) on High Street to 35th Street.

Park where space is available on Ingersoll Avenue.

Transition Area 2 Kingman Boulevard and 43rd Street at approximately **MILE 10.**

West on Ingersoll Boulevard to 42nd Street.

North (right) on 42nd Street to Crocker Street.

West (left) on Crocker Street to 43rd Street.

North (right) on 43rd Street.

Park where space is available on 43rd Street before reaching Kingman Boulevard.

Transition Area 3 Polk Boulevard at Observatory Road at approximately **MILE 14.5.**

South on 43rd Street to California Drive.

West (right) on California Drive to Chamberlain Avenue.

West (right) on Chamberlain Avenue to 45th Place.

North (right) on 45th Place.

Park where space is available on Waveland Court or Boulevard Place.

Transition Area 4 Water Works Park main road at approximately **MILE 20.**

Reverse directions and go south back to Chamberlain Avenue.

East (left) on Chamberlain Avenue to 42nd Street.

South (right) on 42nd Street and turn west (right) onto the I-235 WEST entrance ramp.

Exit I-235 WEST exit ramp (right) at 63rd Street exit and turn south (left).

Follow 63rd Street to Park Avenue (you will cross over the Raccoon River Bridge).

East (left) on Park Avenue and turn north (left) on George Flagg Parkway.

Park where space is available along George Flagg Parkway across from the south shelter gate entrance to Water Works Park.

Transition Area 5 – MLK Jr Pkwy & SW 2nd Street at **MILE 26**

Teams may join their 5th team member at MILE 26 in order to cross the finish line together.

From Transition Area 4 continue east on George Flagg Parkway to Fleur Drive.

South (right) to Bell Avenue, which turns into Thomas Beck Road and later Indianola Road.

East (Left) to SW 2nd Street and follow north to Principal Park.

Park in the Principal Park parking lot north of the stadium to arrive at MLK Jr Pkwy & 2nd Street.