



## Bankers Trust Marathon Relay Team Overview

Teams in Bankers Trust Marathon Relay must consist of five members in order to compete on race day and may include any of the following combination of team members to complete a team. For suggested driving routes visit Bankers Trust Marathon Relay page of the [desmoinesmarathon.com](http://desmoinesmarathon.com).

**Team Divisions** include all male, all female, co-ed; with at least 1 male or 1 female member mixed into the team and corporate; all team members are affiliated with the same company/organization.

**Staging Area** on race day is hosted by Kinetic Edge Physical Therapy for the 13th year in a row. Parking for the team vehicle is available onsite, but team members should find their own offsite parking on race morning. Kinetic Edge Physical Therapy. 516 3rd Street, Suite 100.

Teams have a secure area to meet and learn about last minute Bankers Trust Marathon Relay details starting at 7 a.m. Team members may have time to watch the start of the race at 300 Court Avenue, and return in time to drive to Transition Area 1 on the course from Kinetic Edge Physical Therapy.

**Transition Areas** Teams are to provide their own vehicle to drive to the various Transition Areas. Many teams share the driving duties amongst themselves.

**Start to Mile 4. Transition Area at Grand Avenue & 35<sup>th</sup> Street.** The 1<sup>st</sup> member of the team completes approximately the 1<sup>st</sup> 4 miles of the marathon course. This team member will line up at the start line with the IMT Des Moines Marathon & Half Marathon athletes.

**Mile 4 to Mile 10. Transition Area at Kingman Boulevard & 40<sup>th</sup> Street.** The 2<sup>nd</sup> member meets the 1<sup>st</sup> team member at Transition Area 1 on Grand Avenue and completes the next 6 miles of the course; South of Grand, through the Harwood Loop, Polk and Kingman Boulevard.

**Mile 10 to Mile 14. Transition Area at Kingman Boulevard & 40<sup>th</sup> Street.** The 3<sup>rd</sup> member of the meets the 2<sup>nd</sup> team member at Transition Area 2 on Kingman Boulevard and 40<sup>th</sup> Street to complete the next 4 miles of the course through Drake University and back along Kingman Boulevard.

**Mile 14 to Mile 20.** The 4<sup>th</sup> member meets the 3<sup>rd</sup> team member at Transition Area 3 (same location) on Kingman Boulevard & 40<sup>th</sup> Street and completes the next 6 miles of the course back along Polk Boulevard, Harwood Loop, Greenwood Park, the Bill Riley Trail and Water Works Park.

**Mile 20 to Finish.** The 5<sup>th</sup> member meets the 4<sup>th</sup> team member at Transition Area 4 at the south west shelter in Water Works Park; off George Flagg Parkway and completes the final approximate 6 miles of the course through Water Works Park, Gray's Lake Park and along MLK Jr Pkwy.

**Finish.** The entire Bankers Trust Marathon Relay team is encouraged to park at Kinetic Edge and reunite at Court Avenue and Water Street in order to join the 5<sup>th</sup> member of the team and to cross the finish line together on Court Avenue.