



IMT Des Moines Marathon 5-Mile Run Course Description

Start Line: Principal Park

Head east on Principal Park Riverwalk behind Iowa Cubs home plate mezzanine
Turn left (north) on Meredith Trail/Water Street
Turn left (west) on Martin Luther King Jr. Parkway

Mile 1: Martin Luther King Jr. Parkway and SW 11th Street

Continue west on Martin Luther King Jr. Parkway

Cross SW 16th Street and merge onto Meredith Trail sidewalk

Mile 2: Meredith Trail along Fleur Drive

Continue south on Meredith Trail

Turn right (south) on Meredith Trail as it merges into Gray's Lake Park
Cross John Grubb Lane and follow trail south around Gray's Lake Park

Mile 3: Gray's Lake Park Pedestrian Bridge

Continue east over pedestrian bridge on Meredith Trail

Turn right (south) at Meredith Trail intersection after crossing pedestrian bridge
Turn left (east) at Meredith Trail intersection immediately following previous turn
Meredith Trail exits Gray's Lake Park and continues east along Thomas Beck Road

Mile 4: Meredith Trail at SW 7th Street Underpass

Continue east on Meredith Trail
Turn left (north) on Meredith Trail/Water Street
Turn left (west) on Principal Riverwalk at Principal Park

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

Finish Line: Principal Park

All races start and finish at Principal Park, 1 Line Drive, Des Moines, IA 50309.

More information, including street closures and parking can be found on the IMT Des Moines Marathon website at desmoinesmarathon.com, by clicking on the Spectators page.