



IMT Des Moines Marathon 5-Mile Run Course Description

Start Line: Principal Park

Head south in parking lot to Principal Park Riverwalk behind Iowa Cubs home plate mezzanine.
Turn left (east) on Principal Park Riverwalk to Water Street.
Turn left (north) on Water Street to Martin Luther King Jr. Parkway.
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 on path as it turns south on Meredith Trail.

Turn left (east) on Meredith Trail as it merges into Gray's Lake Park.
Continue on path counter-clockwise around Gray's Lake Park.

Mile 3: Gray's Lake Park Trail

Continue east on path around Gray's Lake Park.

Turn left (south) at Meredith Trail intersection before 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 Jackson Street Bridge.
Turn right (east) on Meredith Trail.
Turn left (north) on Principal Riverwalk at Principal Park.
Complete clockwise loop in parking lot at Principal Park.

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

Finish Line: Principal Park

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