



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 and SE 4th Street

Continue west on MLK Jr Pkwy
Turn right (north) on 12th Street

Mile 2: 12th Street and Cherry Street

Continue north on 12th Street
Turn left (west) on Grand Avenue

IMT Des Moines Marathon and Half Marathon course split at Grand Avenue and Fleur Drive

Mile 3: Grand Avenue Bridge

Continue west on Grand Avenue

Mile 4: Grand Avenue & 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 right (north) on Glenview Drive at Foster Drive intersection.

Mile 6: 314 Glenview Drive

Continue on Glenview Drive
Turn left (west) on Woodlawn Drive
Turn right (north) on Foster Drive
Turn right at 42nd Street (south) and turn a quick left (east) at Tonawanda Drive
Follow Tonawanda Drive as it curves north by staying in southbound lane

Mile 7: Tonawanda Drive & 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 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 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: 26th Street & Kingman Boulevard

Turn left (north) on 25th Street
Turn left (west) on Clark Street
Turn right (north) on 27th Street and quick left (west) into Drake Stadium Track

Mile 12: West pole of south goal posts inside Drake Stadium Track

Complete counter clockwise lap of Drake Stadium Track and exit stadium
Turn right (south) out of Drake Stadium onto 27th Street
Turn left (east) on Forest 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: 28th Street & Kingman Boulevard

Mile 14: 4057 Kingman Boulevard

Turn left (south) on Polk Boulevard
Turn right (west) on Harwood Drive
Turn left (south) on 49th Street
Turn left (east) on Woodland Drive
Turn right (south) on Polk Boulevard

Mile 15: 4735 Harwood Drive

Continue south on Polk Boulevard
Turn left (east) on Grand Avenue
Turn right (south) on 45th Street into Greenwood Park



Mile 16: Greenwood Park – Sylvan Amphitheater

Enter the Bill Riley Trail past Ashworth Pool parking lot

Mile 17: Bill Riley Trail; just east of Railroad Bridge

Continue on Bill Riley Trail

Mile 18: South of Water Works Park Pedestrian Bridge

Follow Bill Riley Trail south across pedestrian bridge into Water Works Park

Turn right (west) onto Water Works Park Road

Turn right (north) at Y in the road to begin Water Works Park loop

Marathon/Half Marathon Courses Rejoin at Water Works Park Pedestrian Bridge

Mile 19: North of Water Works Park Loop Small Pond

Follow Water Works loop north, then west, and then south

Follow Water Works Park loop road as it curves east

Mile 20: West of Water Works Park Shelter

Continue east along Water Works Park road

Mile 21: East of Water Works Park Pedestrian Bridge

Continue east along Water Works Park road

Mile 22: Entrance to Gray's Lake Park

Turn right (south) on Gray's Lake Park trail

Follow Gray's Lake Park trail over pedestrian bridge

Mile 23: Southwest corner of Gray's Lake Park

Continue on Gray's Lake Park trail around Gray's Lake

Mile 24: Gray's Lake Park Trail East of Meredith Trail Connector

Exit Gray's Lake Park trail (north) onto Meredith Trail

Remain on sidewalk and cross George Washington Carver Bridge

At 16th Street intersection crosswalk merge onto MLK Jr Pkwy

Mile 25: East of 16th Street on MLK Jr Pkwy

Continue east on MLK Jr Pkwy

Mile 26: North of MLK Jr Pkwy on Water Street

Continue east on MLK Jr Pkwy to Water Street

Turn left (north) on Water Street

Turn left (west) to finish on Court Avenue

Finish: 300 Court Avenue

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