



Bankers Trust Marathon Relay Course Vehicle Driving Directions

Pre-Race and Post-Race Staging Area

Kinetic Edge Physical Therapy opens at 7 a.m. at 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.

Course Vehicle Directions

Exit the Kinetic Edge Physical Therapy lot to the west of the building on 4th Street and proceed:

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

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 at 35 Street.

Transition Area 2 4010 Kingman Boulevard at approximately **MILE 10.**

North on 35th Street to Crocker Street.

West (left) on Crocker Street to 38th Street.

North (right) on 38th Street.

West (left) on Scheels Street.

Park where space is available on 39th Street to 40th Street, before reaching Kingman Boulevard.

Transition Area 3 4057 Kingman Boulevard at approximately **MILE 14.**

Remain in the exact location.

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

Reverse directions and go south back to Crocker Street.

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

South (left) on 42nd Street.

West (right) on Center Street and stay left, 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 south (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 Water Street and Court Avenue at approximately **MILE 26.**

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

South (right) to Bell Avenue, and east (left) to SW 9th.

A quick right on SW 9th before the SW 9th Street overpass brings you to SW 9th Street.

North (left) on SW 9th Street, now on the overpass, to Locust Street.

East (right) on Locust Street to 4th Street. North (left) and back into the Kinetic Edge lot to park.

Head two blocks south to Walnut. Left (east) one block to Water & right (south) to Mile 26.