



DES MOINES MARATHON

2023 ATHLETE GUIDE

OCTOBER 15TH, 2023





IT'S A NEW RACE EVERY DAY.

From start to finish, IMT Insurance is ready to put your biggest worries to rest. Our record in the personal and business insurance industry speaks for itself. As for our record time in the IMT Des Moines Marathon? Just don't hold it against us.

PERSONAL | BUSINESS
imtins.com





DES MOINES MARATHON

NOTE FROM THE RACE DIRECTOR



Hi, everyone!

Welcome to the **IMT**

Des Moines Marathon Race
Weekend! I am incredibly excited
and honored that you chose this
event as your race destination.

Being born and raised in the Des Moines area,
I have a lot of pride in the city and the people who make it a community.
While you are here, please visit the second biggest farmers' market in the
country (just one block down), experience the up-and-coming culinary
scene, the miles of trails and family-friendly
landmarks in the heart of the city.

A special thank you to all the different agencies that
come together to make this a safe and fun race.
The City of Des Moines, Des Moines Parks and Recreation,
all the volunteers, race committee, sponsors, first responders,
and many, many more. I truly stand on your shoulders.

While you are here in my hometown, you are family! Please, if you see me
out and about, don't hesitate to ask me questions about the event or just
stop for a chat!

Happy running!

Much love!

Jake





TABLE OF CONTENTS

| | |
|-----------------------------------|-------|
| Event Schedule..... | 6 |
| DMOS Sports and Fitness Expo..... | 10 |
| MidAmerican Speaker Series..... | 11 |
| Race Day Info..... | 13 |
| Post-race Party..... | 16 |
| Maps..... | 17-26 |
| Pace Team..... | 21 |
| Banker's Trust Relay Info..... | 24 |
| Where to Watch..... | 32 |
| Children's Cancer Connection..... | 33 |
| Medical Info..... | 35 |
| Hydration Stations..... | 37 |
| Sponsors..... | 39-42 |



!?!?



WE HAVE THE "WHERE?!" FOR EVERY "WHAAAT!"
catchdesmoines.com/desbest

CATCH
DES MOINES

2023 EVENT SCHEDULE

Friday, October 13th

| TIME | EVENT | LOCATION |
|---------|---|---------------------------------|
| 3PM-8PM | DMOS SPORTS AND FITNESS EXPO <ul style="list-style-type: none">- PACKET PICKUP- VENDORS- BEER- MUSIC- MERCHANDISE- INFO TENT- MIDAMERICAN ENERGY SPEAKER SERIES | COWLES COMMONS 300 WALNUT ST |
| 6PM | ATHLETE BRIEFING | COWLES COMMONS |

Saturday, October 14th

| | | |
|----------|--|----------------|
| 10AM-6PM | DMOS SPORTS AND FITNESS EXPO <ul style="list-style-type: none">- PACKET PICKUP- VENDORS- BEER- MUSIC- MERCHANDISE- INFO TENT- MIDAMERICAN SPEAKER SERIES | COWLES COMMONS |
| 12PM | ATHLETE BRIEFING | COWLES COMMONS |
| 4PM | ATHLETE BRIEFING | COWLES COMMONS |

Sunday, October 15th

| | | |
|---------|--|----------------|
| 6AM-2PM | ADAMANTINE GEAR CHECK | COWLES COMMONS |
| 7:30AM | MORNING ANNOUNCEMENTS | COURT AVE |
| 8AM | IMT MARATHON START | COURT AVE |
| 8AM | IMT HALF MARATHON START | COURT AVE |
| 8AM | BANKERS TRUST RELAY | COURT AVE |
| 8:30AM | PRINCIPAL 5K START | COURT AVE |
| 9AM-3PM | POST-RACE PARTY | COWLES COMMONS |
| 12PM | MERCYONE CHILDREN'S HOSPITAL KIDS RUN | COURT AVE |





WE PUT OUR ENERGY INTO IOWA

We're a proud sponsor of the Des Moines Marathon. Great events build vibrant communities and add to the local economy and quality of life. That's why we work so hard to serve you and to make Iowa communities great places to live and work. Putting energy into the place you call home is important to us, because it's our home, too.

MidAmericanEnergy.com 





PRE-RACE PASTA DINNER SATURDAY 6PM

Join the amazing community of people who help put this incredible event together: Children's Cancer Connection, IMT Des Moines Marathon Pace Team, sponsors and special guests at the Pre-Race Pasta Dinner. It's a carbo-loading feast featuring Iowa products prepared fresh by the executive chefs at the Renaissance Hotel Savery.

- Saturday, October 14 at 6PM
- Renaissance Savery Hotel, 401 Locust Street
- Tickets available at walk-up registration



Unexpected injuries happen. Not all of them require a visit to the Emergency Room. At **DMOS Urgent Injury Clinics**, our orthopaedic specialists are highly trained and focused on developing personalized treatment plans to help alleviate pain and speed up recovery.

Our commitment is to help you get back to the activities you enjoy. Whatever your passion may be, we're here to support you and provide you with expert **orthopaedic care you can rely on.**

DMOS Urgent Injury Clinic - WDM

6001 Westown Pkwy, West Des Moines

Hours: Mon-Thurs: 10am-6pm

Fri: 10am-5pm Sat: 8am-12pm

DMOS Urgent Injury Clinic - Ankeny

350 NE 36th St, Ankeny

Hours: Mon-Fri: 7am-3pm

Saturday: 8am-12pm

LEARN MORE & VIEW CURRENT WAIT TIMES:

DMOS.COM/URGENTINJURY



DES MOINES
MARATHON

DMOS Sports and Fitness Expo

ATHLETE CHECK-IN

WHEN

Friday, October 13th 3PM-8PM
Saturday, October 14th 10AM-6PM

WHERE

DMOS Sports and Fitness Expo
Cowles Commons
300 Walnut St.
Des Moines, IA 50309

CHECK-IN STEPS

- Please bring your registration QR code
- Bring your state issued I.D.
- Pick up athlete race packet
- Pick up SWAG
- Remember, all athletes must pick up their own packets.

KICK-OFF TO RACE WEEKEND!

Home to athlete packet pick-up and walk-up registration for all IMT Des Moines Marathon races. The DMOS Orthopaedic Sports and Fitness Expo offers athletes and spectators an opportunity to celebrate the sport of running with like-minded individuals while featuring the latest in active apparel, accessories, products and more!

WHAT THE RACE PACKET INCLUDES

- Official race bib
- Timing chip (back of bib)
- Drink tickets (on bib)
- SWAG
- Giveaways

AVOID A TRIP TO THE ER.

DMOS Urgent Injury Clinics in West Des Moines and Ankeny specialize in treating your unexpected bone or joint injuries. No appointment needed.



EVERYTHING AN ATHLETE NEEDS.

Engineered Performance by DMOS specializes in providing athletes with elite performance training, physical therapy, injury recovery, and sports rehab.

ENGINEERED
PERFORMANCE
BY DMOS

☎ 515.224.1414

LEARN MORE AT [DMOS.COM](https://www.dmos.com)

MIDAMERICAN ENERGY SPEAKER SERIES

FRIDAY, OCTOBER 13

- 3PM Welcome, Creigh Kelley
- 3:30PM Sarah Jungers, Children's Cancer Connection
- 6PM ATHLETE BRIEFING

30-minute overview of the race and FAQ's. Grab a beer and join the briefing to have a stress-free race day! Don't be afraid to ask a question as well. This is your time to get as much information as possible.

SATURDAY, OCTOBER 14

- 10AM Welcome, Creigh Kelley
- 12PM ATHLETE BRIEFING
- 4PM ATHLETE BRIEFING

(Schedule as of press time; subject to change.)

WE PUT OUR ENERGY INTO **IOWA**

We're a proud sponsor of the IMT Des Moines Marathon. Great events build vibrant communities and add to the local economy and quality of life. That's why we work so hard to serve you and to make Iowa communities great places to live and work. Putting energy into the place you call home is important to us, because it's our home, too.



MidAmericanEnergy.com 

Champion's Standard
At Your Service





RUN MARKET TO MARKET.

HURRY!

REGISTER BY OCT. 20TH AT 11:59PM
WITH COUPON CODE "DSMRUNS"
TO SAVE \$50 AND SCORE YOUR
BONUS CAPTAIN'S GIFT OF \$60
M2M RELAY MERCH CREDIT!

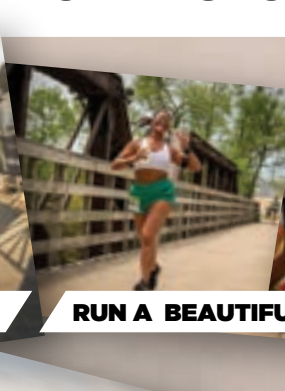
DISCOUNT VALID FOR
PUBLIC REGISTRATION ONLY.



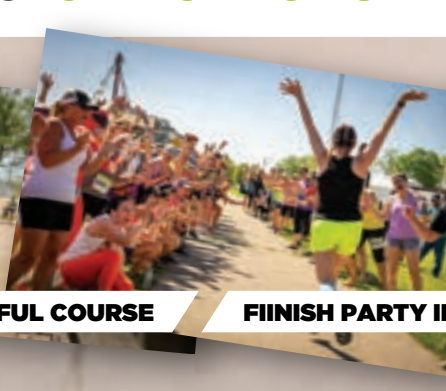
6-8 PERSON TEAMS. DIVIDE RUNNING 75 MILES.
18 RELAY EXCHANGES. **ONE UNFORGETTABLE DAY.**



START IN JEFFERSON



RUN A BEAUTIFUL COURSE



FINISH PARTY IN DOWNTOWN DES MOINES



RACE DAY IS SATURDAY, MAY 11, 2024
REGISTER NOW BEFORE IT SELLS OUT!

M2MRELAY.COM

RACE DAY INFO

RACE MORNING PROCEDURE

The IMT Des Moines Marathon, Half Marathon and Bankers Trust Marathon Relay will start at 8AM. 45 minutes prior to race start, corrals will open. Corrals are based on pace per mile time. Line up where you think you will finish your race.

WATER STATIONS

Water stations on course will be provided roughly every 1.5-miles. Each water station will have water and POWERADE. Water stations F and K will also have fruit and gels. Please bring with you what you have been training with!

GEAR CHECK

Gear check is offered to all participants. Simply fill your gear bag with the items you want after the race. **MAKE SURE TO PUT YOUR BIB NUMBER ON YOUR BAG.** To retrieve your items, show a volunteer your bib and they will grab your bag for you.

TIMING CHIP

Timing chips are on the back of your race bib! No need to do anything. It will start and end your time automatically once you cross the start and finish line. Just enjoy your race.

GEAR CHECK STICKERS PROVIDED AT EXPO



Apply Gear Check Sticker to Bag



FRESH PRODUCE

**DELIVERED TO YOUR
DOORSTEP!**



THE PRODUCE EXPERTS

We are a 75 year old, 3rd generation, family owned business in Norwalk, Iowa. We work with small and large companies across the US for their Workplace Wellness Initiatives, employee benefits, conferences, trainings, meetings, corporate gifting and more.

Check out our website to learn more about our Workplace Wellness options!

**SCAN
ME!**



Fresh produce delivered directly to your home. Free next day delivery available 5 days a week!



Shop our site for local dressings, cheeses, tofu, and more!



Large assortment of fresh fruit gift baskets - we can do bulk orders!



Workplace wellness fruit packs delivered directly to your workplace on a weekly or bi-weekly basis.



**Capital City Fruit - 1850 Colonial Parkway
Norwalk, IA 50211**

SEE YOU AT THE FINISH LINE!



POST-RACE PARTY!

WHERE

Cowles Commons
300 Walnut St.
9AM-3PM

Be sure to stick around after you finish your race for a slice of Casey's pizza and a complimentary beer. Listen to some live music, congratulate fellow runners, and relish in the fact that you just did something most people will never do! Kick your feet up – you deserve it!



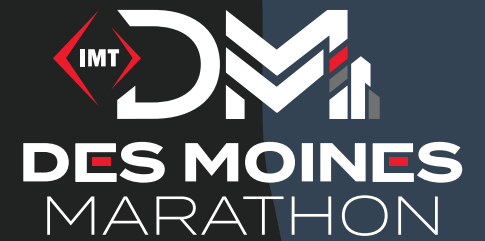
LIMITED TO FULL MARATHON, HALF-MARATHON AND RELAY DISTANCES ONLY.



IMT Des Moines Marathon Venue Map

desmoinesmarathon.com

Sunday, October 15, 2023



KEY

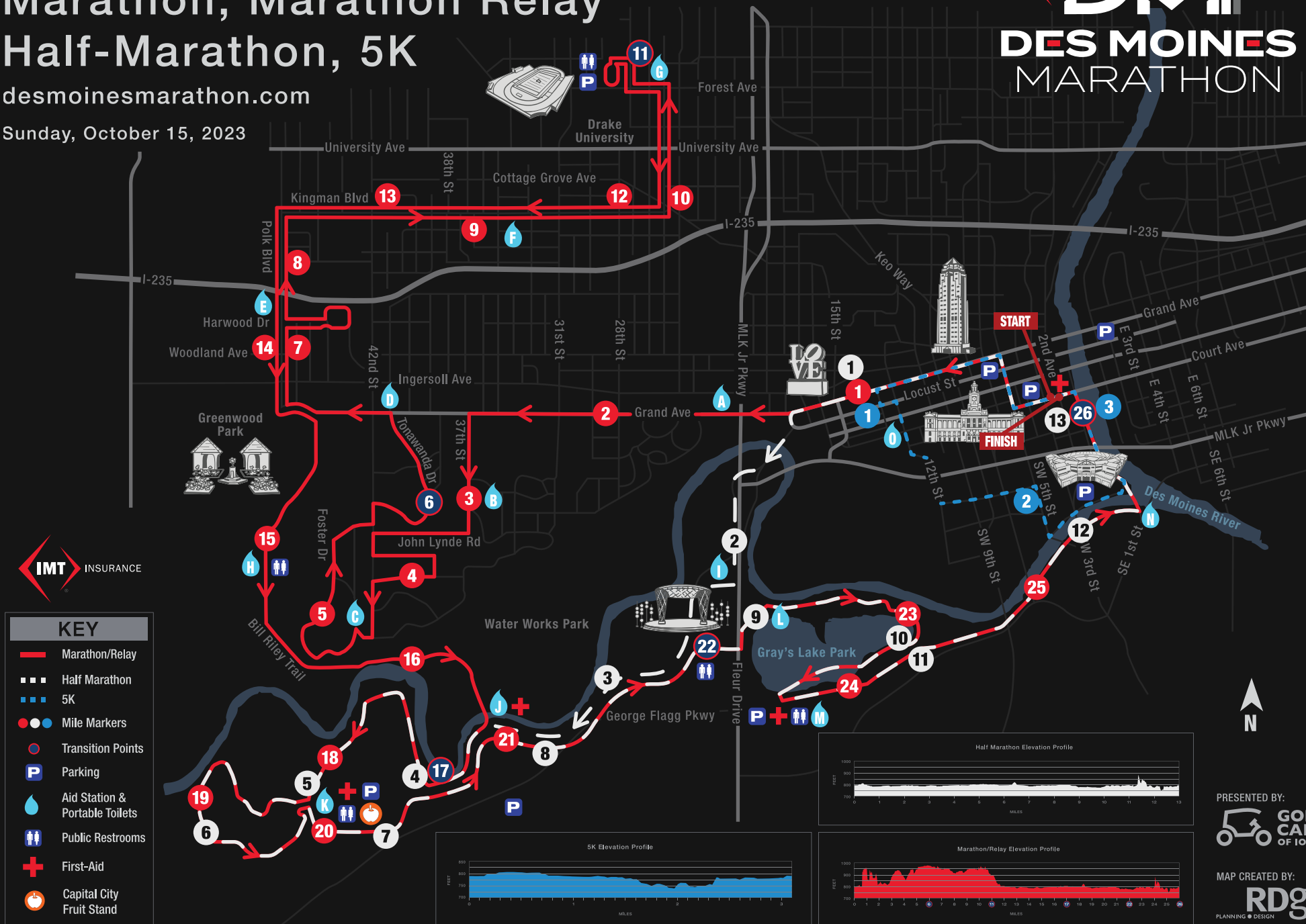
- Start / Finish Line
- DMOS Sports and Fitness Expo / Post-race Party
- Gear Check
- DMU Recovery Zone
- Portable Toilets
- First-Aid



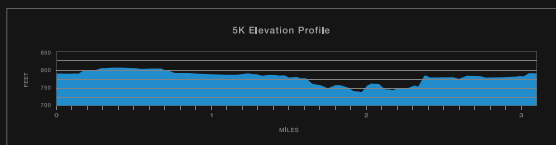
IMT Des Moines Marathon, Marathon Relay Half-Marathon, 5K

desmoinesmarathon.com

Sunday, October 15, 2023



| KEY | |
|-----|--------------------------------|
| | Marathon/Relay |
| | Half Marathon |
| | 5K |
| | Mile Markers |
| | Transition Points |
| | Parking |
| | Aid Station & Portable Toilets |
| | Public Restrooms |
| | First-Aid |
| | Capital City Fruit Stand |



PRESENTED BY:
 GOLF CARS OF IOWA

MAP CREATED BY:
 RDg...
PLANNING • DESIGN



Iowa's Running, Walking and Fitness Experts Since 1984.

FITNESS **SPORTS**

- personalized fitting process
- video gait analysis
- running coaching services

runners get 10% off in store with your race bib or medal

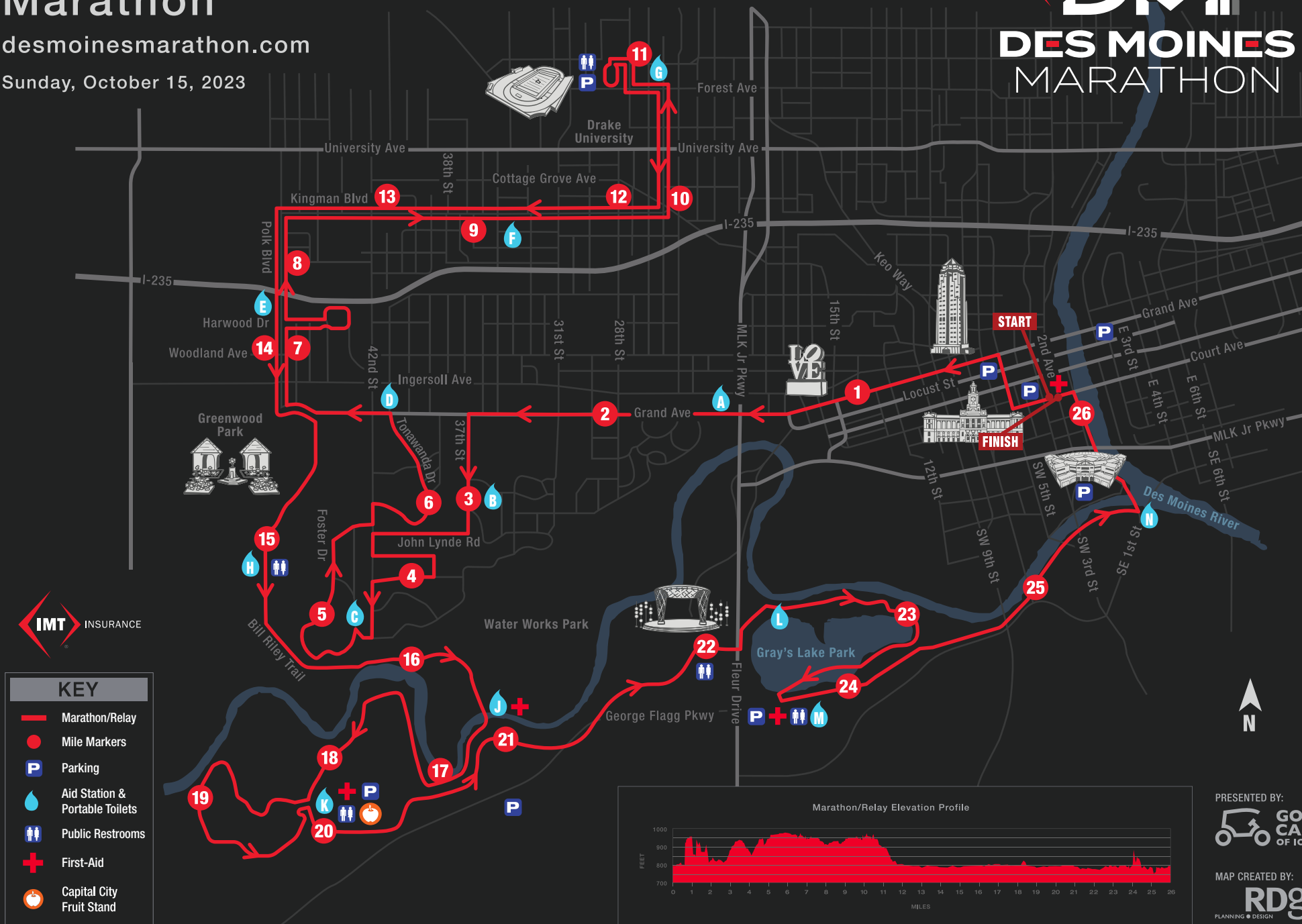


www.fitnesssports.com

IMT Des Moines Marathon

desmoinesmarathon.com

Sunday, October 15, 2023



PACE TEAM



(Team as of press time; subject to change.)

You do not need to sign up to run with an IMT Des Moines Marathon Pace Team presented by Fitness Sports. Just look for pace signs in the start line

MARATHON

| | | |
|----------------------------|------------------------------|------------------------------|
| 3:00 Evan Fry | 3:40 Jay Udey | 4:20 Justin Theruner |
| 3:10 Scott Wilmes | 3:45 Michael Wilson | 4:35 Clint Jones |
| 3:20 Khris Vickroy | 3:50 Bill Garrett | 4:50 Gwen Thomas |
| 3:25 Jesse Veenstra | 3:55 Andy Bernholtz | 5:05 Ashley Gramza |
| 3:30 Nick Elliot | 4:00 Jim Thornton | 5:20 Julie Lindgren |
| | 4:05 Jeremy Feitelson | 5:20 Tom Perri |
| | | 5:30 Kristina Funseth |

HALF MARATHON

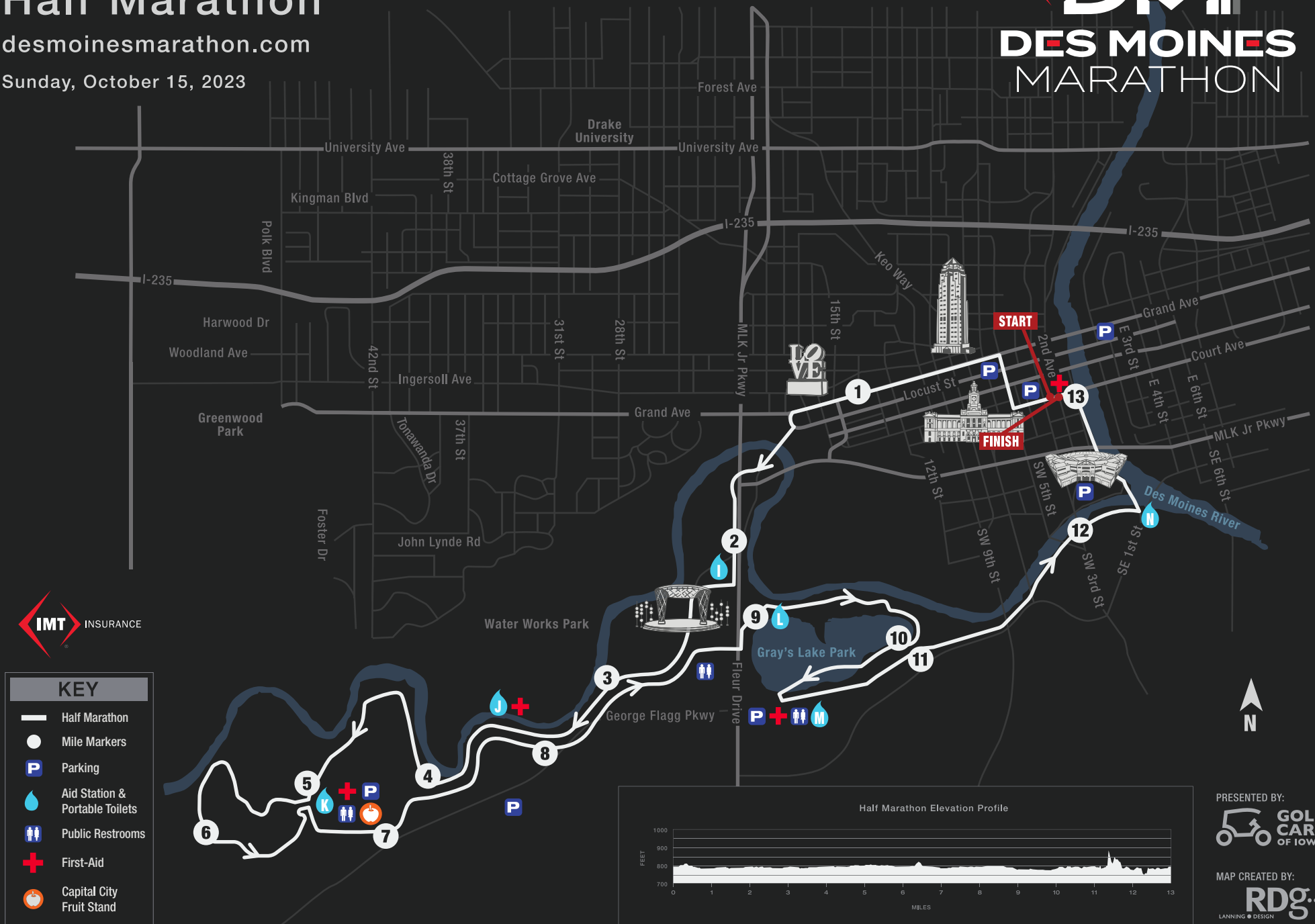
| | | |
|----------------------------|--------------------------------|----------------------------|
| 1:30 Brock Johnson | 1:50 Brian Palmer | 2:30 Katy Muelhaupt |
| 1:35 Kevin Brown | 2:00 Bikal Adhikari | 2:45 Melissa Hart |
| 1:40 Paxton Bennett | 2:10 Carrie Van Quathem | 3:00 Penny Terwerp |
| 1:45 Shane Fantz | 2:20 Lisa Rippe | |



IMT Des Moines Half Marathon

desmoinesmarathon.com

Sunday, October 15, 2023





**A podcast featuring
conversations with
nonprofit leaders.**



BankersTrust®

Member FDIC

LISTEN NOW AT BankersTrust.com/CommunityDifferenceMakers

MARATHON RELAY INFO

LET ME GUESS....

You were talked into doing this relay by a high-energy friend that isn't too worried about all the details. But you are. Or even better, a friend that had something pop up and couldn't make it and now you are in the dark with so many questions. How does this work? Where do we park? Where do we exchange? Do we each pick up our bibs? No need to worry, you are in the right place! All the information you need for a smooth, fun-filled day with your running buddies is below.

CHECK-IN PROCEDURE

All members of the relay must be present to get the relay packet. Members cannot pick up other members packets. This is for the safety and legality of the event. There will be a relay check in table. Go there and present your ID to receive your bib. A relay will be assigned one number. Grab your swag and a beer!

DRIVING AND PARKING

Each relay team is to drive 1 car as the team vehicle. A parking pass will be in the race packet for the relay team. Please keep this visible so you can get to the next relay exchange zone freely. Scan the QR Code for driving directions.



EXCHANGE ZONES

Roughly every 5-6 miles, there is a relay exchange zone. Runners **MUST** exchange their timing chips within these zones. Exchange zones will be clearly marked with barricades and flags. Please be aware of other runners while you wait for your team member and try not to impede the race course. The final exchange zone is 2 blocks from the finish line. The entire team is to meet there and finish together! Don't have a 5-person relay? No big deal! Figure out which exchange zone you want to switch out and do it there. You can do every other if you wanted to! The world is your oyster. Just make sure to exchange that timing chip at the zones.



Banker's Trust Marathon Relay

desmoinesmarathon.com

Sunday, October 15, 2023



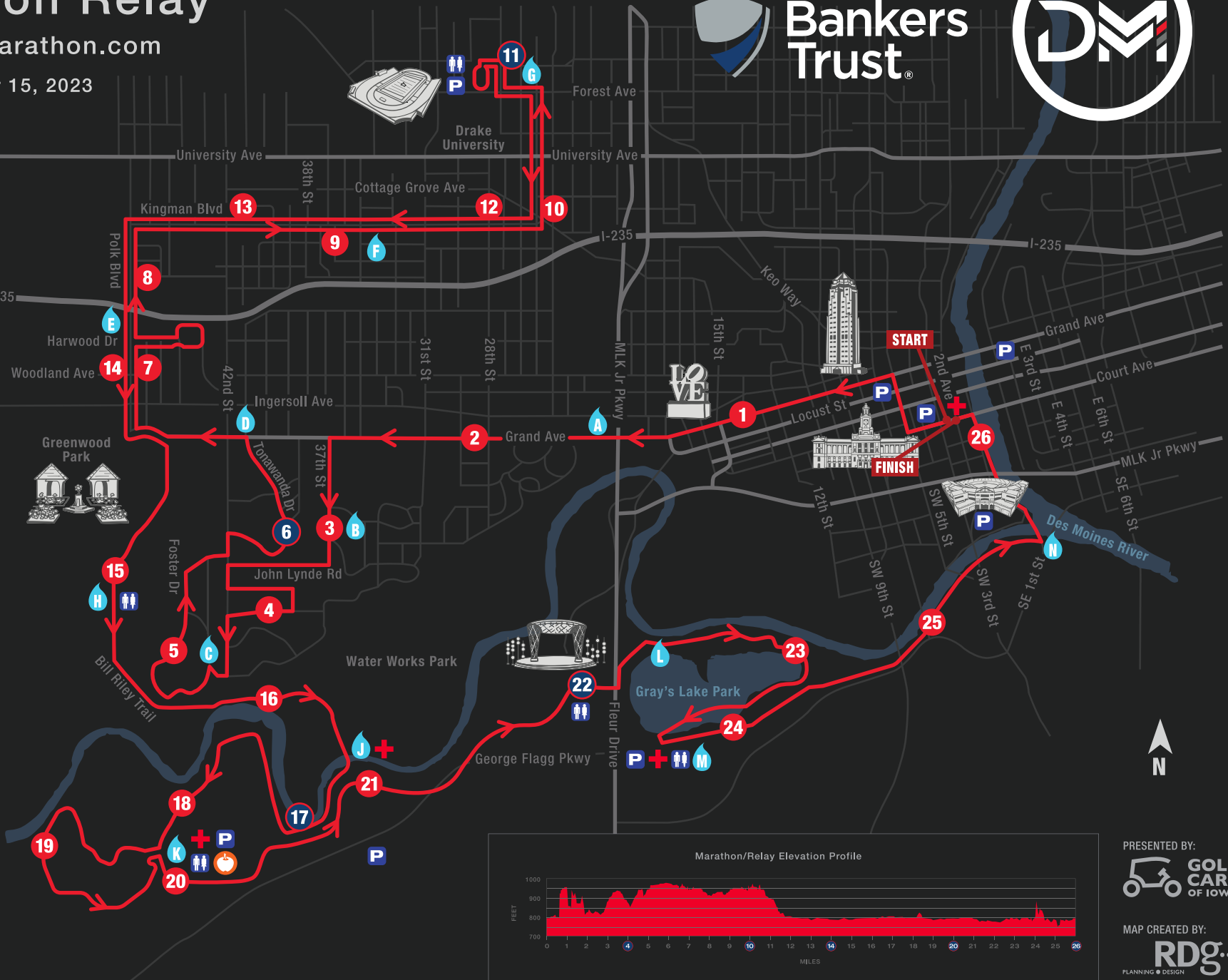
Bankers
Trust®



Bankers
Trust®

KEY

- Marathon/Relay
- Mile Markers
- Transition Points
- Parking
- Aid Station & Portable Toilets
- Public Restrooms
- First-Aid
- Capital City Fruit Stand



PRESENTED BY:



MAP CREATED BY:



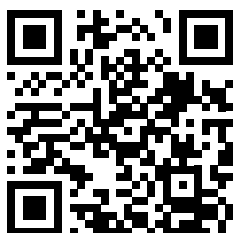
PLANNING • DESIGN

2023-2024 IOWA WILD HOME OPENER

FRIDAY, OCT. 13 • 7PM | WELLS FARGO ARENA

RECEIVE A FREE TICKET TO THE GAME – ALL FRIENDS & FAMILY ARE ABLE
TO PURCHASE DISCOUNT \$19 TICKETS THROUGH THIS OFFER

SCAN
FOR TICKETS



#ITSTARTSINDSM



Sunday, October 15, 2023



NEW!
¡NUEVO!

THE REHYDRATION CHAMP IS HERE

EL CAMPEÓN DE LA REHIDRATACIÓN ESTÁ AQUÍ



**2,290MG OF
ELECTROLYTES**
2,290MG DE ELECTROLITOS



**IMMUNE
SUPPORT***
APOYO INMUNOLÓGICO



**NO ARTIFICIAL
SWEETENERS OR DYES**
SIN ENDULZANTES O COLORANTES ARTIFICIALES



LEARN MORE
APRENDE MÁS



*WITH ZINC & VITAMINS B & C

© 2023 BA SPORTS NUTRITION, LLC. ALL RIGHTS RESERVED.

I-35 CHALLENGE INFO

DEAR BADA** RUNNER...

IT TURNS OUT THAT ONE RACE ISN'T ENOUGH FOR YOU, HUH? SO, YOU DECIDED TO RACE 2 BACK-TO-BACK RACES. I DON'T KNOW WHETHER TO APPLAUD OR MAKE YOU A THERAPY APPOINTMENT. EITHER WAY, IT'S QUITE THE UNDERTAKING! AND I AM SURE YOU HAVE MANY QUESTIONS...

CHECK-IN PROCEDURE

You will have the same check-in procedure as all the other events. Please bring your ID to get your packet.

EXTRA SWAG

Since Des Moines is the first stop this year for the I-35 challenge, you will only be getting your Challenge t-shirt here. Once you complete Des Moines and Kansas City, you will receive your extra medal! That means, once you finish your race here in Des Moines, you will only collect the Des Moines medal. After you finish your race in KC, you will collect both the KC medal and Challenge medal.





CREATE. MEANING. TOGETHER.

Anything we achieve, we achieve as a collective.
Our shared resolve compels us to create inclusive
and meaningful environments that serve our clients
and communities well.

Explore our new digital landscape at rdgusa.com.

RDg...
PLANNING • DESIGN

MERCYONE CHILDREN'S HOSPITAL KIDS RUN

RACE DAY PROCEDURE

Kiddo's will check in starting at 11AM on Sunday, October 15th at the finish line. Here, they will create their own bib and line up according to age. For the kids to get their bib, a legal guardian must be present.

This year, the kids' race will start and end at the main finish line for the marathon! They will experience all the buzz and excitement of the Court Ave finish line.

We will start the kids race right at 12PM with only a single wave. Kids will run and out-and-back on Court Ave and turnaround according to their abilities. The furthest turnaround point will be Water St.

We're with you **every step of the way**

When it comes to living your best life, your children are the center of your universe. When an accident turns into an emergency, your child needs complex surgery or just has an everyday boo-boo, turn to MercyOne Children's Hospital and our pediatric experts. We're devoted to providing personalized care to Iowa's kids every time.



[MercyOne.org/ChildrensHospital](https://www.MercyOne.org/ChildrensHospital)

MERCYONE
Children's Hospital





We're with you every step of the way

When it comes to living your best life, your children are the center of your universe. When an accident turns into an emergency, your child needs complex surgery or just has an everyday boo-boo, turn to MercyOne's pediatric experts and the MercyOne Children's Hospital. We're devoted to providing personalized care to Iowa's kids every time.

MERCYONE
Children's Hospital

Your best life. Our one purpose.

WHERE TO WATCH

DRAKE UNIVERSITY

The Marathon route visits the Drake University campus and Drake Stadium at mile 10. Check out the famous blue oval!

WATER WORKS PARK

The Half Marathon settles into the middle miles of the race, while the Marathon arrives via the Bill Riley Trail. Fleur Drive will be closed between Ingersoll Avenue and George Flagg Parkway. The best way to reach the park is via Park Avenue and George Flagg Parkway.

GRAYS LAKE PARK

Marathon and Half Marathon athletes enter Grays Lake Park for a 2-mile paved loop around the lake. Park in the southwestern parking lot, accessible from Fleur Drive and George Flagg Parkway.

MULLETS

Park at Principal Park and walk a block or two to catch the end of the race at Mullets, a great spot for a cold beverage!

COURT AVENUE

Start and finish for the races and the Court Avenue Post-Race Block Party.

PARKING

City ramps are open on weekends. You can also park on the street or at Principal Park. NOTE: Meters in the Downtown Des Moines area charge on Fridays and Saturdays from 9AM to 9PM.

ROAD CLOSURES

Many downtown streets and bridges are closed on race day. Additional roads will be closed Saturday for the Downtown Farmers' Market. Find a map of road closures at DesMoinesMarathon.com.

SPECTATOR TIPS

- Don't drive or park your vehicle on the course.
- Bring a blanket, lawn chair, and sign or noisemaker.
- Cheer with enthusiasm. Offer encouragement.
- Whatever you do, HAVE FUN!





Children's Cancer
CONNECTION[®]

*Providing opportunities
that encourage
relationships and
strengthen community for
Iowa families affected by
childhood cancer*



Learn more at
childrenscancerconnection.org



Children's Cancer Connection:



Serves 780+ families
annually through
60+ free programs

Provides in-hospital
resources, support
programs and outings



Hosts hundreds of campers
across six Camp Heart
Connection offerings



SCAN FOR WEBSITE



DES MOINES
MARATHON

CHILDREN'S CANCER CONNECTION

Statewide nonprofit Children's Cancer Connection (CCC) is the IMT Des Moines Marathon's official charity partner. Since 1988, CCC has connected families across Iowa who are affected by childhood cancer, by providing opportunities which encourage relationships and strengthen community.

CCC serves nearly 750 families throughout the state of Iowa through more than 60 programs annually. The organization serves the entire family for the entire journey, meaning it supports the child diagnosed with cancer, siblings, and parents, regardless of treatment outcome.

CCC's three areas of service include Camp Heart Connection, support programs and outings, and the My Journey Series.

Free Camp Heart Connection camps include Family Camps, Oncology and Sibling Camps, Day Camps and Teen Camps. Through traditional camp activities such as horseback riding, zip-lining, climbing, archery, and arts and crafts, as well as through CCC specials such as Wish Night, hair-cutting/donating and Aunt Fifi, kids affected by cancer and their siblings have a week-long escape each year to just be kids. Shorter camps for families and teens provide similar experiences.

Support programs and outings feature Teen Hangouts, Teen Lock-Ins,

Kids Club and Exploration Expedition, during which participants get to have fun and connect with others going through similar journeys. CCC offers Comfort Connection for bereaved parents and Empowering Scholarships for CCC students. Various statewide family outings are also offered year-round.

CCC's My Journey Series features hospital- and clinic-based programs, which include the My Journey Book, Beads4Bravery®, the Courage Store at Blank Children's Hospital and more. These resources inform newly diagnosed families and help the tough days during treatment seem a little easier.

WAYS TO SUPPORT:

- Donate at childrenscancerconnection.org.
- Sponsor a CCC fundraising event or support program.
- Volunteer at an event, at camp or in the office.
- Shop from CCC's program wishlists.
- Adopt a family during the Winter Wishes program.

CHILDREN'S CANCER CONNECTION

5701 Greendale Road
Johnston, IA 50131

childrenscancerconnection.org

515-243-6239

info@childrenscancerconnection.org



DES MOINES
MARATHON

MEDICAL INFORMATION

MEDICAL PLAN The DMM Emergency Medical Situation (EMS) plan's primary focus is any participant entering a Medical Station. The Hawkeye Medical Service Medical Team will provide basic first aid and support. (Band-Aids, blisters, and ice). Hawkeye Medical Service staff will be stationed within each Medical Station and request an EMS course dispatch to handle more significant concerns.

WEATHER PLAN The Emergency Alert System (EAS) is a national public warning system that allows the command post to address the race director within 10 minutes during a national emergency. State

and local authorities may also use the system to deliver important emergency information, such as weather information and imminent threats. Information will be conveyed to athletes on the course via ARES radio operators at the water stations, the IMT DMM app, and social media channels.

RACE RECOVERY Des Moines University providers, including physical therapy, foot and ankle, and osteopathic manual medicine, are available in the post-race recovery area to conduct screenings and offer care to help aid your recovery. Look for the DMU Recovery Zone on Fourth Street following the race.



*The Preferred Provider for
Physical Therapy, Athletic Training
and Sports Performance*

**CALL TODAY TO
SCHEDULE AN
APPOINTMENT!**

Two GRAND locations for all your physical therapy and athletic training needs

WEST DES MOINES

Our new location in the MidAmerican Energy RecPlex

6500 Grand Avenue, Suite 110, West Des
Moines 515.271.7802 //
dmu.edu/clinic/recplex

offering physical therapy, performance and recovery
services

DES MOINES

Our long-established clinic near downtown

3200 Grand Avenue, Des Moines
515.271.1717 // dmu.edu/clinic/physical-therapy

offering physical therapy services



PEAK PERFORMANCE STARTS HERE.

DES MOINES UNIVERSITY CLINIC
PHYSICAL THERAPY
IN THE RECPLEX



DMU.EDU/RECPLEX

HYDRATION STATIONS

Hydration Stations line the IMT Des Moines Marathon courses every 1.5-miles. Be sure to thank the volunteer groups below as you pass by!

- IMT Insurance
- Kum & Go
- Dallas Center-Grimes XC
- Dam to Dam
- Capital Striders
- Johnston High School XC
- North High School XC
- Roosevelt High School XC
- Bergman Academy
- Lincoln High School XC
- My Happy Place
- Children's Cancer Connection
- Water Works Park Foundation
- Iowa State Dance Marathon

GOOD LUCK
RUNNERS!

We have a cold one
waiting for you at the
finish line!



NEW

NOW WITH
50%
MORE
ELECTROLYTES*
VS GATORADE
THIRST QUENCHER



*Per 12 fl oz: Powerade - 240mg (Sodium), 80mg (Potassium); Gatorade Thirst Quencher - 160mg (Sodium), 50mg (Potassium). © 2023 The Coca-Cola Company.

SPONSORS

TITLE SPONSORS



MEDIA SPONSORS

CATCH
DES MOINES

PRESENTING SPONSORS



SUPPORTING SPONSORS



SPONSORS (CONTINUED)

PARTICIPATING SPONSORS



WILLIS AUTOMOTIVE



RACE DAY PARTNERS



CHARITY PARTNERS

