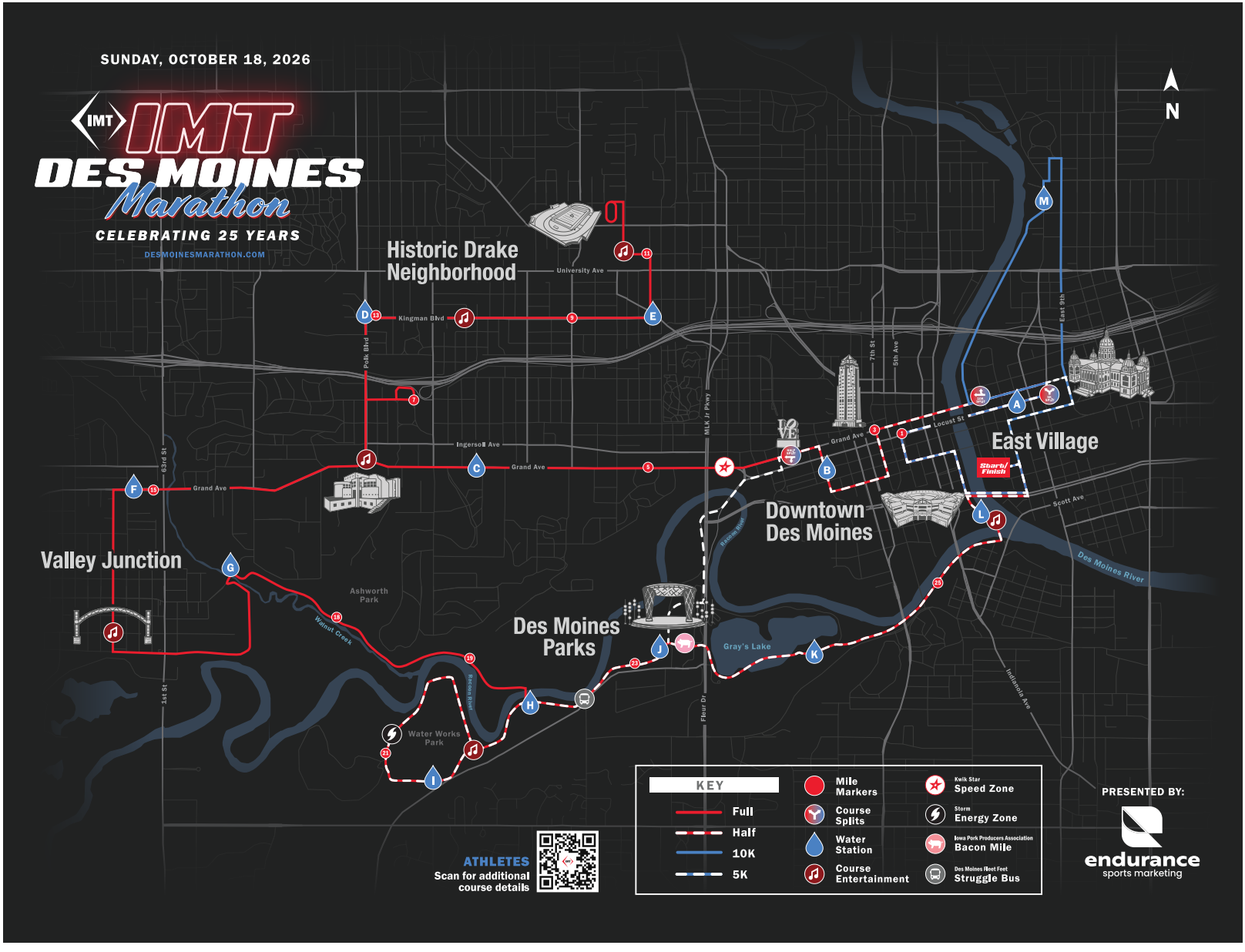
SUNDAY, OCTOBER 18, 2026
IMT
DES MOINES
Marathon
CELEBRATING 25 YEARS
DESMOINESMARATHON.COM
N
Historic Drake Neighborhood
University Ave
Kingman Blvd
Polk Blvd
Ingersoll Ave
Grand Ave
63rd St
Valley Junction
Ashworth Park
Walnut Creek
1st St
Water Works Park
Raccoon River
Des Moines Parks
Gray's Lake
MLK Jr Pkwy
Fleur Dr
Downtown Des Moines
7th St
5th Ave
East 9th
Locust St
East Village
Shark Finish
Scott Ave
Des Moines River
Indianola Ave
KEY
Full
Half
10K
5K
Mile Markers
Course Splits
Water Station
Course Entertainment
Kwik Star Speed Zone
Storm Energy Zone
Iowa Pork Producers Association Bacon Mile
Des Moines Fleet Feet Struggle Bus
ATHLETES
Scan for additional course details
PRESENTED BY:
endurance
sports marketing