

# IRONMAN DES MOINES 2022 PARKING AND SHUTTLE INFORMATION



## IMPORTANT NOTES:

- It is a 1.4 mile walk from parking to transition and a 1 mile walk from parking to swim start. Be sure to allow enough time.
- If you plan on walking from downtown to transition or the swim, we encourage you to take the path from MLK and utilize the Chris and Marcie Coleman Bridge which will take you directly to Gray's Lake.
- Google Maps and Waze will account for road closures and detours on race morning. Please note that Fleur Drive will be closed all day on 6/12.

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## RACE DAY MORNING SHUTTLES

- 10 Buses
- Running from Cowles Commons (Athlete Village) to Water Works Park (Transition)
- Arrive at 3:00 a.m.
- Shuttles run from 3:30 - 5:30 a.m.
- For both athletes and spectators

## RACE DAY AFTERNOON SHUTTLES

- 5 Buses
- Running from Bell Avenue Parking Lot to Water Works Park
- Arrive at 3:00 AM
- Shuttles run from 3:30 - 5:30 a.m.
- For both athletes and spectators

## RACE DAY EVENING SHUTTLES

- 4 Buses
- Running from Water Works Park (1) Bell Avenue Parking Lot then (2) Cowles Commons
- Shuttles run from 9 a.m. - Noon
- For both athletes and spectators