



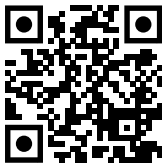
IRONMAN 70.3 Des Moines will take place **Sunday, June 9, 2024**. This triathlon is a huge win for our community, bringing more than \$4 million in economic impact and showing off our city to many first-time visitors! This letter is to inform you of the road closures, detours, and impact this race will have on the traffic near your home or business.

**In order to protect the athletes and volunteers participating in this event, there will be road closures and partial road closures along the race route that range in time from 4 a.m. to Midnight. More details are provided in the maps and outline below. We recognize the inconvenience this may have on your travel plans and appreciate your understanding and assistance in making sure this is a safe event as we showcase our community through a world-class sport.**

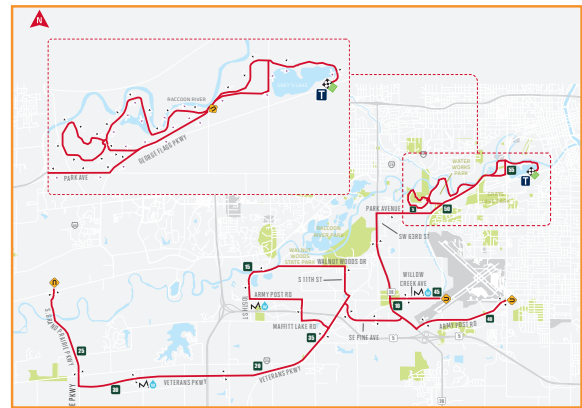
There will be significant law enforcement support provided along the route and stationed at all major intersections helping to guide traffic. In addition, flaggers and volunteers will be wearing orange safety vests and assisting with traffic control.

Course maps as well as road closure times and detours can be found online at [catchdesmoines.com/ironman](https://catchdesmoines.com/ironman)

## BIKE COURSE TRAFFIC IMPACT

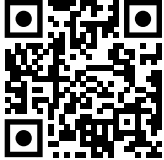


SCAN FOR  
ONLINE  
MAP



BIKE COURSE ROAD CLOSURES:		
Fleur Drive	Between Bell Avenue and MLK	6:30 a.m. – 4 p.m.
George Flagg Parkway	Fleur Dr to Park Ave	6:30 a.m. – 1 p.m.
Park Avenue	George Flagg Pkwy to Hwy 28	7 a.m. – 1 p.m.
Highway 28	Park Ave to Hwy 5	7 a.m. – 1 p.m.
Veteran's Parkway	SE Willow Creek Dr to S Grand Prairie Pkwy · Detour route: 105th or Adams St	7 a.m. – Noon
S Grand Prairie Parkway	Veterans Pkwy to Raccoon River Dr · Vehicles will be allowed in between cyclists and directed towards 105th St	7 - 11 a.m.
Walnut Woods Drive	S 11th St to Army Post Rd · Vehicles will be directed to the East where police will allow them to cross between cyclists	7 – 10 a.m.
Pine Ave	Hwy 28 to Veterans Pkwy	7 a.m. - Noon
Maffit Lake Rd	S 22nd St to Veterans Pkwy	7 – 10:30 a.m.
Army Post Rd	SW 105th St to S 22nd St	7 – 10 a.m.
S 11th St	Walnut Woods Dr to Veterans Pkwy	7 – 9:30 a.m.
Willow Creek Ave	Hwy 28 to Turn Around	8 a.m. – 12:30 p.m.
Army Post Rd – 2nd Section	Hwy 28 to Fleur Dr	8 a.m. - 12:30 p.m.
SE 35th St	IA – 5 to Army Post Rd	7 – 10 a.m.

# RUN COURSE TRAFFIC IMPACT



SCAN FOR  
ONLINE  
MAP



## RUN COURSE CLOSURES:

Water Works Park	All Roads within Water Works Park	7 a.m. – 4 p.m.
Kruidenier Trail	Entire loop around Gray's Lake	6 a.m. – 4 p.m.
Fleur Drive	Between Bell Ave. and MLK	6:30 a.m. – 4 p.m.
Locust Street	Fleur Dr to 5th Ave	9:30 a.m. – 4 p.m.
5th Avenue	Locust St to Cherry St	10 a.m. – 4 p.m.
Court Ave	5th Ave to 3rd St	6 a.m. – 10 p.m.
4th St	Court St to Walnut Ave	6 a.m. – 6 p.m.
Walnut Street	4th St to 3rd St	Monday, June 3 at 8 a.m. to Monday, June 10 at 8 a.m.
Meredith Trail	Fleur to Jackson Ave Bridge	6 a.m. - 4 p.m.

## FREEWAY RAMP IMPACTS

IA - 5	On and Off Ramps at Veterans Pkwy	7 – 11:30 a.m.
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We are excited to be hosting this IRONMAN event and to support these athletes in their 70.3-mile journey. We appreciate your flexibility and support of this event and encourage you to reach out with any questions or concerns you may have.

Thank you – Catch Des Moines and IRONMAN 70.3 Des Moines

For questions, concerns, or issues, please contact (515) 699 - 3469.

For more event information, visit [catchdesmoines.com/ironman](http://catchdesmoines.com/ironman).

**CATCH**  
**DES MOINES**