



IRONMAN 70.3 Des Moines will take place **Sunday, June 8, 2025**. 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.**

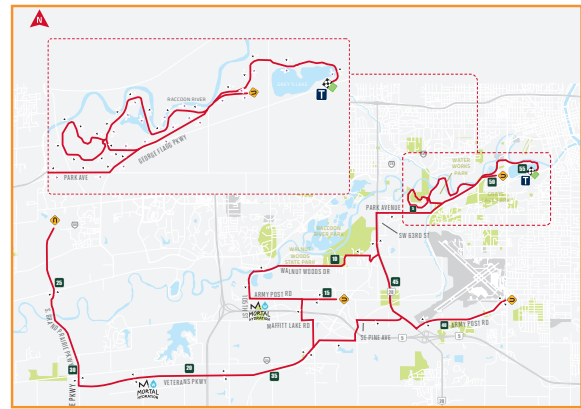
There will be significant law enforcement support provided along the route and stationed at all major intersections helping to guide traffic. In addition, flaggers and volunteers will be wearing orange safety vests and assisting with traffic control.

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 M.L.K. Jr. Parkway	6:30 a.m. – 1:30 p.m.
George Flagg Parkway	Fleur Drive to Park Avenue	6:30 a.m. – 1 p.m.
Park Avenue	George Flagg Parkway to Highway 28	7 a.m. – 1 p.m.
Highway 28	Park Avenue to Highway 5	7 a.m. – 1 p.m.
Veteran's Parkway	Brown's Wood Drive to Highway 28	7 a.m. – 1 p.m.
Army Post Road	S 22nd Street to Veteran's Parkway	7 – 10:30 a.m.
Muffitt Lake Road	S 22nd Street to SE Maffitt Lake Court	7 – 10:30 a.m.
Veteran's Parkway	Route 45 to SW Grand Prairie Parkway	7:30 a.m. – 12:05 p.m.
SW Grand Prairie Parkway	Veteran's Parkway to Stagecoach Drive	7:30 – 11:30 a.m.
SE Soteria Avenue	SW 72nd Avenue to the Soteria Church entrance	8 a.m. – 12:05 p.m.
Route 28	SW Pine Avenue to Army Post Road	8 a.m. – 12:45 p.m.
Army Post Road	Route 28 to Fleur Drive	8 a.m. – 12:45 p.m.
Willow Creek Avenue	Closed @ Route 28	8:15 a.m. – 1 p.m.
SW Leland Avenue	Closed @ Route 28	8:15 a.m. – 1 p.m.
SW Mckinely Avenue	Closed @ Route 28	7 a.m. – 1 p.m.
Water Works Park	All Roads within Water Works Park	7 a.m. – 4 p.m.

# RUN COURSE TRAFFIC IMPACT



SCAN FOR  
ONLINE  
MAP



## RUN COURSE CLOSURES:

Meredith Trail	Between Bell Avenue and M.L.K. Jr. Parkway	6:30 a.m. – 1:30 p.m..
Kruidenier Trail	Fleur Drive to Park Avenue	6:30 a.m. – 1 p.m.
River Pathway	From Jackson Street Bridge to Principal Park	8 a.m. – 12:30 p.m.
SW Water Street	Line Drive to River Path	8 a.m. – 12:30 p.m.
Line Drive	SW 2nd Street to SW Water Street	8 a.m. – 12:30 p.m.
West Parking Field	Principal Park	8 a.m. – 12:30 p.m.
Walnut Street	4th Street to 3rd Street	Monday, June 2nd, at 8 a.m. – Monday, June 9th, at 8 a.m.
Court Avenue	5th Avenue to 3rd Street	Saturday, June 7th, at 6 a.m. – Sunday, June 8th, at 10 p.m.
4th Street	Court Street to Walnut Avenue	6 a.m. – 6 p.m.

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**