



Downtown and 5K Race Route



About the Race

Iowa's Distance Classic is one of the best races in America. The Half Marathon & 5 kilometer along with free youth runs make for a perfect day in Iowa's Capital City.

Race Day - Check Out the Action!

5:00 a.m. - Half Marathon buses load up in the dark for Saylorville Dam

7:00 a.m. - Half Marathon start with a view of the downtown

8:15 a.m. - Music, food & festivities at the finish area

9:30 a.m. - 5K starts on Locust, adjacent to the Library

9:45 a.m. - Half Marathon award ceremony & introduction of the honorary race director

10:40 a.m. - Youth runs start on Locust, finish at 12th.

Course maps & downtown parking locations enclosed

Thanks to our Sponsors



CONTRIBUTORS • Cerebral InfoTech • FASTSIGNS • Iowa Cold Storage • Jolesch Enterprises • Markey's Audio-Visual
 • Midwest Ambulance Service of Iowa • New U Yoga • Noodles & Company • Splash Seafood Bar & Grill • Smokehouse Catering • UnityPoint Health - Des Moines

38th Annual Dam to Dam - Iowa's Distance Classic!

■ Half Marathon & 5k runners please line up according to pace signs - be fair to other runners. Slower runners who get ahead of faster runners create a severe hazard.

■ Wear your assigned race number on the front of your shirt or shorts. Pin each of the four corners of your race number. Do not cut, fold or bend your race number - it is your timing chip.

■ Dam race rules prohibit running with a number not assigned to you. Any runners not wearing the correct race number will be disqualified & asked to not run Dam to Dam in the future.

■ No early starts; all entrants must start with the gun. Failure to do so will result in disqualification.

■ For the courtesy of all runners: bikes, baby joggers, dogs, in-line skates or unregistered entrants are not allowed on the race course.

■ The Half Marathon & 5 kilometer race merge on East 4th Street.

■ Bike Valet services are provided for spectators at 12th & Grand.

Half Marathon

Saylorville Dam 7 a.m.

■ Bus transportation is the only way to get to the start. Buses leave from Nationwide Insurance (Locust & 10th), Merle Hay Mall (North side) & DMACC-Ankeny (SW corner) 5:00 to 5:45 a.m. There is no vehicle parking or drop off parking at the Saylorville Dam area!

■ Transportation is only available prior to the race. There are no return buses to DMACC or Merle Hay Mall after the race.

■ At the start there are over 150 portable toilets. While water is available at the start, bringing your own water is advisable. Know your own hydration needs & drink to replace fluids that you lose during the race. No bag drop service provided.



■ The course is well monitored with every mile marked. There are 10 aid stations at 2, 3.5, 4.5, 6, 7.5, 8.5, 10, 11, & 11.75. At 3.5, 4.5, 7.5 & 10 miles, there will be Powerade. Each water station has portable toilets.

■ Timing & course control of Half Marathon runners will stop at 3 hours 15 minutes. After the time limit please run on sidewalks; the race & city appreciate your assistance.

■ Finishers will receive a special Dam to Dam medal. Water & Powerade is near the finish line. Food & refreshments are provided on 12th, 13th & Locust streets. Be prepared to show a photo ID to receive alcohol.



■ Results will be posted at SW corner of 12th & Locust on the Nationwide Insurance building. Results will be posted at DamtoDam.com at 1:00 p.m. If you win a age-division award, please pick it up at the awards tent north of the posted results.

5 Kilometer

Downtown Des Moines at 9:30 a.m.

■ The start of the 5 kilometer is 9:30 a.m. on Locust, adjacent to the Library. There are over 70 portable toilets located west of the start on 13th Street.

■ The course has 1 water station. The 5 kilometer race will merge with Half-Marathon on East 4th Street. Timing & course control of 5 kilometer runners will stop at one hour.

■ Water is provided near the finish line. Food & refreshments are provided on 12th, 13th & Locust streets. Be prepared to show a photo ID to receive alcohol.

■ Results will be posted at SW corner of 12th & Locust on the Nationwide Insurance building. Results will be posted at DamtoDam.com at 1:00 p.m. If you win a age-division award, please pick it up at the awards tent north of the posted results.

Youth runs

Start at 10:30 a.m.

■ The start of the 100-meter for 1-6 year olds is on Locust, adjacent to the Library. Look for large signs on the street, line up according to age.

■ The start of the 200-meter for 7-9 & 10-12 year olds is on Locust, adjacent to Centro. Look for large signs on the street, line up according to age.

■ The finish line is at 12th & Locust. All finishers will receive a special Dam to Dam participation award.

