



Race Day Action

5:00 a.m. - Buses load up in the dark for Saylorville Dam

7:00 a.m. - 20k starts with a view of the downtown

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

9:45 a.m. - 20k very short award ceremony

11:00 a.m. - Finish line closes

12:00 noon - the last DAM race is done

Race Instructions

- **Race Bib** - - wear your assigned race number. Dam race rules prohibit running with a number not assigned to you. You must have a race bib to board the buses, run on the course, enter the finish area and to receive a finisher medal.
- **Buses** - - the only way to get to the start. Buses leave from Downtown, Merle Hay Mall and DMACC Ankeny campus at 5 a.m. to 5:45 a.m. There is no vehicle parking or drop off parking at Saylorville Dam. No bags are allowed on the buses.
- **Start Area** - - at the start there are over 150 portable toilets. Water is available but bringing your own is advisable. No bag drop service is provided.
- **7 a.m. Start** - - no early starts, dogs, bikes, baby joggers, etc allowed. Please line up on the Saylorville Dam according to pace, be fair.
- **Course** - - is well monitored, every mile marked and 8 water stations. Each water station has portable toilets. The course is open: 10 kilometer - 9:00 a.m., 10 miles - 10:00 a.m. and finish - 11:00 a.m.
- **Finish** - - adjacent to Cowles Commons with all finishers receiving the last DAM medal. Water and Powerade located in the finish line area. Food & refreshments are on 3rd Street and Walnut Avenue. Be prepared to show photo ID to receive alcohol.
- **Showers** - - available at the YMCA, 5th & Grand. Show your race bib to front desk & bring your own towel.
- **Results** - - streamed at damtodam.com and posted on the Capital Square building near the exit of the finish area. Age Division winners (gun time) pick up your award at the tent on the west end of Cowles Common adjacent to posted results.
- **Spectators** - - can take a Farmer's Market shuttle from Capitol area. There is a bike valet at 2nd & Court. See dsmpartnership.com/desmoinesfarmersmarket/directions-parking for further information.
- **More Details** - - see damtodam.com for 20k map, downtown, road closings & runner parking map and everything you need to know.