

market^{co}marketrelay

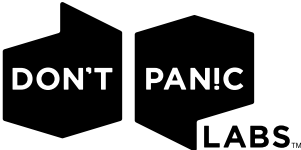


IOWA



SPONSORS

----- OFFICIAL LEVEL -----



----- SUPPORT LEVEL -----



----- CHARITY OF CHOICE -----



WELCOME RUNNERS

LETTER FROM THE RACE DIRECTOR

We are thrilled to welcome you to the special 10th year anniversary edition of the Market to Market Relay from Jefferson to Des Moines. We want to wish your team the best of luck on your journey from Jefferson to downtown Des Moines. We hope your team has a day filled with scenic running, good natured competition and hilarious inside-joke-antics! We hope that your team makes the Market to Market Relay a tradition for years to come.

Safety is always the top priority for the Market to Market Relay. Please read this guide carefully to ensure that you are fully informed about the course. You will want to pay special attention to the Team Finish parking and runner instructions. Please also download and print a copy of the full Market to Market Relay rules for your vehicle from m2mrelay.com. Take care of yourself, your teammates and other participants.

We would like to thank a few special groups of people that make this race possible. First, it is safe to say that central Iowa has one of the finest trail systems of anywhere in the country. We owe appreciation to all of the groups and individuals who have helped make this network possible. Special thanks to the greater Des Moines Area Parks & Recreation Departments, the Greene, Guthrie and Dallas Conservation Boards and finally the Raccoon River Valley Trail Association. Second, we want to thank all sponsors and charity partners for helping to create such a great event. Last, but not least, please join us in thanking the 250+ volunteers who have given their time to help make a unique and special day for Iowa runners.

Once again, the Post-Race Shindig block party will be just east of the finish line at the Iowa Taproom on east 3rd Street. You're going to love it!

Have a great day!

The Pink Gorilla Events Crew



Ben Cohoon



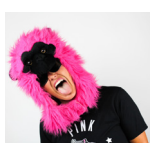
Jason Bakewell



Linda Brown



Jared Bakewell



DID YOU KNOW?

Register for the 2024 Market to Market Relay Iowa before 11:59 pm on June 2, 2023 and captains will score a \$60 M2M Relay merch store credit for FREE! This Super Priority Registration window is open starting at 10 am on May 22, 2023 at M2MRelay.com! Take advantage and enjoy...

- The lowest pricing available
- A guaranteed spot for the 2024 M2M Relay Iowa
- Register before the general public
- A FREE \$60 merch credit for captains!



WHAT'S GOING ON

■ ADVANCED PACKET PICKUP

Thursday, May 18, 2023

Des Moines | 4 pm - 7 pm

Foundry Distilling Company

111 South 11th Street

West Des Moines, IA 50265

Friday, May 19, 2023

Jefferson | 4 pm - 7 pm

Greene County Courthouse

114 North Chestnut Street

Jefferson, Iowa 50129

■ START LINE / JEFFERSON

114 N Chestnut Street, Jefferson, IA 50129

Saturday, May 20, 2023 / Opens at 4:30 am

Baton pick-up/team check-in (first runner)

» Last minute race day packet pickup

» M2M Relay merch available

■ FINISH LINE / COURT AVE BRIDGE

Saturday, May 20, 2023 / 3 pm - 8:45 pm

» Team Finish

» Finisher awards

» Pink Gorilla Events HQ | Team Time Card & Lost/Found

» 2 Blocks to the Post-Race Shindig

■ POST-RACE SHINDIG / IOWA TAPROOM

215 E 3rd St, Des Moines, IA 50309

Saturday, May 20, 2023 / 3 pm - 10 pm

» One FREE Beer for each 21+ year old runner

» Food vendors

» FREE photo booth

» Team results

» DJ music

» M2M Relay merch available

» Exhibitors

THANKS VOLUNTEERS

YOU ARE THE BEST!

Over 250 volunteers pull together to make the Market to Market Relay Iowa possible. Please join us in thanking these individuals throughout the day and know that you are supporting these local organizations through your participation in the race. The Market to Market Relay Iowa is a great community fundraiser. Since 2013, Market to Market Relay Nebraska has fundraised and donated over \$109,500 to local community groups and non-profit organizations that supported the race. In 2023 the race will raise over \$10,000 for community and non-profit groups.

Jefferson County Chamber of Commerce
Greene Co. High School Football Team
Central Christian Church of Jefferson
Panora Boy Scouts
Panora Chamber of Commerce/PRIDE
Linden Library Foundation
Leukemia and Lymphoma Society

Panorama High School Athletics
Adel Lions
Beta Sigma Phi
Des Moines Roller Derby Brats
Holy Trinity Catholic Church
Grimes United Methodist Church
Mentor Iowa

Volunteer Coordination | Raccoon River Valley Trail Association
Bike Support | Team Curbside and Des Moines Cycle Club
HAM Radio Communications | Polk County ARES



RACE COURSE SAFETY

Safety is the first and foremost priority of the Market to Market Relay. It is important that all runners and drivers realize that there are many potential hazards and risks associated with participating in a relay race on open roads and trails. These include, but are not limited to, vehicle traffic, other trail user traffic, road and trail conditions, and weather. Please help us have a safe relay by being safe runners and drivers and providing safe support.

RUNNER SAFETY

Please read and understand all race rules and seek clarification as needed. Beware of vehicles, **THE COURSE IS OPEN TO VEHICLE TRAFFIC**. A significant portion of the race course crosses “live” roads. Obey all traffic and pedestrian laws, unless instructed differently by a police officer.

COURSE SIGNAGE: Follow all M2M Relay signs and read the stage directions in this guide carefully. It is your job to know the running route — the signs are only there to assist you.

We recommend carrying water and a cell phone while running.

RUN AGAINST TRAFFIC: Runners must run against traffic if running on city or county roads unless instructed otherwise.

VISIBILITY GEAR: There are no Official Nighttime Hours for the Market to Market Relay Iowa course and therefore no **REQUIRED** visibility gear. However, reflective safety vests and headlamps are always recommended to improve visibility.

HEADPHONES: The use of personal music devices with headphones/earbuds while running is **strongly discouraged**. The event takes place on roads and trails that are open to vehicles and other trail users and the route often crosses open roads. Runners must be alert and aware of their surroundings at all times.

WATER & RESTROOMS: Runners are in charge of their own water on the course. There will not be water areas between Exchange Points. Teams should bring enough water to last the duration of the race. Please bring your own reusable, refillable water bottles and team water jugs. Portable toilets are located at the start line, finish line, and every Exchange Point unless otherwise noted.

RUNNER VISUAL CUES



ON-COURSE MEDICAL



DIRECTIONAL
ARROWS



EXCHANGE
POINT
MARKERS



VEHICLE
PARKING
SIGNS

VEHICLE AND DRIVER SAFETY

Beware of runners on the driving course. A significant portion of the race course crosses roads. Please refer to the Rules Concerning Vehicles section on page 9.

TIPS FOR SUCCESSFUL AND SAFE DRIVING:

- » Focus on driving!
- » Have your co-pilot read driving directions and give you instructions.
- » Know where you are going and look at the map before you start driving.
- » Do not arrive at Exchange Points significantly early. The driving directions are not always the most direct route. They were created to avoid crossing the runner path and to lower congestion at Exchange Points. Please follow the driving directions printed in this booklet.

TEAM SUPPORT: WATER, FOOD, AND GEAR

It is your team's responsibility to carry adequate team water, food, blankets, first aid supplies, cell phones, clothing layers and rain gear in your vehicle.

EMERGENCY INFORMATION+

IN CASE OF EMERGENCY, DIAL 911.

ON-COURSE MEDICAL: Basic first aid kits are available at all Exchange Points. On-Course Medical first responders will be located throughout the course. It is recommended that each team vehicle also carry a basic first aid kit for common needs.

Notify the nearest volunteer and the Race Emergency Director with any concerns or emergencies.

HAM RADIO VOLUNTEERS Will be located at most Exchange Points. These special volunteers can help connect you with medical volunteers, other Exchange Points or help answer general questions you may have.

RACE EMERGENCY DIRECTOR: (402) 890-2891

RACE HEADQUARTERS: (402) 890-0423



RACE COURSE SAFETY

Runners will be provided with police assistance at Some intersections on the course. Runners MUST obey all traffic laws unless instructed otherwise by a police officer.

NOTE: If for some reason during the day your team is delayed either because of heavy traffic when crossing a street or because of a train — these situations are considered part of the course.

LIGHTNING RULE

Lightning at the start of the race may result in a delayed start until the lightning clears. If you see lightning on the course after the race has started, get your runner off the running route and into your team vehicle. Follow these procedures:

- » Make a note of the time (on your team time card) and the location where you exited the course.
- » If lightning clears within 30 minutes put your runner back onto the running route where they left and make a note of the time.
- » If lightning persists longer than 30 minutes, move ahead one Exchange Point. For every 30 minutes of lightning delay, please move ahead one Exchange Point.
- » Keep accurate track of where and when you left the course and where and when you returned to the course.
- » Resume running at own risk 30 minutes after last strike.
- » Turn your completed Team Time Card with this information into the Pink Gorilla Events Tent at the Finish Line. We will then calculate your average pace and apply this pace to the segment of the course that you missed and will provide you with an official adjusted race time. This may take a few days, so be patient with awards and official results.



IMPORTANT CONTACTS

NON-EMERGENCY URGENT CARE CLINICS

URBANDALE FAMILY PHYSICIANS
2901 86th Street
Urbandale, IA 50322
p: 515-276-3406
Saturday 8am to 8pm

MERCY WEST URGENT CARE
1601 NW 114th Street, Suite 255
Clive, IA 50325
p: 515-222-7010
Saturday 9am to 4pm

LAKEVIEW FAMILY MEDICINE
6000 University Avenue, Suite 101
West Des Moines, IA 50266
p: 515-241-2600
Saturday 9am to 3pm

MERCY EAST VILLAGE URGENT CARE
1350 Des Moines Street, Suite 110
Des Moines IA 50309
p: 515-643-0833
Saturday 9am to 4pm

MERLE HAY FAMILY MEDICINE
4020 Merle Hay Road, Suite 100
Des Moines, IA 50310
p: 515-278-0949
Saturday 9am to 3pm

HOSPITALS

GREENE COUNTY MEDICAL CENTER
1000 West Lincolnway Street
Jefferson, IA 50129
p: 515-386-2114

METHODIST WEST HOSPITAL
1660 60th Street
West Des Moines, IA 50266
p: 515-343-1000

GUTHRIE COUNTY HOSPITAL
710 North 12th Street
Guthrie Center, IA 50115
p: 641-332-2201

MERCY MEDICAL CENTER CENTRAL
CAMPUS
1111 6th Avenue
Des Moines, IA 50314
p: 515-247-3121

DALLAS COUNTY HOSPITAL
610 10th Street
Perry, IA 50220
p: 515-465-3547

IOWA METHODIST MEDICAL CENTER
1200 Pleasant Street
Des Moines, IA 50309
p: 515-241-6212

MERCY MEDICAL CENTER-WEST LAKES
1755 59th Place
West Des Moines, IA 50266
p: 515-358-8000

NON-EMERGENCY COUNTY SHERIFF OFFICES

GREENE COUNTY SHERIFF
Jefferson, Iowa | 515-386-2136

DALLAS COUNTY SHERIFF
Adel, Iowa | 515-993-4567

GUTHRIE COUNTY SHERIFF
Guthrie Center, Iowa | 641-747-2214

POLK COUNTY SHERIFF
Des Moines, Iowa | 515-286-3333

EMERGENCY - 911

RACE EMERGENCY DIRECTOR: (402) 890-2891 • RACE HEADQUARTERS: (402) 890-0423
If your team decides to drop from the race for any reason including a medical concern, incident or emergency, please notify Race Headquarters.

RACE RULES

GENERAL RULES

1. TEAM MATRIX: Teams shall consist of six, seven or eight runners. Teams must run in a fixed order and each runner shall complete multiple legs of the Relay, called Stages. Each Stage will be approximately 3 to 5 miles. Teams must carry a “baton,” passing it from runner to runner at each Exchange Point. There will be 18 Stages and, therefore, 18 Exchange Points and a Team Finish (the starting line is Exchange Point 1).

2. TEAM PACE: Teams that find themselves getting ahead or behind the volunteer, medical and course coverage window could be held or asked to skip ahead 1 or more stages. Refer to the Rule Book and rules *11.11 Getting Ahead - Holding Zones* and *11.12 Getting Behind - Cutoff Zones* for more details and procedures for being off pace.

RULES CONCERNING VEHICLES

Please use your best judgment when driving, and please watch for runners and other pedestrians.

1. VEHICLES AND RUNNERS: Vehicles may not stop to interact or support runners on the course unless an injury has occurred or a runner has taken a wrong turn. Vehicles must always take the Driver's Path. Please remember, runners are in charge of their own water and nutrition while running between Exchange Points and may not be supported.

2. NUMBER OF VEHICLES AND TYPES ALLOWED: Team vehicles must be large enough to provide all passengers with access to a safety belt. Large vans, minivans, and SUVs are allowed. Buses of any kind (mini, shuttle, or any other type of bus), RVs, trailers, or limos are NOT allowed. Teams violating this rule will be immediately disqualified.

3. LOCATION OF ID TAG: Registered team vehicles must display an official identification tag in the front and rear window. The tag must be visible to race officials at the Exchange Points. Only team vehicles displaying the official tag will be allowed to park at the Exchange Points.

4. DRIVING DIRECTIONS: Team vehicles MUST follow the driving directions provided in the Race Day Guide. Directions have been designed to eliminate vehicle contact with runners and lowering congestion at Exchange Points. If a vehicle gets lost or takes a wrong turn and does not reach the next Exchange Point in time, the time is lost and will not be awarded back.

5. TRAFFIC LAWS: Team vehicles MUST obey all speed limits, traffic signs, other traffic laws and instructions from race officials.

6. RUNNER SAFETY: Team vehicles must drive at a normal rate of speed. Vehicles may not block or interfere with other vehicles, and must yield the right of way to runners at all times.

7. PARKING: At the Exchange Points, team vehicles must park in designated areas only. Vehicles may not stop within the Exchange Point area, even to discharge runners, until parked in the designated area.



THIS SECTION IS A SUMMARY OF IMPORTANT RACE RULES. All teams ARE TO download a copy of the “RACE RULES” for their team vehicle from m2mrelay.com.

RULES CONCERNING RUNNERS

- 1. RUNNING ORDER:** Team members will run in a fixed order. For example, on a seven-person team, Runner 1 will complete Stages 1, 8 and 15; Runner 2 will complete stages 2, 9 and 16; and so on. On a six-person team, Runner 1 will complete Stages 1, 7, and 13 Runner 2 will complete Stages 2, 8, and 14; and so on. See the complete runner matrices on page 13.
- 2. OFFICIAL BIBS:** Runners must wear their official race bib numbers corresponding to their position on the team. The first runner must wear a number ending in “1”, the second runner must wear a number ending in “2” and so on. Race numbers must be visible from the front.
- 3. BATON EXCHANGE:** The “baton” must be passed from one runner to the next within the defined Exchange Zone at each Exchange Point. Runners must carry the “baton” so that it is visible to race officials while approaching and leaving the Exchange Zone. Batons are slap bracelets and one is provided for each team at the start line on race day.
- 4. WRONG TURN:** Runners who take a wrong turn must return to the course where they left it and continue on the correct route. Runners may use the team vehicle or other transportation to return to the correct route, provided they complete the entire correct route unaided.
- 5. TRAFFIC LAWS:** Unless a police officer instructs you differently, you need to obey all pedestrian traffic laws.

RULES CONCERNING ALL PARTICIPANTS

- 1. NO LITTERING:** Participants must leave the course litter-free. Teams are encouraged to use the trash bags given in the race packets to leave the course better than we found it. Team Trash dumpsters will be located at Exchange Point 9. Please plan ahead and thank you for keeping team trash contained in your vehicle until then.
- 2. NO PUBLIC URINATION:** Participants should only use the bathroom facilities provided at each Exchange Point. No public urination or other public relief is allowed. Please respect private property.
- 3. NO CONSUMPTION OF ALCOHOL:** Consumption of alcohol is not allowed at any time while participating in the race. Even if you have completed your last Stage, you are still participating in the race until your team has crossed the finish line. Do not start the party early. Alcohol may be consumed responsibly at the finish line party when city ordinances and permits allow. Please no outside alcoholic beverages at the finish line party.



There is zero tolerance on any of these rules. Violation of any of these rules will result in an automatic team disqualification and you will be asked to leave the course.

TO REPORT A SAFETY CONCERN OR RULE VIOLATION, PLEASE SEND A TEXT MESSAGE TO 402-890-0423. INCLUDE VIOLATING TEAM NUMBER, LOCATION & RULE VIOLATION OR SAFETY CONCERN.

AWARDS & CONTESTS

DIVISIONS & AWARDS

To improve your race day experience and ensure accuracy, we are shipping all awards to winning team captains after the race. We will announce winners via social media and the wrap up email after the race.

- » **OPEN** (Awards to Top 7): All teams may compete, generally all male.
- » **MIXED** (Awards to Top 7): At least three female members must be on the team.
- » **WOMEN** (Awards to Top 7): All team members must be women.
- » **MASTERS** (Awards to Top 3): All team members must be at least 40 years old.
- » **MIXED MASTERS** (Awards to Top 3): At least three members of the team must be of each gender and all team members must be at least 40 years old.
- » **WOMEN MASTERS** (Award to Top 3): All team members must be at least 40 years old and female.
- » **CORPORATE** (Awards to Top 3): All team members must be employed by the same employer or immediate family members.
- » **ARMED FORCES** (Awards to 1st Place): Instrumental to the nation's defense and/or community safety (Army, Navy, Air Force, Coast Guard, FBI, Police, Firefighters).
- » **ACADEMIC** (Award to 1st Place): All team members affiliated with one school, college, university, or other center of learning. This can be students, faculty, or both.
- » **RELIGIOUS** (Award to 1st Place): All team members from the same religious organization.

TEAM CONTESTS

BEST TEAM COSTUME

- » To enter, teams must get their photo taken under the Start Line Arch
- » The top 20 team costume photos will be uploaded to facebook.com/m2mrelay during the afternoon of race day.
- » Voting will take place on Facebook (25%) and the Team Time Card. (75%)
- » Facebook Vote | Vote for you favorites in the Facebook Album, 1 like = 1 vote. (25% of vote count). Voting ends on Saturday (race day) at 7:59 pm.
- » Team Time Card Vote | Enter the team number of your favorite costume and turn in at the finish. One card per team (75% of vote count).
- » Winners will be announced digitally 5 days after the race.

BEST DECORATED VEHICLE

- » To win the Best Decorated Vehicle Contest, your team vehicle must not only be awesome, but also be considered a legal Market to Market Relay vehicle.
- » All teams are entered. Teams are encouraged to take a picture of their own van and upload it to Instagram using the #m2mrelay hashtag.
- » Our volunteers at exchange points do an awesome job and have the most interactions with vans. We are leaving the voting up to a surprise volunteer group. So maybe give some extra attention and love to those volunteers!
- » Winners will be announced digitally 5 days after the race.

BEST TEAM NAME

- » It's up to your peers. The wackier and more creative, the better. Just keep it awesome and appropriate.
- » Voting takes place on the Team Time Card on the inside back cover of this booklet and **ONLY ONE** must be turned in per team at Pink Gorilla Events Headquarters at the Finish Line.

SCORING & MISC.

BATON/CHIP TIMING

Your team will be given a slap bracelet upon checking in at the start line on race day. Make sure you use this as your baton. Each runner's race bib will have a timing chip attached to it and will keep track of your team's time.

TEAM TIME CARD & CONTEST VOTING BALLOT

On the inside back cover of this Race Day Guide is the Team Time Card & Contest Voting Ballot. Record your runner times throughout the day and submit **ONLY ONE** complete card to the Pink Gorilla Events Headquarters tent located at the Finish Line.

GET SOCIAL #M2MRELAY

f /M2MRELAY

🐦 @M2MRELAY

📷 @M2MRELAY

📷 PINKGORILLAEVENTS

🎵 PINKGORILLAEVENTS

STRAVA™

Join the **Market to Market Relay Strava Club**. Meet other running road trip participants, compete in challenges & of course see how you stack up to runners on race day segments. <https://www.strava.com/clubs/m2mrelay>



2022 Costume Contest Winner: Callie's Avengers

RUNNING MATRIX

8 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	4.4/M	Stage 9	4.7/M	Stage 17	3.5/E	12.6
2	Stage 2	3.4/E	Stage 10	5.1/EM	18 + TF	4.1/E	12.6
3	Stage 3	5.4/EM	Stage 11	4.0/E			9.4
4	Stage 4	4.9/EM	Stage 12	4.6/M			9.5
5	Stage 5	2.9/E	Stage 13	4.6/M			7.5
6	Stage 6	2.8/E	Stage 14	5.9/H			8.7
7	Stage 7	5.7/H	Stage 15	2.8/E			8.5
8	Stage 8	5.8/M	Stage 16	4.3/EM			10.1
Grand total							78.9

7 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	4.4/M	Stage 8	5.8/M	Stage 15	2.8/E	13.0
2	Stage 2	3.4/E	Stage 9	4.7/M	Stage 16	4.3/EM	12.4
3	Stage 3	5.4/EM	Stage 10	5.1/EM	Stage 17	3.5/E	14.0
4	Stage 4	4.9/EM	Stage 11	4.0/E	18 + TF	4.1/E	13.0
5	Stage 5	2.9/E	Stage 12	4.6/M			7.5
6	Stage 6	2.8/E	Stage 13	4.6/M			7.4
7	Stage 7	5.7/H	Stage 14	5.9/H			11.6
Grand total							78.9

6 PERSON TEAM MATRIX

Runner	1st Leg	Miles/ Rating	2nd Leg	Miles/ Rating	3rd Leg	Miles/ Rating	Total Miles
1	Stage 1	4.4/M	Stage 7	5.7/H	Stage 13	4.6/M	14.7
2	Stage 2	3.4/E	Stage 8	5.8/M	Stage 14	5.9/H	15.1
3	Stage 3	5.4/EM	Stage 9	4.7/M	Stage 15	2.8/E	12.9
4	Stage 4	4.9/EM	Stage 10	5.1/EM	Stage 16	4.3/EM	14.3
5	Stage 5	2.9/E	Stage 11	4.0/E	Stage 17	3.5/E	10.4
6	Stage 6	2.8/E	Stage 12	4.6/M	18 + TF	4.1/E	11.5
Grand total							78.9

THE COURSE

The M2M Relay Iowa course is a daylong snapshot of central Iowa, from rural scenery to small towns, suburbs and downtown Des Moines. Everyone will have their own opinion on their favorite section of the course, but we can all appreciate the trails that make this event possible. Nearly 100 percent of the race course takes place on trails making the route not only scenic, but almost entirely traffic free! Market to Market Relay hopes you'll join us in thanking and supporting the many groups that create and maintain this exciting and expanding trail network. Please consider becoming a member of the Raccoon River Valley Trail Association. Learn more at RaccoonRiverValleyTrail.org.



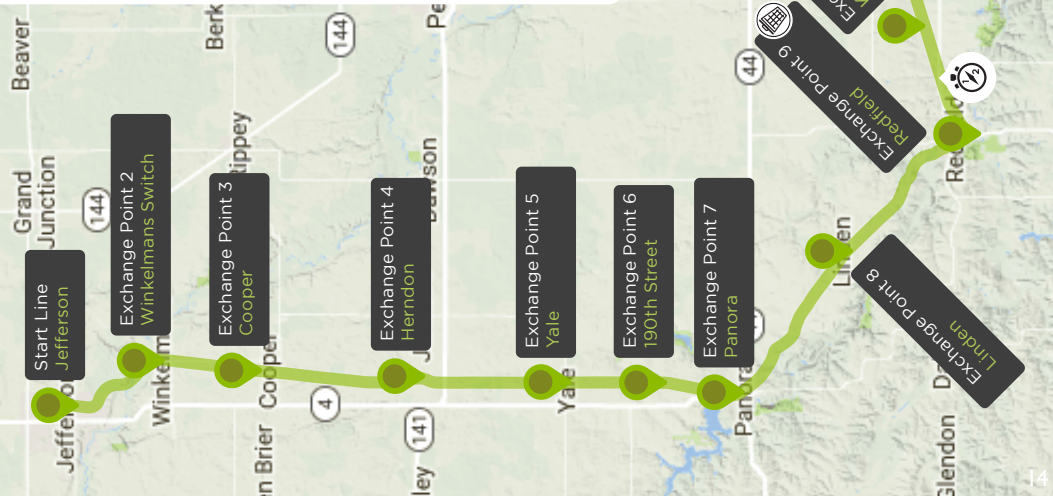
Exchange Point



Team Trash



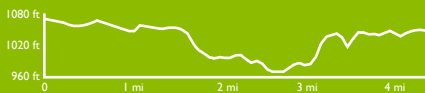
Halfway Split Available at:
m2mrelay.com/halfwaysplit





STAGE 1

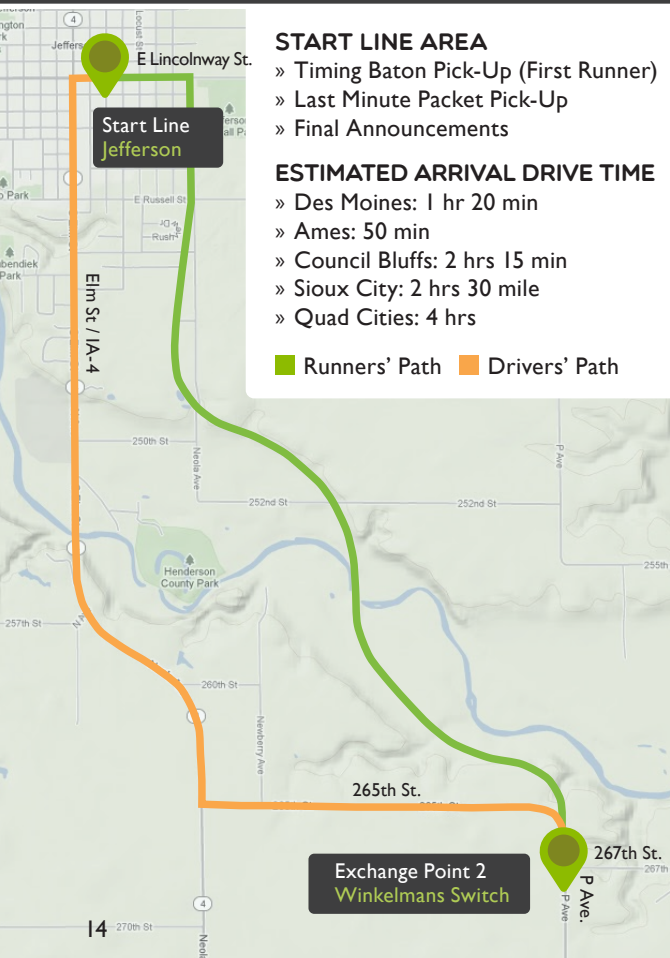
Jefferson | Start to Winkelmans Switch



4.4 miles • Moderate
Paved Road & Paved Trail
Raccoon River Valley Trail

The Start Line is located on the south side of the courthouse in Jefferson, Iowa at the intersection of Lincolnway Street & Wilson Street. Parking is available around the courthouse or at the Green County Community Center located 2 blocks west of the courthouse.

NOTE: When driving to Jefferson, please arrive via Highway 4 and turn east on Lincolnway Street toward the courthouse. Teams should plan to remain at the start line for their wave's start to cheer on their first runner. You will have plenty of time to drive to Exchange Point 2. Hop into your team vehicle after the start of your wave and follow Stage 1 driving directions.



The driving directions have been made with the runners in mind. Please avoid using the same roads as the runners (follow these maps and directions ONLY). It will be safer for everyone involved if runners do not have to worry about traffic. There will NOT be signs for drivers, please follow the directions and maps. Important turns will be signed for runners ONLY.

DRIVING DIRECTIONS

Head west from the Jefferson Bell Tower on E Lincolnway St.

2 blocks

Turn left (south) on Elm St / IA-4.

3.2 mi

Turn left (east) on 265th St.

CAUTION: 265th St crosses running route. Slow down and watch for runners.

265th turns south and becomes P Avenue. Exchange Point is after the turn. Follow volunteer directions to park on the right shoulder only.

RUNNER NOTES

- » A lead cyclist will guide runners from the start line to the first turn.
- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.

COSTUME CONTEST: Team Photos are available at the Starting Line under the arch. If your team is competing in the Costume Contest this is where you get your team photo taken that will be posted on [Facebook.com/m2mrelay](https://www.facebook.com/m2mrelay) for voting. See Contest rules on page 11.



ONE OF AMERICA'S BEST
RECREATIONAL TRAILS!
RACCOONRIVERVALLEYTRAIL.ORG

89-MILE PAVED TRAIL!

72 MILE LOOP IS COMPLETE

PLAN YOUR TRAIL VACATION!

Enjoy the beauty of the countryside and small town hospitality all year long by traveling the Raccoon River Valley Trail in west central Iowa. The trail is easily-accessible from several designated trailheads with parking lots and restrooms. The paved surface is user-friendly for all ages. The 14 communities offer a variety of parks, festivals and celebrations. And there are lots of opportunities for food, beverages, and shopping. Bike it, hike it, run it, ski it, or even snowmobile it. Any way you travel the RRVt, you will leave with great memories!



DALLAS, GUTHRIE AND GREENE COUNTIES

WAUKEE • ADEL • REDFIELD • LINDEN • PANORA
YALE • HERNDON • COOPER • JEFFERSON • PERRY
DAWSON • JAMAICA • DALLAS CENTER • MINBURN

STAGE 2

Winkelmans Switch to Cooper

3.4 miles • Moderate
Paved Trail
Raccoon River Valley Trail



Runners' Path Drivers' Path

DRIVING DIRECTIONS

Continue south on P Ave. out of Exchange Point 2.

2.0 mi

Turn right (west) onto 300th St.

0.2 mi

Take the 1st left onto 2nd St and into the town of Cooper

0.1 mi

Take the 2nd right onto Maple St toward Exchange Point 3

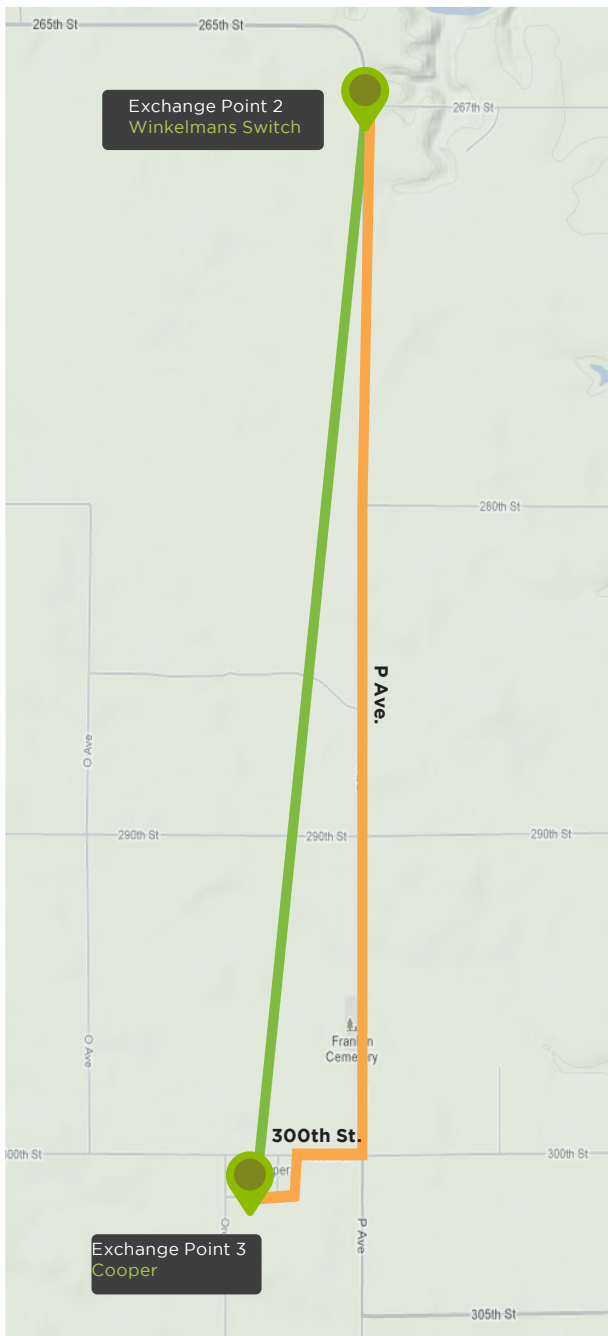
CAUTION: Maple St crosses running route. Slow down and watch for runners.

NOTE: Please respect private property and only park and walk in public areas and where directed by volunteers. Thanks!

RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.

RELAY TIP: 1) When driving on highway sections, have your co-pilot keep track of each road you pass, so you don't miss a turn. 2) Slow down. All Iowa highway speed limits are 55 MPH unless otherwise marked.



STAGE 3

Cooper to Herndon



5.4 miles • Easy/Moderate
Paved Trail
Raccoon River Valley Trail

DRIVING DIRECTIONS

Leaving Exchange Point 3, turn left (west) onto 300th St.

1.0 mi

Turn left (south) onto IA-4/Neola Ave.

5.0 mi

Turn left (east) onto 110th St.

0.9 mi

CAUTION: Entering the town of Herndon, 110th St crosses running route. Slow down and watch for runners. Turn right (south) onto Herndon Rd.

0.5 mi

Turn right into Exchange Point 4.

RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.



Runners' Path Drivers' Path



STAGE 4

Herndon to Yale

4.9 miles • Easy/Moderate
Paved Trail
Raccoon River Valley Trail



DRIVING DIRECTIONS

Leaving Exchange Point 4, turn right (south) onto Herndon Rd.

0.5 mi

Turn left (east) onto State Hwy 141.

2.0 mi

Turn right (south) onto Wood Rd/1st Ave/Co Rd P30.

4.0 mi

Turn right (west) onto 160th Rd.

2.2 mi

CAUTION: Entering Yale, 160th Rd crosses running route. Slow down and watch for runners. Turn left (south) at stop sign onto Main St.

0.1 mi

Turn left (east) onto Bell St.

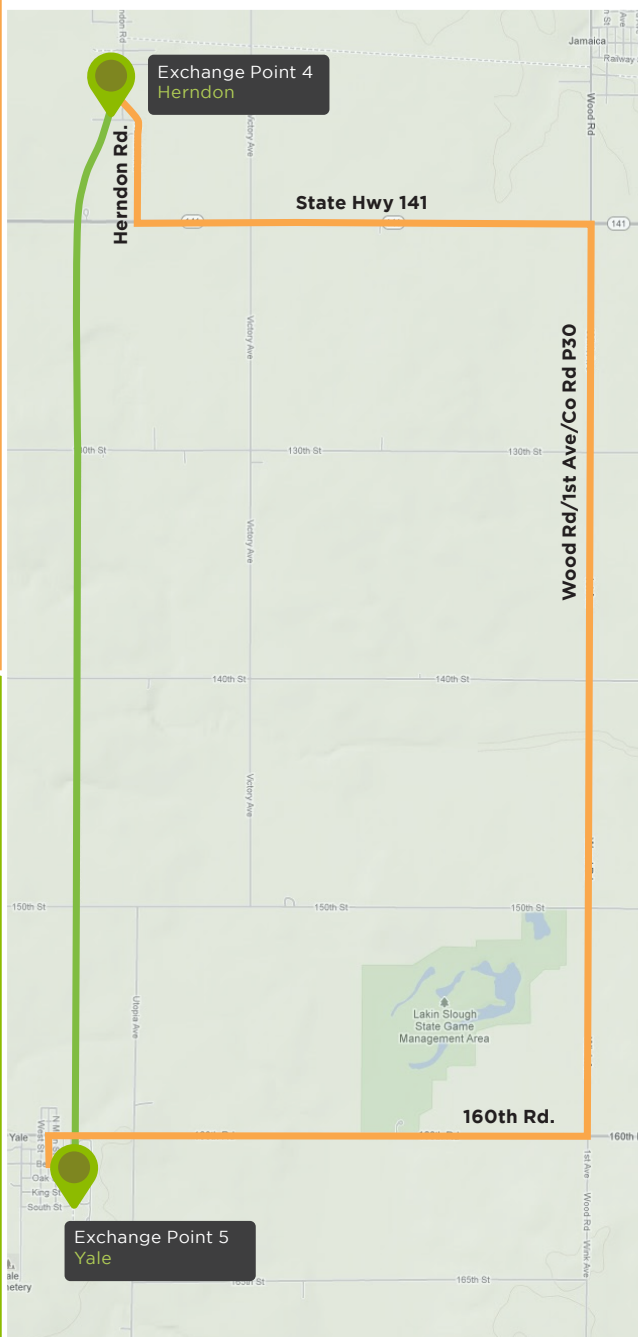
1 block

Turn right (south) onto Railroad Street. Follow volunteer directions for parking at Exchange Point 5.

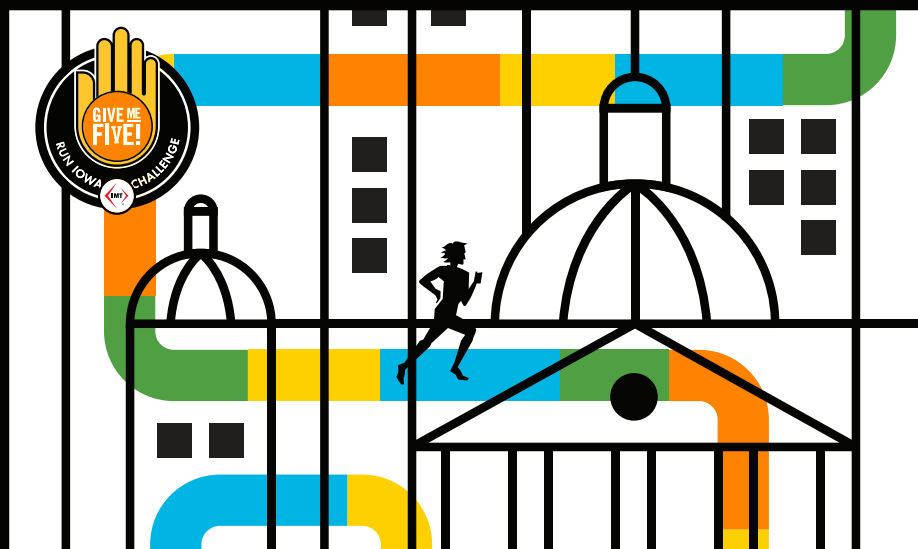
RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.
- » Use extra caution when crossing Hwy 141 immediately after leaving Herndon.
- » Arriving in Yale, race vehicle traffic crosses the running route on 160th Road. Use extra caution at this crossing.

Runners' Path Drivers' Path







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DES MOINES



MARATHON



STAGE 5

Yale to 190th Street

2.9 miles • Easy
Paved Trail
Raccoon River Valley Trail



DRIVING DIRECTIONS

Leaving Exchange Point 5, continue heading south on Railroad Street

0.1 mi

Turn right (west) onto King St.

0.2 mi

Turn right (north) onto Lincoln St.

0.2 mi

Leaving Yale, turn left (west) onto North St/160th Rd.

0.6 mi

Turn left (south) onto State Hwy 4.

3.1 mi

Turn left (east) onto 190th St next to White Barn with Barn Quilt.

0.7 mi

NOTE: Exchange Point parking is along the south side of 190th St. Park ONLY on the right side of the road. Follow volunteer directions.

NOTE: There will not be restrooms at Exchange Point 6. The next restrooms will be at Exchange Point 7 in Panora.

RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.
- » NOTE: There will be VERY FEW restrooms at Exchange Point 6. Please wait if possible. The next restrooms will be at Exchange Point 7 in Panora.

RELAY TIP: The driving directions are not always the most direct route. They were created to avoid crossing the runner path and to lower congestion at Exchange Points. Vehicles MUST follow the driving directions. Following the directions makes your day easier and keeps runners safe! Thanks!

Runners' Path Drivers' Path



STAGE 6

190th Street to Panora

2.8 miles • Easy
Paved Trail
Raccoon River Valley Trail



DRIVING DIRECTIONS

Head east on 190th St/Co Rd F31.

0.3 mi

Take the 1st right (south) onto Utopia Ave. Drive slowly.

2.7 mi

Turn right (west) onto State Hwy 44/Main St.

0.5 mi

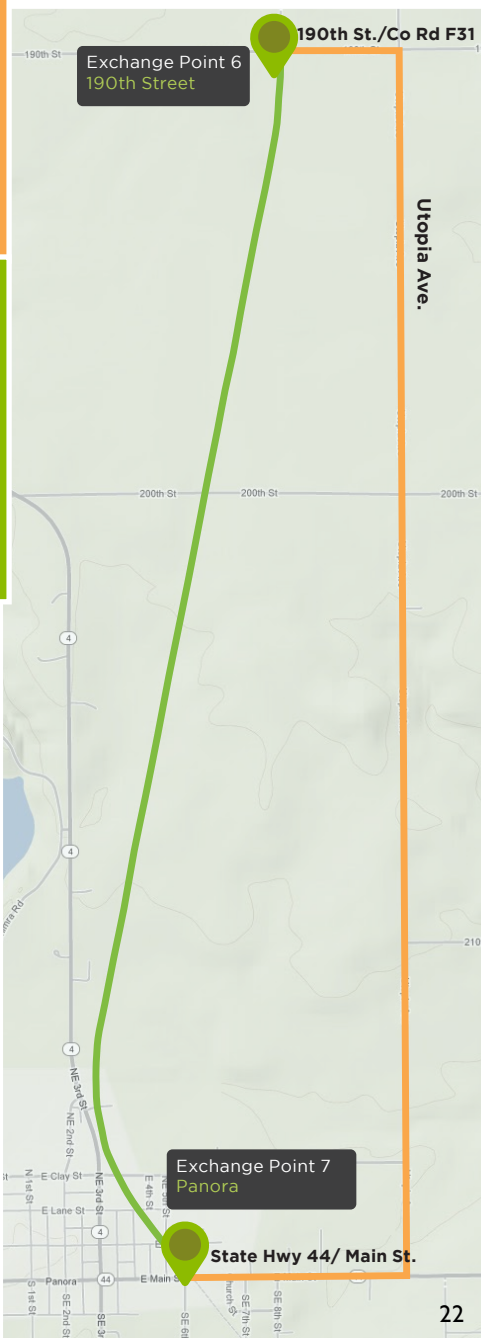
Turn right into Exchange Point 7 at Panora Plaza.

RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.
- » Arriving in Panora, the trail crosses over town streets. Follow race signage arrows and stay on the trail to arrive at Exchange Point 7.
- » NOTE: There will be VERY FEW restrooms at Exchange Point 6. Please wait if possible. The next restrooms will be at Exchange Point 7 in Panora.



Runners' Path Drivers' Path



GOOD LUCK TEAMS

ACADEMIC DIVISION

Speed Doctors of Drake | Grinnell, IA

ARMED FORCES DIVISION

Veterans @vmware | Bellevue, NE

CORPORATE DIVISION

Test Tube | Lincoln, NE

INVISION | Clive, IA

Not So Fast | Cedar Rapids, IA

Whats a NICO | Omaha, NE

INVISION Architecture | Des Moines, IA

Nanonation | Omaha, NE

Snacks and Naps | Redfield, IA

Team Schenck Process | Sabetha, KS

ChevRUN - REG | Ankeny, IA

Keen Team | Ankeny, IA

Keen - Coed | Ankeny, IA

McFarland | Carroll, IA

Marvelous Modites | Des Moines, IA

MIXED DIVISION

M'own Runners | Marshalltown, IA

Melanie's Beeotches | Omaha, NE

SuperRunners | Monticello, IA

Shenanigan Enthusiasts | Cedar Rapids, IA

Burning Off The Crazy | Cedar Rapids, IA

No Lug Nuts No Problem | Ankeny, IA

Run Like The Winded - The Original | Des Moines, IA

Captain Planet | West Des Moines, IA

Mike Signed Us Up 2 | Earlham, IA

Pardon My Fartlek | Littleton, CO

Taste The Runbow | Altoona, IA

Pac-Man | Ankeny, IA

POOP - Passing Out Or Puking | Clarion, IA

EY for Life | Urbandale, IA

I'm Ok, Just Go | Peosta, IA

Blue Footed Boobies | Juniata, NE

RUN CYT | Bennet, NE

#notindiana | Superior, CO

BCBCRC | Johnston, IA

Born to Shuffle | Johnston, IA

Run Like A Champ, Not Like A Chump | Peosta, IA

Dusty Turtles | Des Moines, IA

Iowa Body Project | Des Moines, IA

CYCOS | Eldridge, IA

Older and Slower Still | Holy Cross, IA

End of shift=Nurses on the run | Ogden, IA

Running Through The Decades | Ankeny, IA

Run Away | Des Moines, IA

Running With Friends | Sutherland, IA

Party Pacers | Johnston, IA

Drip it like it's HOT | Windsor Heights, IA

Manning Mafia | Omaha, NE

Yellow Brick Road Runners | Dubuque, IA

AMRAP Paradise | Omaha, NE

AFC Richmond Greyhounds | Des Moines, IA

Overrated Joggers | West Des Moines, IA

PS Triple C | Peru, NE

Here We Go! | Panora, IA

Run.drink.repeat | Ankeny, IA

Rum Runners | Ventura, IA

The Improper Fractions | West Des Moines, IA

PeeBreak Re-Run | Polk City, IA

Team 7.5 | West Des Moines, IA

Legs Miserables | Kearney, NE

North of Normal | FargoFargo, ND

Knights of the Clown Table | Canton, MO

Corn Mashers | Marion, IA

Not Fast But Not Last | Sac City, IA

Nooners | Grimes, IA

Road Runners | Duncan, NE

KSB Runners | Omaha, NE

2Legit 2Quit- At least that's what we keep telling ourselves | Fort Calhoun, NE

GOOD LUCK TEAMS

MIXED DIVISION (CONT.)

Team Name | Omaha, NE
Run Swiftly | Lincoln, NE
Market Mullets | Urbandale, IA
75k All Day 2.0 | Marathon, IA
Monroe Mafia | Runnells, IA
Heart-N-Sole | Gilbert, IA
the Yincredibles | Omaha, NE
Merle Hay Mediocracies | Knoxville, IA
Low Expectations | Mc Cook, NE
Camp nokiddos track club | Wever, IA
#ForRandy | Bennington, NE
#Zcrew | Elkhorn, NE
PBR | Mitchellville, IA
Cheeky Soles | Sioux City, IA

Speedy Streakers | Ames, IA
Git-R-Run | Papillion, NE
Backdraft Bar and Grill | Holstein, IA
Fitness Sports Run Club | Des Moines, IA

OPEN DIVISION

Hitchhiker's Welcome | Lincoln, NE
Mike Signed Us Up | Earlham, IA
Trial Run | Ankeny, IA
Right Meow | Omaha, NE
No Training Needed | Lincoln, NE
bert's rabbits | Norfolk, NE
We'll Get There When We Get There | Malcom, IA
Kevin Bacon Cheeseburger | Omaha, NE
Several Random Strangers | Lincoln, NE
Ironworks | Ankeny, IA
Team rails on trails | Greenwood, NE
Sofa King Fast | Ankeny, IA
Holy Fit Not Again! | Logan, IA
Let's Be Relay-istic | West Des Moines, IA
Got the runs | Grinnell, IA
Team Chicken Wing | Perry, IA
Poorboy Running | Altoona, IA
NAP Time | Ottumwa, IA
#fat, slow and stupid is no way to go through life
| Yankton, SD
#teamstickytaint | Norwalk, IA
Run 2 Travel | Omaha, NE
Run Amok | Urbandale, IA
Where's the Shade | Altoona, IA
Edie Bailly | Johnston, IA
Tim Bucktoo | Lincoln, NE
Ice Baggers 4 Life | Lincoln, NE

Speed ain' nothing but a number | Garden Grove, IA
Royal | Lincoln, NE
Woggers | Hebron, NE
Naked Runners With Clothes On | Papillion, NE
Sloth Running | Saint Paul, NE
Born To Run | West Des Moines, IA
Drinkers with a Running Problem | Norwalk, IA
Miles Make Champions | Omaha, NE
Out Chasing Booty | Beatrice, NE
Cool Runnings | Peru, NE
M2M Relay Team 2023 | Clive, IA
We Should Be Done By Now | Jefferson, IA
Born to be Wild (until 9 PM) | Ankeny, IA
Let's do this and be elite! | Hadar, NE
Team Tanglefoot | Norwalk, IA
Shenanigans & Malarkey | Waukee, IA
Runners Gonna Run | Altoona, IA
The GOATs | Des Moines, IA
Agony of De-feet | Burlington, IA
Get R Run | Council Bluffs, IA
Embrace the Suck | Grinnell, IA
Harvest Academy | Indianola, IA
Toads | Clive, IA

RELIGIOUS DIVISION

Cross Point Cruisers | Davenport, IA
I Donut Want To Do This | Waukeee, IA

SavedByGrace | West Des Moines, IA

MASTERS DIVISION

Running Ninjas | Clive, IA
NFNFNB | Solon, IA
Mom Genes: Cobra Kai Edition | Carroll, IA
Single Digits | Indianola, IA

Tough Brudders | Charles City, IA
Lincoln Logs | Lincoln, NE
Good | Waukeee, IA

MIXED MASTERS DIVISION

Free Willy | Des Moines, IA
We're Okay With Last Place | Ames, IA
Dragons | Windom, MN
This Too Shall Pass | Grimes, IA

NeBEERska | Weeping Water, NE
Death Taxes Running 1040+ Edition | Lincoln, NE
Gypsies, Tramps & Thieves | Minneapolis, MN

WOMEN MASTERS DIVISION

Pumped Up Kicks | North Liberty, IA
Oh Van, Where Art Thou? | Des Moines, IA
Ladies of the Evening | Weeping Water, NE
Team R.I.O.T. | Des Moines, IA

Run Like Hell | Johnston, IA

WOMEN DIVISION

Run(m) O'clock | Greenwood, NE
Thelma & Louise's Crazy Train | Worthington, IA
Blisters Before Misters | Cedar Rapids, IA
Sisterhood of the Running Pants | Omaha, NE
WCS Chicks With A Kick | Clive, IA
I Thought They Said Rum | Mason City, IA
Rage Kitties | Omaha, NE
Chrissy and the Pips | Ankeny, IA
D.I.L.L.I.G.A.F. | Solon, IA
Lady Birds of Prey | Grimes, IA
2 fast 4 pants | Lincoln, NE
Rise and Shine | Waverly, IA
Midwest Mamas | Neola, IA
Girls Gone Running | Grinnell, IA
Team Unicorn | Solon, IA
The Runaways | Ankeny, IA
Perfect Strangers | Colorado Springs, CO
Burn Bitches | Carroll, IA
Better at Running Up a Tab | Westside, IA
This Was A Mistake | Des Moines, IA
Sweet Soles | Eldora, IA
Cheaper Than Therapy | Norwalk, IA

Porch Lighters | Ankeny, IA
Running off the Crazy | Sioux Center, IA
We Showed Up! | Sioux Center, IA
I Was Bribed to Run This | Urbandale, IA
Snail Running Team Shell Yeah | Rock Rapids, IA
Where's Kylie? | Papillion, NE
I Only Want A | Holdrege, NE
IowannaRun | Anamosa, IA
Running Mamas | Logan, IA
Better Therapists Than Runners | West Des Moines, IA
Wake Up Beauty, Time to Beast | CEDAR FALLS, IA
Boji Buns on the Run | Milford, IA
Angels In Disguise 2023 | Pleasant Hill, IA
Women on the run! | Huxley, IA

STAGE 7

Panora to Linden

5.7 miles • Hard
Paved Trail
Raccoon River Valley Trail



RUNNER NOTES

- » Immediately leaving the Exchange Point, runners will cross the busy Main Street / Highway 44. Use extra caution here and follow volunteer and police directions.
- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.

DRIVING DIRECTIONS

Exit Exchange Point 6 from the north end of the parking area. Turn left (west) on Market St

CAUTION: Market St crosses running route. Slow down and watch for runners.

0.2 mi

Turn left (south) onto NE 3rd St.

0.6 mi

3rd Street becomes Wagon Rd/Co Rd P28. Continue straight.

0.7 mi

Turn left (east) onto 230th St.

1.0 mi

Turn right (south) onto Viceroy Trail.

1.5 mi

Turn right (south) onto Willow Ave.

1.0 mi

At road end, turn left (east) onto 248th Trail.

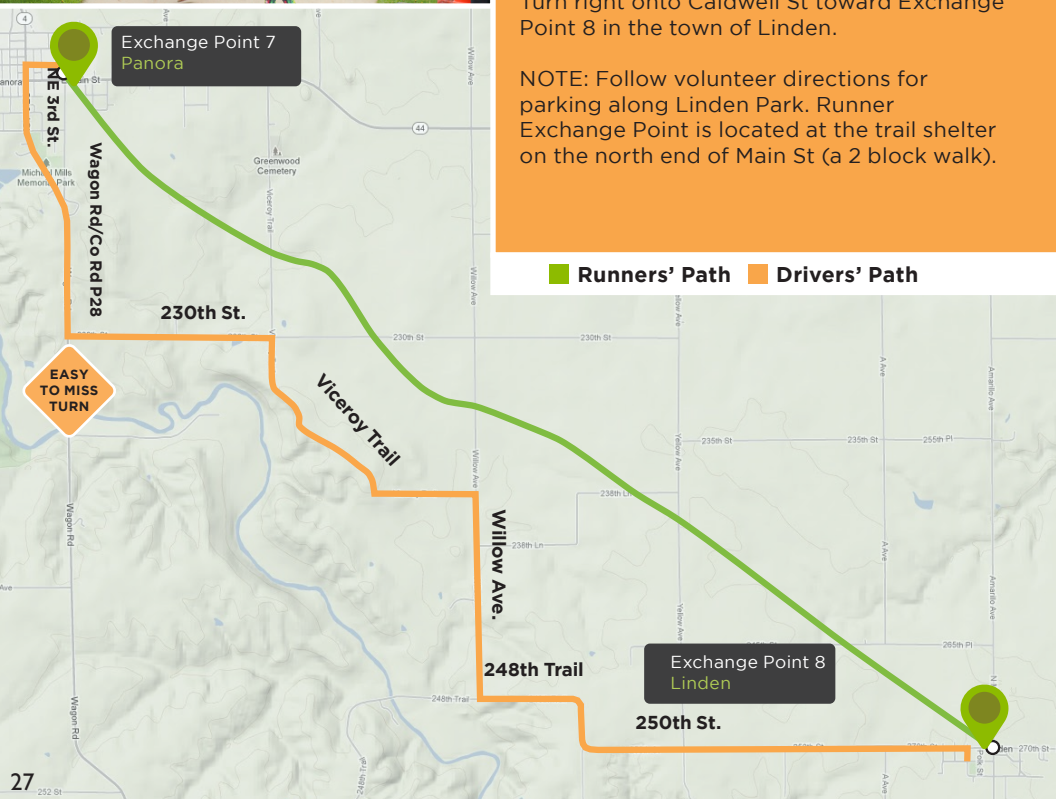
0.7 mi

Bear left onto 250th St.

1.5 mi

Turn right onto Caldwell St toward Exchange Point 8 in the town of Linden.

NOTE: Follow volunteer directions for parking along Linden Park. Runner Exchange Point is located at the trail shelter on the north end of Main St (a 2 block walk).



Runners' Path **Drivers' Path**

STAGE 8

Linden to Redfield

5.8 miles • Moderate
Paved/Gravel Road & Paved Trail
Raccoon River Valley Trail



RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.
- » Arriving in the town of Redfield, the running route deviates from the trail into town. Follow race signage arrows to arrive at Exchange Point 9.

DRIVING DIRECTIONS

Head east toward Main St
Turn right (south) on Main St. Becomes Amarillo Ave.

1.0 mi

Turn right (south) to stay on Amarillo Ave.

2.9 mi

At road end, turn left (east) onto 280th Rd.

1.3 mi

Becomes Division Dr. Continue straight.

0.2 mi

Becomes Bridge St. Continue straight.

0.5 mi

Becomes Thomas St entering Redfield.

Continue straight. CAUTION: Thomas St crosses running route. Slow down and watch for runners.

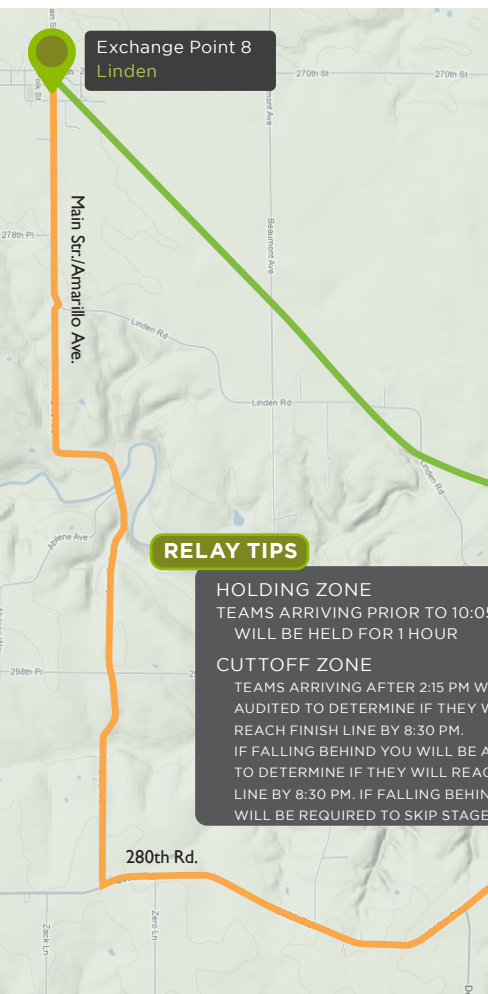
0.4 mi

Turn left onto Clark St.

1 block

Continue straight into Exchange Point 9 at West Central Valley Middle School. The Exchange Point is located on the west side of the school, a short walk from the parking area.

■ Runners' Path ■ Drivers' Path



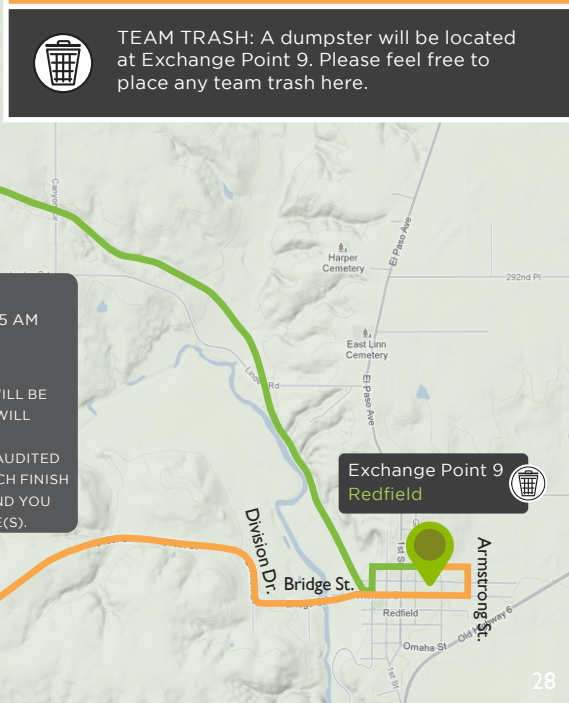
Exchange Point 8
Linden

RELAY TIPS

HOLDING ZONE
TEAMS ARRIVING PRIOR TO 10:05 AM
WILL BE HELD FOR 1 HOUR

CUTOFF ZONE
TEAMS ARRIVING AFTER 2:15 PM WILL BE
AUDITED TO DETERMINE IF THEY WILL
REACH FINISH LINE BY 8:30 PM.
IF FALLING BEHIND YOU WILL BE AUDITED
TO DETERMINE IF THEY WILL REACH FINISH
LINE BY 8:30 PM. IF FALLING BEHIND YOU
WILL BE REQUIRED TO SKIP STAGE(S).

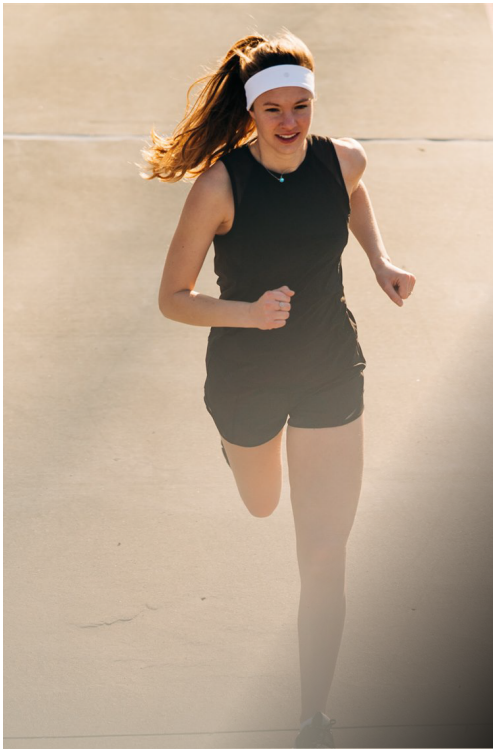
280th Rd.



Exchange Point 9
Redfield



TEAM TRASH: A dumpster will be located at Exchange Point 9. Please feel free to place any team trash here.



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STAGE 9

Redfield to Kennedy Station

4.7 miles • Moderate
Paved/Gravel Road & Paved Trail
Raccoon River Valley Trail
Cut-Off Zone | Teams arriving at Kennedy Station after 3:05 pm will be audited to determine if they will reach finish line by 8:30 pm. If falling behind you will be required to skip stage(s)



RUNNER NOTES

- » Runners will leave the Exchange Point from the west side of West Central Valley Middle School.
- » Leaving the Exchange Point, follow race signage arrows through Redfield to return to the trail.
- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.

DRIVING DIRECTIONS

Vehicles will exit the Exchange Point from the west end of the parking area.
Head west on Taylor St toward Edwards St.

0.1 mi

Take the 3rd right onto 1st St.

0.4 mi

1st turns into El Paso Ave. Continue straight on El Paso.

2.7 mi

Turn right onto 280th St.

3.2 mi

Turn right onto I Ave.

1.5 mi

Turn left into Exchange Point 10.

Runners' Path Drivers' Path



RELAY TIP: After your runner arrives in Redfield, your team half-way split time is available online at m2mrelay.com/halwayssplit. See how your team is doing against the rest of the field.

STAGE 10

Kennedy Station to Adel

5.1 miles • Easy/Moderate
Paved Trail
Raccoon River Valley Trail
Cut-Off Zone | Teams arriving at Adel after
4:05 pm will be audited to determine if they
will reach finish line by 8:30 pm. If falling
behind you will be required to skip stage(s)



DRIVING DIRECTIONS

Leaving the Exchange Point, turn right (north) onto I Ave.

1.5 mi

Turn right (east) onto 280th St. Becomes 15th St.

5.7 mi

Turn right (west) onto Main St.

0.2 mi

Take the 2nd left onto 18th Street
CAUTION: 18th Street crosses running
route Slow down and watch for runners.

0.2 mi

Turn left into Exchange Point 11.

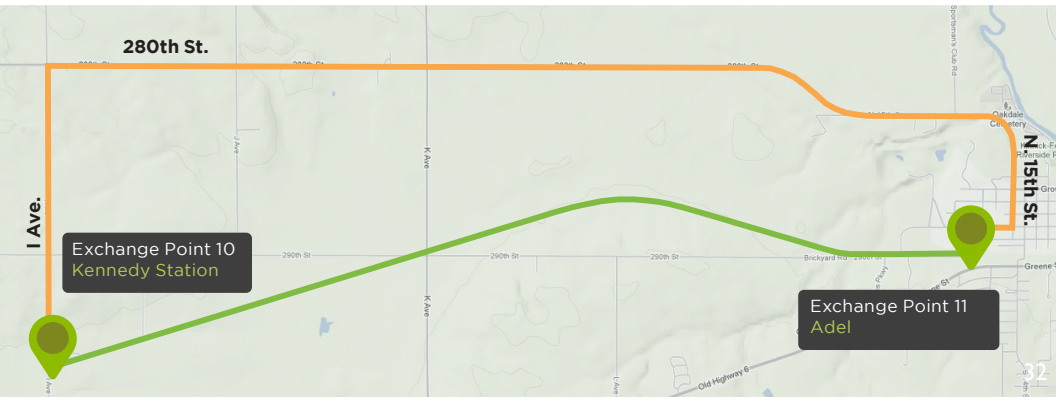
NOTE: Please respect private property
and only park and walk in public areas
and where directed by volunteers.
Thanks!



RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.
- » Use extra caution when crossing the K Ave highway.

■ Runners' Path ■ Drivers' Path



STAGE 11

Adel to Ortonville



4 miles • Easy
Paved Road & Paved Trail
Raccoon River Valley Trail
Cut-Off Zone | Teams arriving at Ortonville after 4:35 pm will be audited to determine if they will reach finish line by 8:30 pm. If falling behind you will be required to skip stage(s)

DRIVING DIRECTIONS

Leaving the Exchange Point, turn left onto Greene St.

0.6 mi

Turn left onto Nile Kinnick Dr/8th St/US-169. CAUTION: Nile Kinnick Drive crosses running route. Slow down, watch for runners and follow traffic police officer directions.

1.6 mi

Turn right (east) onto 270th St.

3.7 mi

Turn right (south) onto R Ave.

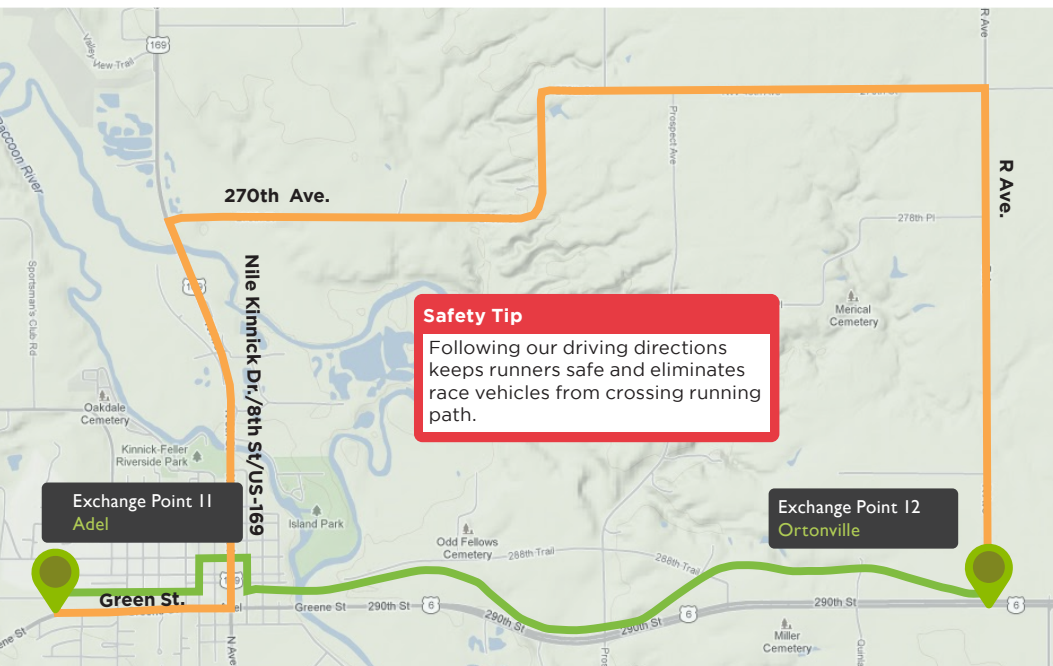
2.0 mi

Turn left into Exchange Point 12 at Monarch Manufacturing.

RUNNER NOTES

- » Shortly after leaving the Exchange Point, runners will make a detour off the trail through Adel, turning left on 10th St, right on Main St, right on 7th St and finally turning left back onto the trail.
- » There will be police assistance crossing Nile Kinnick Drive on Main Street.
- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all

■ Runners' Path ■ Drivers' Path



STAGE 12



Ortonville to Waukee

4.6 miles • Moderate

Paved Trail

Raccoon River Valley Trail

Cut-Off Zone | Teams arriving at Waukee after 5:20 pm will be audited to determine if they will reach finish line by 8:30 pm. If falling behind you will be required to skip stage(s)



DRIVING DIRECTIONS

Leaving the Exchange Point, turn right (north) onto R Ave.

2.0 mi

Turn right (east) onto 270th St.

2.5 mi

Becomes Meredith Dr. Continue straight.

2.0 mi

Turn right (south) onto 184th St/V Ave/N Warrior Ln.

1.9 mi

Turn right (west) onto Venture Dr
Take next left (south) into the Exchange Point, at Mercy Medical Clinic.

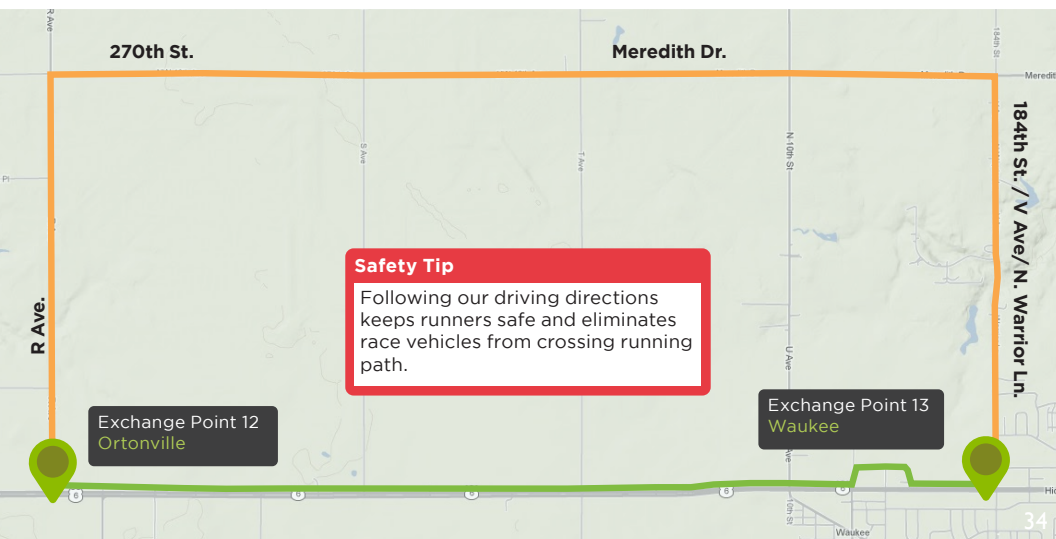
RUNNER NOTES

- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.

RELAY TIP: As you approach Des Moines, bike traffic on the trail will increase. Make sure you stay to right side of the trail.



Runners' Path Drivers' Path



STAGE 13

Waukee to Walnut Hills Elementary

4.6 miles • Moderate

Paved Trails / Residential Sidewalks

Clive Greenbelt Trail

Cut-Off Zone | Teams arriving at Walnut Hills Elementary after 5:35 pm will be audited to determine if they will reach finish line by 8:30 pm. If falling behind you will be required to skip stage(s).



DRIVING DIRECTIONS

Turn left out of the Exchange Point to go north on Warrior Ln.

0.8 mi

Turn right onto Douglas Pkwy *Caution. Vehicle route crosses runner route.

1.9 mi

Turn left onto NW 156th St. *Caution. Vehicle route crosses runner route as you make the left-hand turn.

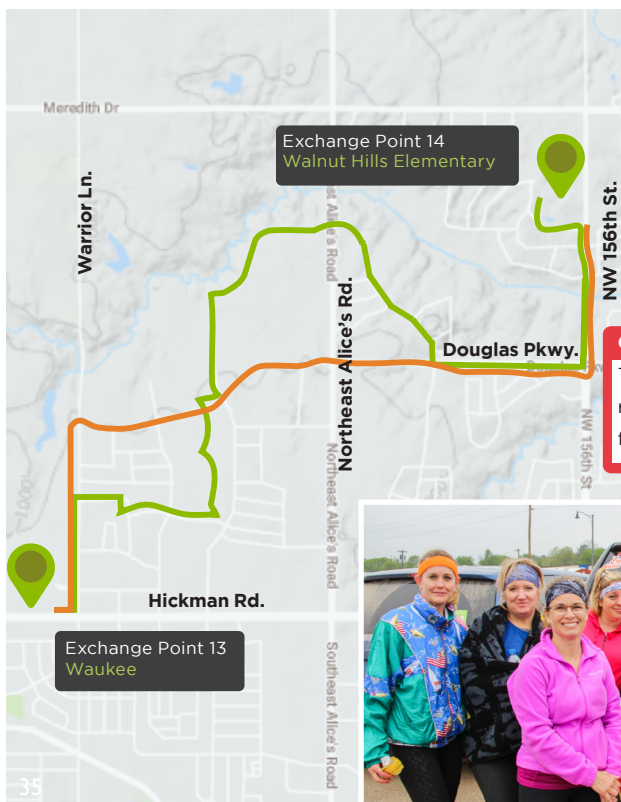
0.6 mi

Turn left into the Exchange Pointe at Walnut Hills Elementary. Be aware of oncoming traffic as you turn left into the elementary school parking lot.

RUNNER NOTES

- » Much of this stage is through residential neighborhoods on sidewalks or paved trails. Be on the lookout for course directional signs. It might be easier to get off route on this stage. Watch for cars backing out of driveways.
- » Runners will cross over several roads that are not at crosswalks where traffic does not stop. Use caution when approaching intersections and yield to vehicles at all times.
- » Use caution when approaching intersections and yield to vehicles at all times.

Runners' Path **Drivers' Path**



RELAY TIP: This stage has changed slightly due to some construction on the trail.

See updated map, or scan this QR code for more details.



Caution:

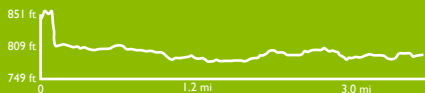
The vehicle route crosses the runner route on this stage. Be extra alert for pedestrians and runners.



STAGE 14

Walnut Hills Elementary to Clive

5.9 miles • Hard
Paved Trails and Residential Sidewalks



Cut-Off Zone | Teams arriving at Clive after 6:05 pm will be audited to determine if they will reach finish line by 8:30 pm. If falling behind you will be required to skip stage(s).

DRIVING DIRECTIONS

Turn right out of Exchange Point to head south on NW 156th Street

1.7 mi

Turn left onto Hickman Rd.

3.2 mi

Turn right onto NW 111th St which becomes 114th St.

0.5 mi

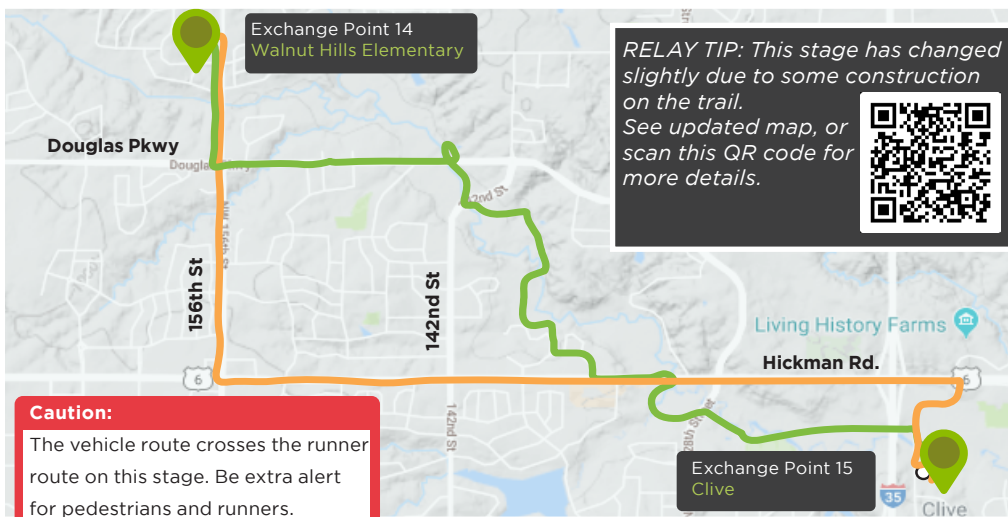
Turn into Exchange Point at the Clive Aquatic Center.

RUNNER NOTES

- » Much of this stage is through residential neighborhoods on sidewalks or paved trails.
- » Be on the lookout for course directional signs. It might be easier to get off route on this stage. Watch for cars backing out of driveways.
- » Runners will cross over some roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.



Runners' Path Drivers' Path





STAGE 15

Clive to Windsor Heights

2.8 miles • Hard

Paved Trail

Clive Greenbelt Trail

Cut-Off Zone | Teams arriving at Windsor Heights after 6:35 pm will be required to skip ahead



DRIVING DIRECTIONS

Turn right out of the exchange point parking lot to go north on NW 114th St

0.6 mi

Turn right (east) onto Hickman Rd

1.8 mi

Turn right (south) onto NW 86th St

0.6 mi

Turn left (east) onto University Blvd

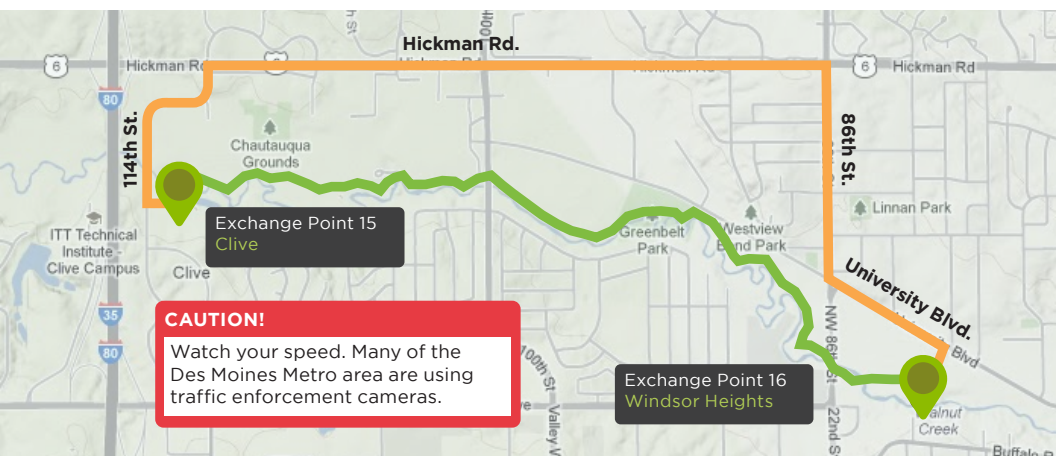
0.4 mi

Take second right into the Exchange Point at Wittern Manufacturing

RUNNER NOTES

- » Leaving the Exchange Point, runners will soon make a right turn to return to the main trail.
- » Runners will encounter several side/spur trails. Follow race signage arrows and stay on the main trail to arrive at the Windsor Heights Exchange Point.

■ Runners' Path ■ Drivers' Path



STAGE 16

Windsor Heights to Ashworth Park

4.3 miles • Easy/Moderate

Paved Trail

Walnut Creek Trail

Cut-Off Zone | Teams arriving at Ashworth Park after 7:15 pm will be required to skip ahead



DRIVING DIRECTIONS

Exit the Exchange Point from the east end of the parking area. Turn right (east) onto University Blvd. Becomes University Ave.

2.5 mi

Turn right (south) onto Polk Blvd.

1.1 mi

Turn left (east) onto Grande Ave.

0.1 mi

Take first right (south) onto 45th St.

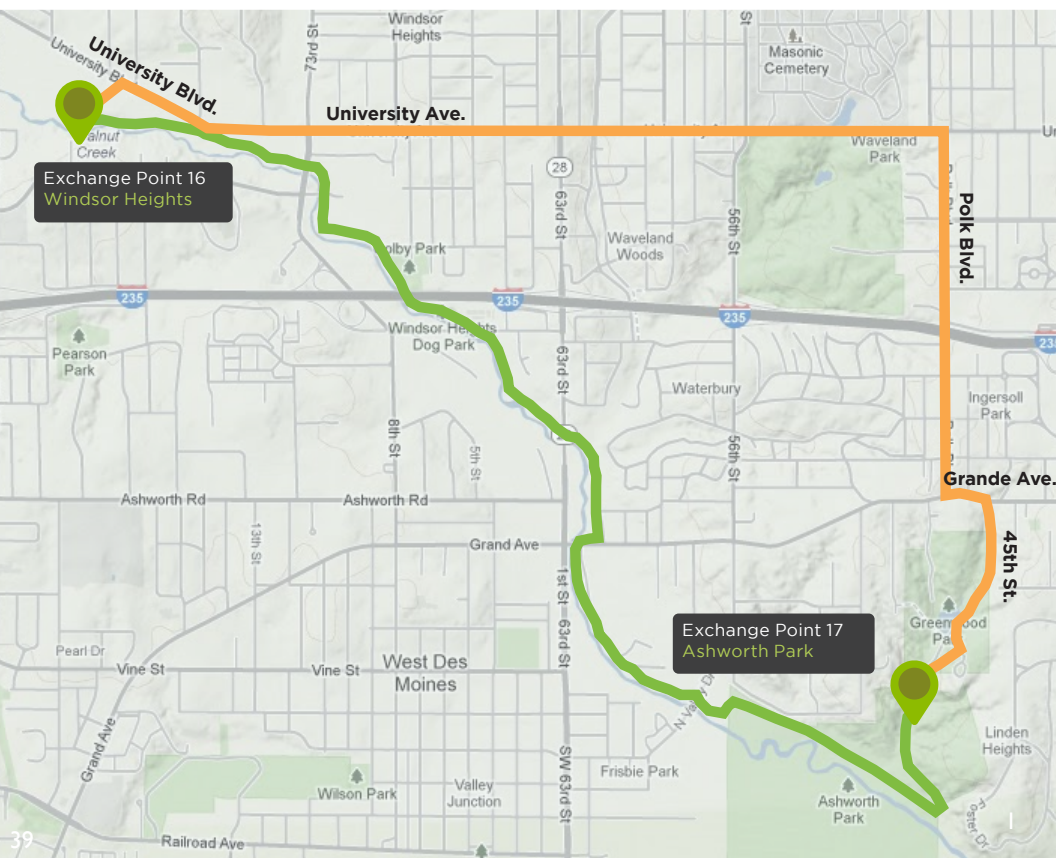
0.6 mi

Continue straight into the Exchange Point at Ashworth Park. Follow volunteer directions. The exchange point is located at the south end of 45th Street near the Ashworth swimming pool.

RUNNER NOTES

- » Runners will cross over roads and train tracks where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles and trains at all times.
- » Toward the end of your stage, the running route deviates from the main trail toward Ashworth Park. Follow race signage arrows to arrive at the Ashworth Park Exchange Point.

Runners' Path Drivers' Path



STAGE 17

Ashworth Park to Gray's Lake



3.5 miles • Easy

Paved Trail

Bill Riley Trail

Cut-Off Zone | Teams arriving at Gray's after 7:45 pm will be required to skip ahead



DRIVING DIRECTIONS

Leaving the Exchange Point, head north on 45th St.

0.6 mi

Turn right (east) onto Grand Ave.

2.0 mi

Keep right and take slight right (south) onto Fleur Dr.

1.4 mi

Turn left (East) onto Bell Ave. Becomes Thomas Beck Rd.

0.2 mi

Turn left (north) into Exchange Zone at Bell Ave Business Center. Follow volunteers to parking.

RUNNER NOTES

- » Leaving the Exchange Point, runners will soon make a left turn to return to the main trail.
- » Runners will cross over several roads where traffic does not stop.
- » Use caution when approaching intersections and yield to vehicles at all times.
- » Know the running route and follow race signage arrows to arrive at the Gray's Lake Exchange Point.

Runners' Path Drivers' Path



RELAY TIP: It could be possible for fast Stage 17 runners to beat their vehicle to Exchange Point 18. Consider sending your stage 18 runner ahead to Gray's Lake from Ashworth Park in another team's vehicle.



YOU EARNED IT. WEAR THE GEAR.



Get your Market to Market Relay gear at the Post-Race Shindig. Pullovers, hats, jackets, t-shirts, stickers and more.

Also available at



M2MRELAY.COM

STAGE 18

Gray's Lake to Court Avenue Plaza

4.1 miles • Easy
Paved Trail



DRIVING DIRECTIONS

Turn left (south) out of exchange point lot to turn left (east) on Bell Ave. Bell Ave becomes Thomas Beck Rd. which becomes Indianola Rd.

1.6 mi

Crossing over Indianola Avenue at the light, Indiana Road becomes SE 1st Street which becomes Scott Ave after crossing the Des Moines River

0.8 mi

Turn left onto SE 6th Street

0.4 mi

Turn left onto E Court Ave..

364 ft.

Turn right onto E 4th Street. Take your first right into the Capital Court Parking Lot.

Runners' Path Drivers' Path

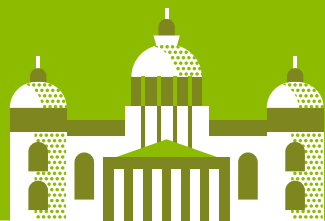


RUNNER NOTES

- » Soon after leaving the Exchange Point, runners will deviate from the main Meredith Trail and will follow park trails around the north side of Gray's Lake. Follow course signage.
- » The Team Finish is located at Court Avenue Bridge at the intersection of Water Street and Court Avenue. You will meet your team here. The Team Finish is not an Exchange Point. The final stage runner must keep the timing baton until crossing the line. The team's official finish time is taken from this runner. See rule book for more details.

TEAM FINISH

Court Avenue Plaza to Court Avenue Bridge | Finish



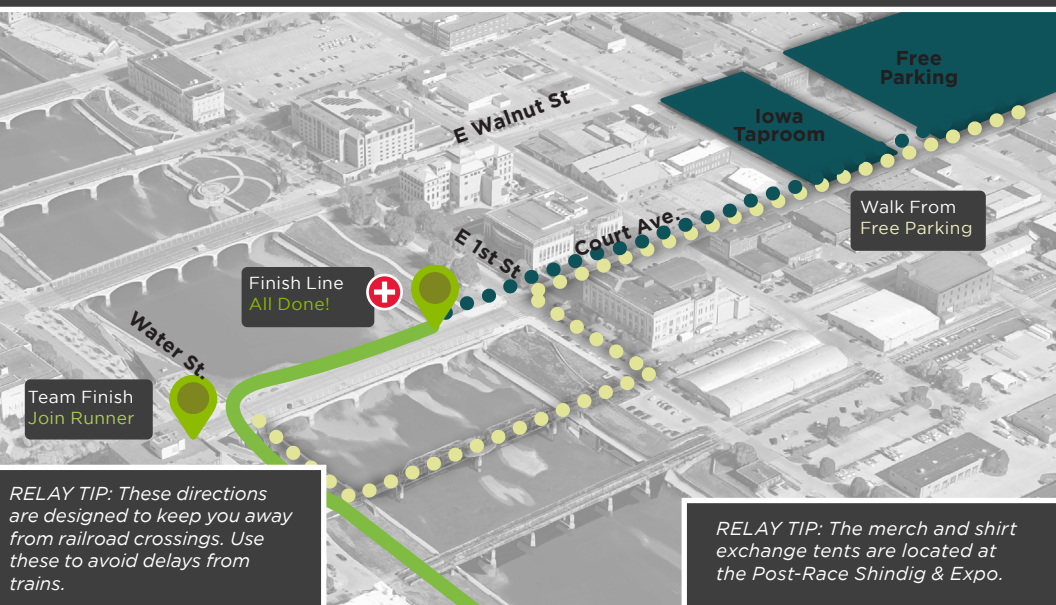
WALKING INSTRUCTIONS TO TEAM FINISH

Free reserved parking is available in the parking areas as explained on the previous page. Once you are parked, assemble your team quickly and walk briskly to meet your last runner at the Team Finish area. You will need to hustle in order to get to the Team Finish before your last runner.

Use the yellow line on the map below as a guide to join your last runner at the Team Finish. Follow Court Ave west along the north side of the sidewalk. At East 1st Street, turn left to head south for 1 block to the red pedestrian bridge. After crossing the bridge, turn right. The team finish is located at the Court Avenue Plaza at the intersection of the Water Street and Court Avenue on the west side of Court Avenue Bridge. Remember, your last runner must maintain possession of the baton and they are the one to record the team's official time when crossing the finish line.

■ Runners' Path ■ Path to Team Finish ■ Path to Post-Race Shindig

RELAY TIP: Don't forget to bring your Team Time Card to the finish line with you! You will turn them in at the Pink Gorilla Events HQ tent at the Finish Line. Preliminary Team Results will be on display at the Post Race Shindig.



CONGRATULATIONS!

You've completed the tenth annual Market to Market Relay Iowa! The good times continue beyond the finish line. Join us for a block party atmosphere on East 3rd St. in front of Iowa Taproom. Food, drinks, music, and story swapping are just steps away. East 3rd St. is just a short walk from the finish line parking area. No need to move your vehicle. See the next page for details.

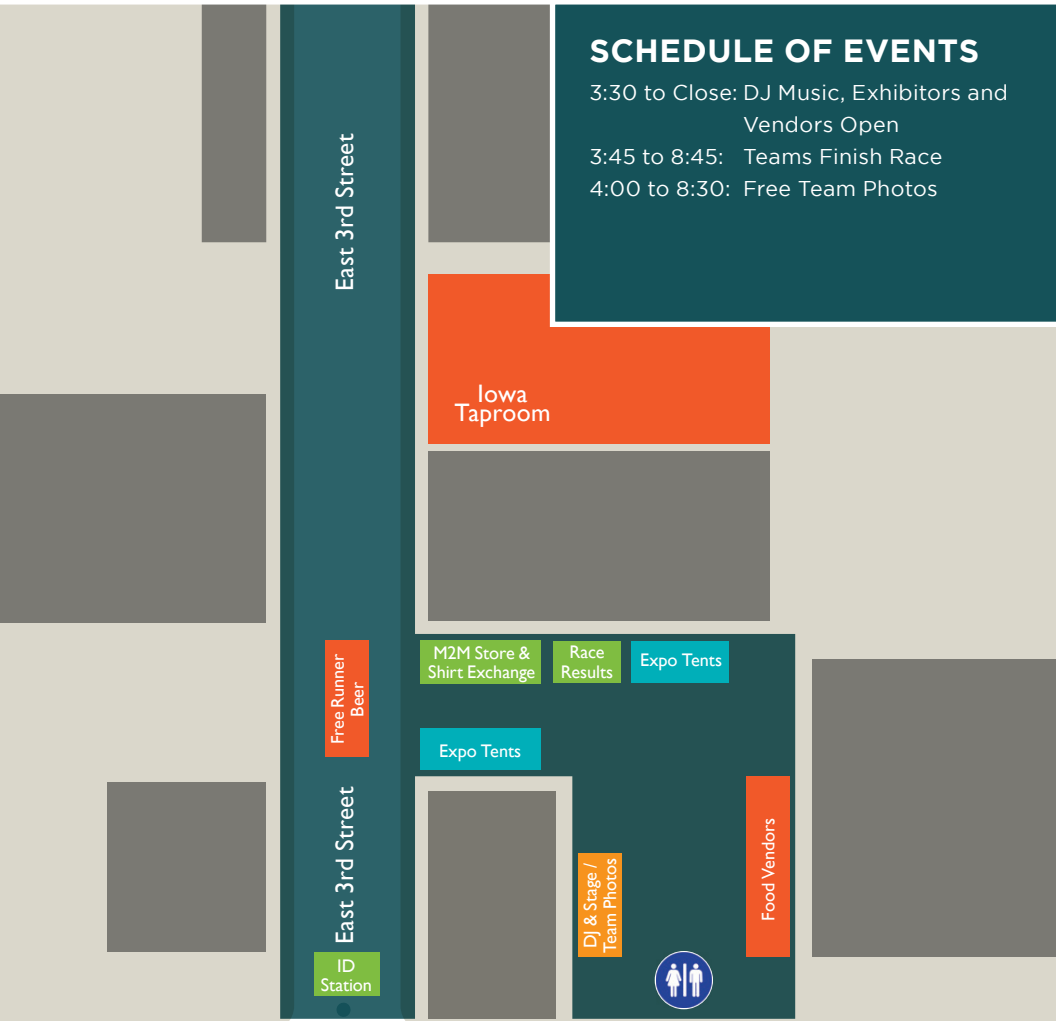
SHINDIG & EXPO

Just beyond the finish line will be the Post-Race Shindig & Expo in front of Iowa Taproom, featuring beer, if you are 21 of course. Other beverages will be available for sale. It's just a short walk to East 3rd St. Here, everyone can relax and celebrate their accomplishment of completing the course. The Post-Race Shindig & Expo will feature food from some of the best food vendors around.

The entire area will be a large outdoor block party festival featuring music, exhibitors, free team pictures and much more. Plan on enjoying the excitement of the Shindig once you finish the race and have your family and friends join in the fun! Remember to bring your ID and cash for additional food, drinks and Market to Market Relay gear!

SCHEDULE OF EVENTS

- 3:30 to Close: DJ Music, Exhibitors and Vendors Open
- 3:45 to 8:45: Teams Finish Race
- 4:00 to 8:30: Free Team Photos



Walk From Finish →



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REGISTER NOW FOR 2024!

**Captains, Score \$60
Merch Credit For Free!**

Register for 2024 Market to Market Relay Iowa before 11:59 pm on June 2, 2023 and captains will score a \$60 M2M Relay merch store credit for FREE!

This Super Priority Registration window opens at 10AM on May 22, 2023 at M2MRelay.com.

Take advantage of this super priority registration window and enjoy a guaranteed spot for the 2024 race, the lowest pricing available AND a FREE captain's \$60 merch credit!

