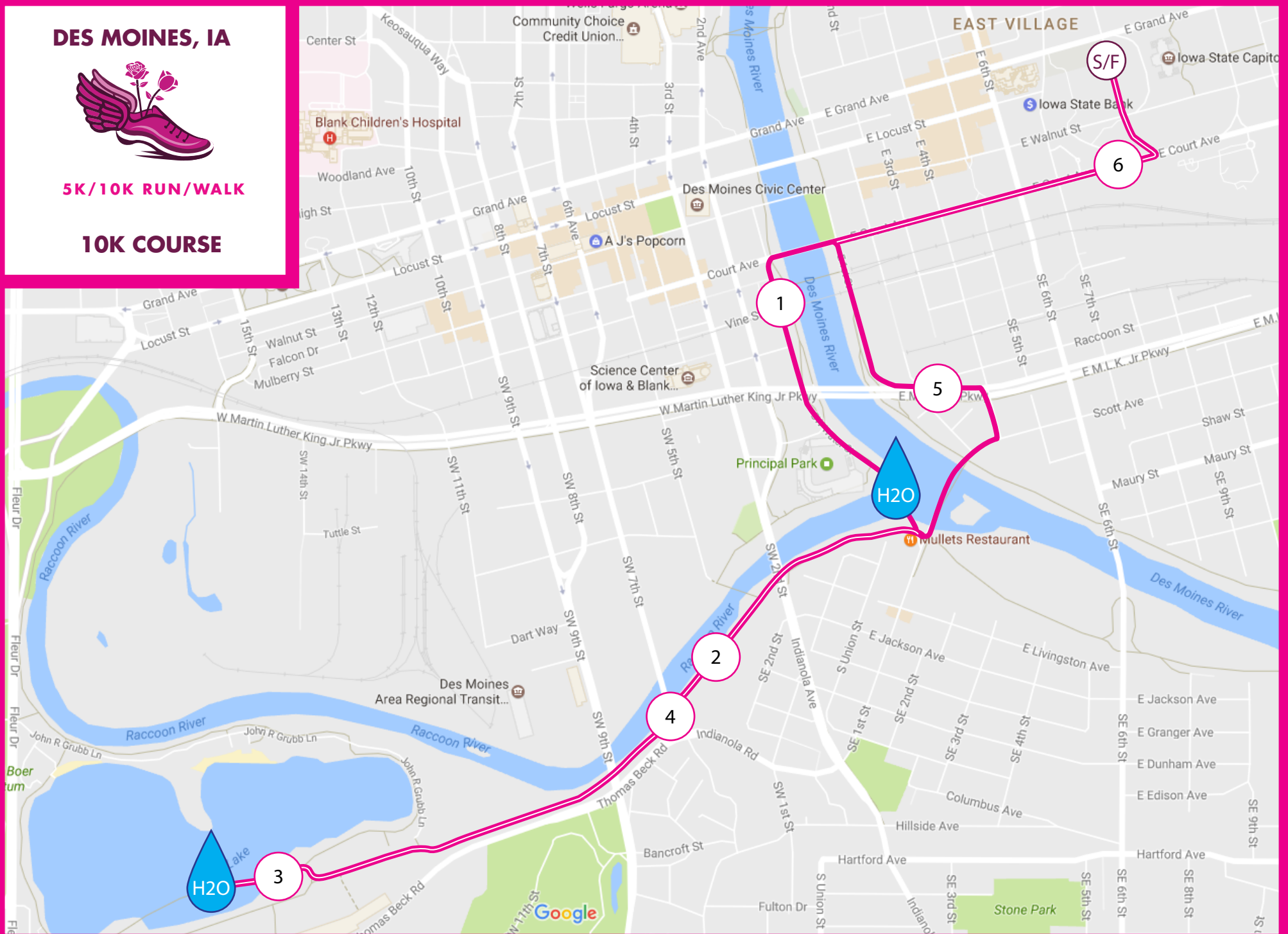


DES MOINES, IA



5K/10K RUN/WALK

10K COURSE



*COURSE SUBJECT TO CHANGE WITHOUT NOTICE. TRAILS MAY HAVE NON EVENT USERS. MAP NOT TO SCALE. IMAGE PROVIDED BY GOOGLE.