



# Capital Striders Summer / Fall training group

sponsored by the  
**IMT / Des Moines Marathon**



**Grays Lake 3 miler:** Run clockwise from SE parking lot one (1) loop + continue west over bridge again.  
Turn around at boat house & run back to parking lot for 3+ miles.





# Capital Striders Summer / Fall training group

sponsored by the  
**IMT / Des Moines Marathon**



**Grays Lake 6½ miles:** Run west from Gray's Lake SE parking lot to the Fleur Dr\MLK trail towards downtown. Continue east on trail to SW Water St. (Careful around construction). Go south and cross Raccoon River on Water Street Bridge, turn right and take the trail back to Gray's Lake. Water before 2 miles and at parking lot (mile 4½). Do one more complete loop around the lake for 6½ miles.

