



## IMT Des Moines Marathon Fields of Strides

The IMT Des Moines Marathon through a strategic partnership with Iowa Sister States offers Fields of Strides, an online community connecting athletes in Iowa with a passion for running with athletes from Iowa Sister State partner organizations around the world.

### Host Pass

Fields of Strides offers a collective space where members can share training and race day experiences with one another through special website access to Host Pass. Complete with private social media groups, message boards, video webinars, blogs and an international race calendar, Host Pass gives members an interactive forum to post and share their experiences.

From the first step in a new pair of running shoes to the last step before crossing the finish line on race day, Fields of Strides brings people together by providing guidelines for establishing safe and inclusive run clubs within our communities, every stride of the way.

### Virtual Race

The IMT Des Moines Marathon also offers athletes the ability to race in the IMT Des Moines Marathon or Half Marathon from virtually anywhere by completing 26.2 or 13.1 miles in a continuous single run, just as one would in person.

The IMT DMM 26.2 & 13.1 Virtual Race features 'race-in-a-box', including an official IMT Des Moines Marathon or Half Marathon athlete track jacket, bib and finisher medal, which is shipped directly to the athlete prior to race day,

There is no 'course time limit' to participate. Create a self-designed course or run an existing route on a road or paved trail. Then, based on local time zone, line up, race and compete with virtual athletes from around the world. Race results are posted to the Strava Club Event for the IMT DMM 26.2 & 13.1 Virtual Race for virtual race event category results.

### Iowa Sister States

Yamanashi Prefecture, Japan (established in 1960). Yucatán, Mexico (1965). Hebei Province, China (1983). Terengganu, Malaysia (1987). Stavropol Krai, Russia (1988). Taiwan (1989). Cherkasy Oblast, Ukraine (1996). Veneto Region, Italy (1997). Kosovo (2013)

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