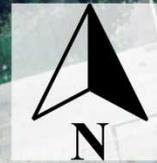


FLAME ARRIVAL

Iowa State Capitol

 = Start/Finish Line



 1007 E Grand Ave, Des Moines, IA 50319

628 East Grand Ave Garage
(free)

Shuttle Drop/Pickup

SPECIAL EVENT
 Flame Arrival Ceremony
 Friday, July 25 @ 7:00pm
(free, open to the public)

308 E 6th St. Garage
(\$2 for the first hour,
\$1.50 for every additional hour)

2025 National Senior Games
Mile for the Ages (1 Mile Road Race)
Iowa State Capitol Grounds
Friday, July 25 @ 6:30PM
(Open to the public)
Register: <https://nsga.com/mile-for-the-ages/>



FLAME ARRIVAL

Iowa State Capitol

1007 E Grand Ave, Des Moines, IA 50319



628 East Grand Ave Garage
(free)

Stage

308 E 6th St. Garage
(\$2 for the first hour,
\$1.50 for every additional hour)

Athlete
Parking

Athlete
Parking

