

Sports Medicine Center

Directions

Distance

Total Est. Time: 17 minutes

Total Est. Distance: 8.00 miles

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|  | 1: Start out going WEST on WOODLAND AVE toward 14TH PL. | 0.4 miles |
|  | 2: Turn RIGHT onto MARTIN LUTHER KING JR PKWY. | 0.4 miles |
|  | 3: Turn LEFT onto COTTAGE GROVE AVE. | 0.2 miles |
|  | 4: Merge onto I-235 W via the ramp on the LEFT. | 2.8 miles |
|  | 5: Take the 63RD ST / IA-28 exit- EXIT 4- toward WINDSOR HTS. | 0.1 miles |
|  | 6: Turn RIGHT onto 63RD ST / IA-28. | 1.4 miles |
|  | 7: Turn RIGHT onto HICKMAN RD / US-6 / IA-28. | 0.3 miles |
|  | 8: Turn LEFT onto MERLE HAY RD / US-6 / IA-28. Continue to follow MERLE HAY RD / IA-28. | 1.8 miles |
|  | 9: Turn RIGHT onto MERLE HAY RD. | 0.2 miles |
|  | 10: End at 4631 Merle Hay Rd
Des Moines, IA 50322-1962, US | |

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