BIKE COURSE

- **112 Miles**
- **1 Loop**
- **The Woodlands, Texas**

The one-loop bike course will take athletes west through The Woodlands before heading north to the scenic, rolling farmland of east Texas. After passing through the National Forest, athletes will head back towards The Woodlands. The course is mostly flat but features some rolling hills.

TURN BY TURN

- Start on Lake Robbins Drive
- Left on to Grogans Mill Road
- Right on to Woodlands Parkway
- Right on to FM 2978
- Right on to Egypt Lane
- Straight on to Conroe Huffsmith Road
- Left on to Weisinger Drive
- Left on to Mahogany Way
- Right on to Honea Egypt Road
- Bear right on to Sendera Ranch Road
- Left on to FM 2854
- Straight on to Lone Star Parkway
- Right on to FM 149
- Right on to Osborne Road
- Left on to FM 1375
- Right on to FM 149
- Right on to Bethel Road
- Left on to Taliaferro Road
- Left on to County Road 209
- Left on to Bays Chapel Road
- Right on to FM 149
- Left on to FM 2562
- Left on to 2819
- Right on to FM 1486
- Right on to North Mount Mariah Road
- Left on to Mock Lane
- Right on to FM 1486
- Left on to Jackson Road
- Left on to FM 1488
- Right on to Tamina Road
- Right on to FM 2978
- Left on to Windfern Place
- Right on to May Valley Circle
- Left on to West Branch Crossing
- Right on to Woodlands Parkway
- Right on to Flintridge Drive
- Right on to South Panther Creek Drive
- Right on to Woodlands Parkway
- Left on to Grogans Mill
- Right on to Lake Robbins Drive

MM MILE MARKERS 1 AID STATIONS T TRANSITION AREA

MEMORIAL HERMANN IRONMAN TEXAS

Taliaferro Rd.
FM 1791
Co Rd. 209
Bays Chapel Rd.
FM 149
Bethel Rd.
FM 1375
Osborne Rd.
FM 2562
FM 2819
FM 1486
Johnson Rd.
N. Mount Mariah Rd.
FM 1774
105
Lone Star Pkwy.
Mock Ln.
Jackson Rd.
FM 2854
Honea Egypt Rd.
Conroe Huffsmith Rd.
Mahogany Way
Weisinger Dr.
FM 1488
Egypt Ln.
Tamina Rd.
FM 2978
Hardin Store Rd.
Woodlands Pkwy.
Terramont Dr.
Sterling Ridge Dr.
Gosling Rd.
Lake Woodlands Dr.
Grogans Mill Rd.
S. Panther Creek Dr.
Lake Robins Dr.
W. Branch Crossing Dr.
Flintridge Dr.
May Valley Cr.
Windfern Pl.

BIKE START & FINISH

5M 20M 25M 30M 35M 40M 45M 50M 55M 60M 65M 70M 75M 80M 85M 90M 95M 100M 105M 110M 10M 15M

N W E S