MEMORIAL HERMANN IRONMAN TEXAS
NORTH AMERICAN CHAMPIONSHIP

HOKA ONE ONE
TIME TO FLY

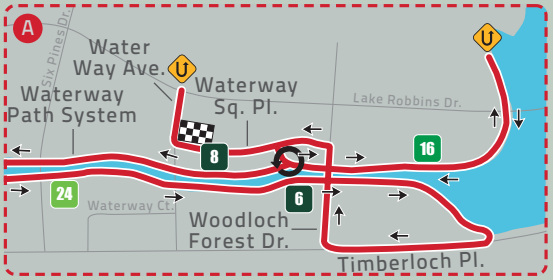
RUN COURSE
26.2 MILES / 3 LOOP
THE WOODLANDS, TEXAS

TURN BY TURN DIRECTIONS

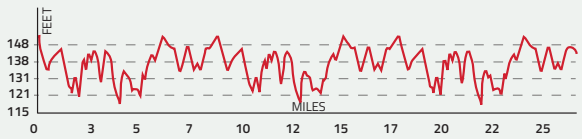
- Turn right out of transition on to the Waterway Path System
- Follow to the turnaround point
- Turn left on trail adjacent to Grogans Mill Rd.
- Turn left on Lake Woodlands Dr.
- Turn left into North Shore Park and follow trail
- Turn left on Lake Woodlands Dr.
- Turn left on Panther Creek Dr.
- Turn left on Woodlands Pkwy.
- Turn left on Lake Front Cir.
- Turn left on to East Shore Dr.
- Turn left on Majesty Row
- Turn right on North Bay Pl.
- Bear left toward the Waterway Path System
- Turn right once on the Waterway Path System
- Follow towards the end of the Waterway Path System
- Turn right on Timberloch Pl.
- Turn right on Woodloch Forest Dr.
- Turn left on Waterway Square Pl.
- Turn left on the Waterway Path System
- Head towards The Woodlands Mall and back towards the transition area
- To complete second and third loop continue on the Waterway Path System
- Follow Waterway Path System until turnaround point
- Turn left on trail adjacent to Grogans Mill Rd.
- After third loop, turn right on to Waterway Square Place to the finish line

LEGEND

- T — TRANSITION AREA
- START LINE
- FINISH LINE
- 1 — 1ST LOOP MILE MARKERS
- 5 — 2ND LOOP MILE MARKERS
- 9 — 3RD LOOP MILE MARKERS
- U — U-TURN
- BEGIN 2ND & 3RD LOOP
- W — WATER/AID STATION
- RED BULL STATION



Start Elevation: 149 ft ▪ Finishing Elevation: 144 ft ▪ Gain: 493 ft



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