



3407 W. DR. MARTIN LUTHER KING JR. BLVD  
 SUITE 100  
 TAMPA, FL 33607

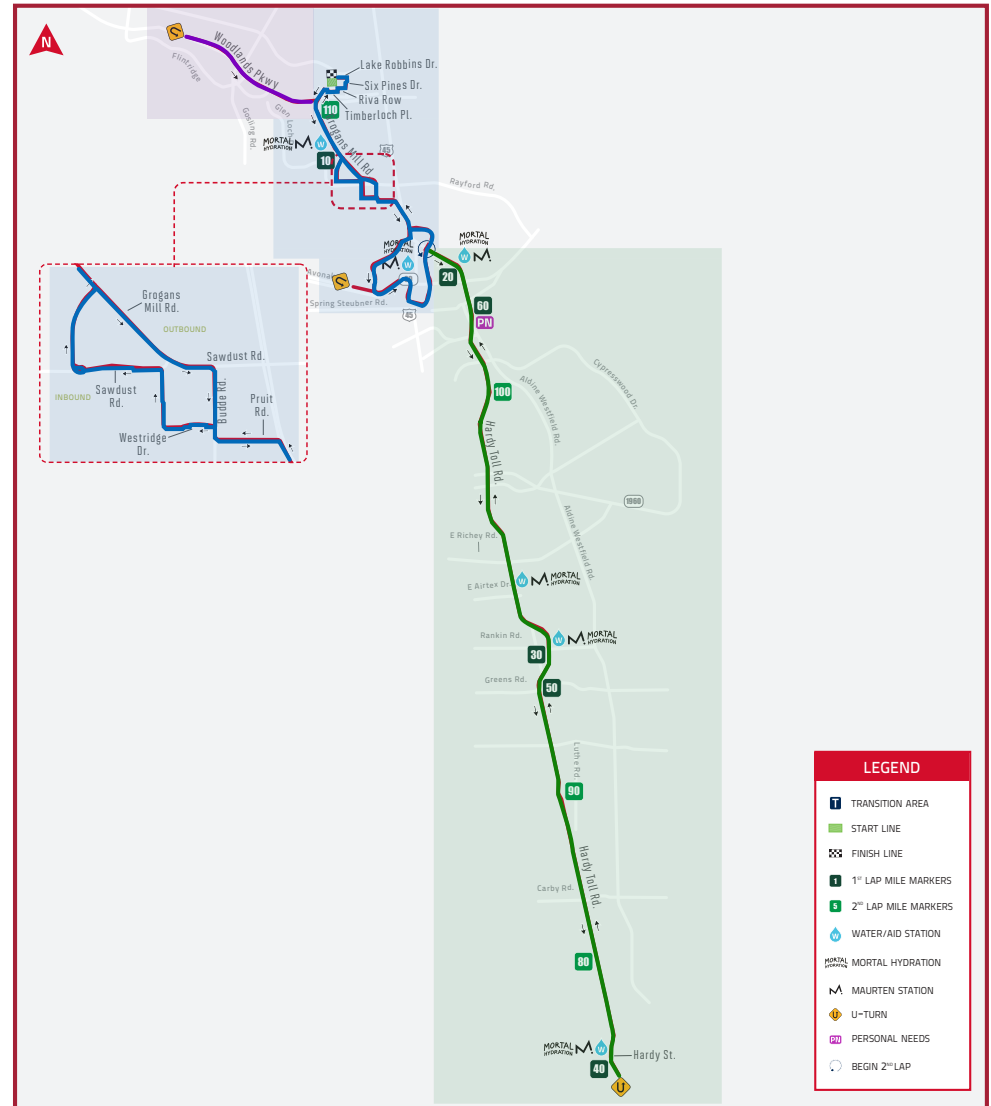
COME VOLUNTEER!



**TIMES OF IMPACT**

7 AM to 10:30 AM
7:30 AM to 5:50 PM
12:01 AM to 6 PM

**TRAFFIC IMPACT | APRIL 26, 2025**



LEGEND	
	TRANSITION AREA
	START LINE
	FINISH LINE
	1 <sup>st</sup> LAP MILE MARKERS
	2 <sup>nd</sup> LAP MILE MARKERS
	WATER/AID STATION
	MORTAL HYDRATION
	MAURTEN STATION
	U-TURN
	PERSONAL NEEDS
	BEGIN 2 <sup>nd</sup> LAP

ROADS IMPACTED (SWIM COURSE) ON APRIL 25 & 26	FROM	TO
Lake Woodlands (Eastbound) from Lakeside Blvd to Lake Front Circle	7 AM	10:30 AM

TO SEE MAPS OR FOR MORE INFORMATION, VISIT [WWW.IRONMAN.COM/RACES/IM-TEXAS](http://WWW.IRONMAN.COM/RACES/IM-TEXAS).  
HOTLINE NUMBER: 509-713-2742

ROADS CLOSED (BIKE COURSE)	FROM	TO
Riva Row from High Timbers to Six Pines	6 AM	6 PM
Woodlands Parkway & Grogan's Mill Exit (Southbound)	6 AM	10:30 AM
Grogan's Mill (Southbound) from Lake Woodlands to Woodlands Pkwy	6 AM	11 AM

ROADS IMPACTED (BIKE COURSE)	FROM	TO
Grogan's Mill Rd (Southbound) to Budde Rd - One Lane	6 AM	11 AM
Woodlands Pkwy (Eastbound) 35mph from Cochrans Crossing to Grogans Mill Exit Ramp	7 AM	10:30 AM
Woodlands Pkwy - One Lane	7 AM	10:30 AM
Woodlands Pkwy/Grogan's Mill - One Lane	7 AM	10:30 AM
Grogan's to Sawdust - One Lane	7:30 AM	11 AM
Sawdust/Budde	7:30 AM	11 AM
Pruitt/Budde	7:30 AM	5:30 PM
Pruitt/I-45	7:30 AM	5:30 PM
I-45/Spring Woods Village Pkwy	7:30 AM	11:30 AM
Spring Stuebner/Northgate Crossing	7:45 AM	11:40 AM
Northgate Crossing/Hardy Toll Rd	7:45 AM	5:30 PM
Northgate Crossing/I-45	7:45 AM	5:30 PM
Sawdust/S Park	10:45 AM	5:30 PM
Sawmill/Grogan's Mill	10:50 AM	5:50 PM
Grogan's Mill/Timberloch	10:50 AM	5:50 PM

**DETOURS & PREFERRED METHODS OF TRAVEL**

**SOUTH REGIONAL LIBRARY** (2101 Lake Robbins Dr) will be open for early voting on Saturday, April 26 from 8 AM to 5 PM. Take Grogan's Mill Rd south from Lake Woodlands Dr to Lake Robbins Dr. Access will be granted by showing one of the acceptable forms of ID to vote. Eastbound Lake Robbins Dr is closed from 5 AM to 12 AM (Midnight) from the library entrance to Six Pines Dr.

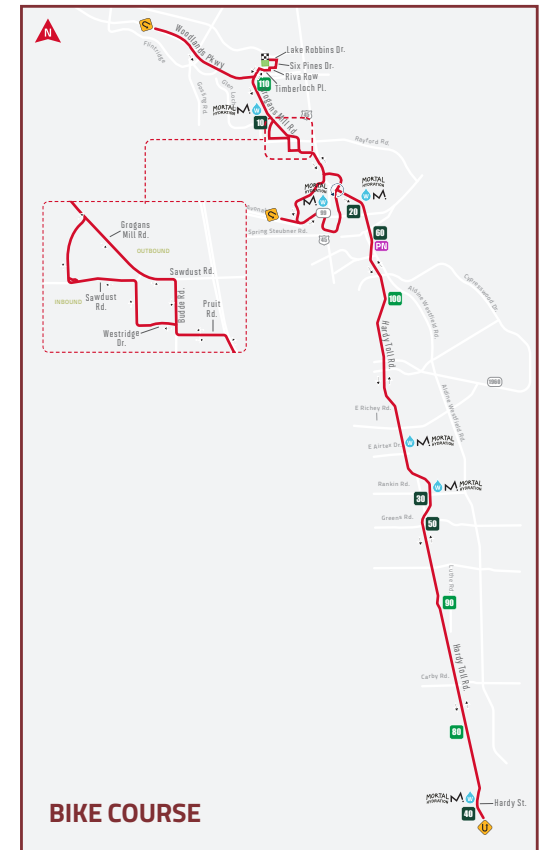
**GROGAN'S MILL SOUTHBOUND FROM 7 AM TO 10:30 AM:** Take Lake Woodlands to Six Pines, Six Pines to Millbend Rd, Mill Bend Rd to Fernridge, Fernridge to S Millbend, S Millbend to Grogan's Mill.

**GROGAN'S MILL ROAD NORTHBOUND FROM 7 AM TO 6:15 PM:** Take Woodlands Pkwy to Six Pines Dr, Six Pines Dr to Lake Woodlands, Lake Woodlands to Grogan's Mill Rd.

**LAKE ROBBINS DRIVE WESTBOUND:** Unrestricted until Six Pines Dr. Follow directions for Grogan's Mill Rd North or Southbound.

**BEST LOCATIONS TO ENTER MARKET STREET:** Along Lake Woodlands Dr or Six Pines Dr.

**GROGAN'S MILL SOUTHBOUND TOWARDS SAWMILL FROM 10:55 AM TO 6:05 PM:** Take Woodlands Pkwy to I-45, I-45 South to Rayford-Sawdust.



ROADS IMPACTED (RUN COURSE)	FROM	TO
Lake Woodlands Dr/E Panther Creek	11:10 AM	11 PM
E Panther Creek/Woodlands Pkwy	11:15 AM	11:30 PM
Woodlands Pkwy/Lake Front Circle	11:30 AM	11:45 PM
Timberloch/Woodloch Forest	11:45 AM	12 AM (Midnight)

ROADS CLOSED (RUN COURSE)	FROM	TO
Waterway Ave is CLOSED from Lake Robbins to Timberloch	April 25	April 26
Lake Robbins is CLOSED from Grogan's Mill to Six Pines West Bound	5 AM	12 AM (Midnight)

