

THINGS TO DO

RIVA ROW BOAT HOUSE

Enjoy The Woodlands Waterway and Lake Woodlands by kayak! The Riva Row Boat House is a 1.6-acre park located at the juncture of the upper and lower levels of The Waterway. Provided by The Woodlands Township, single and tandem kayaks, life jackets, and paddles are available for rental.

CYNTHIA WOODS MITCHELL PAVILION

Enjoy concerts and events at one of Houston's top entertainment venues. This 17,000-seat outdoor amphitheater showcases over 60 world-class concerts a year. Here you can see nationally known artists and enjoy some lighter notes during the Houston Symphony's summer season at The Woodlands.

THE WOODLAND'S CHILDREN'S MUSEUM

The Woodlands Children's Museum is ideal for children 7 years of age and younger. The museum provides creative and imaginative play experiences along with daily interactive activities. Conveniently located in a shopping center, the museum is surrounded by varied places to enjoy a meal and come back to play.

SHOPPING AT THE MARKET PLACE & THE WOODLANDS MALL

Shopping and dining at Market Street is spread over 34 acres, offering shoppers an opportunity to stroll from store to store in a vibrant, pedestrian-oriented environment. Central Park offers a natural retreat with a landscaped area, with an interactive children's fountain, serving as an excellent gathering place.

THE WOODLANDS WATERWAY

The Woodlands Waterway, a 1.8-mile long park and transportation corridor, is home to shops, restaurants and the spectacular Fountains at Waterway Square. Enjoy a relaxing tour on a swan pedal boat or hop aboard a The Woodlands Waterway Trolleys.

THE FOUNTAINS AT WATERWAY SQUARE

Waterway Square is a one-acre public plaza with unique water features and green spaces that serve as the "centerpiece" of The Woodlands Town Center. Experience the excitement of earth, wind and water in a synchronized choreography of motion and sound.

ACTIVITIES

Top Golf, located down I-45 in Spring, is a great spot for golfer and non-golfers alike! Shooting at golf targets, while munching on snacks and drinks, is fun for the entire family. I-Fly, an indoor sky-diving attraction, gives you a taste of hurtling through the atmosphere with Mother Earth a few seconds away!

RESTAURANT ROW

Are your taste buds tuned for a thick, juicy steak? Asian cuisine? Italian? A place to watch the game? Hughes Landing Blvd is home to Restaurant Row which features views of Lake Woodlands and is walking distance to shops, restaurants and entertainment.

SCHEDULE OF EVENTS

WEDNESDAY, APRIL 24

1 PM to 5 PM IRONMAN Village & Official IRONMAN Store

THURSDAY, APRIL 25

9 AM to 5 PM IRONMAN Village & Official IRONMAN Store

5:30 PM Welcome Banquet

FRIDAY, APRIL 26

9 AM to 3 PM IRONMAN Village & Official IRONMAN Store

4 PM to 5 PM Magic Hour - Finish Line Photo Op

SATURDAY, APRIL 27

6:25 AM Pro Male Swim Start

6:30 AM Pro Female Swim Start

6:34 AM XC Swim Start

6:38 AM Age Group Swim Start

12 PM to 7 PM IRONMAN Village & Official IRONMAN Store

SUNDAY, APRIL 28

7 AM to 12 PM IRONMAN Village & Official IRONMAN Store

10 AM Awards & 2025 VinFast IRONMAN World Championship Slot Allocation/Rolldown Ceremony



IRONMAN Emergency Contact
813-295-0748
TEXAS@IRONMAN.COM



MEMORIAL HERMANN
IRONMAN
★ TEXAS
NORTH AMERICAN CHAMPIONSHIP

2025 SPECTATOR GUIDE

APRIL 26, 2025

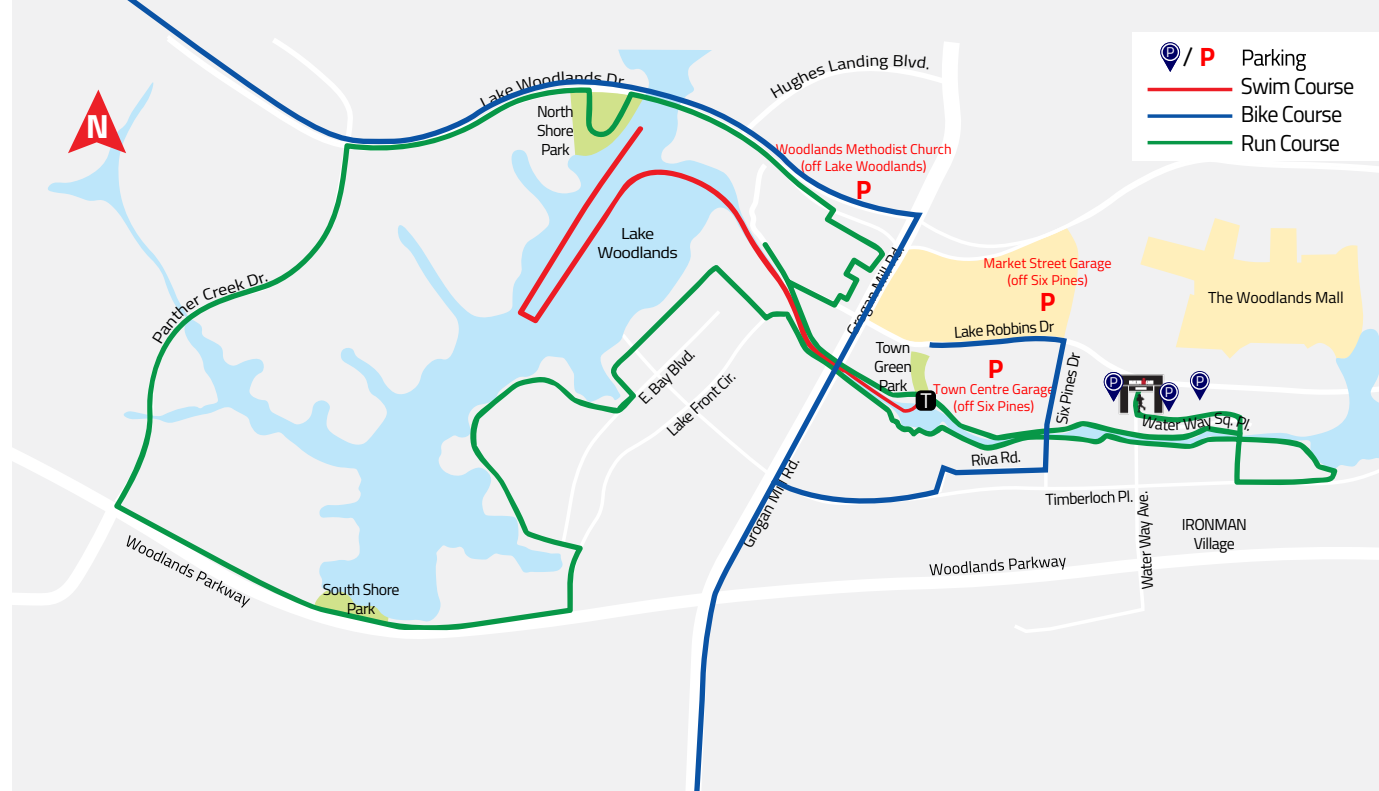




In 1978, 15 men participated in the first IRONMAN triathlon on the bustling streets of Honolulu, Hawaii. IRONMAN consists of a 2.4-mile swim, a 112-mile bike, and a 26.2-mile run, in succession. This event serves as one of the many qualifying events across the globe for the IRONMAN World Championship in Kailua-Kona, Hawaii every October.

Head south to warmer conditions at this early-season race in the heart of Texas. 27 miles north of Houston, The Woodlands is one of America's first master-planned communities; it is close to two major airports, numerous parks, and has a bustling downtown for athletes and their families to enjoy.

Athletes begin race day with a 2.4-mile swim in Lake Woodlands, beginning at North Shore Park and ending at Town Green Park. The 112-mile bike course takes athletes through The Woodlands neighborhoods into Harris County and onto the Hardy Toll Road towards downtown Houston. The day ends with a 26.2-mile run within The Woodlands and concluding with a spectacular finish on Waterway Ave.



DETOURS & PREFERRED METHODS OF TRAVEL

SOUTH REGIONAL COMMUNITY CENTER will be open for early voting on Saturday, April 26 from 8 AM to 5 PM. Take Grogan's Mill Rd south from Research Forest Dr/Lake Woodlands Dr to Lake Robbins Dr. Access will be granted to voters, election workers, and poll workers. Eastbound Lake Robbins Dr is closed from 5 AM to midnight from the community center entrance to Six Pines Dr.

GROGAN'S MILL SOUTHBOUND (FROM NORTH MILLBEND) 7 AM TO 10:30 AM: Take Grogan's Mill to S Millbend, S Millbend to Sawdust, Sawdust to Glen Loch, Glen Loch to S Panther Creek, S Panther Creek to Woodlands Pkwy, Woodlands Pkwy to I-45.

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.


PARKING INFORMATION


Personal vehicles will not be permitted into The Woodlands Mall, North Shore Park or Market St on race day. Cars parked in these areas are subject to be towed. All athletes and spectators can park in the parking garages off of Lake Robbins Dr. Be advised that all red zone and handicapped parking spaces will be strictly enforced.

WHERE TO WATCH

 Along the Woodlands Pkwy Bridge east of North Shore Park or along the canal between Lake Woodlands and Swim Finish.

 The best option for watching the bike start and finish is along Lake Robbins Dr.

 Along the waterway, especially near the restaurants close to Waterway Ave and near the transition area. North Shore Park is a great place for families to spectate.

 The Finish Line is located on Waterway Ave near Lake Robbins Dr between Churassco's & Crush Wine Bar.

TRACK YOUR ATHLETE

The IRONMAN Tracker App provides real-time athlete tracking. Download the app to your phone to track athlete's times, find them on the interactive map, and share race-day updates on social media.

COME VOLUNTEER

