SCHEDULE OF EVENTS

WEDNESDAY, APRIL 24
9 AM - 5 PM  IRONMAN Village/Official IRONMAN Store/Athlete Check-In at Waterway Parking Lot
11 AM & 2 PM  Athlete Briefings (Spanish Briefing at 1 PM)

THURSDAY, APRIL 25
9 AM - 5 PM  IRONMAN Village/Official IRONMAN Store/Athlete Check-In
11 AM & 2 PM  Athlete Briefings (Spanish Briefing at 10 AM & 1 PM)
12 PM  Pro-Athlete Panel
3 PM  Q & A with IRONMAN Certified Coaches
5:30 PM - 7:30 PM  Welcome Banquet at Marriott Hotel (free for athletes, tickets available for purchase)

FRIDAY, APRIL 26
9 AM - 5 PM  IRONMAN Village/Official IRONMAN Store/Athlete Check-In
10 AM - 3 PM  Mandatory Bike & Gear Check-In
11 AM & 2 PM  Athlete Briefing (Spanish Briefing at 1 PM)

SATURDAY, APRIL 27
5:30 AM  Transition Area Opens
6:25 AM  Pro-Athlete Race Start
6:40 AM  Age-Group Rolling Race Start
12 PM - 5 PM  Official IRONMAN Store/IRONMAN Village

SUNDAY, APRIL 28
7 AM - 2 PM  Official IRONMAN Store/IRONMAN Village/Information Tent
11:30 AM  Awards & Volunteer Appreciation Banquet
1:30 PM  2019 IRONMAN World Championship Slot Allocation and Rolldown Ceremony

LOCAL ATTRACTIONS

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. Enjoy an afternoon on water while seeing The Woodlands from a different point of view.

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. Musical performances from hard rock to classical to everything in between have earned the Pavilion a ranking among the top amphitheater concert venues in the world. 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
Visit, stay and play! The Woodlands Children’s Museum is ideal for children 7 years of age and younger. They can explore and discover the open exhibits specially designed for them. The Museum provides creative and imaginative play experiences along with daily interactive activities. Admission fee is valid all day. 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 that’s an excellent gathering place. Market Street is known not only for its unique selection of boutique shops, but also for its restaurants, several of which are unique to the Houston area like Jasper’s and Tommy Bahama’s Café. Two multi-screen movie theatres are in walking distance.

THE WOODLANDS WATERWAY
The scenic Woodlands Waterway, a 1.8-mile long linear park and transportation corridor, is home to shops, restaurants, Class-A offices and the spectacular Fountains at Waterway Square. Enjoy a relaxing tour on a swan pedal boat or, for a ride along the waterway and throughout the Town Center area, hop aboard one of 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. Come experience the excitement of earth, wind and water in a synchronized choreography of motion and sound.

ACTIVITIES
Top Golf, located just 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 adults and kids alike. I-Fly, an indoor sky-diving attraction, is brand-new to The Woodlands. Much safer than the real thing, it 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? Fajitas, a great burger or a place to watch the game? A place to grab a cold beer or a patio to sip a glass of wine? The new Hughes Landing Blvd. is home to Restaurant Row which features scenic views of Lake Woodlands and is walking distance to shops, restaurants and entertainment.

IRONMAN Emergency Contact:
ATHLETE SERVICES
813-484-6064
TEXAS@IRONMAN.COM
In 1978, 15 men participated in the very 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 and resort amenities at this early-season race in the heart of Texas. Just 27 miles north of Houston, The Woodlands is the perfect venue to host the IRONMAN North American Championship. The Woodlands is one of America’s first master-planned communities, is close to two major airports, numerous parks, and a bustling downtown for athletes and their families to enjoy. With plenty of amenities within walking distance, this pedestrian-friendly community makes it easy for visitors to find their way around town during race week.

Athletes will begin with a 2.4-mile swim in Lake Woodlands. The rolling start, point-to-point swim begins at North Shore Park and ends at Town Green Park. The out and back (with 2 loops on the Hardy Toll Road) 112 mile bike course takes participants south 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 taking place entirely within The Woodlands and concluding with a spectacular finish on Waterway Ave.

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MEMORIAL HERMANN IRONMAN TEXAS WELCOME BANQUET
Join us at the Welcome Banquet on Thursday, April 25, as we kick off the 2019 Memorial Hermann IRONMAN Texas North American Championship! Athletes will receive complimentary entry with their athlete wristband. Tickets will be available to friends, family and the general public at the Information Tent in the IRONMAN Village. Tickets will also be available at the door before the ceremony.

MEMORIAL HERMANN IRONMAN TEXAS CELEBRATION DAY
Come celebrate your athlete at our 2019 Memorial Hermann IRONMAN Texas North American Championship! Breakfast will be served and is complimentary to athletes (so make sure they do not cut off their wristband). Tickets will be available for friends, family and the general public at the Information Tent in the IRONMAN Village. Tickets will also be available at the door before the ceremony. At this time we will also be able to give thanks to our amazing volunteers. The race would not be possible without them!

PARKING INFORMATION
Personal vehicles will not be permitted into The Woodlands Mall, North Shore Park or Market Street on race day. If parked in this area your car is subject to be towed. All athletes and spectators can park in the parking garages off of Lake Robbins Dr.

CHEER ZONES
Due to course and town restrictions, we are not allowing team tents along the waterway; however, we suggest working with one of the several restaurants that flank the run course.

FINISH LINE
The Finish Line is located on Waterway Ave. near Lake Robbins Dr. between Churascos’s & Crush Wine Bar

TRACK YOUR ATHLETE
The IRONMAN Track App provides official 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.