Bike Aid Stations	General Location	Approximate Mile
Bike 1	Telegraph (Coral Canyon blvd)	11
Bike 2	Red Hill (Sugar Loaf)	20
Bike 3	Ivins (400W 400 S)	30 & 74
Bike 4	Gunlock (just N of Reservoir)	42 & 86
Bike 5	Veyo (400 W Center St)	50 & 94
Bike 6	Winchester (Ledges Off ramp)	62 & 106
Bike Special Needs	Dameron Valley (homestead dr)	55

Run Aid Stations	General Location	Approximate Mile
Run 1	Main	0 & 13
Run 2	Diagnal	1 & 14
Run 3	Bluff Street	2 & 15
Run 4	Snow Canyon Pkwy/ Red Hills	3 & 16
Run 5	Red Hills Pkwy	4 & 17
Run 6	Red Hills Pkwy	5 & 18
Run 7	Pioneer Park	6 & 19
Run 8	Pioneer Park	7 & 20
Run 9	Red Hills Pkwy	8 & 21
Run 10	Red Hills Pkwy	9 & 22
Run 11	Bluff Street	10 & 23
Run 12	Bluff Street	11 & 24
Run 13	Diagnal	12 & 25
Run Special Needs	Diagnal	14?

Road Closures for Bike Course

Street Affected	Lanes Closed	From	To	Closed	Open	Peak Race Flow
4300 W/ Sand Hollow Dr	All	SH Reservoir	SR9	7:00 AM	10:00 AM	8:00 am - 9:00 am
SR 9	South Lane	4300 W	Telegraph	7:00 AM	10:30 AM	8:00 am - 9:00 am
Telegraph	North lane	SR9	Washington Pkwy	7:30 AM	11:00 AM	8:30 am- 9:30 am
Washington Pkwy	East Lane	Telegraph	Buena Vista	7:30 AM	11:00 AM	8:30 am- 9:30 am
I 15	On and Off Ramps	Exit 12	Exit 12	7:30 AM	11:00 AM	8:30 am- 9:30 am
Buena Vista Blvd	North Lane	Exit 12	Cactus	7:30 AM	11:00 AM	8:30 am- 10:30 am
Cactus	East Lane	Buena Vista	Green Springs Dr	7:30 AM	11:00 AM	8:30 am- 10:30 am
Green Springs Dr	North Lane	Cactus	Red Hills Pkwy	7:30 AM	11:00 AM	8:30 am - 10:30 am
Red Hills Pkwy	North Lane	Green Springs Dr	U18	8:00 AM	11:00 AM	8:30 am - 10:30 am
Snow Canyon Pkwy	North Lane	U18	2000 North	8:30 AM	5:30 PM	9:00 am - 4:00 pm
Pioneer Pkwy/ 2000N	North Lane	SC Pkwy	400 East	8:30 AM	3:00 PM	9:00 am - 2:00 pm
400 East	East Lane	Pioneer Pkwy	400 South	8:30 AM	3:00 PM	9:00 am - 2:00 pm
400 South	North lane	400 East	Hwy 91	8:30 AM	3:00 PM	9:00 am - 2:00 pm
Hwy 91	North Lane	400 South	Cr-3184	8:30 AM	4:00 PM	9:30 am - 2:00 pm
Cr-3184	East Lane	Hwy 91	U18 in Veyo	8:45 AM	5:00 PM	9:30 am - 2:00 pm
SR 18	West Lane	Veyo	SC Pkwy	9:30 AM	5:30 PM	10:00 am - 4:00 pm
Bluff	East Lane	SC Pkwy	Diagnal	11:45 AM	5:30 PM	1:00 pm - 4:00 pm
Diagnal	All	Bluff	Main	11:45 AM	5:30 PM	1:00 pm - 4:00 pm
Main	All	200 N	100 S	11:45 AM	5:30 PM	1:00 pm - 4:00 pm

Road Closures for Run Course

Street Affected	Lanes Closed	From	To	Closed	Open	Peak Race Flow
Main Street	**All**	**100 Souh**	**Tabernacle**	**Friday**	**Sunday**	
St. George Blvd	All	100 East	100 West	10:00 AM	1:00 AM	1:00 PM - 12:00 AM
Main Street	All	100 South	Diagonal	10:00 AM	1:00 AM	
Diagonal	All	Main Street	Bluff Street	10:00 AM	1:00 AM	
Bluff Street	East Lane	Diagonal	Snow Canyon Pkwy	8:00 AM	1:00 AM	
1250 N	All	Bluff Street	Red Hills Golf Course	11:00 AM	1:00 AM	
Red Hills Pkwy	All	SR18	1000 East	8:00 AM	1:00 AM	

Ford
IRONMAN
ST.GEORGE UTAH
BIKE COURSE
112 MILES
(2 LOOP)
18
Cr-3184
91
200 W
Ivins
Center St.
400 S
400 E
Pioneer Pkwy
2000 N
8
Snow Canyon Dr.
Snow Canyon Pkwy
Bluff St.
Green Springs Dr.
Buena Vista Blvd.
Cactus Ln.
Washington Pkwy
Telegraph St.
Red Hills Pkwy
Diagonal Rd.
T2
Main St.
Tabernacle St.
15
9
3700 W
Sand Hollow Rd.
T1
SAND HOLLOW RESERVOIR
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