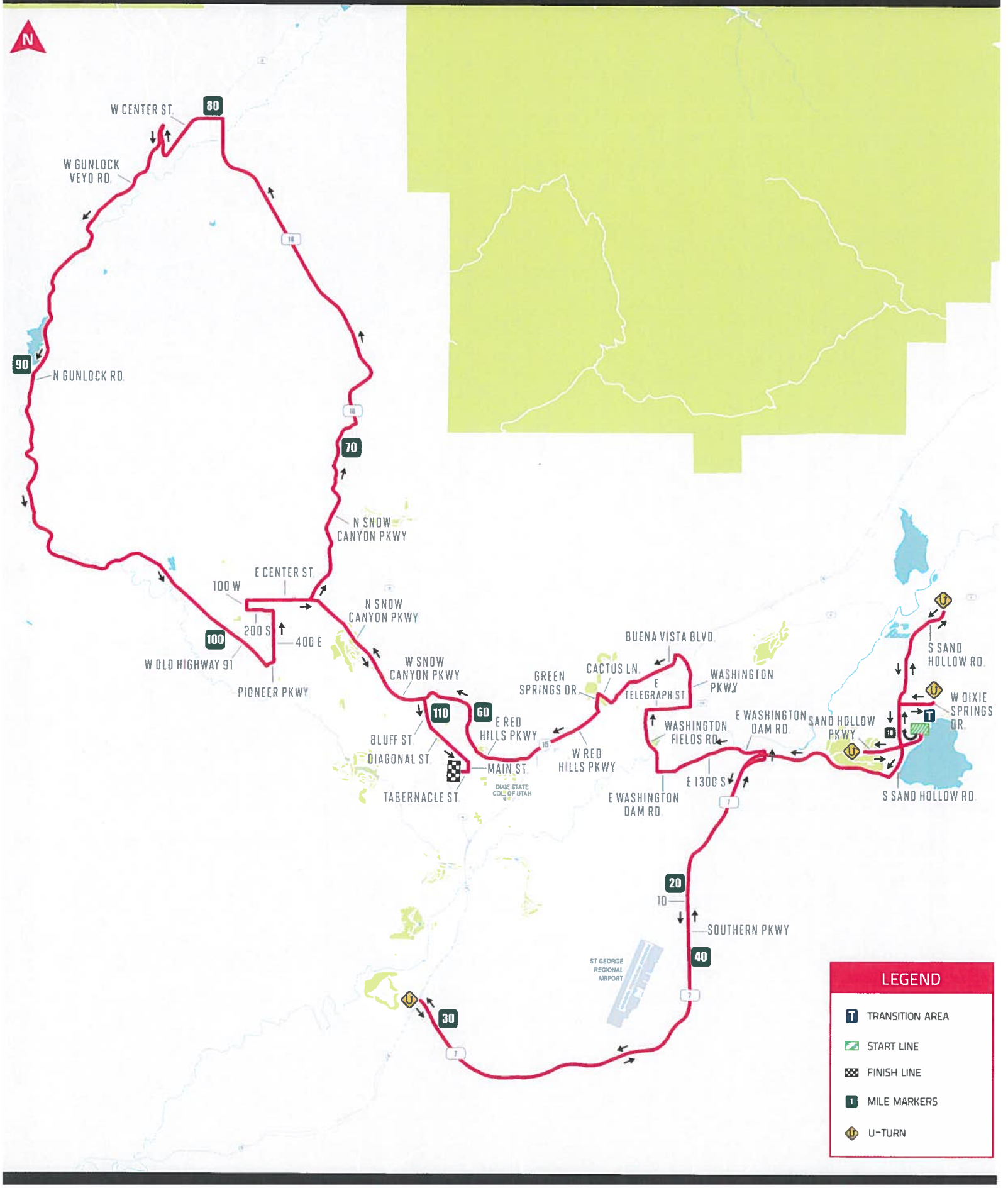
IRONMAN ST.GEORGE UTAH
NORTH AMERICAN CHAMPIONSHIP

VENTUM

BIKE COURSE
112 MILES / 1 LOOP
ST. GEORGE, UTAH



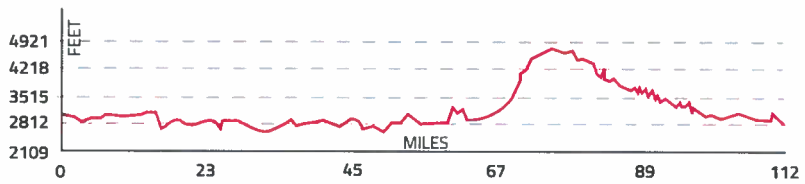
TURN BY TURN DIRECTIONS

- Exit transition
- Turn right on Sand Hollow Road
- Turn right on W Dixie Springs Drive
- Turn around on W Dixie Springs Drive
- Turn right on Sand Hollow Road
- Turn around on Sand Hollow Road
- Turn right on Sand Hollow Parkway
- Turn around on Sand Hollow Parkway
- Turn right on Sand Hollow Road
- Turn Right on SR-7/Southern Parkway
- Turn around on SR-7/Southern Parkway
- Veer right to Exit SR-7/Southern Parkway

Long Valley/Washington Dam Road

- Turn left on Washington Dam Road
- Turn right on Washington Fields Road
- Turn right on Telegraph Street
- Turn left on Washington Parkway
- Turn left on Buena Vista Boulevard
- Turn right on Cactus Ln
- Turn left on Green Springs Drive
- Turn right on East Red Hills Parkway
- Stay Straight as Red Hills Parkway becomes Snow Canyon Parkway
- Turn right on Snow Canyon Drive
- Turn left on SR 18
- Turn left on W Center Street (Veyo)
- W Center Street becomes W Gunlock Road
- Left onto Old HWY 91
- Left onto Pioneer Parkway
- Left onto Kwavasa Drive
- Left onto 400 E
- Left onto 800 S
- Right onto Main Street
- Right onto Center Street
- Right onto Bluff Street
- Turn left on Diagonal Street
- Turn right on Main Street
- Turn right on Tabernacle Street
- Finish at 150 West Tabernacle Street

Start Elevation: 3057 ft ▪ Finishing Elevation: 4701 ft ▪ Gain: 6159 ft



2020 IRONMAN St. George - Bike Course

			Traffic Control Plan					Athlete Timeline	
Location	Mile Marker	Athlete Action	Jurisdiction	Staff Qty	Type	Course Marshall	Traffic Control Summary	Lead Athlete (24 MPH)	Last Athlete (13 MPH)
East Red Hills Pkwy & 1700 E	57.40	CS	St. George		Course Marshall	1	Athletes in SLOW Lane/Shoulder	9:37 AM	1:56 PM
East Red Hills Pkwy & Mall Drive/I-15 Underpass	57.50	CS	St. George		Course Marshall	1	Athletes in SLOW Lane/Shoulder	9:37 AM	1:56 PM
East Red Hills Pkwy & Twin Lakes Dr/Cottonwood Springs Rd.	57.75	CS	St. George		Course Marshall	1	Athletes in SLOW Lane/Shoulder	9:38 AM	1:57 PM
East Red Hills Pkwy & 1400 E	58.00	CS	St. George	2	St. George PD		Athletes in SLOW Lane/Shoulder	9:38 AM	1:58 PM
East Red Hills Pkwy & 350 N	58.10	CS	St. George		Course Marshall	1	Athletes in SLOW Lane/Shoulder	9:39 AM	1:59 PM
East Red Hills Pkwy & Highland Drive	58.20	CS	St. George				Athletes in SLOW Lane/Shoulder	9:39 AM	1:59 PM
East Red Hills Pkwy & Industrial Rd (1100 E)	58.40	CS	St. George	2	St. George PD		Athletes in SLOW Lane/Shoulder	9:39 AM	2:00 PM
Red Hills Pkwy & 1000 E	58.50	CS	St. George	2	St. George PD		Athletes in SLOW Lane/Shoulder	9:40 AM	2:00 PM
BIKE SPECIAL NEEDS - On Redhills on uphill section	58.60							9:40 AM	2:01 PM
Red Hills Pkwy & 900 East	58.65	CS	St. George				Athletes in SLOW Lane/Shoulder	9:40 AM	2:01 PM
Red Hills Pkwy & 200 E / Skyline Drive	59.70	CS	St. George				Athletes in SLOW Lane/Shoulder	9:42 AM	2:05 PM
Red Hills Pkwy & State Route 18 & Snow Canyon	61.90	CS	St. George	2	St. George PD	2	Athletes in SLOW Lane/Shoulder	9:47 AM	2:15 PM
Snow Canyon Pkwy & Sonoran Dr	62.20	CS	St. George		Road Closed	2	Athletes in SLOW Lane/Shoulder	9:48 AM	2:16 PM
Snow Canyon Pkwy & 1300 W	62.30	CS	St. George		Road Closed	1	Athletes in SLOW Lane/Shoulder	9:48 AM	2:17 PM
Snow Canyon Pkwy & 1400 West / Great Basin Dr	62.50	CS	St. George	3	St. George PD		Athletes in SLOW Lane/Shoulder	9:48 AM	2:17 PM
Snow Canyon Pkwy & 1500 West/Artesia Drive	62.55	CS	St. George		Course Marshall	2	Athletes in SLOW Lane/Shoulder	9:49 AM	2:18 PM
Snow Canyon Pkwy & 1650 West / Russel Circle	62.90	CS	St. George		Course Marshall	2	Athletes in SLOW Lane/Shoulder	9:49 AM	2:19 PM
Snow Canyon Pkwy & Estrella Townhomes	63.00	CS	St. George		Course Marshall	1	Athletes in SLOW Lane/Shoulder	9:50 AM	2:20 PM
Snow Canyon Pkwy & Dixie Downs Rd	63.25	CS	St. George	3	St. George PD		Athletes in SLOW Lane/Shoulder	9:50 AM	2:21 PM
Snow Canyon Pkwy & Castle Rock Rd/ 2000 N	63.40	CS	St. George		Course Marshall	2	Athletes in SLOW Lane/Shoulder	9:50 AM	2:21 PM
Snow Canyon Pkwy & Tuweap Dr	63.90	CS	St. George		Course Marshall	2	Athletes in SLOW Lane/Shoulder	9:52 AM	2:23 PM
Snow Canyon Pkwy & Split Rock Development	64.10	CS	St. George		Course Marshall	1	Athletes in SLOW Lane/Shoulder	9:52 AM	2:24 PM
Snow Canyon Pkwy & Entrada	64.60	CS	St. George	2	St. George PD	1	Athletes in SLOW Lane/Shoulder	9:53 AM	2:26 PM
Snow Canyon Pkwy & NW Entrada entrance	64.90	CS	St. George		Course Marshall	1	Athletes in SLOW Lane/Shoulder	9:54 AM	2:28 PM
Snow Canyon Pkwy & Split Rock/ Roundabout	65.20	CS	Ivins		Course Marshall	1	Athletes in SLOW Lane/Shoulder	9:54 AM	2:29 PM
Snow Canyon Pkwy & Split Rock W Entrance (construction)	65.45	CS	Ivins	2	Ivins PD		Athletes in SLOW Lane/Shoulder	9:55 AM	2:30 PM
Snow Canyon Pkwy & Encanto Resort Exit	65.50	CS	Ivins	1	Ivins PD		Athletes in SLOW Lane/Shoulder	9:55 AM	2:30 PM
Snow Canyon Pkwy & Red Mountain Circle	65.70	CS	Ivins	2	Ivins PD		Athletes in SLOW Lane/Shoulder	9:56 AM	2:31 PM
Snow Canyon Pkwy & Snow Canyon Drive	65.85	RT	Ivins	2	Ivins PD	1	NB Lane Closed Athletes Only/Pilot Car	9:56 AM	2:32 PM
Snow Canyon Dr & Tuacahn	65.90	CS	Ivins		Course Marshall	1	NB Lane Closed Athletes Only/Pilot Car	9:56 AM	2:32 PM
Snow Canyon Drive & Red Mountain Entrance	66.00	CS	Ivins		Course Marshall	1	NB Lane Closed Athletes Only/Pilot Car	9:56 AM	2:32 PM
Snow Canyon Drive & Development on left	66.10	CS	Ivins		Course Marshall	1	NB Lane Closed Athletes Only/Pilot Car	9:56 AM	2:33 PM
Snow Canyon Drive & Red Mountain Entrance	66.15	CS	Ivins		Course Marshall	1	NB Lane Closed Athletes Only/Pilot Car	9:57 AM	2:33 PM
Snow Canyon Drive & Eagle Rock Drive (1)	66.20	CS	Ivins		Course Marshall	1	NB Lane Closed Athletes Only/Pilot Car	9:57 AM	2:33 PM
Snow Canyon Drive & Eagle Rock Drive (2)	66.30	CS	Ivins		Course Marshall	1	NB Lane Closed Athletes Only/Pilot Car	9:57 AM	2:34 PM
Snow Canyon Drive & Vermillion Cliffs Loop	66.45	CS	Ivins		Course Marshall	1	NB Lane Closed Athletes Only/Pilot Car	9:57 AM	2:34 PM
Snow Canyon Drive & Park Entrance	66.85	CS	Ivins				Road Closed, Athletes Only	9:58 AM	2:36 PM
BIKE AID STATION 5 - Snow Canyon State Park	67.25	CS	State				Use gravel shoulder near parking area	9:59 AM	2:38 PM
Snow Canyon Drive & Snow Canyon Park Exit	70.70	CS	State				Road Closed, Athletes Only	10:07 AM	2:53 PM
SR 18 & Snow Canyon Drive	70.80	CS	UDOT	4	UHP	2	VALVE Operation	10:07 AM	2:53 PM
INTERMEDIATE CUT OFF									2:55 PM
SR 18 & Diamond Valley Drive	72.30	CS	UDOT	1	UHP		Athletes in NB Shoulder, 3-Lane Configuration	10:10 AM	2:59 PM
SR 18 & W 8500 N	73.30	CS	UDOT		Road Closed		Athletes in NB Shoulder, 3-Lane Configuration	10:12 AM	3:04 PM
SR 18 & Horseman Park Drive	75.95	CS	UDOT		Road Closed		Athletes in NB Shoulder, 3-Lane Configuration	10:18 AM	3:15 PM
SR 18 & Homestead Drive E/W	76.60	CS	UDOT	2	UHP		Athletes in NB Shoulder, 3-Lane Configuration	10:20 AM	3:18 PM
SR 18 & Dammeron Valley Drive/Dammeron Valley Ranch Rd.	76.95	CS	UDOT	1	UHP		Athletes in NB Shoulder, 3-Lane Configuration	10:21 AM	3:19 PM
SR 18 & Lower Sand Cove Road	77.75	CS	UDOT				Athletes in NB Shoulder, 3-Lane Configuration	10:22 AM	3:23 PM
SR 18 & E Veyo Resort Rd.	79.15	CS	UDOT	1	UHP/Flagger		Athletes in NB Shoulder, 3-Lane Configuration	10:25 AM	3:29 PM
SR 18 & S Leavitt Lane	79.50	CS	UDOT				Athletes in NB Shoulder, 3-Lane Configuration	10:26 AM	3:30 PM
SR 18 & S Spanish Trail Drive	79.65	CS	UDOT		Flagger		Athletes in NB Shoulder, 3-Lane Configuration	10:27 AM	3:31 PM
SR 18 & W Center Street	79.80	RT	UDOT	2/1	UHP/Flagger	2	Athletes in NB Shoulder, 3-Lane Configuration	10:27 AM	3:32 PM
BIKE AID STATION 6	80.00	cs	Wash CO				Aid Station on Shoulder just after turn onto Center	10:27 AM	3:32 PM
W Center Street & Volcano Drive	80.20	CS	Wash CO		Wash CO SO		Reduce traffic in Athlete Direction	10:28 AM	3:33 PM
W Center Street & S 400 W	80.35	CS	Wash CO				Reduce traffic in Athlete Direction	10:28 AM	3:34 PM
W Center Street & S 500 W	80.40	CS	Wash CO				Reduce traffic in Athlete Direction	10:28 AM	3:34 PM
W Center Street & S 600 W	80.60	CS	Wash CO				Reduce traffic in Athlete Direction	10:29 AM	3:35 PM
W Center Street & S 700 W	80.85	CS	Wash CO				Reduce traffic in Athlete Direction	10:29 AM	3:36 PM
W Center Street & W Gunlock Road	82.50	CS	Wash CO		Course Marshall	3	CAUTION SLOW	10:33 AM	3:43 PM
W Gunlock Road & Eagle Mountain Ranch Road	84.85	CS	Wash CO				Reduce traffic in Athlete Direction	10:38 AM	3:53 PM
W Gunlock Road & Tobin Wash Road	85.50	CS	Wash CO				Reduce traffic in Athlete Direction	10:40 AM	3:56 PM
W Gunlock Road & N Main Street (Gunlock)	86.50	CS	Wash CO				Reduce traffic in Athlete Direction	10:42 AM	4:00 PM
W Gunlock Road & Lower Sand Cove Road	87.45	CS	Wash CO				Reduce traffic in Athlete Direction	10:44 AM	4:04 PM
W Gunlock Road & Gunlock State Park	89.45	CS	Wash CO				Reduce traffic in Athlete Direction	10:48 AM	4:13 PM

2020 IRONMAN St. George - Bike Course

			Traffic Control Plan					Athlete Timeline	
Location	Mile Marker	Athlete Action	Jurisdiction	Staff Qty	Type	Course Marshall	Traffic Control Summary	Lead Athlete (24 MPH)	Last Athlete (13 MPH)
BIKE AID STATION 7- Just past Gunlock State Park Entry	90.00	CS	Wash CO				Aid Station on Shoulder	10:50 AM	4:15 PM
W Gunlock Road & Old HWY 91	95.30	CS	Wash CO	2	UHP	2	Reduce traffic in Athlete Direction	11:01 AM	4:38 PM
Old HWY 91 & 6210 W	97.20	CS	UDOT				Reduce traffic in Athlete Direction	11:06 AM	4:46 PM
Old HWY 91 & 6100 W	97.25	CS	UDOT	1	UHP		Reduce traffic in Athlete Direction	11:06 AM	4:46 PM
Old HWY 91 & Shivits Convenience Store	97.65	CS	UDOT				Reduce traffic in Athlete Direction	11:07 AM	4:48 PM
Old HWY 91 & Crescent Moon Trail	98.25	CS	UDOT				Reduce traffic in Athlete Direction	11:08 AM	4:51 PM
Old HWY 91 & Kayenta Parkway	98.55	CS	UDOT		Road Closed		Reduce traffic in Athlete Direction	11:09 AM	4:52 PM
Old HWY 91 & 3 Mile Lane	98.95	CS	UDOT		Road Closed		Reduce traffic in Athlete Direction	11:09 AM	4:54 PM
Old HWY 91 & Kwavasa Drive	99.90	CS	UDOT		Road Closed		Reduce traffic in Athlete Direction	11:12 AM	4:58 PM
Old HWY 91 & Earl Drive	100.20	CS	UDOT		Road Closed		Reduce traffic in Athlete Direction	11:12 AM	4:59 PM
Old HWY 91 & 400 W/Guy Lane	100.30	CS	UDOT	1	UHP		Reduce traffic in Athlete Direction	11:12 AM	4:59 PM
Old HWY 91 & S Fitness Way	100.60	CS	UDOT		Road Closed		Reduce traffic in Athlete Direction	11:13 AM	5:01 PM
Old HWY 91 & 200 W	100.65	CS	UDOT		Road Closed		Reduce traffic in Athlete Direction	11:13 AM	5:01 PM
Old HWY 91 & 800 S	100.70	CS	UDOT		Road Closed		Reduce traffic in Athlete Direction	11:13 AM	5:01 PM
Old HWY 91 & Main Street	101.00	CS	UDOT		Road Closed		Reduce traffic in Athlete Direction	11:14 AM	5:02 PM
Old HWY 91 & Red Mountain Blvd	101.35	CS	UDOT	1	UHP		Reduce traffic in Athlete Direction	11:15 AM	5:04 PM
Old HWY 91 & Pioneer Parkway	101.50	LT	UDOT	2	UHP	1	Reduce traffic in Athlete Direction	11:15 AM	5:05 PM
Pioneer Parkway & 400 E	101.70	LT	Ivins		Course Marshall	1	Cars only in Opposite Directoin of Athletes	11:16 AM	5:05 PM
400 E & 1100 St. S	101.80	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:16 AM	5:06 PM
400 E & 1060 St. S	101.85	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:16 AM	5:06 PM
400 E & Tuscany Drive	101.90	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:16 AM	5:06 PM
400 E & Desert Rose Way	101.95	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:16 AM	5:06 PM
400 E & 855 S	102.10	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:16 AM	5:07 PM
400 E & 800 S	102.20	LT	Ivins	1	Ivins PD	1	Cars only in Opposite Directoin of Athletes	11:17 AM	5:08 PM
800 S & 290 E	102.25	CS	Ivins		Course Marshall	1	Cars only in Opposite Directoin of Athletes	11:17 AM	5:08 PM
800 S & 220 E Circle	102.40	CS	Ivins		Course Marshall	1	Cars only in Opposite Directoin of Athletes	11:17 AM	5:08 PM
800 S & Red Mountain Blvd	102.45	CS	Ivins	1	Ivins PD		Cars only in Opposite Directoin of Athletes	11:17 AM	5:09 PM
800 S & 160 E	102.50	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:17 AM	5:09 PM
800 S & Main Street	102.70	RT	Ivins		Course Marshall	1	Cars only in Opposite Directoin of Athletes	11:18 AM	5:10 PM
Main Street & E 725 S	102.75	CS	Ivins		Course Marshall	1	Cars only in Opposite Directoin of Athletes	11:18 AM	5:10 PM
Main Street & W 700 S	102.78	CS	Ivins		Course Marshall	1	Cars only in Opposite Directoin of Athletes	11:18 AM	5:10 PM
Main Street & E 675 S	102.80	CS	Ivins		Course Marshall	1	Cars only in Opposite Directoin of Athletes	11:18 AM	5:10 PM
Main Street & E 600 S	102.90	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:18 AM	5:11 PM
Main Street & E 550 S	103.00	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:18 AM	5:11 PM
Main Street & E/W 520 S	103.05	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:19 AM	5:11 PM
Main Street & E 490 S	103.10	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:19 AM	5:11 PM
Main Street & E 450 S	103.15	CS	Ivins		Road Closed		Cars only in Opposite Directoin of Athletes	11:19 AM	5:12 PM
Main Street & E/W 400 S	103.20	CS	Ivins	1	Ivins PD		Cars only in Opposite Directoin of Athletes	11:19 AM	5:12 PM
BIKE AID STATION 8	103.25	CS	Ivins				On Right Shoulder	11:19 AM	5:12 PM
Main Street & 200 S	103.50	CS	Ivins		Course Marshall	2	Cars only in Opposite Directoin of Athletes	11:20 AM	5:13 PM
Main Street & 100 S	103.60	CS	Ivins		Course Marshall	2	Cars only in Opposite Directoin of Athletes	11:20 AM	5:14 PM
Main Street & E Center Street	103.70	RT	Ivins	1	Ivins PD	1	Cars only in Opposite Directoin of Athletes	11:20 AM	5:14 PM
E Center Street & 100 E	103.80	CS	Ivins		Road Closed	1	Cars only in Opposite Directoin of Athletes	11:20 AM	5:14 PM
Center Street & 200 East Roundabout	104.00	CS	Ivins		Road Closed	1	Athlete in Fast Lane - Cars on Outside	11:21 AM	5:15 PM
Center Street & 400 East	104.25	CS	Ivins	1	Ivins PD		Athlete in Fast Lane - Cars on Outside	11:21 AM	5:16 PM
Center Street and S Puerto Drive / School Driveway	104.45	CS	Ivins		Course Marshall	1	Athlete in Fast Lane - Cars on Outside	11:22 AM	5:17 PM
Center Street & N Park Way Ave	104.55	CS	Ivins		Course Marshall	1	Athlete in Fast Lane - Cars on Outside	11:22 AM	5:18 PM
Center Street & Painted Hills Drive	104.90	CS	Ivins		Course Marshall	1	Athlete in Fast Lane - Cars on Outside	11:23 AM	5:19 PM
Snow Canyon Pkwy & Snow Canyon Dr Roundabout	105.10	CS	Ivins	2	Ivins PD		Athlete in Fast Lane - Cars on Outside	11:23 AM	5:20 PM
Snow Canyon Pkwy & Red Mountain Circle	105.30	CS	Ivins	2	Ivins PD		Athlete in Fast Lane - Cars on Outside	11:24 AM	5:21 PM
Snow Canyon Pkwy & Encanto Resort Exit	105.40	CS	Ivins	1	Ivins PD		Athlete in Fast Lane - Cars on Outside	11:24 AM	5:21 PM
Snow Canyon Pkwy & Split Rock W Entrance (construction)	105.45	CS	Ivins	2	Ivins PD		Athlete in Fast Lane - Cars on Outside	11:24 AM	5:21 PM
Snow Canyon Pkwy & Split Rock/ Roundabout	105.80	CS	Ivins		Course Marshall	1	Athlete in Fast Lane - Cars on Outside	11:25 AM	5:23 PM
Snow Canyon Pkwy & NW Entrada entrance	106.10	CS	St. George		Course Marshall	1	Athlete in Fast Lane - Cars on Outside	11:25 AM	5:24 PM
Snow Canyon Pkwy & Entrada	106.50	CS	St. George	2	St. George PD	1	Athlete in Fast Lane - Cars on Outside	11:26 AM	5:26 PM
Snow Canyon Pkwy & Split Rock Development	106.85	CS	St. George		Course Marshall	1	Athlete in Fast Lane - Cars on Outside	11:27 AM	5:27 PM
Snow Canyon Pkwy & Tuweap Dr	107.20	CS	St. George		Course Marshall	2	Athlete in Fast Lane - Cars on Outside	11:28 AM	5:29 PM
Snow Canyon Pkwy & Castle Rock Rd/ 2000 N	107.70	CS	St. George		Course Marshall	2	Athlete in Fast Lane - Cars on Outside	11:29 AM	5:31 PM
Snow Canyon Pkwy & Dixie Downs Rd	107.80	CS	St. George	3	St. George PD		Athlete in Fast Lane - Cars on Outside	11:29 AM	5:32 PM
Snow Canyon Pkwy & Estrella Townhomes	108.00	CS	St. George		Course Marshall	1	Athlete in Fast Lane - Cars on Outside	11:30 AM	5:32 PM
Snow Canyon Pkwy & 1650 West / Russel Circle	108.10	CS	St. George		Course Marshall	2	Athlete in Fast Lane - Cars on Outside	11:30 AM	5:33 PM
Snow Canyon Pkwy & 1500 West/Artesia Drive	108.40	CS	St. George		Course Marshall	2	Athlete in Fast Lane - Cars on Outside	11:30 AM	5:34 PM
Snow Canyon Pkwy & 1400 West Great Basin Dr	108.60	CS	St. George	3	St. George PD		Athlete in Fast Lane - Cars on Outside	11:31 AM	5:35 PM