

IRONMAN BIKE COURSE - 112 Miles (2 loops)

The two loop bike course takes place on impeccably smooth roads. There is a major 9km downhill (good for the average speed). The rest of the bike is a mix of some rolling hills and some small chain ring climbs. Overall, you can move on this course!

- Exit transition crossing School St. onto Colden
- Left at the bottom of the hill on Mill Pond Dr.
- Right on Sentinel Rd. (HWY 73) between the Downhill Grill and the IGA
- Follow HWY 73 toward the ski jumps.
- East on HWY 73, you will see the ski jump on your right, climb approx. 2 km followed by a long descent with nice scenery to Keene. (9 km + descent into Keene)
 - Turn left on HWY 9N in Keene,
 - North on HWY 9N to Upper Jay,
 - Follow HWY 9N to Jay,
 - Left on HWY 86.
 - There is a 3 mile climb at this point into Wilmington
 - Right onto Haselton Rd.
- Turnaround in Black Brook at the stop sign approx. 7 miles out & return to HWY 86 in Wilmington.
 - Right on HWY 86
 - Turn left to stay on HWY 86 in Wilmington towards Whiteface Mountain.
 - Right on Northwood Rd.
 - Left on Mirror Lake Dr.
 - Right on Parkside Dr.
 - Left on Main St.
 - Right on Cummins Rd.
 - Left on Lake Placid High School access drive.
 - Repeat loop
 - After second loop, enter transition from behind the high school.



