

IronGirl Columbia Bike Route:

Helmets on and fastened BEFORE you mount your bike!

From Centennial Park Lot and bike start point atop the hill from the Transition area:

1. Head out to MD Route 108 and turn **Right** (West)
2. Follow to second light at Homewood Road and Harpers Farm Road, and go **Right** (West)
3. Follow up to the top (the ARC of Howard County is at the top on the left).
4. Follow to the Roundabout and go **Right** (east)
5. Follow uphill to Carroll Mill Road, go **Left** (west)
6. Follow to second street at Mt. Albert Road, go **Left**. This is a nice climb! Smile and love it.
7. Follow up and over the top to Cantor Lane, go **Left**
8. Short Downhill stretch to Jumpers Hill Road, go **Left**
9. Follow to Folly Quarter Road. Go **Right** and past Glenelg Country School
10. Folly Quarter becomes Triadelphia Road. Follow signs to New Folly Quarter Middle School -- if you cross Rte. 32, you've gone too far
11. Enter School Lot, this is the bike turnaround point and the Aid Station. Water and Gatorade served.
12. Head back out to Triadelphia Road and go **Left**
13. Follow all the way back to Route 108. Go **Left** (east) -- these were downhill on the way out!
14. Follow back to Centennial Park and turn into Entrance Driveway
15. Follow driveway to Bike Finish at second driveway marked on road and Tent and Inflatable

IronGirl Columbia Run Route:

From the Transition area (run start point):

1. As you exit Transition, follow the running path clockwise around the lake.
2. Stay to the right at the fork to stay on the path closest to the lake.
3. At the next fork, bear left, run up the short hill, and then bear right, onto a road.
4. Follow to the aid station; down the macadam roadway and over the footbridge.
5. Bear left and follow the path clockwise around the tennis courts. Just before reaching Annapolis Road, go right, staying on the path.
6. Run around the ball fields and back to the footbridge. Run up the macadam roadway and pass the aid station again. You then bear left and head down the path back to the lake.
7. At the fork bear left, follow over a small foot bridge, and along and past the dam. This section is a flat and fast straightaway!!
8. At the last fork, bear right, and follow the path along the lakefront to the finish line -- marked by colorful balloon arches and of course with music and applause!