



## **Neighborhood Notification – Iron Girl Triathlon Columbia**

Sunday, August 20 at Centennial Lake Park

The Iron Girl Triathlon Columbia will take place on Sunday, August 20 at Centennial Lake Park. The race will start at 7:00am and will affect traffic in the area from 6:30am-11:00am.

### **BIKE COURSE: 6:30am – 11:00am**

Howard County Police will be directing traffic during the bike portion of the race. Vehicular traffic will be allowed to pass but please be aware that your route may be slowed or delayed during this time along this route:

1. Exit Park, turn right onto Rt 108
2. Right on Centennial Lane
3. Left on Frederick Road
4. Left on Route 40 (Riding against traffic in Lane #3)
5. Left on Triadelphia Road
6. Left on Carroll Mill Road
7. Right on Folly Quarter Road
7. Left on Homewood Road (Traffic Cir)
8. Left on Route 108
9. Left into park entrance

### **RUN COURSE: 8:00am-12:00pm**

Runners will follow a 3.5 mile course entirely within the trails of Centennial Park. The run course will not affect and roadways outside the park.

For more information on the event please visit [www.trimaryland.com](http://www.trimaryland.com) and read through the Event Information and Course Information sections of the Iron Girl Triathlon pages. You can also contact the event organizers, Corrigan Sports Enterprises, at 410-605-9381.

Thank you!