

2005 Ironman Revisited Bike Course Routesheet

Call Race HQ where directions are bold!

Odo	What	Where	Reference
0	Start	Hilton Lagoon	
0.2	Right	Hobron Lane	
0.3	Right	Ala Moana Blvd. (TL)	
0.5	Right	Kalia Rd. (TL)	Pass Hilton Hawaiian Village
1	Left	Saratoga Rd. (SS)	
1.2	Right	Kalakaua Ave. (TL) (T-int)	Thru Waikiki
2.1	Pass	Kapahulu Ave (TL) Stay in right lane, along the beach	Kapi'olani park will be on left
	Pass	Waikiki Aquarium, Sans Souci, and the fountain	
2.9	Follow road L	Becomes Poni Moi	
3	Right	Diamond Head Rd. (SS)	
4.5	Stay Straight	Small Triangle Park on left, Diamond Head Rd. becomes Kahala Ave	
5.9	Left	Kainapau Pl. / Kealaolu Ave (SS) towards Hwy 72 East / Hanauma Bay	
6.6	Follow road R	Up ramp, becomes Kalaniana'ole Hwy 72.	Aloha Gas Station
17.3	Pass	Sea Life Park / Marakpu'u Beach Park	
18.8	Pass	Magnum's Residence 41-505 Kalaniana'ole Hwy (Right Side)	
23.9	Pass	Keolu Dr. (TL)	
25.3	Left	Kalaniana'ole Hwy (TL) Hwy 61	Castle Hospital
26.1	Right	Kapaa Quarry Rd.	
28.6	Right	On to Mokapu Blvd (TL)	Kalaheo High School
28.9	Pass	Oneawa / Ilipilo (TL)	
29.8	Left	On to Kaneohe Bay Dr. (TL)	
32.4	Right	Kaneohe Bay Dr. (TL) continues	
34.4	Right	Kamehameha Hwy 830 (TL)	Toyota Dealership on R
37.4	Pass	He'eia Kea boat harbor	
39.9	Right	Kahekili Hwy / Kamehameha Hwy 83 (SS, T-int) Gas stn on R.	Hygenic Store across the street.
47.2	Look Left	Home of Jurassic Park, Godzilla, George of Jungle, Mighty Joe Young.	

74.3	Right	Kamehameha Hwy (TL) Follow sign to Hale'iwa Town	Wooden Surfer Sign
74.9	Pass	Over Archway Bridge	
75	Right	Hale'iwa Rd.	76 Gas Station
76.6	Left	Waiialua Beach Rd. (SS) (T int.)	
77.3	Bear Right	(SS) Thru the traffic circle. Follow "Wahiawa/Honolulu Hwy 99" sign.	
77.5	Right	On to Hwy 99 (t-int.) (TL)	Begin climb
82.3	Stay Straight	Thru traffic light.	
83.3	Pass	Dole Plantation on left	
84.1	Bear Right	At fork. Schofield Barracks/Honolulu (Hwy 99)	
85.2	Left	Wilikina Dr. (TL) (T-int.) Schofield Barracks/Honolulu (Hwy 99)	
86.6	Right	Kunia Rd. (TL) Hwy 76 / 750	
94.3	Pass	Under freeway	
94.9	Right	Pass Exit 6a, then take Exit 5 towards Waipahu 7101	
95.3	Bear Right	on the clover leaf. Now you are on Farrington Hwy	
98.1	Pass	H1 exit and get in the Pearl City/Pearl Harbor lane	
99.2	Pass	Sam's Club and Home Depot. You are on Kamehameha Hwy 99.	
101	Pass	Mcgregor Lp. (TL) Get in the middle lane towards Hwy 99 Stadium / Pearl Harbor	
103.1	Pass	Arizona Memorial (TL)	
104.2	Pass	Center Dr. (TL) Get in the middle lane towards Airport 92 East	
	Stay Right	Thru one more split. 92. Use car to protect rider crossing lanes.	
105	Pass	Valkenburg (TL) Now you are on Nimitz Hwy 92.	
106.8	Pass	Lagoon Dr. (TL)	
107.2	Stay Right	92 East Waikiki. Still Nimitz Hwy 92 after split.	
108.4		Merge and get over one lane to the left.	
109	Pass	Sand Island Access Rd.	
110.4	Right	Richards (Second Aloha Tower Lot.) Next to GIANT PROPELLOR.	
111.5	Finish	Park by propellor and transition to run. Parking is short term only.	