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**The Woodlands Resort Offers Training Package
To Ironman Texas Participants**

THE WOODLANDS, TX (February 2, 2011) . . . Athletes preparing for the Memorial Hermann Ironman Texas will find the ultimate in relaxation and recovery after a grueling day of workouts with The Woodlands Resort's Ironman Texas Training package.

Available now through May 14, the Resort's Ironman Training Package includes overnight accommodations and full breakfast buffet for two, which features enough power foods and carbs to get you through a day of training. Guests also receive complimentary access to separate Spa facilities for men and women each with whirlpool, sauna and eucalyptus steam room – ideal for post-workout recovery.

Complimentary transportation is available to The Woodlands Mall and Market Street-The Woodlands, the start and end points of the Memorial Hermann Ironman Texas event.

To reserve the Ironman Training Package, call The Woodlands Resort at 281-367-1100 or book online at www.woodlandsresort.com The Woodlands Resort is located just north of Houston at 2301 North Millbend Drive.

About The Woodlands Resort

Nestled in 28,000 acres of forest preserves north of Houston, yet easily accessible from I-45, The Woodlands Resort is a destination of fun and relaxation. Just steps from 440 deluxe guest rooms are two championship golf courses and the property's signature Forest Oasis Waterscape™ with waterfalls, synchronized water spouts, waterslides, and a S'mores pit. Guests enjoy seasonal poolside dining, dive-in movies and scheduled family-friendly entertainment. Other resort amenities include a full-service spa and fitness facility, 180 miles of nature and bike trails, and indoor and outdoor tennis courts. Explore the property's four restaurants or lounge, plus nearby shopping and entertainment. Visit www.woodlandsresort.com or call 866-361-5674.

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