

Women's 101 Fitness - Great Places to Run

Silver Comet Trail - Mavell Road (East Terminus)

From 285-W/S (the outer loop, as though you were coming from Marietta, Roswell, or 'Spaghetti Junction'):

- Take Exit 15, SR-280, or South Cobb Drive.
 - At the top of the exit, take a right onto South Cobb Drive.
 - Follow South Cobb Drive for 1.8 miles, until you reach Cooper Lake Road (there's a Chevron gas station, Walgreens, a CVS and a Children's World at this intersection)
 - Take a left onto Cooper Lake Road.
 - Follow Cooper Lake Road for .7 miles.
 - Turn Left on to Mavell Road.
 - Follow Mavell Road to the trailhead and parking lot.
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Chattahoochee River - Cochran Shoals (I-285 & Powers Ferry Road)

- **From I-75, going east on I-285**
- Take Powers Ferry Exit and proceed through first light at top of ramp. Go down to second stop light (New Northside Drive) and turn left. Follow New Northside Drive to Chattahoochee River Bridge (one mile). Parking entrances will be on either side of the bridge on your right. Park on the west side of the bridge (main parking lot).
- **From GA 400 or I-85 - Going west on I-285**
- Take Powers Ferry exit and at top of ramp, turn right on New Northside Drive. Follow New Northside Drive around to the Chattahoochee River Bridge (one mile). Parking entrances will be on either side of the bridge on your right. . Park on the west side of the bridge (main parking lot).

\$3.00 Parking Fee or \$25.00 annual pass

Brookhaven Atlanta Marathon Course/Big Peach Running Store:

3871 Peachtree Road, just south of the intersection of Peachtree Rd and North Druid Hills.

- From: I-285 (north perimeter), exit Peachtree Industrial Road going south. Travel south just past the Brookhaven Marta Station and past Druid Hills Road. Within a half mile, you will see a Kroger and a Starbucks on the left. ASA participants are asked to park nearest the sidewalk – away from the Kroger.
 - From I-285 (east, west or south perimeter). Take I-285 to I-20 heading into the city. Take I-20 to I-85 going north. Exit Druid Hills exit going west. Travel to Peachtree Industrial Blvd. Turn left onto Peachtree Industrial Road. Within a half mile, you will see a Kroger and a Starbucks on the left. ASA participants are asked to park nearest the sidewalk – away from the Kroger.
 - From: I-85 north or south, exit Druid Hills exit going west. Travel to Peachtree Industrial Blvd. Turn left onto Peachtree Industrial Road. Within a half mile, you will see a Kroger and a Starbucks on the left. ASA participants are asked to park nearest the sidewalk – away from the Kroger.
 - From I-75: (North of the City) Take I-75 to I-285 going east. Exit Peachtree Industrial Road going south. Travel south just past the Brookhaven Marta Station and past Druid Hills Road. Within a half mile, you will see a Kroger and a Starbucks on the left. ASA participants are asked to park nearest the sidewalk – away from the Kroger.
 - From I-75: (South of the City) Take I-75 to I-85 going north. Exit Druid Hills exit going west. Travel to Peachtree Industrial Blvd. Turn left onto Peachtree Industrial Road. Within a half mile, you will see a Kroger and a Starbucks on the left. ASA participants are asked to park nearest the sidewalk – away from the Kroger.
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Stone Mountain

From 285-E (the inner loop, as though you were coming from Marietta, Roswell, or 'Spaghetti Junction'):

- At Exit 39B, take Highway 78 towards Athens.
 - Stay on 78-E for approximately 8 miles, and then exit at the Stone Mountain Park Exit.
 - You will come to the main entrance where you will pay \$7 to park. (You can get an annual parking pass for \$25.00.) Once past the main entrance, you will dead-end at Robert E. Lee Blvd. Take it right to any parking lot. Robert E. Lee Blvd. is a 5 mile loop around Stone Mountain.
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Alpharetta Greenway Trail

From I-285-East or West – Take GA 400 North to Old Milton Parkway exit (Rte. 120). Turn right at ramp and get on left lane. At Northpoint Parkway, turn left and follow about ½ mile to Preston Ridge Road, Turn right to YMCA and parking areas to trailhead.

Riverside Park - Roswell

- From I-285, take GA 400 north to Northridge exit.
- Take ramp and turn right on Northridge going back over GA 400, and heading west to Roswell Road.
- At Roswell Road, turn right and follow to Riverside Drive.
- At Riverside Drive, turn right. Park will be on your right. Parking and bathrooms available.