



## ACC Wellness 5K Walk/Jog Courses

Each course is 3.1 miles (5k) in length.

Challenge yourself to step up your distance, or reduce your completion time!

Each of these courses may be completed at ACC Wellness sponsored 5k events OR on your own.

### DOWNTOWN ATHENS

#### Courthouse Pavilion through Downtown

- Start at the Courthouse breezeway along Washington St. & head SW towards Pulaski St.
- Turn LEFT on Pulaski and head SOUTH to Clayton St.
- Turn LEFT on Clayton and head NW towards Thomas St.
- Turn RIGHT on Thomas and head SOUTH to Broad St.
- Turn RIGHT on Broad and head SW to Lumpkin St. (Five Guys is 1-mi mark)
- Turn RIGHT on Lumpkin and head NORTH to Hancock St.
- Turn RIGHT on Hancock and head NE to Thomas St.
- Turn RIGHT on Thomas and head SOUTH to Washington St.
- Turn RIGHT onto Washington and the breezeway is 1.55-mi mark
- Repeat the above route once to complete the full 3.1 miles!

#### Fire Up the Hydrants Downtown 5K

- Begin at Fire Station #1 on College Avenue
- Take sidewalk up College Avenue to Dougherty Street
- Turn right onto Dougherty Street, on Planning Department side of street
- At light, turn left on Pulaski Street, on downtown side of Pulaski
- Turn left onto Washington Street, 1<sup>st</sup> Sidewalk alongside Chamber of Commerce
- Cross over Lumpkin Street and immediately turn left across Hancock Avenue to other side, in front of Water Business Office
- Turn left to pass by Water Business Office and continue on Hancock Avenue to the courthouse
- Turn left onto Oconee Street
- Follow to Broad Street, turn right onto Broad Street
- Continue to Pulaski Street, turn right

- Turn right onto Clayton Street and follow to Thomas Street
- Turn left onto Thomas Street
- Turn left onto Washington Street, on the right side alongside the courthouse
- Follow to Pulaski Street, turn right
- Turn right onto Hancock Avenue
- Return to Water Business Office
- Cross Hancock Avenue crosswalk alongside Lumpkin Avenue
- At the intersection of Lumpkin and Dougherty, turn right onto Dougherty Street
- Turn left onto Jackson Street at first cross walk
- Turn left onto Madison Avenue
- Turn right onto College Avenue to return to fire hall

## City Hall through UGA

- Begin at the front steps of City Hall on College Avenue. Continue down College Avenue across Broad Street onto UGA's North Campus (through the Arch).
- Follow the sidewalk inside North Campus towards the Main Library.
- At the Library, follow the sidewalk to the right across the street to the sidewalk against Brooks and Sanford Halls.
- Follow this sidewalk down the stairs and cross Baldwin Street onto Sanford Drive.
- Continue on Sanford Drive past the Stadium and cross over Cedar Street (this is the 1.0 mile point).
- Continue on Sanford Drive towards Stegeman Coliseum.
- At the Coliseum (Carlton Street), turn left onto Carlton and continue to the parking lot entrance between Miller Plant Science and Aderhold (directly across from the Vet School). This is the turnaround point (1.5 miles). Follow the route the same way back to City Hall.
  - Note: This is not a "true" 5k, it is only 3.0 miles. If you want to get the full 5k (3.1 miles) in, take one lap around the City Hall building!

## Planning Department (120 W. Dougherty Street)

- Start at the Planning Department. Take a left out of the parking lot. Turn right onto Lumpkin Street, and travel on the left sidewalk.
- Follow Lumpkin through downtown, across Broad Street, past Baldwin St. and Baxter St., continuing straight past several dorms, churches, etc. Just before the Georgia Center For Continuing Education and Carlton St., there will be one short stretch without a sidewalk. You may walk on the grass/mulch area to the left of the road or in the bike lane. Be careful!

- Continue until you reach the UGA track on your left.
- Enter the track on the left (at the entrance just before the gas station), and make one loop around the track (400 meters). Exit the track and turn right onto Lumpkin.
- Retrace your steps back to the Planning Department.
- *NOTE: The UGA track is closed to the public from 1pm-5:15pm on weekdays. So, if you walk/jog this course during that time and are unable to get onto the track, just modify the route by continuing past the track straight on Lumpkin to the Subway, then turn around and return to Planning.*

## Pulaski Heights/Lay Park (Greenway)

- Start at Lay Park.
- Cross over to the sidewalk that runs alongside Fire Station #1. Turn left to go by Fire Station #1 and Hotel Indigo.
- Turn right onto Dougherty Street.
- Cross the crosswalk over Lumpkin Street and turn right onto Lumpkin, following to Hull Street.
- Turn right onto Hull Street and continue on the sidewalk until it becomes a crosswalk that leads to Council on Aging.
- Once you cross the crosswalk, turn left onto the next crosswalk to go through the Council on Aging parking lot. This path will take you to the new Greenway.
- Follow the Greenway to the right until it dead ends at Pulaski Street.
- Turn around and retrace your steps back to the start.
- Repeat this out and back course one more time to complete between 3.1 and 3.2 miles.

## Dudley Park (Greenway)

*Complete 1 Outer Loop and 3 Inner Loops for a Complete 5K OR 2 Outer Loops & 1 Inner Loop*

- OUTER LOOP: 1 LOOP
  - Start at the entrance to Dudley Park (Across from the UGA Chicopee Building in the brick circular area).
  - Head toward East Broad Street along the brick sidewalk and take left.
  - Take a left at the stop light and continue on East Broad Street across the bridge.
  - Take a Left on Wilkerson Street and follow along the sidewalk.
  - Take a left on Oconee Street and travel along sidewalk.
  - Turn left onto S. Poplar Street by Mama's Boy.
  - Turn left onto the Greenway just past a parking lot entrance.
  - Follow the sidewalk down the slight hill and across the bridge.

- Take a left onto the black pavement once you cross the bridge.
  - Take the first left onto a sidewalk which heads down a hill toward the river.
  - Take a left at the next sidewalk intersection and travel along the river back to the entrance/start of the loop.
- INNER LOOP: 3 LOOPS
    - Start at the entrance to Dudley Park (Across from the UGA Chicopee Building in the brick circular area).
    - If you are facing the parking lot, take a right and head down the concrete sidewalk toward the stop sign in the parking lot.
    - Take a right at the stop sign and carefully travel through the parking lot away from East Broad Street.
    - Travel past the gate at the end of the parking lot and continue on the black paved trail.
    - Continue along the black paved trail, under the railroad tracks, and past the footbridge on your left.
    - Take a left at the next turn onto a sidewalk which heads down a hill toward the river.
    - Take a left at the next sidewalk intersection and travel along the river back to the entrance/start of the loop.

## **SANDY CREEK PARK & NATURE CENTER**

### **Sandy Creek Nature Center (Cook's Trail)**

- Start at the "overflow lot" which is the first right once you turn onto the center's main road.
- Follow the main road (which becomes the Greenway) briefly and take a left onto Kestrel Trail.
- Follow Kestrel to Cook's Trail. Turn left onto Cook's.
- Follow for 1 mile until you reach the point on a long wooden boardwalk that is built around two trees, which makes the boardwalk quite narrow.
- Turn around and retrace your steps.

### **Clarke-Oconee Greenway**

(Beginning at Sandy Creek Nature Center: 205 Old Commerce Rd.)

- Begin at the Sandy Creek Nature Center
- Enter the Greenway (between the nature center and the Allen House)

- Travel until you reach the 1.5-mile marker. If you would like to complete a true 5k, continue about 100 meters past this marker. Turn around and retrace your steps back to the nature center.

## Sandy Creek Park

- Leave the pavilion and take the path to the lake front.
- Turn left onto the road after the paddle shack (out of the parking lot)
- Turn left onto Campsite Drive, follow to the 1<sup>st</sup> cul-de-sac, turn around, and go back to Campsite Drive.
- Turn left onto main Sandy Creek Park Drive, and follow the road around past the dog parks and entrance.
- Turn left onto Beech Tree Drive. Follow around the loop and turn left into the boat camp area. Go around the circle and out.
- Continue around the loop and to the left on Beech Tree Drive. Turn left on Sandy Creek Drive and finish at the pavilion.

## NORMALTOWN

### Satula Avenue

Option #1:

- Start at Satula Avenue lower parking lot. Turn right onto Boulevard.
- Follow sidewalk to Barber Street, turn right.
- Turn right onto Prince Avenue. Follow until Lyndon Street.
- Turn around and retrace your steps to Satula Avenue.

Option #2 (New July 2016):

- Start in the Satula Avenue building lower parking lot.
- Turn left out of parking lot onto Boulevard.
- Immediately turn left onto Satula Avenue. Pass by the HR/Finance/HCD building.
- Turn left onto the sidewalk on Easy Street.
- When sidewalk ends, continue straight toward the intersection of Easy Street and Park Avenue.
- Turn left onto Park Avenue.
- Turn right onto Boulevard.
- Follow Boulevard past Chase Street, etc.

- Turn right onto Lyndon Avenue.
- Turn left onto Dubose Avenue.
- Turn left onto Virginia Avenue.
- Turn right onto Boulevard.
- Turn right onto Grady Avenue.
- Turn left onto Prince Avenue.
- Cross the crosswalk across Barber Street, then turn left onto Barber Street (on the side opposite the gas station).
- Follow Barber Street to the Boulevard Woods Park.
- Turn right into Boulevard Woods Park, take two laps around the small sidewalk track.
- Exit Boulevard Woods, carefully cross the crosswalk across Barber Street onto Boulevard.
- Follow Boulevard back to the Satula Avenue lower parking lot to finish.

Option #3 (New October 2018):

- Start in the Satula Avenue lower parking lot
- Turn right out of the parking lot onto Boulevard
- Turn right onto Barber Street (at the end of Boulevard)
- Turn right onto Prince Avenue
- Turn right onto Grady Avenue
- Turn left onto Dubose Avenue
- Turn right onto Virginia Avenue
- Turn left onto Boulevard
- Turn left onto Lyndon Avenue (stay on left sidewalk)
- Turn right onto Prince Avenue
- Turn right onto Chase Street
- Turn left onto Boulevard
- Turn left onto Park Avenue
- Turn right onto Easy Street
- Turn right onto Satula Avenue
- Turn right onto Boulevard to return to start

## Bishop Park

Start at the park pavilion (after entering the park, take first right, pass gym, & end at pavilion).

#### Option #1:

- Start at the park pavilion (after entering the park, take your first right, go past gym, dead end at pavilion). Walk out to the entrance of the park.
- Turn left onto Sunset Boulevard.
- Take a right onto Prince Avenue. Walk until King Avenue, take a right.
- Follow until you reach Sunset Boulevard, take a right.
- Follow back to Bishop Park, and finish at the pavilion.

#### Option #2:

- Exit the back of the pavilion onto the park asphalt sidewalk. Travel toward the right, and circle around the perimeter of the park, passing the baseball fields & Hawthorne Avenue, the tennis courts, pool, and entering the parking lot.
- Exit the park through the parking lot entrance/exit. Turn right onto Sunset Avenue.
- Cross over Oglethorpe Avenue and turn left onto Oglethorpe (cross over so you can travel on the sidewalk on the right side of the road). Follow to Prince Avenue.
- Turn left onto Prince Avenue. Follow to Sunset Avenue.
- Cross Sunset, and turn left onto Sunset (sidewalk is on the right side of the road). Follow until you return to Bishop Park. Turn right onto the sidewalk that parallels the park entrance.
- Turn right into the driveway that travels past the gym and leads to the pavilion.
- Continue past the pavilion and repeat the park trail perimeter loop one final time.
- When you reach the parking lot, turn left to return to the pavilion (rather than continuing straight as you did on the first loop).
- Finish at the pavilion.

#### Option #3 (2022):

- Start at pavilion, follow sidewalk to take a right on the path – up the hill!
- Slight right to follow path behind the softball fields
- Turn left in front of tennis courts
- Turn left at the pool
- Turn right when the path splits to run down the middle hill
- Turn right at the bottom of the hill to stay on path
- Follow path past playground to get to the sidewalk next to the parking lot
- Follow sidewalk past the gymnasium
- Turn left and carefully cross the parking lot to continue on sidewalk towards the front of park
- Exit the park and turn right on Sunset Dr.
- Cross Oglethorpe to stay on Sunset Dr.
- Follow Sunset Dr. until the intersection with Holman and King Ave.

- Carefully cross Sunset Dr., turn left to go up Holman Ave.
- Carefully cross Holman Ave. to stay on the sidewalk
- Carefully cross Homan Ave. to go left on Oglethorpe Ave.
- At the traffic light, use the crosswalk to cross Sunset Ave and then Oglethorpe Ave. to get on the sidewalk on the right side of the street, closest to the park
- Retrace your steps back to the sidewalk that you used to exit the park
- Turn right to follow sidewalk past gymnasium
- Stay on sidewalk and go straight to the pavilion to the finish!

### Bob Snipes Water Resources Center (“The Dexter Hunter Special”)

- Start at the first entrance into the parking lot of the Water Resources Center from Waterworks Drive. Take a right out of the back entrance of the parking lot onto Waterworks Drive. After approx. 100 yards, turn left onto the dirt/gravel road (off-road at this point).
- Follow the dirt/gravel road until it loops back onto Waterworks drive. Turn left onto Macon Street, which leads to the back entrance of the Water Resource Center into New Town Neighborhood.
- Turn right onto Forbstein Alley, which curves left and turns into Augusta Avenue.
- Next, turn right onto Athens Avenue and follow until it reaches Barber Street.
- Take a left onto Barber Street continue all the way to Prince Avenue (before you reach the intersection, it may be wise to cross the street at some point to avoid waiting to cross at the light).
- Turn right onto Prince and continue to Grady Street and turn right. Follow Grady until it dead-ends and turn left onto Boulevard Street.
- Turn right onto Wynburn Avenue. Continue on Wynburn Avenue over the railroad tracks where it becomes Tracy Street.
- At the dead-end, turn left back onto Barber Street. Follow Barber Street back to Waterworks Drive and turn right then turn right back into the parking lot to finish.
  - *Note: There are two different gates at the beginning of the route that are typically closed, so if you are interested in performing this route, ask Dexter to have the gates open. Otherwise, the beginning of the route up to the back entrance of the Water Resources Center is 0.6 miles, so you can substitute a little of the route by beginning at the corner of Barber Street and Waterworks Drive and adding 0.6 miles to the end of the route!*

## Fire Station #8 (3955 Jefferson Rd.)

### Option 1:

- Start at Fire Station #8 on Jefferson Road, in the parking lot just outside of the community room.
- Travel out the back of the parking lot, to the right past Japanese Motor works to exit onto the sidewalk on Jefferson Road.
- Turn left onto the sidewalk and follow the road down to the crosswalk. When you come to the crosswalk cross when safe and turn left onto Whitehead Road. Follow the sidewalk all the way to Quailwood Drive.
- Turn right onto Quailwood Drive. Follow the road past Whitehead Road Elementary School and continue until you reach Quail Run Drive.
- Turn around and retrace your steps back to Fire Station #8.

### Option 2:

- Start the same way but continue past Quailwood Drive until you reach the house at 720 Whitehead Road. Turn around and retrace your steps back to station 8.

## Holland Youth Sports Complex

- Start by large soccer stadium (with metal stands), at the concession stand and **bathrooms**.
- Take the sidewalk behind the concession stand building into the metal stands.
- Turn left to continue through the stands, and then right to continue onto the second set of stands.
- Go down the steps ahead of you and continue straight alongside the soccer field.
- Turn right either inside or outside the fence, depending on the length of the grass.
  - If choose inside the fence, find the fence opening on the other side of the field and exit the field and go down the hill to the entrance road.
  - If choose outside the fence, simply go down the hill to the entrance road.
- Carefully cross the entrance road to the other side and turn right.
- Follow to the first driveway on the left.
- Turn left into the driveway, then follow to the right.
- Follow to the next set of fields & sidewalk on your left.
- Follow sidewalk by the concession stand and between the fields until you reach the main road.
- Turn left onto the main road and carefully follow around the large loop until it meets the main road again. Be sure to watch for parked and moving cars.

- Turn left onto the main road, then immediately left onto the driveway that leads to the 5K start.
- When you reach the first soccer field on the left, turn to the left and follow the perimeter of the field.
- Exit the field by the crosswalk and cross the driveway. Follow the sidewalk back to the 5K starting point.
- Repeat this loop again for 3.1 miles total.

## 5 POINTS & MILLEDGE AVENUE

### Fire Station #3 (1198 S. Milledge Ave.)

#### Course Option 1:

- Start at the 5 Points intersection. Travel on Milledge Ave. toward Broad Street.
- Continue until you reach Prince Avenue. This is the ½ way point. Turn around and return to the 5 Points corner.

#### Course Option 2:

- Start at the 5 Points intersection. Travel on Lumpkin toward Memorial Park (Away from Downtown).
- Follow Lumpkin and take a right onto Westview Drive. Follow a short distance and take another right to stay on Westview Drive. You will run on the road for a short distance until a sidewalk starts on your right.
- When you reach Milledge Circle, carefully cross the road and take a left on the sidewalk. Follow the sidewalk and take a right onto Highland Avenue.
- Take a right onto McWhorter Drive when you reach a stop sign.
- Continue down and up a hill to the next stop sign. Take a left here onto Bobbin Mill Road. When you hit the next stop sign, take a right onto Fortson Drive.
- Follow Fortson until you reach the next stop sign and take a left onto Springdale Drive.
- Follow a short distance and take a left onto Rocksprings Street.
- Continue until the stop light where you will take a right onto Baxter Street.
- Follow Baxter to the next stop light and take a right onto Milledge Avenue.
- Finish the route by following Milledge back to 5 Points.

#### Course Option 3 (New! June 2016)

- Start under the clock tower.
- Turn left onto sidewalk on Milledge Avenue, traveling away from 5 Points.
- Turn left onto Woodlawn Avenue.
- Turn right onto Stanton Way.
- Turn right onto W. Cloverhurst Avenue.
- Turn left onto Milledge Avenue.

- Turn left onto Springdale Street.
- Follow Springdale on the righthand sidewalk through the curve to the left, then carefully cross the street to the left side when it is clear.
- Continue on Springdale Street as it becomes Bobbin Mill Road.
- Turn left onto McWhorter Drive.
- Turn left onto Highland Avenue.
- Turn right onto Highland Terrace.
- Turn left onto Milledge Circle.
- Turn left onto Highland Avenue.
- Turn right onto Catawba Avenue.
- Turn right onto Cherokee Avenue.
- Turn right onto Milledge Circle/Westview Drive.
- Cross to the other side of Milledge Circle/Westview Drive at the crosswalk just ahead on the left.
- Continue straight on Westview Drive.
- Westview Drive dead ends onto Westview Drive. Turn left onto Westview Drive.
- Turn left onto Lumpkin Street.
- Follow sidewalk through 5 Points shops and finish at Fire Station #3.

## Botanical Gardens

*(This course is slightly over 3.1 miles in length because the 3.1 mile loop involves a turnaround point that has no distinguishable landmark to describe. When official ACC Wellness 5k is held, this point is marked with flags/signs, but if you complete this 5k on your own at another time, there is nothing specific to look for at the 1.55 mile mark for turnaround. So, you will travel to the closest describable landmark for turnaround point, and therefore complete closer to 3.4 miles total.)*

- Start at the main trail to the left of the three parking lots, by the wooden map structure.
- Follow the trail through the first gate, along the creek all the way until you hit the river. Never turn off of this trail, even when you see small off-shoot trails/bridges to the right/left.
- Once you hit the river (straight ahead), continue following the trail to the RIGHT.
- Continue following the river trail, even through the power-line clearing, across the bridge, etc. Continue until you reach the end of the river trail at a sharp right turn that takes you away from the river.
- At this point, turn around and retrace your steps back to the parking lot.

## Memorial Park

**Course Option 1 (neighborhood roads):**

- Begin at the entrance of Memorial Park on Gran Ellen Drive. Turn right onto Gran Ellen Drive.
- Turn left onto Greenwood Drive.
- Turn right onto Marion Drive.
- Continue on Marion Drive as it curves hard to the left by Milledge Avenue Baptist Church (becomes Carlton Terrace at that point).
- Turn left onto Parkway Drive.
- Turn right onto Greenwood Drive.
- Turn right onto Milledge Heights.
- Turn left onto Carlton Terrace
- Turn left onto South Lumpkin
- Turn Left onto Greenwood Drive
- Turn right onto Milledge Terrace
- Turn right onto West Lake Drive.
- Turn left onto Lumpkin Street, onto the sidewalk on left side of the road.
- Follow down the hill to the back road to Memorial Park area, turn left onto Gran Ellen Drive.
- Follow past the various trails, but BE CAREFUL!! This is a “windey” back road, and cars drive very quickly on both sides of the road. It may be most safe to walk/run on the right side of this back road for full visibility.
- After a very hard right turn, turn right into the back entrance of Memorial Park (sign says One Way the other direction, but this is for drivers! You may walk the wrong way).
- Follow this road around the back of the pink building, past Bear Hollow Zoo, around to the front of the building.
- Continue through the parking lot toward the entrance of the park.
- Just before the main entrance, turn right to go down to the park area & lake.
- Go straight down the hill (again, the “wrong way” for drivers).
- When you reach the lake, take one lap around the lake and finish at the pavilion.

**Course Option 2 (park & trails):**

- Start at Pavilion 3 (behind the playground, along the tree line)
- Take the sidewalk (which leads to the bathroom) to the parking lot
- Turn left and travel to the pond sidewalk trail
- Turn left to travel around the pond clockwise
- When reach the dog park sidewalk, turn left and travel up the hill
- Pass by the dog park & bathrooms on the left and continue on the sidewalk to the right
- Rejoin the pond trail and keep walking clockwise around it
- Continue to the point you started on the pond trail

- Re-enter the parking lot, and travel up the right side hill (going with traffic) to the entrance of the park
- Turn left, and join the sidewalk on the left toward the pool
- Travel on the sidewalk past the pool and join the sidewalk that leads to Bear Hollow Zoo
- Pass by the zoo and carefully continue on the left side of the road behind Memorial Park building
- Take the 2<sup>nd</sup> trailhead to the left, down the steps onto the bridge
- Continue on that trail to the left, until it intersects with the next trail; turn to the right to intersect Gran Ellen Drive (instead of to the left to go further into the woods)
- Carefully cross the sidewalk and enter the woods as the trail continues on the other side of Gran Ellen
- Continue on this trail uphill, past the Birchmore Trails bench and bridge, as it parallels Lumpkin Avenue, until you are 1.5 miles from the start; if you reach Gran Ellen Drive you have gone too far (but not too out of the way); turn around and retrace your steps back to the start, but travel down the hill on the right toward the pond, through the parking lot, and do one final loop around the pond before returning to the start

### **Course Option 3 – January 2020 – Bear Hollow Zoo & Birchmore Trail:**

- Start at Rec Hall.
- Turn right onto sidewalk, continue on stepping stones, then across the road to the sidewalk, and turn right onto the sidewalk toward Bear Hollow Zoo entrance.
- Enter the zoo and follow the path.
- Turn almost 360degrees and continue ahead and down the steps.
- Turn to the left, then the right, and wrap around and back up and out of the zoo.
- Turn to the left onto the road that travels behind the pink building.
- Turn left onto the Birchmore Trails trailhead.
- Follow the trail as it winds back and forth down the hill, and choose to go left when given the first option for right/left.
- Follow across the creek and continue to the left.
- Continue straight (past where the bridge was) until you reach Gran Ellen Drive (near Lumpkin).
- Carefully cross at the crosswalk and enter the woods on the other side of the road.
- Continue following the trail as it winds through the woods.
- When you see Fred Birchmore's stone wall ahead, take the trail to the left to enter the Five Points neighborhood.
- Turn left onto Milledge Terrace on the left side.
- Follow Milledge Terrace to Milledge Avenue, then turn around and retrace your steps.

- When you return to the Birchmore trail head, turn right back on to the trail.
- As the stone wall curves to the left, turn left to rejoin the trail.
- Follow the trail as it hugs the wall and continues through the woods, and then through the bamboo forest.
- Carefully cross over Gran Ellen Drive and join the trail on the other side of the road.
- Follow this trail to the left, and across the bridge.
- Then turn right and follow the trail straight and to the left to travel back to the trail head you initially entered on.
- Exit the trails onto the road that travels behind the pink building.
- Turn right carefully, and watch for cars leaving the park.
- Turn left onto the stepping stones and sidewalk leading back to the 5K starting point.
- Travel past the starting point, to the left up the stairs, past the front door, through the handicapped parking lot, turn right onto Gran Ellen, and then right into the Memorial Park parking lot again. Follow the sidewalk back to the starting point.

## UGA Intramural Fields

*\* This 5k is a bit tricky to navigate if you are unfamiliar with the park. The course was heavily marked with signage to direct participants, but you can certainly try to navigate the course with these instructions:*

- Parking is free of charge after 4:30pm on weekdays, and all day on weekends.
- Start by the batting cages in the first parking lot on the right.
- Travel on the main park road toward the entrance (the road you entered the park on).
- Enter the paved driveway on your right (it was the first left you passed as you drove into the park). Follow until the paved road splits. Go left, to travel across the dam. The lake should be on your right.
- Cross the dam and continue following the path through the red gate and around the lake. Keep the lake on your right.
- When the path gives you the option to go straight by the power lines or turn right to keep the lake to your right, take a right. Continue following the path around the lake.
- When you get to a fork in the path by a large picnic shelter seen ahead (BEFORE the big bridge over the lake), take a left onto the path that takes you AWAY from the lake. You will pass the shelter on your right and then a 2-bar strength apparatus on your left. Continue, and then pass a shed & truck on your right.
- Take your next left onto what we did call "One Tree Hill" because of a lone tree positioned in the middle of the hill's base, but now call "One Stump Hill" as the tree has been cut down!
- Continue all of the way up this hill...to the very top!
- At the top, you will reach a 4-way intersection, with a bridge just ahead. TURN RIGHT.
- Take your next right onto a small trail (a gate will be at a dead end straight ahead).

- Follow this trail until it dead ends onto a gravel path T (you will pass 2 extremely small off-trails, but just bypass these).
- Turn left at the dead end.
- Follow this trail up the hill, and it will continue winding and go over a rocky area. Continue on this trail and DO NOT turn off of it onto any of the side trails. You will travel over a 2-board ground covering and continue on through a large curve. Continue alongside of a railroad track (on your left) and the dog park & marshy area (on the right).
- You will reach a fork in the path. Go to the right.
- When you reach a “T” in the path, take a left.
- Follow this gravel road until you reach the red gate. Go through this gate onto the main road.
- Continue on the main road past the Redcoat Band field, a parking lot, the tennis courts, and around a curve.
- In the curve, you will see a bark driveway to the left, with a silver metal gate. Turn left onto this driveway to enter the fields.
- Follow the trail alongside the first 2 fields (parallel to East Campus Road & the railroad tracks), and when you reach the pull-up bars, turn right and follow around the perimeter of the baseball field until you have returned onto the trail you were just on (alongside the railroad tracks, parallel to East Campus Road).
- When you reach the corner, turn right to continue traveling along the perimeter of the upper fields (you’re basically turning right to travel alongside College Station Road).
- Continue on this trail until you get to the corner of College Station Road and the entrance of the Intramural Fields. Turn right to continue on this trail.
- Follow the trail along the end zone of the field and down the hill to meet the entrance road.
- Turn right onto the sidewalk and continue through the parking lot until you reach the starting point by the batting cages.
- Continue through the starting point (between cages & picnic tables), and onto the field directly behind the tables. Continue on this field until you hit the perimeter trail that runs parallel to East Campus Road.
- Turn right onto this trail and repeat the loop around the fields back to the parking lot & starting point to complete exactly 3.1 miles.

## Rocksprings Community

- Turn right out of pavilion onto Columbus St, follow until street ends.
- Turn left onto Baxter St.
- At the Baxter St. & Rocksprings intersection, cross to the other side of Baxter St. on the crosswalk.
- Continue left on Baxter St. toward Milledge Ave.

- Turn right onto Milledge Ave. at the light and follow until you see Springdale St. on the right.
- Turn right onto Springdale St. at the light (by Five Points Eye Care).
- Continue until you turn right onto S. Rocksprings St.
- Turn left onto Baxter St and follow Baxter St. to Alps Rd. (Westlake Dr.).
- Cross to the other side of Baxter St. on the crosswalk.
- Follow Baxter St. to the ACC Police Department at Collins Ave.
- Turn left onto Collins Ave.
- Pass Park on your right and turn right onto Henderson Ext.
- Pass community center and turn right onto Columbus St.
- Finish at the pavilion.
- *If you want a true 5k (3.1 miles), finish with one lap around the ball field.*

## North Oconee Greenway via North Oconee Water Reclamation Facility

*\*On 5k day we began at the WRF main office, but the gate will be closed when you're heading out on your own. There is after hours parking in the UGA parking lot across the street, but please mind the parking regulations posted on signs in the lot. When starting on your own, begin at the closed WRF gate to maximize your distance.\**

- Start at plant operations front door.
- Travel out driveway, turn left onto sidewalk along Oconee Access Road. Follow access road to crosswalk.
- Cross Oconee Access Road to the other side of the road.
- Turn left to continue following Oconee Access Road, and then enter the greenway to the right.
- At the T, turn right to follow the greenway.
- Follow greenway past the next T intersection until it dead ends in a cul-de-sac near the cemetery. Turn around and return to the T intersection and turn left.
- Travel up the long winding hill until you reach the top of the hill and start going downhill again.
- Turn around just past the red metal farm gate at the very next yellow traffic sign.
- Return to the T intersection and turn left.
- Return to the Water Reclamation Facility.

**ATHENS EAST SIDE**

## Streets & Drainage Division

- Start at Streets & Drainage Department main building.
- Turn right out of parking lot, and follow sidewalk on Spring Valley Road until it dead ends.
- Turn around at dead end, and retrace your steps.
- Continue straight past Streets & Drainage entrance.
- Turn left onto Hancock Road. Follow until it dead ends at Hancock Industrial Way.
- Cross Hancock Industrial Way carefully in front of the RV park and continue to the right.
- Continue straight until you reach the ACC Recycling Center & then the Solid Waste Department on the left. Turn left into the Solid Waste Department parking lot just before the sidewalk ends.
- Follow the driveway back to the shop & turn around.
- Retrace your steps back to the Solid Waste entrance.
- Turn right onto Hancock Industrial Way. Continue straight until you reach the Hancock Road intersection.
- Carefully cross Hancock Industrial Way to turn back onto Hancock Road sidewalk.
- Turn right onto Spring Valley Rd.
- Go straight past Streets & Drainage to the end of the sidewalk, then turn around, retrace your steps back to Streets & Drainage. Turn left into the parking lot & finish at the main building.

## Fire Station #5 (1090 Whit Davis Rd.)

- Start at Fire Station #5 at the corner of Whit Davis Road & Cedar Shoals Drive.
- Turn left and follow the sidewalk down Whit Davis traveling toward Lexington Road.
- This sidewalk will end, and you will need to cross Whit Davis carefully to the other side and continue in the same direction toward Lexington Road.
- Once you reach Southeast Clarke Park, enter the main entrance, go to the left through the parking lot, and enter the wooded trail at the back left. The trail will curve around to the right.
- Follow the trail with the markers, and exit the woods into a field.
- Travel back toward the playground, continuing between the woods and the playground then into the parking lot.
- Exit the parking lot onto the sidewalk and continue back to Fire Station #5.

## Fire Station #7 (2390 Barnett Shoals Rd.)

**Course option 1:**

- Start at Station #7 on Barnett Shoals Road. Turn left onto Barnett Shoals Road, traveling on the sidewalk on the left side of the road.
- Continue along Barnett Shoals/Gaines School Road, past Hilsman Middle School, until you reach the temporary elementary school on the right side of the road. This is the ½ way point. Turn around and remain on this side of the road. Travel back to Station #7.

**Course option 2:**

- Start at Station #7 on Barnett Shoals Road.
- Turn left onto Barnett Shoals Road, traveling on the sidewalk on the left side of the road.
- Continue 0.2 miles to the traffic light at College Station Road. Turn right and cross the crosswalk across to the other side of Barnett Shoals Road. Then go to the right, back toward the fire station.
- Follow Barnett Shoals past the station, and to the next traffic light.
- Continue straight across the crosswalk, then follow the sidewalk to the left, which turns you onto the Barnett Shoals extension road. You will then be traveling on the right side of Barnett Shoals Road. (If you were to have continued straight at the light, the road would become White Hall Road)
- Follow Barnett Shoals on the sidewalk past the curve in the road until you reach Athens Montessori school (which is on the left). Turn around at this point and retrace your steps (back to the light at Barnett Shoals extension and Barnett Shoals/White Hall Road, to the right, past the fire station to College Station intersection, across crosswalk to other side of Barnett Shoals Road, and back to Station #7)

**Course option 3 (UGA Vet School):**

- Begin at Fire Station #7 flagpole
- Follow entrance sidewalk to Barnett Shoals sidewalk
- Take a right onto sidewalk to travel along Barnett Shoals
- Follow past UGA Vet School driveway, continue along Barnett Shoals
- Turn right onto Security Circle
- Follow to cul-de-sac, turn around and travel back to Barnett Shoals
- Turn right onto sidewalk along Barnett Shoals
- Turn right into Cedar Rock Trace
- Follow sidewalk for a ways into neighborhood
- Turn left onto Birch Valley Drive
- Turn right onto Tall Pine Lane
- Turn right onto Cedar Rock Trace (onto sidewalk on right side of road)
- Follow Cedar Rock Trace back to entrance of neighborhood
- Turn left onto Barnett Shoals, using sidewalk
- Follow to Security Circle, turn left onto circle and repeat cul-de-sac

- Turn left onto Barnett Shoals again
- Turn left into UGA Vet School driveway (remain on right side of road, on grass)
- Take first right onto grass just before parking lot begins
- Travel along the back side of Fire Station #7
- Turn right (keep on grass if possible) past Fire Station #7 to travel around parking lot loop on right
- Travel around outside border of parking lot loop; if grassy area seems too uneven for you, use exterior border of parking lot
- Once completed full loop (about 100 meters long) and returned to where you began lot loop, turn right to follow sidewalk toward UGA Vet School building & grassy mall area
- Once reach sidewalk in front of vet school building, turn right onto sidewalk, travel toward College Station Road
- At end of building (front of vet school, facing College Station Road), turn left to continue on sidewalk
- Continue following sidewalk, hugging the front of the vet school building
- Once reach the next vet school entrance driveway, turn right toward College Station Road
- Turn right onto sidewalk along College Station Road
- Follow College Station Road to traffic light at Barnett Shoals Road/Gaines School Road
- Turn right onto sidewalk along Barnett Shoals Road
- When reach grassy field on right (before fire hall), turn right onto field and follow field toward the left corner of the parking lot
- Continue following parking lot on grass around behind the fire hall
- Turn left on grass on other side of fire hall, along vet school driveway
- Turn left onto sidewalk along Barnett Shoals to return to fire hall
- Finish at fire hall

## Ben Epps Airport

- Start at the main airport terminal (far, back right of the airport property)
- When standing facing the building, go to your left on the sidewalk.
- Follow the sidewalk past the tower and other airport buildings, past Hertz, then continue following the sidewalk as it curves to the left. Follow until the sidewalk ends at grass, then continue along that road (Ben Epps Drive) almost to the main entrance.
- Just before the main entrance, turn left onto Lyons Road.
- Follow Lyons Road as it turns to the left, taking you alongside many military vehicles. Lyons Road will then turn to the right and end at the military base. Turn around at this point and retrace your steps back to Ben Epps Drive.
- Turn right onto Ben Epps Drive.
- Follow until you reach the fork in the road. Go STRAIGHT into the grassy area ahead (do not continue following the road).

- Travel on the left side of the grassy area, traveling straight toward the parking lot ahead.
- Once you almost reach the parking lot, turn to the right to travel parallel alongside the parking lot.
- Once you reach the edge of the parking lot, turn to the left to follow alongside the right side of the parking lot, toward the small road ahead.
- When you reach the small road, exit the grass and turn right onto the road. Continue along this road, cross over the entrance road, and curves to the left to bring you back to the starting point. This is the 1.5 mile point.
- Complete one more full loop to do 3.0 miles.
- To complete a full 5k (3.1 miles), after doing two full loops, continue past the starting point to just past the tower, then return to the starting point.

### **Trail Creek Park -- Trail Creek Greenway -- Dudley Park 5K**

- Start at the Trail Creek Park pavilion to the left of the playground & outdoor fitness zone.
- Take the stairs down to the winding paved pathway, take the path to the lower football field.
- Continue on the path to the left to the end of the football field, and follow the path into the small parking lot.
- Travel through the parking lot and turn right onto the park entrance road.
- Turn right out of the park onto Trail Creek Road.
- Follow Trail Creek Road to the entrance of the Trail Creek Greenway on the left. Turn left onto the greenway.
- Follow the greenway, turn right onto Vine Street onto the sidewalk, then cross the crosswalk to the other side of Vine Street (the back of the UGA Chicopee Complex is on this side of the street).
- Follow this sidewalk to First Street. Cross the crosswalk to the other side of First Street, and travel to the left.
- At the stoplight, turn left onto East Broad Street/MLK. Follow the sidewalk alongside Chicopee Complex until you reach a crosswalk to the right that crosses East Broad Street/MLK into Dudley Park.
- Take this crosswalk into Dudley Park.
- Continue straight through the parking lot and veer to the right to enter the greenway in Dudley Park.
- Follow the greenway, keeping to the left at the split, around until you reach the large parking lot again.
- Continue through the parking lot, veer to the left as it opens up, then turn right to exit the park the way you entered it.
- Cross the crosswalk to the other side of East Broad/MLK.
- Turn to the left, follow the sidewalk to the intersection.
- Cross crosswalk and turn right onto First Street.

- Turn right onto Vine Street.
- Turn left to re-enter the greenway.
- Finish 3.1 miles at the end of the greenway at Trail Creek Road.

### **Southeast Clarke Park** (*4400 Lexington Rd*)

- Start at the main office/concession stand/bathroom building in the center of the ball fields.
- Take the path directly behind the building, traveling away from the parking lot and toward the Cornerstone Church road & ACC Tennis Center. You will pass a baseball field on your right (do not take the path between 2 baseball fields that leads to the tennis courts).
- Turn right onto the concrete “track” that circles the park. Pass by the tennis courts on your left.
- Turn left onto the parking lot sidewalk by the trash & recycling unit. Follow as it winds through the parking lot, until it dead ends looking at the skate park. Turn right and head to the sidewalk that leads to the Southeast Clarke Park entrance/exit.
- At the park entrance/exit, turn right to follow the sidewalk along Lexington Road.
- Turn right onto the road that leads to Cornerstone Church/ACC Tennis Center. Stay to the right side of the road, in the grass if possible.
- Complete a lap of the Tennis Center parking lot to turn around and head back toward Lexington Road, stay on the left side of the road.
- Turn left to follow the sidewalk along Lexington Road.
- Turn left into Southeast Clarke Park.
- Follow the sidewalk & parking lot just as you did on the way out. At the skate park you will turn left on the sidewalk and head back to the “track.”
- Turn right onto the paved “track” that circles the park.
- Complete 2 laps of the park.
- At the end of the second lap turn left to follow the path from the parking lot to finish at the main office building.

## **ATHENS WEST SIDE**

### **Georgia Square Mall (indoor)**

- Start at the ACC Police Department entrance. Walk every nook & cranny of the upstairs & downstairs (including the food court, etc.) 4 times each.
- This will equal roughly 3.1 miles

### **Georgia Square Mall (outdoor)**

- Start out turning left out of the ACC fitness center, following the sidewalk and then take a sharp left up the grass hill to reach the "Sears hill."
- Then follow the Sears sidewalk and continue hugging the side of the building (which will mean turning left before you hit the outer loop that goes around the mall), continue following the sidewalk all the way around Sears, then past Belk, continuing on the sidewalk past where it ends, until you reach the small side "driveway" that will turn left and allow you to turn left again to go toward the other side of Belk.
- Continue on the sidewalk past Belk, then past the food court, past Macy's, then past Penney's.
- Continue to the outer loop road and turn left, then left into the Penney's parking lot and continue following the sidewalk around Penney's, past the mall entrance, then past Macy's. F
- Follow to the end of the parking lot where it meets the outer loop, and turn left, then left into the Macy's lower parking lot.
- Continue following the Macy's sidewalk back to the fitness center.
- Basically you're doing a giant loop around the mall, trying to hug the building.
- Complete this loop 3 times to make just a little over 3.1 miles.

## Cooperative Extension/Fire Station #2

- Start on the sidewalk by the parking lot of Cooperative Extension.
- Take the sidewalk toward Cleveland Road.
- Turn left onto the sidewalk that goes along Cleveland Road.
- Turn left onto the sidewalk on Callaway Drive.
- Turn left onto Ben Burton Circle. Follow until the sidewalk ends, and then continue straight on the left side of Ben Burton Circle.
- Turn right onto Ben Burton Road, but stay on the right side of the road using the grassy shoulder area until it becomes sidewalk, then continue following the sidewalk.
- Turn right onto Conway Drive, and remain on the right side of the road.
- Continue on the right side of the road past where the sidewalk ends, onto the grass.
- When you see a sidewalk begin on the opposite side of the road, carefully cross the road to the other side (before Whitetail Way).
- Cross over Whitetail Way, and turn left onto Whitetail Way, on the right side of the road by the UPS plant.
- Follow the right side of the road, both with and without sidewalk.
- When reach the top of the hill at Quality Deer Management Association (QDMA), turn around and retrace your steps along Whitetail Way (on the same side of the road).
- Turn right across Whitetail Way onto Conway Drive, on the right side of the road.
- Follow the sidewalk until it ends, then cross Conway Drive where you crossed before. Turn to the right on the grass and continue along Conway Drive.
- Turn left onto Ben Burton Road, on the left side of the road.
- Cross over Ben Burton Circle, and turn left onto Ben Burton Circle to be on the right side of the road.

- Follow the grassy shoulder and then the sidewalk to Callaway Drive. Turn right.
- Continue to the corner of Callaway and Cleveland Road next to Cooperative Extension. Turn right onto sidewalk along Cleveland Road to go in front of Cooperative Extension.
- Continue straight to where the sidewalk ends just past Fire Station #2.
- Turn around and retrace your steps back to Cooperative Extension.

## WINTERVILLE

### Downtown Winterville

- Start at pavilion in park across from City Hall.
- Cross crosswalk, go left, then through City Hall/fountain parking lot.
- Turn right onto Marigold Lane, just past fountain. Continue left at fork on Georgia Avenue.
- Cross Main Street **when safe**. Turn right.
- Go to Henry Meyer Road and turn left onto it.
- Follow on sidewalk past school.
- Turn left onto Cherokee Road. Follow till Whitehead Park. Turn around and continue past school.
- Turn right at the crossroads onto Athens Road.
- Turn right onto Main Street.
- Follow on sidewalk until in front of Baptist church. Cross left onto Main Street into church parking lot. Go through parking lot to Church Street.
- Follow to downtown.
- Turn right on Marigold Lane, left on Georgia Avenue/continue on Marigold Lane, and cross Parkview to continue on Georgia.
- Turn left on Dozier. Follow on left and cross Parkview.
- Finish at park.

### Pittard Park (New course Oct. 2015 & Sept. 2016)

- Start at small pavilion next to playground

- Exit pavilion from back onto sidewalk that goes around playground. Continue on sidewalk around perimeter of park past cannon and stay left, then take last right where sidewalk turns towards brick building and stay right to continue to Church St.
- Turn right onto sidewalk on Church Street.
- Cross crosswalk to cross left to the other side of Church Street and turn right to continue along N. Church Street through town past Baptist Church.
- Turn left on Winter Street toward Winterville center.
- Continue on Winter Street to Winterville Center sign then turn around and retrace path back down Church Street.
- Turn Right at Marigold Lane just before the Police Station.
- Turn left on Georgia Ave. and go to Train Depot.
- Continue straight, across Parkview Rd, on Georgia Avenue past church.
- Follow Georgia Ave. to 1<sup>st</sup> intersection and turn Left on Dozier Drive.
- Turn Left on Church St, and then take first Right onto Harris Lane.
- Continue short distance and turn left into Recycling Area past Community Garden.
- Continue out through fence onto gravel drive heading towards park, turn right at Handicapped parking space and follow the sidewalk on the right.
- Cross Parkview Rd. at the crosswalk.
- Return to park following sidewalk around back to start at pavilion
- Repeat the loop again, and then finish at the pavilion.