PATH Finders

Highlighting unique experiences out on the trails of the PATH Foundation

Beth Marks on Biking to Breakfast, Breweries and Biketober

Virginia Highland resident of 33 years and bookkeeper for 8 non-profit organizations in Atlanta (including PATH Foundation and Trees Atlanta), Beth Marks loves riding her bike in Atlanta – especially October. So much that she captained a team for the virtual biking competition/celebration “Biketober”. A team of six members of the PATH staff and board will log over 900 miles this month.

For Beth, riding is a year-round lifestyle choice. She explains, “I'm a destination bike rider. I like to ride a bike to get somewhere and do something and then ride back. I enjoy the exercise, getting out of my car, being outdoors and seeing the trails that I've helped support for over twenty-seven years. Exercise and fresh air keep me sane, young and healthy. Recently at my annual physical exam, the nurse asked me,” do you exercise?” I said, “Yes, I ride my bike to breweries. I think she was amused!”

After a lifetime of avid running and casual biking, her ‘destination biking lifestyle’ kicked into gear when Beth’s husband, Jett, surprised her with an electric bike, which she rides 90 percent of the time with no assist. She rides to client offices, the grocery store, family social gatherings and yes, a variety of breweries with Jett and, oftentimes, her grown daughter and son-in-law. Some of their favorite brewery destinations include: Three Taverns Craft Brewery, The Lost Druid Brewery, Wild Heaven Beer, Orpheus Brewing, Halfway Crooks Beer and Eventide Brewing. (Click here for a route link to find three Avondale breweries by bike). They look forward to the Westside BeltLine Connector opening later in 2020 as it will provide access to a number of west-side breweries.

Beth’s love of biking goes far beyond beer. In 2019 she and Jett enjoyed riding on Sunday mornings to breakfast spots all over Atlanta – West Egg Cafe, Atlanta Breakfast Club, Sun in My Belly, and The General Muir to name a few. In fact, she has adopted biking as her favorite form of travel and has already accomplished her 2020 goal of 1,000 commuter miles. She has logged 1,300 miles this year, 300 of which were in October alone.

A pre-COVID pinnacle biking experience for the couple was riding to Atlanta United day games (via Freedom Parkway to John Portman Cycle Track to Centennial Park to
Mercedes Benz Stadium; returning home via the PATH Parkway by Georgia Tech and the Tenth Street Cycle Tracks). Beth has been riding comfortably all during the COVID time frame, and she says, “It’s still an amazing way to get around and function normally.”

The larger satisfaction from riding her bike on PATH trails across Atlanta comes from a reflective observation. “As I ride, I see runners, bikers and strollers – it makes me feel like I'm a part of something bigger – that’s bigger than me. It's an incredible feeling of pride because I'm part of making this happen. I see the trees from Trees Atlanta and the trails from PATH Foundation – and I marvel at all we've accomplished and brought out for people to enjoy and use. PATH has changed my life, and I like the direction it’s taken me in - healthier living, being outside and enjoying life - all the positives are there!”

Each brewery sells to-go cans as seen in the photo above in the Marks’ home craft beer collection.