



## **Fall 2025 Trek Training Dates & Times, Locations & Directions**

### **Weekly Trek Training Sessions August 4 - December 19**

(4 week break from September 1st - September 26 - no outdoor trek training during this time.  
Sheri will be with a group in Scotland along the West Highland Way)

#### **August 4 - August 29 (note earlier times to avoid summer heat)**

##### **Outdoor Trek Training**

**Monday:** Yost Park of Edmonds - 9AM - 11AM

**Tuesday:** Lower Woodland Park - 8AM - 10AM

**Wednesday:** St. Edward Park of Kenmore - 9AM - 11AM

**Friday:** Lower Woodland Park of Seattle - 9AM - 11AM

#### **September 29 - December 19 (note the later times as we head into fall and temperatures cool down)**

**Monday:** Yost Park of Edmonds - 10AM - 12PM

**Tuesday:** Lower Woodland Park - 8AM - 10AM

**Wednesday:** St. Edward Park of Kenmore - 10AM - 12PM

**Friday:** Lower Woodland Park of Seattle - 10AM - 12PM

##### **Zoom Indoor Foam Rolling & Core Training - (Healthy Trekker Routine)**

Mondays & Wednesdays 8AM-8:50AM (Starting September 22)

No Sessions the week of Thanksgiving, however it is possible that I will add in Monday & Tuesday of that week. I will let you know as the time gets closer.

### **Directions for Trek Training Sessions**

*Friendly advice for each park: Do not leave any valuables in your vehicles.*

#### **Yost Park (Mondays):**

**Address:** 9535 Bowdoin Way, Edmonds, WA 98020

**Parking and Meeting Spot:** When entering Yost Park, park in the first couple of rows facing the building above the swimming pool. We will meet to the right (south) of the outdoor swimming pool building at the bike racks near the playground.

## TRANSFORMATIONAL TREKKING

Train, Trek, Transform!

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### **St Edward's State Park (Wednesdays):** Discover Pass needed for this park

**Address:** 14445 Juanita Drive NE, Kenmore, WA 98028

**Directions upon arrival to park entrance:** turn into the park, follow the road until you come to the Y. Turn right at this Y. (Left takes you to Bastyr University, right takes you to "The Lodge" or the old seminary) Next, keep straight past a big field on your left. Just past this field you will come to your first parking lot on the left side. Turn left into this first lot and park. If there is not enough room to park in this lot, then you can park in the next lot just above this one.

**Where to meet:** at the picnic tables just below the first parking lot and next to the open field.

The picnic tables are close to the bathroom and shaded by trees. The Old Catholic Seminary is beyond the parking lots, and you will see it from the picnic tables.

### **Lower Woodland Park (Tuesdays & Fridays):**

**Address:** 5900 W Green Lake Way N Seattle, WA 98103 – (this is the address to the Lower Woodland Park Playfields, which are just across the street from the new Green Lake Crew House and the short game golf course).

**Directions upon arrival:** Turn into the parking lot that the above address takes you to and park in front of the tennis courts. We meet in this area.

**Sheri's cell number in case you can't find us: 206-465-1795.**