



Trek Training Important Information

Welcome Wonderful Trekkers! I am very excited for the start of this next trek training season. Prior to coming to your first session, please read this trek training important document. In this document you will find:

1. Basic rules for trek training sessions
2. New Rules this Year for Lower Woodland Park
3. Weekly Weekend Emails
4. What to Bring
5. What to Wear
7. Weather Cancellations & When it Rains
8. What is the Cancellation Policy if You Need to Cancel?

Basic Rules for Trek Training

- **Please be on time for the sessions.** We will start stick rolling right at 10AM, so don't be late!
- **It is best to arrive about 10-minutes before 10AM** so you can use the bathrooms, prep your backpack and hiking poles, as well as get an early start with the stick rolling.
- **At 10:05AM announcements and introductions** will begin.
- **We will leave our meeting area for our warm-up hike at 10:10AM.** Be sure to have used the bathroom and be rolled out and ready to go by this time.
- **If you test positive for Covid-19, please stay home and let Sheri know.** Your return to trek training will depend on current state guidelines. Wear a mask to trek training if you are within the 10-day contagious period. Or stay in the back of the pack about 10 feet away from other participants. Wear your mask when you are in conversation with others and/or when you are closer than 10 feet. **If you have the flu or a bad cold, stay home until you are well enough to train.** If you are recovering from a cold, flu, or Covid and well enough to train, wear a mask to trek training during the time when you are most likely contagious.
- TT reserves the right to make changes to these rules if changes are needed.

New Rules this Season for Lower Woodland Park

We are no longer allowed to use picnic tables during the training sessions, even in the middle of the winter when no one else is using them. Using the picnic tables requires a separate and expensive permit. The permit I purchase allows us to use the trails of the park and open spaces, but not the picnic tables. If you are in the park without me, you can use them, but because Transformational Trekking is a business, I have another set of rules to follow. We are however, allowed to use the picnic tables that are not in use at St. Edward State Park.

Weekly Weekend Emails

Every weekend you will receive an email from sherie@transformtrekking.com. The email will list the coming week's training sessions and whether there is a trekking talk or another special event that week. If you have any questions about the week, respond to this weekend email. **If you do not receive one each weekend, please let me know.**

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What to Bring

- **Hiking Poles:** Mandatory!
- **Rolling Stick:** for warm-ups and cool downs (Look for “The Stick”) I recommend the smaller-sized travel stick so you can take it with you on your adventures. If this is your first time out to trek training, you can wait to see what others in the group are using before purchasing. You can also use your hiking poles as a substitute “rolling stick” until you find one that you like.
- **Small Looped Workout bands:** Perform better bands or Tribe’s Wider looped bands, Tribe wide bands with buckles If you are new, try out what Sheri has first, then decide what you would like to purchase.
- **Long Workout bands:** TheraBand If you are new, try out what Sheri has first, then decide what you would like to purchase.
- **Hand Sanitizer:** for after using the public restrooms.
- **Daypack:** to hold your water, valuables, bands, snacks and layers of clothes. I use an Osprey 20-Liter Pack for the training sessions. I highly recommend that any backpack you use has a padded hip belt for maximum comfort and support. If you are purchasing one for the first time, be sure to be properly fitted. REI does a great job of fitting you with the proper-sized backpack.
- **Water:** (32 ounces should be enough): Water bladders are useful at trek training so you can drink as we go. Water bottles are fine, but sometimes harder to get to when we are in the middle of working out. We will have times for water breaks, but if you need water at other times, then the bladders can be easy to use without having to stop what you are doing to get a water bottle out. Osprey or Platypus are both good brands you can find at REI. If you are good at getting your water bottle out quickly, then a bladder is not necessary.
- **Training snack and/or Electrolyte tablets/liquid/chews:** You can put electrolyte tablets or electrolyte liquid in your water bottle, but not in your water bladder. The bladders are harder to clean and the sugars from the electrolyte mixes can create mold in your bladder. Training snacks or electrolyte chews can come in handy halfway through or towards the end of the workout. Examples of electrolyte products: Bodybio E-Lyte Liquid supplement Nuun Tablets Bolt chews
- **Hand towel:** in case it rains, and you need to dry your face, pack, hands etc.

What to Wear

Dress for the weather! Basically, wear comfortable workout clothing. **Summer/fall gear** could be shorts, t-shirt and a hat or cool long sleeve shirt and/or cool hiking pants that are easy to move in. Of course, rain is always possible so having a raincoat handy is a good idea! **During the winter and early spring:** long sleeve base layer shirt and a fleece or down jacket, raincoat or rain resistant workout jacket, hat or ear-warmers, gloves, long tights, or hiking pants, and rain pants just in case. **Later Spring:** lighter gear may be appropriate such as t-shirts, a light-weight workout jacket, capri-type workout pants, light-weight hiking pants or possibly shorts as well as a raincoat and rain pants just in case. **For footwear:** running shoes, trail-running shoes, or low hiking boots are good for these trek training sessions. Hiking boots that are not low will make it harder to do the training exercises. However, do what you need to do to keep your feet healthy.

Weather Cancellations & When it Rains

Sessions will be cancelled in the event of a bad snowstorm, windstorm, lightning storm, earthquake or due to smoke from forest fires. I will let you know ahead of time via email or text. If by chance any of these develop while we are working out, we will assess and cancel if need be. Safety of all will always be the number one deciding factor! Rain is not considered bad weather in Seattle, so we will still workout on the rainy days!

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What to wear and bring for those rainy days:

- Raincoat, with rain hat
- Rain resistant or waterproof pants that are easy to workout in (sometimes I wear running tights - very similar to yoga pants - but not cotton). Gore-Tex waterproof coats and pants will be the best to keep the rain from getting in, but you will also sweat more and be hotter during the workouts. You might experiment with different types of rain gear at these sessions to see what works best for you.
- Gloves that you don't mind getting a bit wet and possibly a bit dirty. Waterproof gloves come in handy on the wet days.
- Line your daypack with a waterproof backpack liner and put all your gear in it. This will keep the contents of your backpack dry.
- Small towel to keep in your pack, in case you need it during the session. Large towel that you keep in your car to dry yourself off with after the session, and to sit on to help keep your car seat dry and clean.
- Change of socks and shoes for after the session, dry top to change into just in case!
- Hiking poles are especially important on these wet days due to the condition of the trails.
- Water to keep hydrated! You may not feel thirsty in the rain, but you are still sweating/losing fluids as you workout so replenishing is important!

*TT understands that rain can sometimes be a deterrent to working out in the outdoors. But remember, when you are out on your adventure, sunny weather is never a sure thing, and you will most likely experience some very rainy days that you will have to hike through. Rainy workouts can make for great memories and stories, and provide a wonderful sense of accomplishment! You will find out which clothes and shoes work well in the rain, and which don't, helping you to be even more prepared for your adventure. Let this group be the motivation to keep you working out even when it rains!

Will there be make-up sessions if there is poor weather and we have to cancel? This is possible at Yost park but due to permitting procedures at Lower Woodland and St. Edward State Park it is no longer possible. In the past I was able to easily throw in a make-up session, but this is now much more difficult. These two parks want the dates that we will be using them a year in advance. I will do my best to have make-up sessions at Yost Park, but I can no longer do make-up sessions at the other parks.

What is the Cancellation Policy if You Need to Cancel?

Please do your best to cancel a session 48 hours or more in advance using your membership on TeamUp. This allows the next person on the waitlist enough time to be available for your canceled spot.

Cancellations that happen within 24 hours of the session, will now count as a session. If you get sick within the 24 hours prior to your session, let me know as soon as possible. Depending on the situation, you should be able to reschedule your session without losing it.

-Sheri Goodwin of Transformational Trekking

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