



Fall 2026 Trek Training Dates & Times, Locations & Directions

Weekly Training Sessions August 14 - December 29

(4-week break from October 6 - October 30 - Sheri will be with a group in Portugal. Also no training sessions on Sept. 7, Nov. 27, Dec. 25 & 28)

August 14 - August 31

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 1 - December 29

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-8:55AM (September 2 - December 23 - 13 weeks)

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.

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

Address: 14445 Juanita Drive NE, Kenmore, WA 98028

TRANSFORMATIONAL TREKKING

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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, Tennis courts and dog park, 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. (This parking lot is in-between the tennis courts and the track/soccer field + baseball fields. And the tennis courts are just below the dog park.)

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