



**Sound Steppers Volkssport Club welcomes you to
Lynnwood Parks and Lakes YRE #1909
TWO 5K's and a 10K EVENT
This walk is rated 1B**

Visit this part of Lynnwood and Edmonds that takes you through several parks and neighborhoods. Take the **10k route in Edmonds** thru Edmonds Community College and Scriber, returning through Edmonds neighborhood past onto the trail around Lynnwood Golf Course. There are also two 5k's: **Pine Ridge 5k route** walks you through Pine Ridge Park, neighborhoods, and soft path around Lynnwood Golf Course. **Lyndale Park 5k route** walks you through Lyndale Park, Daleway Park and neighborhoods to explore. Enjoy!

Starting Point: QFC, 7500 196th St SW Ste. B, Lynnwood, WA 98036. OR at the Lynnwood Link Station.

Driving Directions: I-5 South: exit 181, keeping right onto WA 524/196th St. SW. LEFT on 74th Ave SW. into parking lot. **I-5 North:** exit 179, for 220th St. SW. LEFT onto 220th St. SW. RIGHT onto 76th Ave SW. RIGHT onto 196th, right on 74th into QFC parking lot.

Restrooms: QFC store, restrooms in parks.
Emergency Dial 911



Point of contact: Bev Kerlin 425-582-1523 (bevkerlin@hotmail.com)

Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB

Walk completion and credit: Be sure to log back into the OSB system (my.ava.org) to finish/complete your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker's Event Bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker is participating in. Nevertheless, a fee of \$2 for downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to walker's Event Bank when he/she submits the walk completion info as a paying for credit walker. Note, however, the \$2 "coupon" for the downloaded PDF expires in 60 days.

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**PINE RIDGE PARK
5K Y1090 Rated 1B**

**QFC
7500 196th St. SW
Lynnwood, WA 98036**

Restrooms are at start in QFC store.

1. **TURN LEFT** from store to 76th Ave W.
2. **TURN LEFT** onto 76th Ave W.
3. **TURN RIGHT** at crosswalk at 200th St. SW
4. **TURN LEFT to continue** on 76th Ave W.
5. **TURN RIGHT** on 203rd St. SW
6. As 203rd St. SW comes to an end, **VEER RIGHT** onto a pass through trail, and continue straight on 203rd St. SW
7. At "T" intersection, **TURN LEFT** onto 81st Ave W (unmarked).
8. Follow this street as it curves to the **RIGHT** to continue on what is now 204th St. SW.
9. Cross 82nd Ave W, walking into the woods, onto a trail.
10. Continue on this trail to the end where it meets a wider trail. (FYI-Pine Ridge Park parking lot is to the right.)
11. **TURN LEFT** onto this wider trail.
12. Follow the trail through park up the stairs, to exit park.
13. **TURN LEFT** on 208th St. SW
14. **TURN LEFT** on 82nd W. (Unmarked)
15. **TURN RIGHT** on 206th St SW.
16. Cross 76th Ave W, and **TURN LEFT.**
17. **TURN RIGHT** at 204th St.SW
18. Continue straight onto a path toward the cyclone fence.
19. Walk through the opening and **TURN LEFT** onto a wide path around Lynnwood Golf Course.
20. Continue alongside the cyclone fence, **TURNING RIGHT** to continue on loop trail.
21. At the end of the loop trail, you walk onto the Edmonds College Access Road. (The Horticulture Building will be on your left).
22. **TURN LEFT** onto Edmonds College Access Road (unmarked), leaving trail.
23. **TURN LEFT** onto 196th St. SW and return to QFC store.

We hope you enjoyed you walking adventure with Sound Steppers Volkssport Club.

POC: Bev Kerlin
425-582-1523

Email - bevkerlin@hotmail.com

In Case of emergency, call 911

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**Lynnwood 4 Parks Y
LYNDALE PARK
5K Y1090 Rated 1B**

**QFC
7500 196th St. SW
Lynnwood, WA 98036**

Restrooms are in QFC store, and Daleway Park.

1. **TURN LEFT** from store to 76th Ave W.
2. Cross 196th St. SW and **TURN RIGHT** onto 196th.
3. **TURN LEFT** at 74th Ave. W.
4. Continue on 74th Ave W until you reach a small roundabout.
5. **TURN LEFT** at roundabout onto 191st St. SW, which curves right onto 75th Ave W.
6. Continue up slight hill, and **TURN RIGHT** into Lynndale Park West entrance. (Sign on right side of path.)
7. Pass brown structure/building on your left to keep on paved path throughout the park.
8. When you see Tennis Courts follow the paved path to the left, keeping Tennis Courts on your right.
9. **TURN LEFT** up sets of stairs.
10. At top of stairs, exit the park, walking onto 188th PI SW. (unmarked)
11. CROSS 68th Ave W and continue *onto Penny Lane (look for street sign)*.
12. **TURN RIGHT** onto 65th PI W.
13. **TURN LEFT** onto 189th PI SW
14. CROSS 64th Ave W, and **TURN RIGHT** onto 64th Ave W.
15. In about 1/2 block, **TURN LEFT** into Daleway Park, walking past the parking lot, onto the paved path to the right of the parking lot.
16. Just before the *RESTROOMS*, **TURN LEFT** onto a dirt trail, passing picnic tables on your right.
17. Follow trail through the park as you walk down to exit onto 60th Ave W. (NOTES to stay on main trail - do not take left path(s) or path on the right toward cyclone fence and school. At split in trail, take right side of trail.)
18. **TURN RIGHT** onto 60th Ave W.
19. **TURN RIGHT** onto Dale Way as it takes several curves around to 192nd **St.** SW. (do not go to Parkway Street).
20. Cross 64th Ave W at 192nd **St.** SW.
21. **TURN LEFT** onto 64th Ave W
22. **TURN RIGHT** onto 192nd **PI** SW.
23. **TURN LEFT** at 68th Ave W to crosswalk at 192nd **PI** SW.
24. Cross at crosswalk, **TURN LEFT** onto 68th Ave W, continuing to 196th St SW.
25. Cross 196th St SW, and **TURN RIGHT** to return back to QFC.

We hope you enjoyed your walking adventure with Sound Steppers Volkssport Club.

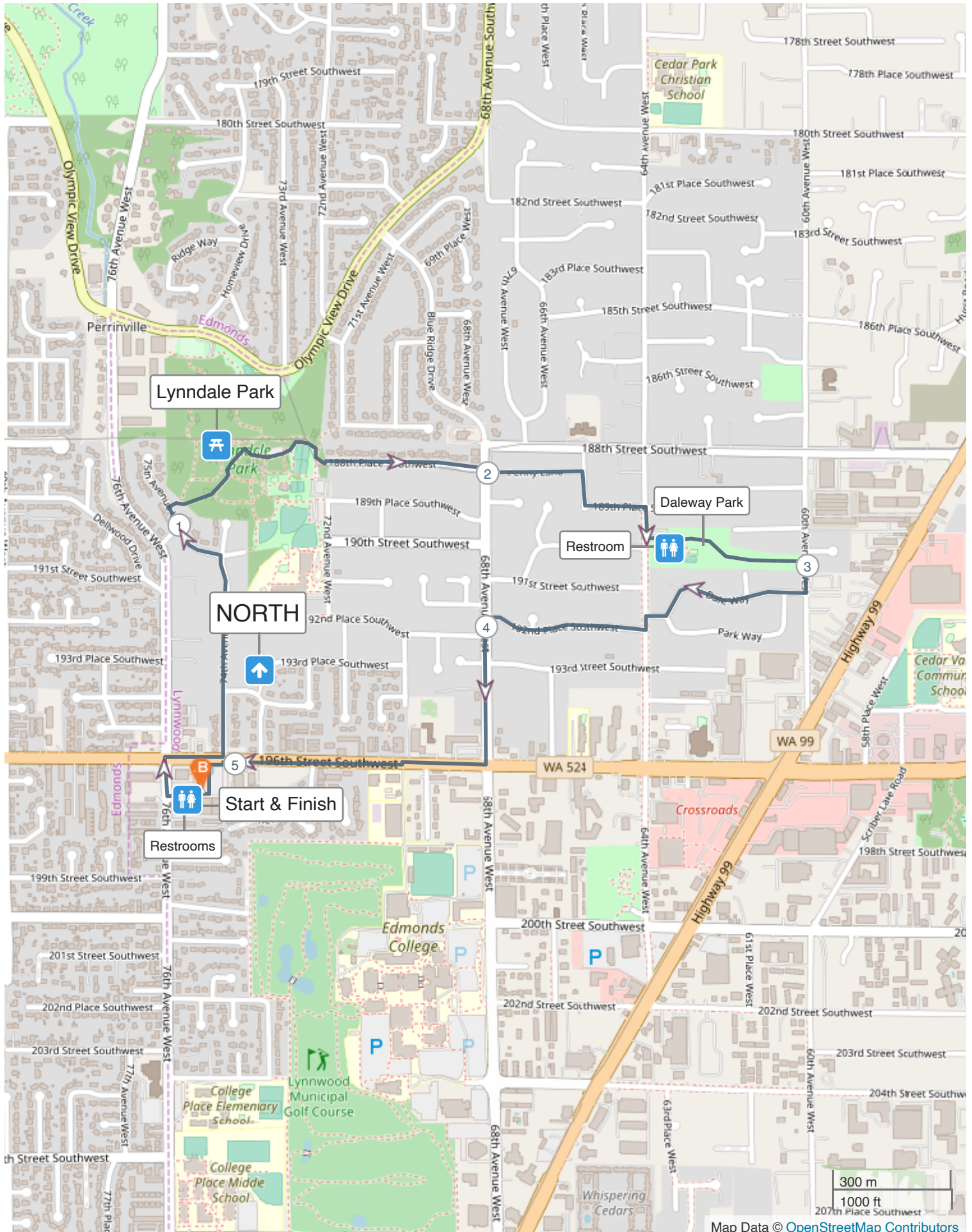
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5k Lynndale Park





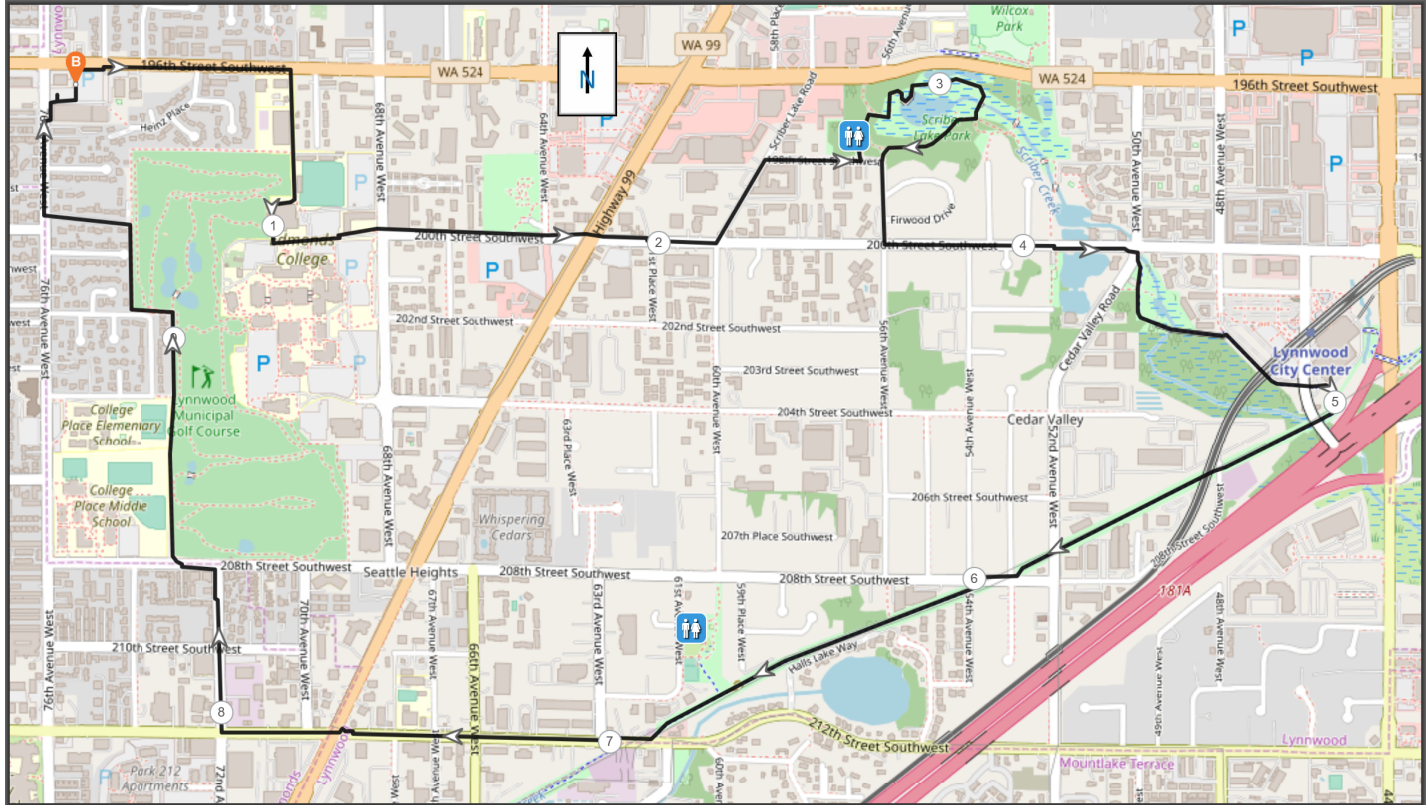
**Lakes and Trails 10k rated 1B
QFC Grocery Store
7500 196TH SW Lynnwood**

****If starting from the Lynnwood LINK light rail station, start with direction step #25.****

1. **TURN RIGHT** from store to corner of building.
2. **TURN LEFT** across parking lot to driveway exit to 196th SW.
3. **TURN RIGHT** on 196th SW.
4. **TURN RIGHT** at sign Edmonds College North Campus (just after "7020 Maltby" on your right).
5. **STRAIGHT** ahead on service road to join Loop Trail with golf course on your right.
6. Pass Triton Baseball field on your left
7. Follow Loop Trail which turns right and then left around Seaview Gym.
8. At next intersection, **TURN LEFT** onto 200th St SW (unmarked) to pass Seaview Gym on you left.
9. Follow sidewalk to exit college at 68th W and 200th St SW.
10. **CROSS** 68th W and Continue **STRAIGHT** on 200th St SW, passing Gold Park on your left (note disc golf).
11. **CROSS** Hwy 99, continue straight
12. **CROSS** Scriber Lake Rd and **TURN LEFT**.
13. **TURN RIGHT** on 198th St SW.
14. Continue to driveway entrance to Scriber Lake Park (rail fences); **TURN LEFT** to enter park.
15. Follow sidewalk between RESTROOMS on your left and gravel trail junction on your right.
16. Ignoring a short loop trail on the right and an uphill trail to the left, continue to the boardwalk with metal and wire railings.
17. Continue on Scriber Lake boardwalk to "T" intersection and **TURN RIGHT**, following paved path.
18. Path emerges onto 56th Ave W (no sign). **CONTINUE STRAIGHT** on 56th Ave W.
19. **TURN LEFT** on 200th St SW.
20. At the crosswalk after 52nd Pl W, **TURN RIGHT** and **CROSS** 200th St SW.
21. **TURN LEFT** along 200th St SW.
22. **CROSS** Cedar Valley Rd and **TURN RIGHT**.
23. In a short distance, **VEER LEFT** and follow trail through Scriber Creek Park.
24. **TURN RIGHT** to join sidewalk along transit lot. Continue under tracks, then pass retention ponds on your right. **SKIP STEPS 25 – 27**.
25. **** IF YOU ARE STARTING THE WALK AT THE LYNNWOOD LINK STATION**, exit the train and walk down the stairs toward the Seattle (south) end of the platform.
26. Continue on the sidewalk following under the train tracks to its end.
27. **CROSS** the road and **TURN LEFT** on sidewalk. ******
28. Immediately after 3 yellow posts in the sidewalk, **VEER RIGHT** onto asphalt path (Interurban Trail, unmarked).
29. The Interurban Trail (IUT) goes uphill, right over a bridge, and under an overpass, before emerging as a long, straight paved path with sign.
30. At 208th St SW, **VEER RIGHT**, **CROSS** 53rd Ave W and follow 208th for 1 block.
31. **TURN LEFT** to **CROSS** 208th St SW, then **RIGHT** to rejoin the IUT.
32. *[For RESTROOMS, at sign to S Lynnwood Park **TURN RIGHT** on wide, paved path and follow its curves past ball courts to gray RR bldg.*
33. *Retrace steps to Interurban Trail; **TURN RIGHT.***
34. At 212th St SW (sign across street), **TURN RIGHT** to leave IUT.
35. Cross Hwy 99. Continue to 72nd Ave W.
36. **TURN RIGHT** onto 72nd Ave W.
37. **TURN LEFT** onto 208th St SW.
38. At first crosswalk **TURN RIGHT** and **CROSS** then continue **STRAIGHT AHEAD** to golf course Loop Trail.
39. Continue **STRAIGHT** on trail to 202nd St SW. turning right to continue on Loop Trail.
40. Counting from 202nd St SW **TURN LEFT** from trail at the second opening in the cyclone fence. You are now on 200th St SW (no sign).
41. **TURN RIGHT** on 76th Ave W.
42. Return to QFC and Finish.

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ESVA/OTSVVA/AVA SPECIAL CHALLENGE PROGRAMS - 2026

For more information on ESVA go to: <http://www.esva.online/challenges/>

WALK NAME: Lynnwood Parks and Lakes		WALK NUMBER: Y1909		
CURRENT ESVA SPECIAL PROGRAMS				
Please note the years [in brackets] that each challenge is active.				
39 COUNTIES - (ONGOING)	Snohomish			
DISCOVER YOUR STATE AND NATIONAL PARKS [2026-2028]				
TELL ME A STORY [2025-2027]	10K Edmonds Campus Books Store			
THAT'S ENTERTAINMENT [2024-2026]	CULTURAL	FAIRS, FESTIVALS, ARCADES	CRAFTS/HOBBIES	SPORTS VENUES Lynnwood Golf Edmonds College Baseball
PREVIOUS ESVA SPECIAL PROGRAMS				
Patches for books received past the end date will be sent while supplies last. No refunds.				
FRONTLINE HEROES [2021-2023]	MEDICAL CENTERS	DELIVERY SERVICES	SUSTENANCE PROVIDERS	ESSENTIAL SERVICES
ON THE ROAD AGAIN [2022-2024]	ONLY APPLIES TO TRADITIONAL EVENTS			
STROLLING ALONG THE RIVERS [2023-2025]				
CURRENT OTSVA SPECIAL PROGRAMS				
For more information on OTSVA go to: https://www.otsva.org/challenges.html				
BUTTERFLY [2026-2028]				
PEACE POLES [2024-2026]				
CURRENT AVA SPECIAL PROGRAMS				
For more information on AVA go to: https://cb.ava.org/specprog.php				
Most programs allow the participants up to 12 months from the official end date to complete.				
50 STATES/51 CAPITALS	[ONGOING]	Washington		
A-Z (Walking the US A-Z)	[ONGOING]	Edmonds		
A-MAZ-ING LABYRINTHS	[2024-2026]			
ANNIVERSARIES HURRAH	[ONLY 2026]	All AVA sanctioned events qualify for Anniversaries Hurrah.		
GRAIN ELEVATORS: MONARCHS OF THE PLAINS	[2025-2027]			
IVV-AMERICAS	[2022-NO END]	All AVA sanctioned events qualify for the IVV-America's Special Program.		
LIGHTHOUSES II	[2023-2025]			
PAR FOR THE COURSE	[2023-2025]	10K baseball stadium, golf course (5k Pine Ridge & 10K), tennis courts (5k Lyndale)		
RAILS TO TRAILS	[2022-2025]			
STEP TO THE BEAT	[2024-2026]			
WALKING WITH AMERICAN VETERANS	[2021-2027]			
WALKING WITH THE WILD THINGS	[2025-2027]			