



CANCER CLIMB & TREK FOR PROSTATE AWARENESS
Mt Baker -- 10,781' / 3,286m
Northern Cascades National Park, Washington
JULY 10 – 18, 2015

Thank you for your interest in the 2015 expedition. The PAF fundraising expeditions began in 2001 with a climb of Mt Aconcagua in the Argentine Andes. Since then, we have had climbs all over the world including: Mt Blanc in the French Alps, Yosemite & Mt Shasta in California, El Misti and Mt Asungate in the Peruvian Andes, Mt Cotopaxi in Ecuador, Kilimanjaro in Africa, Mt Elbert & Massive in the Colorado Rockies and Glacier National Park. This year's expedition will visit and climb 10,781' / 3,286m Mt Baker in the Cascade Range in Washington State. Mt Baker is east of Bellingham, WA and southeast of Vancouver, BC. Mt Baker is reputed to have the highest average snowfall in the continental United States. There will be two teams on this year's expedition- a technical climbing team that will trek on snow and ice to reach the summit, and a trekking support team that will participate but not use technical gear or crampons.

The goals of the expedition: increase awareness about prostate health issues and how to deal with them, raise critically needed funds for the PAF's ongoing outreach and education programs and to inspire men and their families dealing with this epidemic affliction with hope.

My name is Ken Malik. I have participated in all of the prior expeditions. I am also a prostate cancer veteran of twenty years, and the co-founder and executive director of the Prostate Awareness Foundation (www.prostateawarenessfoundation.org). PAF is the organization for which you will be donating your time and energy. The foundation is a not for profit 501(c) (3) corporation (TID #31-1633278).

There will be space for a maximum of 25 participants. The expedition will include prostate cancer veterans, their family members and supporters. The climbing team will attempt a technical climb of 10,781' Mt Baker. The trekking team will share in the camaraderie of the expedition while hiking the lower elevations of Mt Baker and its surrounding mountains. Everyone should be in top physical condition to maximize their experience. Past participants have ranged in age from 15 to 76. As always, women are welcome and encouraged to participate. A prostate friendly menu will be available to all participants. There will be daily discussions on prostate health issues.

We hope you will give serious consideration to taking part in this challenge. **We would like to ask for your commitment by February 15th.** There is a great deal of interest in this year's expedition so please sign up early and assure your place on the team. Your early commitment will allow you to put yourself in the required physical fitness level to ensure your maximum enjoyment and success. It will also allow you the time to reach your minimum fundraising requirement. We would love to have you join us on this great adventure. Your deposit check will assure your place on the expedition.

Ken Malik - Expedition Leader

With special thanks to Darren Paul and Darryl Loewen, our Canadian climbers, for helping the PAF to put together one unbelievable adventure in the Northwest.

DETAILS

CLIMBING TEAM:

You do not need to have prior technical climbing skills, just be in top physical condition. The summit attempt is a 2 ½ day challenge with much of it spent on snow and ice. Altitude sickness can be a factor. All days will be long and strenuous. Summit Day will be 14-16 hours with an elevation gain of over 4,600'. You will need to be in good enough physical condition to carry a pack of up to 55 lbs. to our base camp. For the summit attempt we will only carry what we need for the day, about 15-20lbs. Mt Baker is considered an easy technical climb. But like all mountains, it is subject to rapidly changing conditions. Safety will be our number one objective. We will be climbing the Easton Glacier route on the south side of the mountain. Mt Baker Mountain Guides (www.mtbakerguides.com) will be our professional guide service. Included in our Guide Fee are: professional guide service, mountaineering skills and safety workshop and practice, breakfast, lunch & dinner while on the mountain, tents, park fees and some of the equipment. Not included: crampons, ice axe, helmet, crampon compatible boots, down jackets, backpacks, sleeping bags and mattress. You will need to bring your own snacks.

TREKKING TEAM / SUPPORT TEAM:

For those who love the outdoors and want to trek and hike in the mountains but who do not want to do a high altitude technical climb. Some of the team will want to support the climbing team by helping bring some of the gear to base camp and back. This is not required however. Both teams will do a warm up hike together to build team spirit and camaraderie. While the climbing team is on the mountain there are many hiking trails available for the trekkers to

explore. You can bring a fishing pole, camera and participate on the level you feel capable. Be part of the action!

APPROVAL POLICY:

To ensure the integrity of the expedition all potential candidates will undergo a screening process conducted by the *PAF Expedition Review Board* to insure a proper fit with the goals, expectations and safety of the expedition. If you have participated in a prior PAF expedition the approval process is waived.

EQUIPMENT:

The weather in the Northern Cascades can change rapidly. July has the reputation of having some the best weather conditions. For hiking, you should dress in layers in order to be prepared for all conditions. For the climbing team dressing in layers is critical. The climbing team should expect night time temperatures to be below freezing. Afternoons can bring thunderstorms in the mountains. A detailed equipment list is available on the PAF website.

ACCOMMODATIONS:

We will be staying at three different locations during the expedition:

- 1) Pre-climb hotel is the *Best Western Mission City Lodge* in Mission British Columbia. We have a block of rooms reserved with two queen sized beds per room. Talk to Ken before booking your room so we can work out logistics. Then, please mention the Prostate Awareness Foundation when making your reservation to get their special rate. Please note: the US dollar is very strong right now. As of January 18th the exchange rate is .84 to one USD. So Canada is good value.
Two people per room make the cost per person per night \$52 USD which includes tax. Contact Carmen at 604-820-5500, ext # 2 to make your reservation. You also have the option to stay in Bellingham, WA, if you choose to, please book a room at the La Quinta Inn (360-738-7088) and we will pick you up on Saturday morning on the way to Mt Baker.
- 2) Mt Baker Lodgings: *Ovenell's Heritage Inn Log Cabins, Guesthouses & Historic Ranch* is our home base during the Mt Baker segment. The Ranch is located outside the town of Concrete, WA their website is www.ovenells-inn.com we have reserved their guest houses and log cabins. There is no need to make a reservation. The PAF will ask you for your share of the rental once we determine the full contingent on the expedition. The rate per person per night will be between \$60 on the high side and \$40 on the low side. The Trekking/Support Team will spend 5 nights at the Ranch; the Climbing Team will spend 3 nights at the Ranch and the rest at basecamp on Mt Baker. Tents to be furnished by Mt Baker Mountain Guides and are included in the guide fee.
- 3) Post-climb R&R hotel is the *Harrison Hot Springs Resort & Spa* east of Vancouver in British Columbia (www.harrisonresort.com). We have a block of rooms reserved in the West Wing with two queen sized beds per room. Talk to Ken before booking your room so we can work out logistics. Then contact Andrina at 604-796-2244 or 800-663-2266. Mention the Prostate Awareness Foundation for our special rate. Two people per room make the cost per person per night \$73 USD which includes tax. Our rate includes unlimited use of the hot springs. **The R&R part of the expedition is not mandatory.** But you will not want to miss the great itinerary we have planned which can include a

kayak trip, salmon or sturgeon fishing at no charge. Bravo Darren and Darryl for your Canadian hospitality!

THE ITINERARY:

Please plan on arriving in Mission, British Columbia by Friday afternoon July 10th. You can fly into either Bellingham, WA or Vancouver, BC. Mission, BC is not too far from either and we can make arrangements to have you picked up at the airport. We would highly recommend coming in by Thursday night and recovering from jet lag, spending Friday getting your incidental supplies, getting gear squared away and relaxing.

DAY DATE DESTINATION & DESCRIPTION

Thursday	7/9	Travel to Bellingham or Vancouver. Stay at the Best Western Mission City Lodge in Mission, BC or at the La Quinta Inn in Bellingham. If you choose to stay in Bellingham we will pick you up on Saturday morning on the way to Mt Baker.
Friday	7/10	5pm team meeting, gear check, then dinner on the PAF. If you are staying in Bellingham you will miss this meeting and we will see you on Saturday.
Saturday	7/11	Breakfast at the hotel, then travel to Concrete, WA and Ovenell's Ranch. Short late afternoon hike at the ranch.
Sunday	7/12	Full team day hike. Route to be determined.
Monday	7/13	Early morning meet up at the trailhead with our guides at 3,500' Schieber Meadows. Support team has the option to accompany the climbing team and help carry some gear if they are willing and able to our base camp on the Easton Glacier at Sandy Camp at 6,100'. This trek will be an elevation gain of about 2,600'. There may be some snow and ice toward the end of this trek, but crampons are not required. The climbing team will need to not only carry their own gear, but will be asked to transport some of the team equipment to base camp. Support team will return to the ranch, climbers will camp in tents on the mountain.
Tuesday	7/14	Climbing team will spend the day reviewing and practicing mountaineering skills and acclimatizing. We will have an early dinner and then bed down early for the night. Support team has the option to hike, relax or tour the area.
Wednesday	7/15	Climbing team will rise by midnight, eat and begin the summit attempt no later than 1am. We will carry a minimal amount of gear and climb 4,600' to the summit at 10,781'. We hope to make the summit at sunrise. We will then return to base camp, break camp and trek back to the trail head. This will be a long day of between 12 and 15 hours. The support team will have the option to trek up to base camp and help the climbers get back to the trail head. Team celebration dinner on the PAF in Concrete, WA.
Thursday	7/16	Early breakfast and travel thru Bellingham, WA to Harrison Hot Springs in British Columbia. Relax at the hot springs and stay at the resort.
Friday	7/17	Leisurely kayak day trip along the Harrison River. Return to Harrison Hot Springs.
Saturday	7/18	Early checkout. Options for the day include sturgeon or salmon fishing close to Mission, BC. Stay at the Best Western Mission City Lodge.
Sunday	7/19	Return home

TRANSPORTATION

Plan on flying into Bellingham or Vancouver on Thursday the 9th or early at the latest on Friday morning the 10th. We will arrange to pick you up at the airport or have you get a shuttle to the

hotel in Mission, BC or Bellingham, WA. Some participants plan to drive from California to Washington. If that is your plan, please let us know as there may be carpooling opportunities. Our Canadian expedition participants will be providing some of the vehicles to get us to Mt Baker, we will also have vehicles coming from California. If need be we will also rent an additional SUV or two in Bellingham depending on the size of the group. This cost is included in the expedition fee and if not needed there will be a partial rebate.

EXPEDITION COST:

Trekking Team: includes breakfast, lunch and dinner in Mt Baker, team vehicle rental, tee shirt, pre-climb and post-climb celebration dinner, kayak trip and or fishing trip. It does not include snacks, beverages beside water, food and lodging before and after the climb, airfare or transportation to British Columbia.

Total Expedition fee @ \$375
 Deposit to be paid by 2/15 @ \$175
 Balance due by 7/1 @ \$200

Climbing Team: includes all of the above costs plus the guide fee (see below) and the necessary specialty equipment needed to summit.

Total Expedition Fee @ \$375
 Deposit to be paid by 3/15 @ \$175
 Balance due by 7/1 @ \$200

Additional Climber & Trekker Expenses:

The below are estimated, but pretty close to actual costs for the expedition. They do not include your trail mix, bar bills, alcoholic beverages, tips for the guides and other misc. expenses that may be incurred.

	Trekking Team	Climbing Team
PAF Expedition Fee (see above)	\$ 375.00	\$375.00
Lodging - Pre & Post + R&R	\$ 600.00	\$500.00
Climber Guide Fee*	-0-	\$540.00
Out-of-Pocket Meals not provided by the PAF	\$ 250.00	\$250.00
Airfare	?	?
TOTAL	\$1,225.00	\$1,665.00

*Please visit www.mtbakerguides.com to pay your guide fee. You can pay your guide fee deposit of 25% of the \$540 cost by credit card once you are approved by the PAF Climb Committee by going to the booking portal and following the prompts. The balance will be due by check made out and sent to the PAF by May 1st. Please don't delay, the climbing team is limited to 9 participants.

FUNDRAISING AND FINANCIAL REQUIREMENTS:

While PAF wishes to provide as much help as possible to each fund-raising participant, our 501(c)(3) charitable organization also is required to follow certain IRS guidelines regarding how many of your donated dollars can be used to help cover expenses. Here are the financial

goals and guidelines you will need to meet in order to make the *Mt Baker Cancer Climb & Trek for Prostate Awareness* a success:

Each participant is being asked to **raise a minimum of \$2,000 in contributions for PAF**. After this level is reached, any additional contributions are eligible for a rebate until you reach the full amount of your “hard costs”. These hard costs include airfare to and from Mt Baker, accommodations while on the expedition, expedition fees noted above. “Hard Costs” do not include equipment cost, the “out of pocket” pre and post climb R&R and any other incidental expenses. **For each dollar you raise over and above the minimum requirement of \$2000, a rebate of .33 cents of each dollar raised can be applied toward these documented hard costs.**

“TEAM APPROACH” TO REACHING YOUR GOAL:

A provision has been made for significant others or family member participation. If you have a spouse or “significant other”, father, brother or sister who would like to participate, the minimum contribution for a two person team will be \$2,500 or \$3,000 for a family of 3. Once this level is reached, you are entitled to claim a rebate for the “hard costs” just like individual fund raisers. Teams must be reviewed and approved by the PAF expedition review board.

ACCOUNTING:

PAF will keep a full and fair accounting of all incoming donations and submit regular reports to each climber as to the status of their fundraising efforts and mail thank you letters to all your donors. Remember, the more money you raise, the less expensive your personal costs for the expedition become if you choose to take a rebate on your “hard costs”. All donations should be made payable to PAF and are tax deductible. **Please ask your donor to reference your name on the check memo line so we know which climber to credit.**

FUND RAISING FLIER:

We will supply you with marketing literature for the climb. This will include a one page two sided copy flier that describes the climb and its goals on one side and a list of incentive gifts at various different levels of donation on the other side. This flier, along with return envelopes will be available to you no later than late February 15th so you can begin your fund raising efforts in earnest. Please let us know how many copies you will need.

FUNDRAISING SUPPORT:

We will support you in your fundraising efforts by providing promotional literature, promotional premiums for contributors and helpful media awareness press releases tailored to your city and location. We will also help you with ideas to efficiently fundraise and assure your success. We feel there is more than adequate time for us to accomplish our individual goals. The time to start is now! Ken Malik will call you to discuss your fundraising ideas and offer guidance, suggestions and share with you how other expedition members are reaching their goals. You can always reach Ken at 415-407-3961 or kamalik@prostateawarenessfoundation.org

DONOR CONTRIBUTION OPTIONS:

PAF can accept either check or credit card contributions. However, we do not have an “in-house” credit card system. We use PayPal for your credit card donations. You will feature your picture and story on the “Meet the Team” section on the PAF website. Mary Agneberg and Curtis Fraser will be setting up your fundraising page once you pay your deposit and supply us with your picture and story. The PAF will manage contributions and keep you informed as to your progress reaching your fundraising goals.

YOUR RESPONSIBILITIES:

Picture & Story:

We need your photo by email along with a short story (a paragraph or two will do, about why you are participating. Your story and picture will be placed on the website on the PAF website at www.prostateawarenessfoundation.org **Please work on this now, so we can place you on the website ASAP and get you started.**

For questions and or to reserve your place on the expedition:

- 1) Contact Ken Malik at 415-407-3961. Let him know you are interested and take part in a brief telephone interview. You can also contact Ken at kamalik@prostateawarenessfoundation.org to arrange the phone meeting.**
- 2) Once you are approved by the review committee please make your deposit check for \$175 payable to PAF and mail to:**

**PAF
Attn: Ken Malik
PO Box # 2934
Santa Rosa, CA 95409**

****PLEASE PASS THIS INFORMATION ON TO OTHERS WHO MAY BE INTERESTED IN JOINING THE EXPEDITION!!**



Prostate Awareness Foundation
Integrative Paths to Healing
www.prostateawarenessfoundation.org