



Mt Tamalpais Pantoll Ranger Station to Stinson Beach & Back, Marin County

Prostate Awareness Foundation Weekly Hike

Monday, June 29, 2015 10am

Moderate to Strenuous

5 hours, 1,600' elevation gain, 8 miles

Meet at the Pantoll Ranger Station parking lot at 10am. We'll hike down to Stinson Beach on either the Steep Ravine or Dipsea Trail. Then back up the Matt Davis trail to Pantoll.

Our hike starts promptly at 10am, please be on time. You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in.

As always, wear layered clothing; bring plenty of water; your lunch; and a positive attitude!

Please contact Ken Malik no later than 5pm on Sunday night to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

Hope to see you on the trail!

Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression. These weekly hikes are a great way to meet those of a similar interest, to get or to stay in shape, and to pro-actively take care of yourself.

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