

For Immediate Release

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Cancer Climb & Trek for Prostate Awareness

Mt Baker, North Cascades National Park, WA

July 10 - 18, 2015

Santa Rosa, CA. Are you fit? The Prostate Awareness Foundation (PAF) has planned a special climbing expedition to Mt Baker in Washington state marking the 20th Anniversary of founder Ken Malik's prostate cancer diagnosis. The 2015 Cancer Climb & Trek for Prostate Awareness set for July 10th to the 18th will raise funds for PAF's Sustainable Prostate Project, and outreach and support services for men & their families who are dealing with prostate cancer or other prostate-related health concerns. The PAF is recruiting climbers, support teams, and business sponsors for the July expedition.

Since 2001, a select group of prostate cancer veterans, their family members, loved ones, friends and supporters have been participating in the annual Cancer Climb for Prostate Awareness. The 2015 expedition in July will tackle 10,781' Mt Baker in the North Cascade mountain range in Washington state near the Canadian border. The expedition will include a technical climbing team and a support team of trekkers with participants from the United States, Canada and Europe.

For expedition members, this is an opportunity to focus national attention on the prostate cancer epidemic (estimated 1 in 6 men will be diagnosed and 30,000 will die of prostate cancer this year), while sending a message of hope, inspiration and action to men and their families coping with this epidemic disease. The climbers will raise critically needed funding for the Prostate Awareness Foundation, based in Santa Rosa, with discussion and support groups in the San Francisco Bay area, western Sonoma County and in Santa Rosa, and its education and outreach programs. The PAF educates and encourages men to take a pro-active posture toward prostate health.

This will be the 15th year for these fundraising expeditions. The first expedition in 2001 climbed Mt Aconcagua in the Argentine Andes. Since then, annual climbs have included Mt Kilimanjaro in Africa, Mt Blanc in the European Alps, Mt Shasta, Mt Elbert, Mt Massive, Swift Current Peak, Clouds Rest at Yosemite, Mt Dana and Mt Hoffman in the United States and Huayna Picchu, Mt Cotopaxi, El Misti and Mt Ausangate in the Andes mountains of South America.

The Prostate Awareness Foundation, the non-profit organization that sponsors these expeditions, provides men and their families with information about available treatment options both conventional and alternative. It also offers support and guidance about preventative measures, nutritional support, exercise, and stress management. The object is to help men take a more proactive approach to good prostate health. PAF helps men both nationally and internationally, and ALL PAF services are free of charge.



PAF is currently recruiting climbers, support team members, and business sponsors for the July expedition. Climb details are posted on the PAF's website www.prostateawarenessfoundation.org Contact Ken Malik for more information at kamalik@prostateawarenessfoundation.org or by calling 415-675-5661.

Expedition Members:

John & Matt Loesing: Live in Southern California. John’s father and Matt’s grandfather died from prostate cancer. John was on the first climb to Mt Aconcagua in Argentina in 2001. He also climbed Mt Cotopaxi in Ecuador and summited both Mt Shasta and Mt Blanc with the PAF. He has acted as team videographer and the “voice” of the PAF on prior climb videos. This will be Matt’s inaugural PAF climb.

Steve Swindell: Lives in the Boston area. His father Murray is a long term prostate cancer veteran who was on the Mt Aconcagua Cancer Climb expedition in 2001. Steve climbed successfully summited El Misti in Peru and Mt Cotopaxi in Ecuador both 19,000’+ mountains with the PAF.

Darren Paul: Lives in British Columbia. He is a veteran of the Mt Kilimanjaro and Mt Cotopaxi expeditions and successfully summited both of these 19,000’+ mountains. Darren is a sports medicine chiropractor and health professional. He will be head of this year’s medical team on the mountain.

Ken Malik: Lives in the Northern California Wine Country and is the founder and executive director of the Prostate Awareness Foundation. Ken has participated in all the previous PAF mountain climbs. He is celebrating his 70th birthday this year. It’s his twentieth year since being diagnosed with prostate cancer. He has had no conventional treatment.

Dave Massen: Lives in San Francisco. He has been successfully using the PAF strategy to curtail early stage prostate cancer disease progression. He participated in the 2014 Yosemite expedition. He is active in the movement to slow global warming.

Ron MacConnell: Lives in New York City. He has participated in a number of Cancer Climb & Trek for Prostate Awareness expeditions including Mt Shasta, Glacier National Park, Yosemite and Mt Blanc. A retired school teacher, Ron lives an active lifestyle. He does not have prostate cancer, and he doesn’t want it!

Tom Lennon: Lives in San Francisco. He has been a member of the Mt Shasta and Yosemite expeditions. Tom is a regular participant of Bay Area PAF sponsored hikes and regularly attends the PAF discussion and support group meetings in San Francisco. He has been successfully dealing with prostate cancer for over six years using diet, exercise and stress management, he has had no conventional treatment. His latest biopsy could no longer find any cancer.

Ralph Lake: This will be his 10th Cancer Climb for Prostate Awareness. Ralph is a retired engineer and resides in Austin, Texas. He is on the board of directors of the Prostate Awareness Foundation. Ralph is an avid fisherman and has been an outdoorsman all his life. Once again this year, Ralph will be one the expedition leaders.

Rick Mohovich: Rick is a contractor in Northern New Jersey. He is a regular participant along with his son Shawn in “Make a Difference” an organization that helps repair and rebuild homes after disasters like Katrina and the Haitian Earthquake.

