

For Immediate Release

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## **Pole Mountain- Hike to the top!**

**Presented by the Prostate Awareness Foundation & the Sonoma Land Trust**  
**Monday, September 14, 2015**

*Santa Rosa, CA* Are you fit? Love to explore the wilds of Sonoma County? This hike is for you! The **Prostate Awareness Foundation** based in Santa Rosa has partnered with the **Sonoma Land Trust** to co-sponsor a special climb of Pole Mountain on **Monday, September 14, 2015** starting at 8:30 from the Russian Gulch trail head on Hwy # 1. Pole Mountain will not be open to the public until sometime next year when a public parking lot will be available at the trail head. This guided hike is a sneak preview of the trail that will be available to hikers in the future. We have room for thirty hikers.

As the highest point along the Sonoma Coast, Pole Mountain offers visitors and hikers unobstructed, 360-degree views of Sonoma County and beyond, including Sonoma Mountain and the Santa Rosa Plain, the Cedars and the Mayacamas. On a clear day, it is possible to see Mt. Diablo (79 miles away), Mt. Tamalpais (49 miles away) and the Farallon Islands (56 miles away).

Primarily a mature oak woodland habitat, the landscape also consists of open grasslands, pockets of coniferous forest and ancient madrones. It is home to the headwaters of Kidd Creek and Pole Mountain Creek, both of which feed into Austin Creek (and, ultimately, the Russian River), and also to the East Branch of Russian Gulch, which drains through the Jenner Headlands to the Pacific. In terms of wildlife, the landowners have seen mountain lion, bobcat, badger, golden eagles, and numerous other birds and wildlife species. During fire season, the local volunteer fire department uses the two-story fire lookout on the summit to watch for and report wildfires. This community service has continued under Sonoma Land Trust's ownership.

Climbing Pole Mt. from the coast beginning at Russian Gulch State Beach is a 15.2 mile round trip with an elevation gain of 3,600'. This is a strenuous hike of 7-9 hours. You need to be in good physical condition to participate. **You do not have to have a prostate to attend**, and both men and women are invited to participate. (The PAF sponsors weekly hikes each Monday in the North Bay.)

The hike will be led by Corby Hines from the Sonoma Land Trust and Sahar Pinkham of the PAF. We will meet promptly at 8:30 on Monday, Sept. 14 at the Russian Gulch State Beach Parking lot, about 3.2 miles north of Jenner on Hwy#1. Be sure to dress in layers as coastal weather is unpredictable, and bring at least three liters of water, a sunhat, sunscreen, sunglasses, and a lunch and snacks.

The PAF, the Santa Rosa-based not for profit 501(c)(3) co-sponsoring the event along with the Sonoma Land Trust, provides free education and information to men and their families about prostate health issues. It encourages men to take a pro-active posture toward their health using a prostate friendly diet, stress management techniques and a regular exercise program. Prostate problems will affect one in five families in the United States.



Please email Ken Malik at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or give him a call at (415)407-3961 to find out more about the hike and reserve a place. You may visit [www.ProstateAwarenessFoundation.org](http://www.ProstateAwarenessFoundation.org) for more information about the PAF and the services it provides free of charge such as the discussion & support group meetings in SF & the North Bay, a mentor program, weekly hikes and the Sustainable Prostate Project.

Pole Mountain Photo from the Sonoma Land Trust website: [www.sonomalandtrust.org](http://www.sonomalandtrust.org)



Photos courtesy of the Sonoma Land Trust