

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE



East Ridge Trail Armstrong Redwood Reserve

Monday, January 4th, 2016 10am

Moderate to Strenuous

4 hours, 1,200' elevation gain, 8 miles

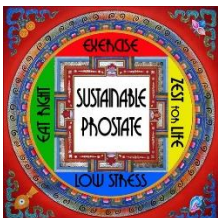
Take Hwy 101 north to River Road to downtown Guerneville, turn right on Armstrong Woods Rd. Meet at the parking lot on the right just before the park entrance. The trail starts with a fairly steep hike and ends with a magnificent mellow walk thru the redwoods.

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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Integrative Paths to Healing