



PROSTATE AWARENESS FOUNDATION

Winter Hiking Schedule, moved from Mondays to **Sundays at 8am**
Moderate to Advanced

You are cordially invited to participate in PAF sponsored Bay Area hikes. These **Sunday** hikes begin at **8am** and will last between four and seven hours. Terrain will vary, you can expect elevation gains between 500' and 3,000' with the longest less than twelve miles. 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.

These weekly hikes are a great way to meet those of similar interest, to get or stay in shape and to pro-actively take care of yourself. Bring your lunch, plenty of water and a positive attitude. Hiking poles are helpful and a headlamp this time of year is a smart addition to your pack. *Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.*

Please contact Ken Malik at 415-407-3961 or kamalik@prostateawarenessfoundation.org by 5pm Sunday evening, on the day before the hike to let us know you will participate and to plan logistics and carpools. We hope to see you on the trail.

Monday, 1/4	East Ridge Trail	Armstrong Redwoods	Sonoma County
Sunday, 1/10	Cataract Trail	Mt Tamalpais	Marin County
Sunday, 1/17	Golden Gate Park	San Francisco	San Francisco County
Sunday, 1/24	Mt St Helena	Calistoga	Napa County
Sunday, 1/31	North Sonoma Mtn	Santa Rosa	Sonoma County
Sunday, 2/7	Bear Valley / Arch Rock, Pt Reyes Nat'l Seashore		Marin County
Sunday, 2/14	Mt Tamalpais Summit Mill Valley		Marin County
Sunday, 2/21	Gilliam Creek Loop	Austin Creek St. Park	Sonoma County
Sunday, 2/28	Oat Hill Mine Trail	Calistoga	Napa County
Sunday, 3/6	Muir Woods	Mill Valley	Marin County
Sunday, 3/13	Jack London State Park, Glen Ellen		Sonoma County
Saturday, 3-19	2nd Annual Bill Kortum Memorial Hike, Shell Beach		Sonoma County

Bill Kortum was Sonoma County's premier environmental activist. Kortum was instrumental in stopping the nuclear power plant planned for Bodega Head. He also helped create the California Coastal Commission which set limits on development along the entire California Coast and founded Sonoma County Conservation Action. Bill passed away after a three-year battle with prostate cancer.