



Jack London State Park Mountain & Ridge Trails Prostate Awareness Foundation Weekly Hike

Monday, May 23, 2016 8am

Moderate to Strenuous

5 hours, 1,400' elevation gain, 8-10 miles

Meet at the upper parking lot at 10am

We'll be hiking on mountain and ridge trails. To reach the upper parking lot, make the first right after entering the park thru the kiosk and make the first right. The parking lot is on the right. There is a \$10 entrance fee. Our hike starts promptly at 8am, 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.

www.prostateawarenessfoundation.org

Integrative Paths to Healing