

Prostate Awareness Foundation

Spring Hiking Schedule, Monday's at 8am

PLEASE NOTE THE CHANGE FROM SUNDAY TO MONDAY'S

By popular request we are changing back to Monday hikes @ 8am immediately! You are cordially invited to participate in PAF sponsored Bay Area hikes. These **MONDAY** hikes begin at 8am and will last between three and eight hours. Elevation gains will vary from a few hundred feet to over 2,000' for the more strenuous hikes. Distances will vary between 3 and 12 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. *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 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 can be very helpful. We'll keep you posted about rainouts. Please contact Ken Malik at 415-407-3961 or kamalik@prostateawarenessfoundation.org by 5pm Sunday, the day before the hike to let us know you will participate so we can plan logistics and carpools. We hope to see you on the trail.

Monday, May 23rd	Jack London State Park	Glen Ellen, Sonoma Cty
Monday, May 30th	Annadel State Park / Memorial Day	Santa Rosa, Sonoma Cty.
Monday, June 6th 10am	Angel Island Hike or Bike /Mt Livermore	Tiburon Ferry to Angel Island
Sunday, June 12th	Sierra Buttes, Pacific Crest Trail Special 3 day Hike and Camp – Return for Tuesday evening June 14th.	Plum Creek, Sierra City
Monday, June 20th	Taylor Mountain	Santa Rosa, Sonoma Cty.