

**CANCER CLIMB & TREK FOR  
PROSTATE AWARENESS  
GRAN PARADISO MASSIF – 13,324' / 4,061m  
GRAN PARADISO NTL. PARK, THE ITALIAN ALPS  
SEPTEMBER 10 -18, 2016**

Thank you for your interest in the 2016 expedition. These PAF fundraising expeditions began in 2001 with a climb of Mt Aconcagua in the Argentine Andes. Since then, we have had climbs all over the world including: Mt Blanc in the French Alps, Yosemite & Mt Shasta in California, El Misti and Mt Asungate in the Peruvian Andes, Mt Cotopaxi in Ecuador, Kilimanjaro in Africa, Mt Elbert & Massive in the Colorado Rockies, Mt Baker in Washington State and Glacier National Park in Montana. This year's expedition will visit the Italian Alps and the Gran Paradiso Massif, the highest mountain in Italy. There will be a trekking/ Support Team and a climbing team that, weather permitting will attempt a technical climb of the summit.

The goals of the expedition are to increase awareness about prostate health issues and how to deal with them; raise critically needed funds for the PAF's ongoing outreach and education programs and to inspire men and their families dealing with this epidemic affliction with hope.

My name is Ken Malik. I have participated in all of the prior expeditions. I am also a prostate cancer veteran of twenty one years, and the co-founder and executive director of the Prostate Awareness Foundation ([www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org)). PAF is the organization for which you will be donating your time and energy. The foundation is a not for profit 501(c) (3) corporation. (#31-1633278)

We currently have six members on this year's expedition. All members have been participants on prior PAF expeditions. Our ages range from the late thirties into our seventies. We will all be in tiptop physical condition. It is not easy to eat a prostate friendly diet in the Alps, but we will make every attempt to do so. There will be daily discussions on prostate health issues.

Ken Malik – Expedition Leader

(With special thanks to Erdem Tamguney our German climber for helping with logistics.)

## DETAILS

### Team Skill Level:

You do not need to have prior technical climbing or trekking skills, just be in top physical condition. The summit attempt is a technical climb of one full long day, much of it on snow and ice. Our treks will reach elevations up to 10,814'. Altitude sickness can be a factor. Some days will be long and strenuous. For those making the attempt, Summit Day will be 14-16 hours with an elevation gain of over 4,300'. All members will need to be in good enough physical condition to carry a pack of up to 25 lbs. along the trekking route and to base camp. For the summit attempt we will only carry what we need for the day, about 10-15lbs. Gran Paradiso is considered an easy technical climb. But like all mountains, it is subject to rapidly changing conditions. Safety will be our number one objective.

Both teams will trek and acclimatize together in the Mt Blanc area of the French Alps before taking off on the trek which begins in Cogne, Italy.

### APPROVAL POLICY:

To ensure the integrity of the expedition all potential candidates will undergo a screening process conducted by the *PAF Expedition Review Board* to insure a proper fit with the goals, expectations and safety of the expedition. If you have participated in a prior PAF expedition the approval process is waived.

### EQUIPMENT:

The weather in the Alps can change rapidly. September has the reputation of having some the best weather conditions. For trekking, we will dress in layers in order to be prepared for all conditions. Expect night time temperatures to be below freezing. Afternoons can bring thunderstorms in the mountains. A detailed equipment list is available on the PAF website.

### ACCOMMODATIONS:

We will be staying various locations during the expedition: The PAF has reserved accommodations at all the below locations except in Geneva. We can split the cost on arrival.

- 1) **Geneva Switzerland:** If you are arriving into Geneva Pre-Climb and needing lodgings before heading together to Chamonix on Saturday, we will be staying at **Geneva Hostel**, Rue Rothchild, 28-30, Paquis, 1201 Geneva, Switzerland. You can book a room @ [www.Booking.com](http://www.Booking.com). **Talk to Ken before you book!** Rooms include breakfast. Ken paid \$114 USD (\$57 each) for a double on the front end, Friday night 9/9. Ken paid \$158 USD for a quad with bunk beds on the back end (Sunday, 9/18). We can split the cost.
- 2) **Chamonix, France:** Saturday night, September 10<sup>th</sup>. We will be staying at the **Langley Hotel Gustavia**, 272 Avenue Michel Croz, Chamonix, Mont-Blanc, 74400 France. Ken reserved 3 double rooms for our group. Your cost is about \$118 USD for Saturday and Sunday night the 10<sup>th</sup> & 11<sup>th</sup>. breakfast is an additional \$14 USD.
- 3) **Gran Paradiso: Rifugio Vittorio Sella** is the mountain rifugio we will be staying at the first night, Monday, September 12<sup>th</sup>. Our cost is \$46 USD per night.

- 4) **Gran Paradiso: Albergo Gran Paradiso** is the mountain rifugio we will at on Tuesday and Wednesday September 13<sup>th</sup> and 14<sup>th</sup> and then again on Friday night the 16<sup>th</sup>. \$54 USD per night includes breakfast. Other meals are extra.
- 5) **Gran Paradiso: Rifugio Vittorio Emanuel** is the mountain rifugio we will all stay on Thursday night, September 15<sup>th</sup>. \$46 USD per night.
- 6) **Aosta, Italy: Aosta Hotel** in the center of town. We will all stay here on Saturday night, September 17<sup>th</sup>. \$65 USD per night.

## **TRANSPORTATION**

Plan on flying into Geneva no later than Saturday morning, September 10<sup>th</sup> so we can all travel by van to Chamonix together. We will also be using a private van service to get us to Cogne, Italy on Monday morning the 12<sup>th</sup>, on to Aosta on Saturday the 17<sup>th</sup> and for some of us back to Geneva on Sunday the 18<sup>th</sup>. We are still negotiating the best deal but we would estimate this transportation will cost us around \$200USD per person. We will keep you posted.

## **EXPEDITION COST:**

The below estimates includes hotels, meals, ground transportation while in Europe. It does not include snacks, tips, beverages, airfare or pre and post climb R&R.

Lodgings for 10 days @ \$550 USD

Meals for 10 days @ \$ 450 USD

Ground Transportation @ \$200 USD

Estimated Total @ \$1,200 USD

\*Climber Guide Fee @ \$550 USD (2 day guide service for summit climbers)

\*Climber Equipment @ \$100 USD (2 days)

## **FUNDRAISING AND FINANCIAL REQUIRMENTS:**

While PAF wishes to provide as much help as possible to each fund-raising participant, our 501(c)(3) charitable organization also is required to follow certain IRS guidelines regarding how many of your donated dollars can be used to help cover expenses. Here are the financial goals and guidelines you will need to meet in order to make the Gran Paradiso Expedition a success:

Each participant is being asked to **raise a minimum of \$2,000 in contributions for PAF**. After this level is reached, any additional contributions are eligible for a rebate until you reach the full amount of your “hard costs”. These hard costs include airfare to and from Geneva, accommodations while on the expedition, expedition fees noted above. “Hard Costs” your “out of pocket” pre and post climb R&R and any other incidental expenses. **For each dollar you raise over and above the minimum requirement of \$2000, a rebate of .33 cents of each dollar raised can be applied toward these documented hard costs.**

### **“TEAM APPROACH” TO REACHING YOUR GOAL:**

A provision has been made for significant others or family member participation. If you have a spouse or “significant other”, father, brother or sister who would like to participate, the minimum contribution for a two person team will be \$2,500 or \$3,000 for a family of 3. Once this level is reached, you are entitled to claim a rebate for the “hard costs” just like individual fund raisers. Teams must be reviewed and approved by the PAF expedition review board.

## **ACCOUNTING:**

PAF will keep a full and fair accounting of all incoming donations and submit regular reports to each climber as to the status of their fundraising efforts and mail thank you letters to all your donors. Remember, the more money you raise, the less expensive your personal costs for the expedition become if you choose to take a rebate on your “hard costs”. All donations should be made payable to PAF and are tax deductible. **Please ask your donor to reference your name on the check memo line so we know which climber to credit.**

### **FUND RAISING FLIER:**

We will supply you with marketing literature for the climb. This will include a one page two sided copy flier that describes the climb and its goals on one side and a list of incentive gifts at various different levels of donation on the other side. Also available on line at [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org). Let us know how many copies you would like and we will send you fliers, envelopes and return envelopes. .

### **FUNDRAISING SUPPORT:**

We will support you in your fundraising efforts by providing promotional literature, promotional premiums for contributors and helpful media awareness press releases tailored to your city and location. We will also help you with ideas to efficiently fundraise and assure your success. We feel there is more than adequate time for us to accomplish our individual goals. The time to start is now! Ken Malik will call you to discuss your fundraising ideas and offer guidance, suggestions and share with you how other expedition members are reaching their goals. You can always reach Ken at 415-407-3961 or [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org)

### **DONOR CONTRIBUTION OPTIONS:**

PAF can accept either check or credit card contributions. However, we do not have an “in-house” credit card system. We use PayPal for your credit card donations. You will feature your picture and story on the “Meet the Team” section on the PAF website. Mary Agneberg and Curtis Fraser have already designed and put up your fundraising page. The PAF will manage contributions and keep you informed as to your progress reaching your fundraising goals. .

**For questions and or to reserve your place on the expedition: Contact Ken Malik at 415-407-3961. Let him know you are interested and take part in a brief telephone interview. You can also contact Ken at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) to arrange the phone meeting.**