

PROSTATE AWARENESS FOUNDATION



Fall 2016 Hiking Schedule Mondays at 8am Moderate to Advanced

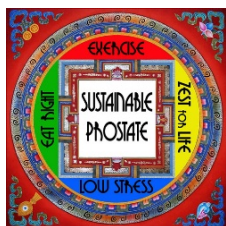
You are cordially invited to participate in PAF sponsored Bay Area hikes. These **Monday** hikes begin at **8am** and will last between four and seven hours. Terrain will vary, you can expect elevation gains between 0' and 3000' with the longest less than twelve miles. You do not have to have prostate 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.

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!*

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|-------------------------------|--|---------------|---------------|
| Monday, Nov. 7 th | Sugarloaf State Park | Sonoma Valley | Sonoma County |
| Monday, Nov. 14 th | Muir Woods | Mill Valley | Marin County |
| Monday, Nov. 21 st | Marin Headlands | Sausalito | Marin County |
| Monday, Nov. 28 th | Annadel State Park | Santa Rosa | Sonoma County |
| Monday, Dec. 5 th | Mt Tamalpais | Mill Valley | Marin County |
| Monday, Dec. 12 th | Armstrong Redwoods | Guerneville | Sonoma County |
| Monday, Dec. 19 th | No Hike This Week - Going Snow Shoeing in the Sierra | | |

And no hike over the holidays- see you in 2017!



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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