

# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

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## Mt Tamalpais, Marin County

Pantoll Ranger Station to Stinson Beach & Back

Monday, December 5<sup>th</sup>, 2016, 8:00am

Moderate to Strenuous

5 hours, 1600' elevation gain, 8 miles

Meet at the Pantoll Ranger Station parking lot at 8am. We'll hike down to Stinson Beach on the Steep Ravine Trail. Then back up the Matt Davis trail to Pantoll. 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 (the trail is exposed most of the way); bring plenty of water; sunscreen, snacks & your lunch; and hiking poles if you have them; and a positive attitude!

Please contact Ken Malik no later than 5pm on SUNDAY to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call 415-407-3961.

Hope to see you on the trail!

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*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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