



PROSTATE AWARENESS FOUNDATION
Winter Hiking Schedule, Sundays 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 500' and 3,000' 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. *Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.*

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!*

Sunday, January 8th	Mt St Helena	Calistoga	Napa County
Sunday, January 15th	Golden Gate Park	San Francisco	S.F. County
Sunday, January 22nd	North Sonoma Mtn	Santa Rosa	Sonoma County
Sunday, January 29th	Mt Whittenberg	Pt Reyes Ntl. Seashore	Marin County
Sunday, February 5th	Cataract Trail - Mt Tam	Fairfax	Marin County
Sunday, February 12th	Mt Tamalpais Summit	Mill Valley	Marin County
Sunday, February 19th	Oat Hill Mine Trail	Calistoga	Napa County
Sunday, February 26th	Muir Woods	Mill Valley	Marin County
Sunday, March 5th	Jack London State Park	Glen Ellen	Sonoma County
Sunday, March 12 th	NO HIKE THIS WEEK ~ Memorial for Gail Etzler in San Francisco		

3rd Annual Bill Kortum Memorial Hike - This is an easy hike

Saturday, March 18th Shell Beach Sonoma Coast Sonoma County

Bill Kortum was Sonoma County's premier environmental activist. Kortum was instrumental in stopping the nuclear power plant planned for Bodega Head. He also helped create the California Coastal Commission which set limits on development along the entire California Coast and founded Sonoma County Conservation Action. Bill passed away after a three-year battle with prostate cancer.

www.ProstateAwarenessFoundation.org
Integrative Paths to Healing