

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE



Golden Gate Park, San Francisco
Sunday, January 15th, 2017, 8:00am
Easy to Moderate
4 hours, 150' elevation gain, 6-7 miles

We'll meet in front of the Arboretum at 9th by Lincoln Ave, and hike to the ocean and back with a hike up Stowe Lake Hill and a cruise thru the Arboretum (\$8 admission if you are not a SF resident) along the way.

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; bring plenty of water; sunscreen, snacks & your lunch; and a positive attitude!

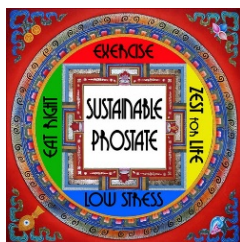
Please contact Ken Malik no later than 5pm on SUNDAY to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call 415-407-3961.

Hope to see you on the trail!

*Upcoming hikes:

Sunday, Jan. 22nd	North Sonoma Mountain	Santa Rosa	Sonoma County
Sunday, Jan. 29th	Mt Whittenberg	Pt Reyes Ntl. Seashore	Marin County
Sunday, Feb. 5th	Cataract Trail - Mt Tam	Fairfax	Marin County

*check the PAF website for the whole winter schedule



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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