

# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

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## Cataract Falls, Mt Tamalpais, Marin County

SUNDAY March 26, 2017 8:00am

Moderate to Strenuous

4 hours, 1,000' elevation gain, 8 miles

We all look forward to this spectacular hike along the Cataract Trail. It's a pretty challenging uphill trek on the way back but well worth it with all the rain we've had to fill the creeks. This is a down and back trail so you can determine how far you want to go before turning back.

Meet at the Rock Spring parking lot off the Pantoll Road as the road from Fairfax is closed because of mudslides. An early start beats the crowds. 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; your lunch; hiking poles if you have them and a positive attitude!

Please contact Ken Malik no later than 5pm on SATURDAY night 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.



*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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