



## Spring Prostate Gathering

### Sponsored by the Prostate Awareness Foundation

Costanoa Resort on the San Mateo Coast  
Sunday, April 2 to Tuesday, April 4, 2017

Spring on the coast is wildflower season. Trees are in full bloom and the waterfalls should be spectacular this year with all the rain. This will be the fifth year we have visited the Costanoa Resort for this gathering of the health conscious. Join us for two nights and three days in the great outdoors. You can car camp or rent a comfortable, furnished tent cabin or room in the lodge. Stay for the whole gathering or join us just for a day and or night. We will practice the four keys to a sustainable prostate, or if you don't have a prostate, to overall good health and well-being! The keys are: a prostate healthy diet, exercise, stress management and a zest for life. You don't have to have a prostate to participate, but trail and camp talk is often about prostate and health related subjects. Women are most welcome to join in. **Fact:** recent clinical research indicates that men dealing with prostate cancer who have a consistent exercise program and prostate friendly diet have the slowest disease progression!

The Prostate Gatherings are a great way to meet those of a similar interest, to get or stay in shape, and to pro-actively take better care of yourself. Please review the below information and then contact Ken Malik with any questions you may have and to reserve your space at the Gathering. You can reach Ken by sending emails to [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call him at (415)407-3961.

**Fitness Level:** You don't have to be in great shape to participate. If you are currently in good shape you will definitely be able to do all the activities. If you are not in such good shape, there are easier options each day. If you have been promising yourself to get into better shape this is a great opportunity to start.

**Gear:** Since you can't count on the weather, be prepared. Plan to dress in layers. Include a warm jacket, gloves and a hat for the evening and early morning hours. If you are camping bring a sleeping bag, air mattress and a tent. *If you don't have a tent, that's ok, let us know and we can accommodate you.* If you're planning on biking on Monday into Big Basin bring your bike, a lock and your other biking essentials.

**Weather:** Changeable is a good word to describe weather on the coast in April. Expect upper 40's -low 50's at night with day time highs into the 60's and maybe even the 70's. Normally, it is foggy in the mornings with the sun coming out usually by mid-morning. But we have had some very clear nights and mornings over the years. Of course there is always the possibility of rain in April.

## **Itinerary:**

**Sunday, April 3<sup>rd</sup> @ 11:00am -- Butano State Park (1500 Cloverdale Rd., Pescadero, CA 94060). Difficulty: Easy to Moderate.** This park is a well-kept secret, and one of the least visited of all California State Parks. If you plan to hike with us we will meet in the parking lot at Butano State Park outside of Pescadero at 11am. There is a self-pay kiosk and the fee is \$8 per car. We'll do a pretty easy hike along the creek in the redwood forest for 2 or 3 hours before heading to Costanoa Resort a few miles away. **Please let us know if you plan to hike on Sunday so we can plan logistics.** Dinner will be served between 6 and 7 pm.

**Monday, April 4<sup>th</sup>:** You have a choice of two very different itineraries today, or you can just sleep in and relax at the resort!

**Option # 1 -- Big Basin State Park. Difficulty: Strenuous due to length. 9am.** Meet at the campsite at Costanoa at 7:30am for a hearty breakfast and lunch prep. It's about a 15 minute drive down Hwy 1 to the trailhead at Big Basin. You will need a bike. Please also bring a bike lock and helmet. We will be locking our bikes in a bike rack before starting the hiking part of the day. The biking part of the trip is 12 miles round-trip on pretty easy terrain. (use a mountain bike or a hybrid). The hiking part is an 8-mile loop of the Berry Creek Falls Trail (moderate difficulty). This is a long day on the trail. If you choose, you can just bike in and cut the hike short. Dinner in camp between 6 and 7pm.

**Option # 2 -- Ano Nuevo State Beach. Difficulty: Easy: 10:00am:** This is a half day hike south of Costanoa on Hwy # 1. This is a 2.5-mile hike on flat ground. Walk to the coast to see the Elephant Seals living on the shoreline. Make your lunch in camp and bring along some sunscreen. Dinner will be served in camp between 6-7pm.

**Tuesday, April 5<sup>th</sup> -- Leisurely Beach Walk (optional).** Breakfast will be served at 8am. Check out time is noon. For those with some energy left we will take a short walk to the beach for some beachcombing either before checkout or after!

**Meals:** All meals will be prostate friendly. You will have a choice of either vegan or pescatarian (seafood eating vegan). Breakfast, lunch and dinner are included in your cost. We will try to accommodate dietary needs. Let us know if you need to eat gluten free, etc.

**Incidentals:** You might want to bring a camp chair, I'm not sure of available seating as this is a new camping area. There is a nice bath house area that has hot showers toilets and even a sauna. Consider bringing a bathing suit for the sauna.

**Food & Supplies:** The PAF will prepare prostate friendly meals in advance and will be supplying water, dinner, breakfast, lunch materials, cooking equipment, utensils, paper plates, etc. You will need to supply trail food, your own snacks and additional beverages if you want.

**Directions to Costanoa Resort and the Prostate Gathering:** The address is: 2001 Rossi Road at Hwy #1, Pescadero, CA 94060 if you want to do a MapQuest. The resort is on the left side of Hwy #1 coming from Half Moon Bay (25 miles away) in the north a few miles past the lighthouse and Pescadero turn off, or on the right side of Hwy # 1 if you are coming from Santa Cruz from the south on Hwy # 1. Check in time is 2pm. There is a free sauna at the resort and other spa amenities are available for a charge.

**Total cost per person below includes meals & campsite fees for the entire stay:**

**Campers @ \$100 per person**

**Non Camper meal & trip costs @ \$75 per person (Lodging extra, see below)**

**Upscale Tent Cabins and Lodge Rooms: Expect your cost for the tent cabin to be around \$100 per night, expect lodge rooms to be about \$200 per night.**

**Please let Ken know you are able to join us and then make your check payable to the PAF and mail it to: PAF, Attn: Ken Malik, PO Box # 2934, Santa Rosa, CA 95409**

**Hope to see you at the Gathering!**



Warmest Regards

*Ken Malik*

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