

## Cancer Climb & Trek for Prostate Awareness Mt. Shasta (14,179 ft.), Cascade Range, Northern California July 8 Team Meeting; Expedition 7/9-14, 2017

Thank you for your interest in the 2017 expedition. Our fundraising expeditions began in 2001 with a climb of Mt Aconcagua in the Argentine Andes. Since then, we have had climbs all over the world including: Mt Blanc in the French Alps, Gran Paradiso in Italy, Yosemite, El Misti, Huayna Picchu, and Mt Cotopaxi in the Andes, Mt Kilimanjaro in Africa, Mt Elbert & Massive in the Colorado Rockies, Glacier National Park in Montana and Mt Baker in Washington state. This year's expedition will visit and climb 14,179' Mt Shasta in the Cascade Mountains of extreme Northern California. This will be our second visit to Mt Shasta. Our goals: Increase awareness about prostate health issues and how to deal with them, raise critically needed funds for ongoing outreach and education, inspire men and their families with hope.

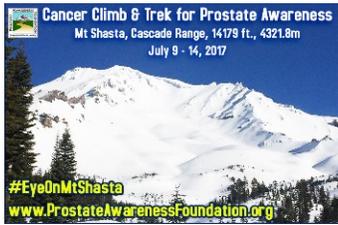
My name is Ken Malik. I have participated in all of the prior expeditions. I am also a prostate cancer veteran of over 22 years, as well as the co-founder and executive director of the Prostate Awareness Foundation ([www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org)). PAF is the organization for which you will be donating your time and energy. The foundation is a not for profit 501(c) (3) corporation.

There will be two teams on this year's expedition: A climbing team and a trekking/support team. There will also be volunteers helping to make this year's expedition a success. We will have space for a maximum of 12 climbers and an equal number of support team members. Participants will include prostate cancer veterans, family members and their supporters. The climbing team will attempt a technical climb of 14,162' Mt Shasta with the help of a professional guide service. The trekking team will share in the camaraderie of the expedition while hiking on Mt Shasta and the surrounding mountains and supporting the climbing team. Everyone should be in top physical condition to maximize the experience. Past participants have ranged in age from 15 to 76. As always, women are most welcome. A prostate friendly menu will be available to all participants. There will be daily discussions on prostate health issues.

We hope you will give serious consideration to taking part in this challenge. **We would like to ask for your commitment by April 1<sup>st</sup>.** This allows us time to properly plan logistics. Your early commitment will allow you to put yourself in the required physical fitness level to ensure your maximum enjoyment and success. It will also allow you the time to reach your minimum fundraising requirement. We would love to have you join us on this great adventure. **Your deposit check will assure your place on the expedition.**

Please read the enclosed information carefully. It will provide answers to your questions. We need your participation and support to help PAF remain a viable source of critically needed, non-biased information about prostate cancer healing and cancer prevention.

*Ken Malik*



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### EXPEDITION DETAILS

#### CLIMBING TEAM:

You do not need to have prior technical climbing skills, just be in excellent physical condition. The actual summit challenge on the mountain is 2 1/2 days with one night of camping on the mountain at about 10,000'. So altitude sickness can be a factor. Two days will be long and strenuous, the half day is an alpine course on equipment usage, self-arrest in case of a fall, etc. Summit Day can be 14-16 hours with an elevation gain of about 4,500'. You will need to be in good enough physical condition to trek 6 to 8 miles per day, while carrying a pack to basecamp of up to 55 lbs. Some support team members will help get gear to basecamp and Porters are available at an additional cost). On summit day we will only carry what we need, about 15-20lbs. Mt Shasta is considered an easy technical climb. But the mountain has a reputation for changeable weather and people do die each year climbing it. Safety will be our number one objective. We will climb the Avalanche Gulch Route and will be using *SWS Expeditions* ([www.swsmtns.com](http://www.swsmtns.com)) as our professional guide service. We were given a nice discount from our outfitter because of the PAF mission. Included in our expedition fee: guides, mountaineering skills and safety workshop, breakfasts & dinners while on the mountain, tents, park fees and technical equipment except crampons and mountaineering boots which can be rented from our outfitter. You will need to bring your own snacks and lunches.

#### TREKKING/SUPPORT TEAM:

For those who love the outdoors and want to trek and tackle the mountains but do not want to do a high altitude technical climb. We all will be camping on beautiful Lake Siskiyou (the climbing team will camp on Mt Shasta for 1 night). Support team members can participate in the 1/2 Day skill session for \$75 plus equipment rental. While the climbing team is on the mountain there are many hiking trails available for the trekkers to explore. You can bring a fishing pole, camera and participate on the level you feel capable. Be part of the action! Everyone will chip in and help our volunteer staff maintain the camp.

#### APPROVAL POLICY:

To ensure the integrity of the expedition all potential candidates will undergo a screening process conducted by the *PAF Expedition Review Board* to insure a proper fit with the goals, expectations and safety of the expedition.

#### EQUIPMENT:

The weather at Lake Siskiyou in the Mt Shasta Area in July will be between 80 and 100 degrees in the day and as low as the 40's at night. The climate is dry with little humidity. For hiking, you should dress in layers in order to be prepared for all conditions. For the climbing team dressing in layers is critical. Weather conditions in the mountains can change rapidly. Night time temperatures can be below freezing over 10,000'. Afternoons can bring thunderstorms in the mountains. For the climbing team, please review the attached equipment list provided by SWS mountain guides. Also attached is a trekking equipment list for your review.

## **CAMPING:**

Our basecamp is Lake Siskiyou Camp-Resort at 3,500' ([www.reynoldsresorts.com](http://www.reynoldsresorts.com)) 3 ½ miles from town. We will be gourmet car camping so there is no need for any of us to backpack in equipment although the climbing team will be expected to get gear up to basecamp with some help from the support team. Facilities on Lake Siskiyou include a marina, restrooms with hot showers, grocery store, restaurant and snack bar (we will be cooking meals at our campsite), beach and laundry. You will need to bring your own tent, sleeping bag and air mattresses. If you do not have a tent let us know and we can help with that. More info to follow once you sign on for the expedition. Your expedition fee includes the cost of camping and meals eaten in camp.

## **PRE & POST CLIMB HOTEL:**

Multiple hotel options are available for the pre and post climb in Santa Rosa, CA PAF headquarters [www.booking.com](http://www.booking.com) is a good site for options. The cost of staying at the hotel is not included in your expedition fee.

## **THE ITINERARY:**

Please plan on arriving into Santa Rosa (an hour and a half north of San Francisco) no later than early Saturday afternoon July 8<sup>th</sup> in time for a 6pm team meeting. We would highly recommend coming in on Friday and using Saturday to relax and to pick up last minute supplies.

<u>DAY</u>	<u>DATE</u>
Saturday	7/8

Travel to Santa Rosa for a 6pm team meeting. Gear check and dinner afterwards.

Sunday	7/9
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Team breakfast at 7am. Final load up of van and vehicles. 8am departure for Mt Shasta. 5-hour drive. Lunch on the road or a break for a good stretch. Setup camp. Dinner in camp.

Monday	7/10
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Breakfast at 6:30am. We meet the Outfitter at 8am in Mt Shasta City to rent and review equipment. The mountaineering skill session will take place from 10-1 at the Bunny Flat Trailhead. 4pm - final gear check for climbing team. Dinner in camp.

Tuesday	7/11
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Breakfast at 6:30am. Meet up with guides at 8am at Bunny Flat Trailhead and hike 3,000'+ to basecamp above Horse Camp. Some support team members will help carry gear to basecamp before returning to Lake Siskiyou to eat and sleep. Climbing team will set up camp, eat and sleep early.

Wednesday	7/12
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Climbing team rises soon after mid-night, has breakfast and begins summit attempt. We will take the Avalanche Gulch route to the summit. Expect an elevation gain of over 4,300'. We hope to reach the summit by sunrise or a little later depending on the ability of the team members. After summiting the climbing team will return to base camp for a short rest and something to eat before breaking camp and returning to the trailhead. Selected members of the support team after an early breakfast will hike back up to Horse Camp to assist the

climbing team return to the trailhead. Other members of the support team will relax in camp or explore the town of Mt Shasta. Group dinner in camp.

**Thursday 7/13.** After a late breakfast at 8am, there will be a morning hike on Black Butte. 5 miles, 4 hrs. 1,825' elevation gain. Early evening PAF Team dinner in the town of Mt Shasta.

**Friday 7/14**

Break camp early, lunch on the road. We will be back in the Bay Area by dinner time. (Out of the area travelers: Please do not schedule your flight home until Saturday just in case bad weather stalls the summit attempt. This is unlikely, but weather can be unpredictable even in summer months.)

## **TRANSPORTATION**

Plan on flying into San Francisco airport no later than early Saturday afternoon 7/8 in order to travel to Santa Rosa and be at the 6pm team meeting. We highly recommend traveling on Friday. You can catch the Sonoma County Airport Express bus from SFO airport to the Santa Rosa Fairground stop and we can arrange to pick you up there. The trip takes about 2 hours. This bus runs every hour on the half hour. The fare is about \$65 roundtrip and is not included in the Expedition Fee. Another flight option is flying directly into Sonoma County Airport. Please review your flight options and book your flights with enough time to assure availability at a good price. We have arranged a large van to transport gear, tents and food up to Mt Shasta, this cost is included in your expedition fee. If you are a local participant, you can bring your own vehicle to get to Mt Shasta. We will all use the van while there.

## **EXPEDITION COST:**

**Trekking Team:** includes breakfast, lunch and dinner, firewood, campground fee, van rental, fuel, tee shirt, celebration dinner on Thursday night. It does not include snacks, beverages beside water, food and lodging before and after the climb, transportation to Sonoma County from out of town.

Total Expedition fee	@ \$500
Deposit to be paid by 4/1	@ \$200
Balance due by 7/1	@ \$300

**Climbing Team:** includes all of the above, plus the expedition inclusions noted in the Climbing Team details. It does not include lunches on the mountain, snacks, and beverages other than water, food and lodging before and after the climb, rental equipment not provided by outfitter, transportation to Sonoma County from out of town.

Total Expedition Fee:	\$1,100
Deposit to be paid by 4/1	\$300
Balance due by 7/1	\$800

## **FUNDRAISING AND FINANCIAL REQUIRMENTS:**

While PAF wishes to provide as much help as possible to each fund-raising participant, our 501(c)(3) charitable organization also is required to follow certain IRS guidelines regarding how many of your donated dollars can be used to help cover expenses. Here are the financial goals and guidelines you will need to meet in order to make the *Mt Shasta Cancer Climb & Trek for Prostate Awareness* a success:

**Option # 1: Fundraise for the PAF and raise a minimum of \$2,000 in contributions for PAF.** After this level is reached, any additional contributions are eligible for a rebate until you reach the full amount of your "hard costs". These hard costs include airfare to and from San Francisco, accommodations while on the expedition, expedition fees noted above. "Hard Costs" do not include "out of pocket" pre and post climb R&R and any other incidental expenses. **For each dollar you raise over and above the minimum requirement of \$2000, .33 cents of each (1/3) dollar raised can be applied toward these documented hard costs.**

The PAF will support your efforts with fliers, newspaper stories and ideas and help you to reach your goal.

**Option # 2: If you do not like to fundraise you can pay a flat fee of \$500 for the five nights camping, food, etc. All inclusive.**

### **"TEAM APPROACH" TO REACHING YOUR GOAL:**

A provision has been made for significant others or family member participation. If you have a spouse or "significant other", father, brother or sister who would like to participate, the minimum contribution for a two-person team will be \$2,500 or \$3,000 for a family of 3. Once this level is reached, you are entitled to claim a rebate for the "hard costs" just like individual fund raisers. Teams must be reviewed and approved by the PAF expedition review board.

### **ACCOUNTING:**

PAF will keep a full and fair accounting of all incoming donations and submit regular reports to each climber as to the status of their fundraising efforts and mail thank you letters to all your donors. Remember, the more money you raise, the less expensive your personal costs for the expedition become if you choose to take a rebate on your "hard costs". All donations should be made payable to PAF and are tax deductible. **Please ask your donor to reference your name on the check memo line so we know which climber to credit.**

### **FUND RAISING FLIER:**

We will supply you with marketing literature for the climb. This will include a one page two sided copy flier that describes the climb and its goals on one side and a list of incentive gifts at various different levels of donation on the other side. This flier, along with return envelopes will be available to you no later than late March 15<sup>th</sup> so you can begin your fund raising efforts in earnest. Please let us know how many copies you will need.

### **FUNDRAISING SUPPORT:**

We will support you in your fundraising efforts by providing promotional literature, promotional premiums for contributors and helpful media awareness press releases tailored to your city and location. We will also help you with ideas to efficiently fundraise and assure your success. We feel there is more than adequate time for us to accomplish our individual goals. The time to start is now! Ken Malik will call you to discuss your fundraising ideas and offer guidance, suggestions and share with you how other expedition members are reaching their goals. You can reach Ken at 415-407-3961 or [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org)

## **DONOR CONTRIBUTION OPTIONS:**

PAF can accept either check or credit card contributions. However, we do not have an “in-house” credit card system. We use PayPal to manage credit card donations. You will be able to feature your picture and story on the PAF website. The PAF will set this up for you once you pay your deposit and supply us with your picture and story.

## **OTHER RESPONSIBILITIES:**

**Picture & Story:** We need your photo by email along with a short story (a paragraph or two will do) about why you are participating. Your story and picture will be placed on the website at [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org) Please pick your picture and write your short paragraph now.

**SONOMA COUNTY PRE OR POST CLIMB ACTIVITIES:** Sonoma County is a great destination spot for vacationers. There are countless wineries to visit, redwood forests to explore, great coastline and beaches, fantastic bike trails, great food and the weather is always nice. Consider coming in early or staying after the expedition to relax and enjoy the ambiance.

## **For questions and or to reserve your place on the expedition:**

- 1) Contact Ken Malik at 415-407-3961. Let him know you are interested and take part in a brief telephone interview. You can also contact Ken at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) to arrange the phone meeting.
- 2) Once you are approved by the review committee please make your deposit check for trekking/support team for \$200 or for the climbing team \$300 payable to PAF and mail to:

PAF  
Attn: Ken Malik  
PO Box # 2934  
Santa Rosa, CA 95409



PAF is currently recruiting climbers, support team members, and sponsors for the July expedition. Call the PAF at 415-675-5661 or email for more information at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org). All climb details are posted on the PAF's website: [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org)

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**PLEASE PASS THIS INFORMATION ON TO OTHERS WHO MAY  
BE INTERESTED IN JOINING THE EXPEDITION**

# Equipment List

As you know there are two groups on this year's expedition: The Climbing Team and the Trekking/Support Team. The gear required for each group is the same except for the climbing teams technical climbing gear and some warmer clothing. We selected Mid-July to visit Mt Shasta because it has the best weather and still has a lot of snow at higher elevations. But one never knows in the mountains. Conditions can change rapidly.

When planning your clothing needs, think about dressing in layers. The temperatures can change dramatically at altitude from early morning, through the day and into the evening.

## **Trekking Team:**

**Sleeping Bag** - Down or synthetic rated to at least 0 degrees.

**Sleeping Bag Liner** - Silk.

**Hiking boots** - High top hiking boots with good ankle support are a must. If you're planning on new boots, get them now and break them in.

**Casual boots or shoes** - For relaxing around the camp after a long day on the trail.

**Head Lamp & extra batteries.** We begin our climbs in the dark and high altitude eats batteries up in a hurry!

**Daypack** - Large enough to pack a lunch, 3 liters of water, some clothes for weather changes, snacks and incidentals you need for the day. On past climbs we carried about 25 lbs and this should be about right.

**Hiking Poles** - Optional, but highly recommended. The telescoping ones are easier to transport.

**Long underwear** - Poly or wool is the best. .

**Sweaters & or sweat shirts** - 2 each, consider a light and a heavy one.

**Water Repellent Wind Breaker** - It usually is windy up top and we should be prepared for rain or snow.

**Wind & Waterproof Pants** - Same as above

**Parka** - A down jacket with hood is a great asset just in case the evenings get cool.

**Gloves** - Consider two pair. A light pair and a pair of warm mittens.

**Socks** - The new wool hiking socks are comfortable and user friendly.

**Hats** - two are suggested. A hat with a brim to shield the suns rays, also a warm hat for the evenings.

**Face Mask or bandana** - to save your face from the wind.

**Sun Glasses:** The sun is very bright at this altitude, plan accordingly

**Sun Screen** - I use at least a 30 just to be safe

**Lip Baum** - High altitude sun and wind can be severe

**Water Bottles** - 3 bottles of 1 liter each. Hydration systems are great, but can freeze at high altitude. Insulating covers for the water bottles keep water from freezing and are a good investment.

**First Aid Kit** - I suggest a small one to meet any emergencies. Our medical support team will have adequate, general medical supplies available.

**Camera, memory card & spare battery** - (Optional) bring an extra memory card and at least one spare battery pack, they don't last as long at high altitude.

**Shoe Laces** - an extra pair is optional but can come in handy.

**Towel:** A small, synthetic, quick drying towel is recommended for the trail.

**Gaiters:** To keep the snow, scree and sand out of your boots and your pants dry.

**Eating Utensils:** A personalized bowl, cup, plate and utensils are recommended. Put some identifying mark on all your gear if at all possible.

**Luggage:** We are getting lots of questions as to what to pack and how many bags to bring. As you know the airlines all now have extra charges on excess baggage and are strict about weight. The final decision is yours. We would suggest you start planning now. From past experience, most of us will bring a suitcase, a duffle bag and a backpack.

**Positive attitude, patience and a good sense of humor:** Yes!

### **Climbing Team / Additional requirements:**

Our expedition outfitter will be supplying the following gear for each climber: Ice axe, ropes, harness, carabiner, helmet and crampons. You are encouraged to bring your own gear if you have it. You will be responsible to bring the following additional equipment:

**Mountaineering Boots:** Our outfitter does have boots available but we highly recommend bringing your own or you can rent them in Mt Shasta. (More details to follow on that). Mountaineering boots are very stiff, the older technology looks almost like downhill ski boots. You will need boots that accommodate crampons. Regular hiking boots do not meet this requirement.

**Goggles:** Just in case it snows or it gets extremely windy.