

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE



Indian Tree Open Space, Novato, CA

Sunday, April 23, 2017 @ 8am

Moderate

5 hours, 1,300' elevation gain, 6 miles

Take Hwy # 101 to San Marin Drive in north Novato and head West 2.7 miles. San Marin Drive turns into Sutro Ave at Novato Blvd. Follow Sutro Ave 1 mile and turn right at Vineyard Rd and follow 1 mile. The Trailhead is on the left where the paved road becomes a dirt road. The trail ascends uphill about 1,000' and is in shade about 60% of the way. We'll hike thru oaks, buckeye and redwoods with great views in all directions. This is a hike we have not done before. Expect a moderate pace.

Our hike starts promptly at 8am. You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects.

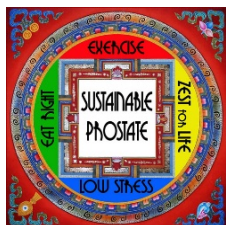
Women are most welcome to join in!

Wear layered clothing, and bring plenty of water; your lunch and snacks; 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. Call Ken at 415-407-3961 or send an email to him at

kamalik@prostateawarenessfoundation.org.

Hope to see you on the trail!



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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