

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Mt Tamalpais

Mill Valley to the Summit & Back

Sunday, May 21, 2017 8am

Strenuous -- 6 hours, 2,400' elevation gain, 10 miles

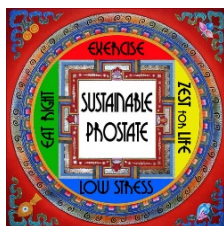
This is a longer hike than we have been doing lately, but we've done it before. It's time to be pointing toward some more strenuous hikes in preparation for Mt Shasta and Yosemite this summer. This will be pretty good test of what kind of shape we are in. But we will take our time and anyone not wanting to go all the way to the summit and back will have other options.

We will meet in downtown Mill Valley at 8:00 at the Depot Café, then car pool to the trailhead at the end of Throckmorton Dr. Our hike will take us to the summit at 2,571' for lunch. Our descent will bring us down the Fern Creek Trail to the Mountain Home Inn and then back down to Mill Valley.

The Hike starts at 8am. Please be on time. Bring your lunch, layered clothing, hiking poles if you have them and plenty of water.

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 415-407-3961 or email 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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