

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Annadel State Park

Lawndale - Marsh - Pig Flat - Ridge Trail Loop

Santa Rosa, Sonoma County

Sunday, May 28, 2017 @ 8am

MODERATE - 5-6 hours, 750' elevation gain, 9 miles

Take Hwy 12 East from Santa Rosa to Lawndale Road west of Kenwood. Make a right and drive about a mile to the free trailhead parking lot on the right. This is the least visited section of Annadel State Park and a well-kept secret. We can meet at Ken's place at 7:30 and carpool to the trailhead.

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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