



**Prostate Awareness Foundation  
Early Summer Prostate Gathering  
Hike & Camp Lassen Volcanic National Park  
Monday, June 12, 2017 returning Thursday, June 15, 2017**

It's finally getting to be Springtime in the mountains after record snowfalls this past Winter. Before Mt St Helen's erupted in the 80's, Mt Lassen was the last volcanic eruption in the Continental United States back in 1915 and is the southern-most active volcano in the USA. We will do some great hiking and for those able and interested we will attempt a summit of Mt Lassen. Join us for three days and three nights in the great outdoors. We will have two back to back campsites at Manzanita Lake in the NE part of the Park. This will be gourmet car camping at its best. While away we will practice the four keys to a sustainable prostate: a prostate healthy diet, exercise, stress management and a zest for life. You don't have to have a prostate to participate. 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 information below and then contact Ken Malik at 415/407-3961 or [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) with questions and to reserve your space.

**Weather:** Changeable is a good word to describe weather in the mountains most any time of year. We can expect day time temperatures as low as 50 and as high as 90, with the evenings cooling off to as low as the mid-30's.

**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. 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 are up for summiting Mt Lassen or Broke Off Mt. you should rent snowshoes at REI close to home. If you have not snowshoed before, don't worry, it's easy and you will learn in minutes. A pair of YakTraks, like snow tires for your boots, come in real handy when on terrain that is part snow and part dirt are highly recommended.

**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. Snowshoeing is a workout, especially at altitude, but it is extremely gratifying. There are easier options each day. If you have been promising yourself to get into better shape this is a great opportunity to start.

**Directions to Lassen Volcanic National Park:** Take Interstate # 5 North to Redding. Then head East on Hwy 44 about 45 miles to Hwy #89 South just a couple of miles to Manzanita Lake.

## Itinerary:

**Monday, June 12th:** Early morning start with a lunch stop in Redding. Set up camp. Short hike to Bumpass Hell and surroundings. This is an easy 3-mile hike. Dinner in camp.

**Tuesday, June 13th:** Early breakfast. Broke Off Mountain Hike (9,235') / Strenuous: 6.8 miles, 2500' elevation gain, about 6 hours. There is a good chance there will still be snow at the upper elevations of this hike. An easier hiking option will be available. Dinner in camp.

**Wednesday, June 14 th:** Early breakfast. Mt Lassen Summit Hike (10,457') / Strenuous: 5 miles, 2,000' elevation gain, about 6 hours. We will need snowshoes for sure at this elevation. An easier option is available. Dinner in camp.

**Thursday, June 15th:** - Early breakfast, break camp and head for home.

**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 and accommodate all 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 for the PAF.

**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.

**Cost:** We make every effort to keep the costs down but this is a fundraiser for the PAF. The campsite and all meals are included in the below fee. That includes breakfast, varied selections for a make it yourself trail lunch and dinner. Not included are alcoholic beverages, your personal snacks or snowshoe rental. **Total cost per person below for the entire stay: with meals & campsite fees is \$100.** Please make your check payable to the PAF and mail to:

**Prostate Awareness Foundation**  
**Attn: Ken Malik**  
**PO Box 2934,**  
**Santa Rosa, CA 95409**



Ken Malik is the founder and Executive Director of the PAF; he is also a 22-year prostate cancer veteran. Email [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org), call 415-675-5661 or visit the PAF website [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org) for more information about the mission of the PAF.

*Hope to see you at the Gathering!*