



3RD ANNUAL JAN ZLOTNICK MEMORIAL
**PROSTATE GATHERING IN THE
YOSEMITE HIGH COUNTRY**
AUGUST 6-11, 2017

Prostate Gathering in the Yosemite High Country The Third Annual Jan Zlotnick Memorial, August 6-11, 2017

Thank you for your interest in the Third Annual Jan Zlotnick Memorial Gathering at Tuolumne Meadows in the Yosemite High Country. My name is Ken Malik. I am the founder and executive director of the PAF and this year's group leader. I am also a prostate cancer veteran of twenty two years. Please visit www.prostateawarenessfoundation.org to learn more about the PAF. The foundation is a not for profit 501(c) (3) corporation (#31-1633278). All of the PAF services are provided free of charge and include: regular monthly discussion and support group meetings, a mentor program and a "Sustainable Prostate Blog" that provides regular tips on men's health issues.

There will be space for a maximum of 30 participants. *The Gathering* will include prostate cancer veterans, their family members, and those who want to learn more about prostate health and are interested in health in general. To best enjoy the more difficult strenuous hikes, one should be in in top physical condition. If you're not in tip top shape consider some of the less aggressive activities, this is a great way to get into shape. Past participants have ranged in age from 15 to 76. As always, women are welcome and encouraged to participate. 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 *the Gathering*. We would like to ask for your commitment by July 1st. There is a great deal of interest in this year's gathering so please sign up early to assure your place on the Gathering. We would love to have you join us on this great adventure.

If you have not visited the Yosemite High-Country you are in for a treat. It's very different than overcrowded Yosemite Valley. Tuolumne Meadows where we camp is 8,600' and is just as spectacular. *The Gathering* will be a perfect summer get-away to this alpine paradise, especially this year with all the wild flowers after a wet winter season.

The PAF has led a number of expeditions to the Yosemite High Country. This year's gathering will be a little different. Although there will be opportunities to hike, the gathering is designed to accommodate people of all fitness levels. The Yosemite High Country was one of Jan Zlotnick's favorite places. As you may know, he passed away at the end of 2014 from advanced prostate cancer. Jan was a friend and mentor to so many of us dealing with prostate cancer. We will honor his memory each year with the *Annual Prostate Gathering in the Yosemite High Country*. The week's activities will culminate with a trek to the summit of Mt Dana, a 13,061' challenge.

The goals of *the Gathering* include: increased awareness about prostate health issues and how to deal with them pro-actively, raise critically needed funds for the PAF's ongoing outreach and education programs and to inspire men and their families dealing with this epidemic affliction with hope.

APPROVAL POLICY:

All potential participants will need to have a telephone interview with Ken Malik, *the Gathering* leader. This will ensure the safety and integrity of *the Gathering*. This interview will also give you an opportunity to ask any questions you may have. If you have participated in a prior PAF expedition the approval process is waived.

EQUIPMENT:

The weather in the High Country can change rapidly. August has historically had some of the best weather conditions, but weather is always unpredictable in the mountains. See the attached equipment list for a concise list of things you will need.

ACCOMMODATIONS:

We will be staying at the Tuolumne Meadows Campground at 8,600'. The camp is close to the Tuolumne River. There are good bathrooms available but no shower facilities. In past years, showers have been available between 2-4pm for \$1.50 at Tuolumne High Sierra Camp across the river from our camp. This may or may not be an option this year. The PAF does have a Zodi water heating system for the Gathering which will provide hot water for dishes and showers.

Pre and Post Gathering Accommodations in San Francisco: If you are coming in from out of town and would like to stay in San Francisco we suggest the Ocean Park Motel. Please call Mark at the Ocean Park Motel at 415-566-702 and mention the Prostate Awareness Foundation. The Ocean Park Motel is a funky, clean and cool old hotel within walking distance of the ocean and public transportation. The rooms are the most reasonable we have found in San Francisco.

TRANSPORTATION: You can bring your own vehicle or possibly ride share with someone. We will also be renting a large van to transport gear and get everyone around in the High Country.

ITINERARY: You can decide each day between a leisurely day or one filled with more strenuous activities. We will eat a prostate friendly menu, get plenty of exercise and enjoy nature's bounty. Come for the whole week or just for a day or two.

DAY DATE

Sun 8/6

Leave for Yosemite by 8am at the latest, it is 5-6 hours to the campground from San Francisco. Bring lunch to eat on the road. Setup camp. Go for a swim in the river, relax. Dinner in camp @ 6pm.

Mon 8/7

Easy: Hike along the river toward Glen Aulin. This is a pretty flat hike and there are plenty of places to jump in the water. Dinner in camp at 6pm.

Moderate: Hike along the river to Tuolumne Falls along the same route as the easier hike. There is little elevation gain and a distance of about 9 miles round trip.

Tues 8/8

Easy: Hike around and then up Lembert Dome.

Moderate: Mono Pass Hike. 8-miles round trip and about 1,500' elevation gain. This is a half day hike.

Wed. 8/9

Easy to Moderate: Hike up to Lake Elizabeth behind the campgrounds. This is about a five mile round trip that takes about 3 hours with an elevation gain of around 1,500'. Bring lunch, bathing suit and towel and swim in the lake.

Moderate: Lower Gaylor Lake. 8 miles at about 9,500' elevation. 4 -5 hours.

Thurs. 8/10.

Strenuous: Mt Dana Summit. 5 miles with an elevation gain of 3,156' The trail is a pretty rough one the last ½ of the hike.

Moderate: The lower reaches of Mt Dana are a wildflower wonderland. Go as far as you like.

Fri. 8/11 Early breakfast, break camp and head home. We would like to beat traffic and be home by dinner.

GATHERING COST & FUNDRAISING OPTION:

This is a fundraiser** for the PAF, but we want to keep the cost affordable for everyone. You have two options: # 1: you can fundraise by asking friends, family and associates to make a tax deductible donation to the PAF (Fundraising flier available from the PAF). **Option # 2:** pay a fee of \$100 per day to participate. If you choose the fundraising option, **the minimum fundraising requirement is \$500.** The price per day includes: breakfast, lunch and dinner in the high country, and an "official" tee shirt. It does not include snacks, beverages beside water, food and lodging before and after the climb and airfare if you are flying in.

A \$100 Deposit should be paid by 7/1 to reserve your spot

ACCOUNTING:

For those of you fundraising, the PAF will keep a full and fair accounting of all incoming donations, keep participants informed and send out thank you letters to all your donors. 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 team member to credit or if they are paying by PayPal they should reference your name as well.

FUND RAISING HELP & SUPPORT:

We can help compose a fundraising letter that works for you. The PAF will also supply fliers and envelopes. Please let us know how many copies you will need.

DONOR CONTRIBUTION OPTION:

PAF can accept either check or credit card contributions. However, we do not have an "in-house" credit card system. We use PayPal for your credit card donations. You can direct your donors to the Yosemite Gathering section of the PAF website where they will be able to donate on your behalf. The PAF will manage contributions and keep you informed as to your progress reaching your fundraising goals.

Reserve your space 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 to arrange the phone meeting.
- 2) Once you are approved please make your deposit check for \$100 payable to PAF and mail to:

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

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



PROSTATE AWARENESS FOUNDATION
Integrative Paths to Healing

Equipment List

Prostate Gathering in the Yosemite High Country, Third Annual Jan Zlotnick Memorial

Conditions can change rapidly in the mountains. When planning your clothing needs, think about dressing in layers. We will be camping at 8,500' and some of us will reach altitudes as high as 10,000'. The temperatures can change dramatically in the mountains from early morning, through the day and into the evening. In the past we have had evening temperatures as warm as the high 50's but one year we had snow and temperatures in the teens (rare). Expect day time temperatures to be usually in the 70's but we've seen it as high as 95 and as low as 50. Thunderstorms can come in in the afternoons at altitude.

Sleeping Bag - Down or synthetic rated to at least 10 degrees.

Sleeping Bag Liner - Silk. (optional, but cozy)

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. A smart way to get around in the dark.

Daypack - Large enough to pack a lunch, 2 liters of water, some clothes for weather changes, snacks and incidentals you need for the day.

Hiking Poles - Optional, but highly recommended for hiking safety and to take stress off the joints.

Long underwear - Poly or wool is the best. Just in case it gets cold in the evening.

Sweaters & or sweat shirts - consider a light and a heavy one.

Water Repellent Wind Breaker - Thunder showers are always an afternoon possibility in the mountains, so are windy conditions, especially in higher elevations.

Wind & Waterproof Pants - Same as above

Parka - A down jacket with hood is a great asset when the evenings get cool

Gloves - Keep those fingers warm in the night and early morning.

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

Hats - two are suggested. A hat with a brim to shield the sun's rays, also a warm hat for the evening and high altitudes.

Bandana - to save your face from the wind, sun and cold.

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

Sun Screen - Bring at least a 30 just to be safe

Lip Baum - High altitude sun and wind can be severe

Water Bottles - at least 2 bottles of 1 liter each or a hydration system. If you plan to trek to Clouds Rest, bring three liters.

First Aid Kit - a small one to meet emergency situations. PAF will bring a complete medical kit along.

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.

Towels: Consider bringing two. A small, synthetic, quick drying towel is recommended for the trail. A bigger towel for swimming and showering. (There are no shower facilities in the campground, but there are good toilets. We hope to have a hot water system available for dishes and possibly showering.)

Gaiters: Optional but good for keeping scree and gravel out of your boots.

Bathing Suit: There are plenty of opportunities to jump in the river and lakes.

Tent: We will be tent camping. Bring your own tent or you can borrow one of PAF's. We have a couple of extras. Please let Ken know your plan.

Camp Chair: (optional but handy) There are multiple picnic tables at our group site but a comfortable camp chair is a luxury.

Mandatory: Positive attitude, patience and a good sense of humor