



PROSTATE AWARENESS FOUNDATION

Summer Hiking Schedule, Sundays at 8am

Easy to Advanced (*some hikes can be modified to be easier if need be*)

You are cordially invited to participate in PAF sponsored Bay Area hikes. These Sunday hikes begin at 8am and will last between 3 & 7 hours. Elevation gains will vary from a few 100' to over 2,000' for the more strenuous hikes. Distances will vary between 3 & 12 miles. Some of the hikes are designed so you can shorten the length and still feel like part of the group experience. 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.**

These weekly hikes are a great way to meet those of similar interest, to get or stay in shape and to pro-actively take care of yourself. Bring your lunch, water & a positive attitude.

Please contact Ken Malik at 415-407-3961 or kamalik@prostateawarenessfoundation.org by 5pm Saturday day evening, on the day before the hike to let us know you will participate and to plan logistics and carpools. We hope to see you on the trail!

Revised Summer Hiking Schedule:

- Sunday, June 25th North Sonoma Mountain - MODERATE TO STRENUOUS - Sonoma County
- Sunday, July 2nd Mt Tamalpais - Pantoll to Stinson & Back - STRENUOUS - Marin County
- Sunday, July 9th NO HIKE - Cancer Climb & Trek for Prostate Awareness - Mt Shasta**
- Sunday, July 16th Annadel State Park - Santa Rosa - EASY TO MODERATE - Sonoma County
- Sunday, July 23rd Barnabee Peak / Samuel Taylor St. Park - MODERATE - Marin County
- Sunday, July 30th Hood Mountain - STRENUOUS - Valley of the Moon, Sonoma County
- Sunday, August 6th NO HIKE - ANNUAL PROSTATE GATHERING IN THE YOSEMITE HIGH COUNTRY**
- Sunday, August 13th Taylor Mountain - EASY TO MODERATE - Santa Rosa, Sonoma County
- Sunday, August 20th China Camp Park - EASY TO MODERATE - San Rafael, Marin County
- Sunday, August 27th Skyline Wilderness Park - MODERATE - Napa, Napa County
- Sunday, Sept. 3rd Land's End - EASY - San Francisco
- Sunday, Sept. 10th NO HIKE - Annual PAF Vegan Dinner Party**
- Sunday, Sept. 17th NO HIKE - PAF VACATION**

Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.