

# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

## Sundays at 8:00am

---



**Shiloh Ranch State Park, Windsor, Sonoma County**

Sunday, September 17<sup>th</sup>, 2017 @ 8am

Easy to Moderate

2-3 hours, 650' elevation gain, 4-5 miles

Meet in the parking lot 5750 Fought Rd, Windsor. \$7 parking fee per vehicle. (Let's try and carpool). The hike starts at 8am, please be on time.

Bring your lunch, layered clothing, hiking poles if you have them, and plenty of water (there is no water in the park). make sure you bring sunscreen and a hat it warms up fast this time of year.

Bring your lunch, layered clothing, hiking poles if you have them, and plenty of water (there is no water in the park). make sure you bring sunscreen and a hat it warms up fast this time of year.

Contact Don Naples at 707-395-4729, 484-1606 or send an email to [dnaples@woodartistry.com](mailto:dnaples@woodartistry.com) no later than 5pm on Saturday to let us know you are planning to participate and so we can arrange carpooling and logistics.

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.*

[WWW.PROSTATEAWARENESSFOUNDATION.ORG](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)