

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Marin Headlands, Marin County

Sunday, September 24th, 2017 @ 8am

Moderate

5 hours, 1000' elevation gain, 8 miles

PLEASE NOTE: KEN IS AWAY, DON NAPLES WILL LEAD

We will meet at the Miwok Stables parking lot at the end of Tennessee Valley Rd. Take Hwy. # 101 to the Stinson Beach / Hwy # 1 exit. Drive west about a half mile to Tennessee Valley Rd. Drive 2 miles until the road dead-ends at the trailhead.

The trail is exposed most of the way so wear layered clothing; bring plenty of water, sunscreen and your lunch. Hiking poles are always helpful.

Contact Don Naples at 707-395-4729, 484-1606 or send an email to 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.

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