

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Mt Tamalpais - Pantoll to Stinson Beach and Back

Sunday, October 22nd, 2017 @ 8am

Moderate to Strenuous

5 hours, 1600' elevation gain, 8 miles

Meet at the Pantoll Ranger Station parking lot at 8am. We'll hike down the Steep Ravine Trail to Stinson Beach and then back up the Matt Davis Trail to Pantoll Ranger Station.

The hike starts at 8am, please be on time. Bring your lunch, layered clothing, hiking poles if you have them, and plenty of water.

Please contact Ken Malik no later than 5pm on SATURDAY night to let us know you are planning to participate and so we can arrange carpooling and logistics. Call 415-407-3961 or email him at kamalik@prostateawarenessfoundation.org.

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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