



PROSTATE AWARENESS FOUNDATION

Fall Hiking Schedule, Sundays at 8am

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

SCHEDULE REVISED DUE TO THE SONOMA/NAPA FIRES

You are cordially invited to participate in PAF sponsored Bay Area hikes. The hikes begin at 8am and last between 3 & 7 hours. Elevation gains will vary from a few 100' to over 2,000'. Distances will vary between 3 & 12 miles. Most hikes are designed so you can shorten the length and still feel like part of the group. You do not have to have prostate issues to participate, but trail talk is often about health related subjects. **Women are most welcome to join in.** This is a great way to meet people of similar interest and get or stay in shape.

Bring your lunch, water & a positive attitude. Please contact Ken Malik at 415-407-3961 or kamalik@prostateawarenessfoundation.org by 5pm Saturday evening to let us know you will participate so we can plan logistics and carpools. We hope to see you on the trail!

Fall Hiking Schedule:

Sunday, Oct. 29 th	Tomales Pt.- Pt Reyes Ntl. Seashore - Moderate to Strenuous	Marin County
Sunday, Nov. 5 th	Golden Gate Park - Easy to Moderate	San Francisco County
Sunday, Nov. 12 th	Taylor Mtn - Santa Rosa - Easy to Moderate	Sonoma County
Sunday, Nov. 19 th	Napa Bothe State Park - Moderate to Strenuous	Napa County
Sunday, Nov. 26 th	Armstrong Redwoods St. Park - Moderate to Strenuous	Sonoma County
Sunday, Dec. 3 rd	NO HIKE - PAF Annual Holiday Gathering - Pot Luck Join us for the annual PAF prostate friendly pot-luck in a 100+ year old Queen Anne Victorian. Mark your calendar now. Details to follow	Healdsburg
Sunday, Dec. 10 th	Pomo Canyon - Sonoma Coast - Moderate	Sonoma County
Sunday, Dec. 17 th	Muir Woods - Moderate to Strenuous	Marin County



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