



## PROSTATE AWARENESS FOUNDATION

Spring 2018 Hiking Schedule, Sundays at 8am  
Easy to Advanced (*some hikes can be modified if need be*)

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](mailto: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!*

### Spring 2018 Hiking Schedule:

Sunday, May 13th	Mt Whittenberg, MODERATE to STRENUOUS	Pt Reyes, Marin County
Sunday, May 20th	Marin Headlands MODERATE to STRENUOUS	Golden Gate National Seashore
Sunday, May 27th	Mt Tamalpais Summit STRENUOUS	Mill Valley, Marin County
Sunday, June 3 <sup>rd</sup>	Golden Gate Park EASY TO MODERATE	City of San Francisco
Sunday, June 10	Angel Island EASY (9:45am - Tiburon Ferry to Angel Island)	San Francisco Bay
Sunday, June 17th	Annadel State Park MODERATE	Santa Rosa, Sonoma 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](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)  
*Integrative Paths to Healing*