

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Trione-Annadel State Park

Lake Ilsanjo loop

Santa Rosa, Sonoma County

Sunday, June 17, 2018 @ 8am

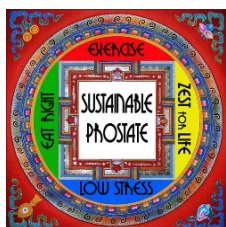
MODERATE - 4 hours, 700' elevation gain, 6.2 miles

Farmers Lane to Montgomery Dr, continue 2.7 miles to Channel Drive, turn right and follow 1.5 miles to the kiosk. Pay the day use fee. Or we can meet at Ken's building at 7:30 and carpool. We will hike up the North Burma trail to the lake and back.

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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