

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



North Sonoma Mountain Trail, Sonoma County

Sunday, June 24th, 2018 @ 8am

Moderate to strenuous

4 - 5 hours, 1,200' elevation gain, 8 miles

We haven't been able to do this trail since the October fires. It's an up and back hike so if you not want to go all the way you can turn back at any time. The length and speed of the hike will be determined by the group. We'll meet in the parking lot after entering the park.

To get there take Farmer's Lane to its south end. Make a left onto Bennett Valley Rd and drive about 4.5 miles, make a right onto Sonoma Mt. Rd. and drive about 3 miles to the park. If you're coming from the south, please Mapquest/Google the address: 5297 Sonoma Mountain Rd, Santa Rosa. There is a \$7 entrance fee. PAF has an annual park pass so another option is to meet at Ken's place at 7:30am: 657 Acacia Lane, Santa Rosa, CA 95409 and we can carpool.

The hike starts at 8am, please be on time. Bring your lunch, layered clothing, hiking poles if you have them, and plenty of water (there is no water in the park). This is an out and back hike.

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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