

# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

## Sundays at 8:00am

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**Bald Mountain, Sugarloaf State Park**  
**Kenwood, Sonoma County**  
Sunday, July 15<sup>th</sup>, 2018 @ 8am  
Moderate to strenuous  
5 hours, 1,700' elevation gain, 8 miles

Take Hwy 12 thru the Valley of the Moon to Kenwood and turn onto Adobe Canyon Rd and follow to the park entrance. There is an entry fee of \$10. Once in the Park drive to the Observatory/Horse stables where we will meet promptly at 8am.

We have not been to Sugarloaf and Bald Mtn. since the October fires. The Park is now open and it will be interesting to see how Mother Nature has recovered. This hike is a nice combination of sun and shade which is great as it can get hot in the Valley of the Moon. We will wind our way up to the top of Bald Mtn. at 2,729' 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](mailto:kamalik@prostateawarenessfoundation.org).

Hope to see you on the trail!

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*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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