

# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

## Sundays at 8:00am

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### Mt Burdell (1,558') Trail Loop

Novato, Marin County

Sunday, September 30, 2018 – 8:00am

Moderate

4-5 hours, 1,500' elevation gain, 6 miles

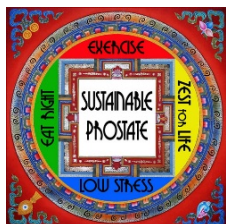
Take Hwy 101 North to the last Novato Exit – San Marin Drive. Go west about 2 miles, turn right onto San Andreas Drive, go about ½ a mile and park on the street by the Open Space gate.

Our goal is the summit, but the hike can be modified for a shorter distance. You don't need to have a prostate to participate, but trail talk is often about prostate and health related subjects. *Women are most welcome to join in.* As always, wear layered clothing; bring plenty of water; your lunch; and a positive attitude!

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. Email Ken at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call him at 415-407-3961.

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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