

Prostate Awareness Foundation Weekly Hike
Sundays at 8:00am



Golden Gate Park - San Francisco
Sunday, March 3, 2019 @ 8am
Easy to moderate
3-4 hours, 150' elevation gain, 4-5 miles

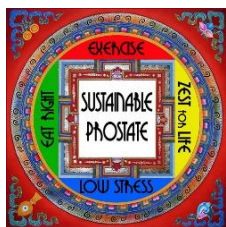
We'll meet in front of the Arboretum in Golden Gate Park at 9th Ave by Lincoln Avenue.

Early March is pretty spectacular in the park with spring breaking out all over. We will walk thru the Arboretum. Then hike around the park.

The hike starts at 8am, please be on time. Bring a snack, layered clothing, and 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.

www.prostateawarenessfoundation.org