

## Prostate Awareness Foundation Weekly Hike

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### Cataract Falls, Mt Tamalpais, Marin County

SUNDAY March 10, 2019 @ 8:00am

Strenuous

4 hours, 1,000' elevation gain, 8 miles

We all look forward to this spectacular hike along the Cataract Trail. It's a pretty challenging uphill trek but well worth it with all the rain we've had this year filling the creek to the brim. This is an up and back trail so you can determine how far you want to go before turning back.

Meet at the Fairfax Coffee Roastery, # 4 Bolinas Rd, in Fairfax (corner of Bolinas Rd and Broadway) at 8:00am. We will car pool to the trailhead from there as parking is limited and the trail will be busy as the day progresses as this hike is at its best after the rain. You do not have to have prostate issues 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; hiking poles if you have them and a positive attitude!

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



*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](http://www.prostateawarenessfoundation.org)