

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Indian Tree Trail

Novato, Marin County

Sunday, March 17m 2019 8am

Strenuous

4-5 hours, 1,300' Elevation Gain, 6 miles round trip

We'll hike thru oaks, buckeye and redwoods with great views in all directions.

Take Hwy #101 to San Marin Drive in north Novato and head west 2.7 miles. San Marin Dr. turns into Sutro Ave at Novato Blvd. Follow Sutro Ave one mile and turn right at Vineyard Rd and follow 1 mile. The trailhead is on the left where the paved road becomes a dirt road. The trail ascends uphill about 1,000' and is in shade a good part of the way.

Wear layered clothing; bring plenty of water and a snack. Hiking poles are always helpful. Yu don't have to have a prostate to participate.

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