



PAF Board of Directors: John Bohan, Lynda LeMole, Ralph Lake, Robert Gumpertz , Brad Neal, Jeanette Lebell, Tom Lennon

Dear Daredevil,

I'm excited about this year's Free Fallin' Skydive for Prostate Awareness and I'm really glad to have you jumping with us. This is our second jump. We all had a lot of fun last year and we raised some funds for the Prostate Awareness Foundation. Thanks for your willingness to participate and help the PAF continue to reach men and their families in need of prostate health information.

You will do a tandem jump with a certified trainer from 12,000', receive an "official" tee shirt and a healthy lunch. Plus of course, you will have a lifelong memorable experience to brag about! The trainer is responsible for providing a safe smooth landing for you with minimal impact on your knees, hips or back. Our oldest skydiver last year was nearly 80 years of age!

Enclosed are some materials to help you in your fundraising efforts. We will send you more if you run out. The PAF will track your online donations as they come in and send thank you notes to your donors. We ask each participant to raise a minimum of \$500 for the PAF. Some jumpers are a little shy and may choose to pay out of pocket instead of fundraising.

Take a look at the Skydive page at <http://www.prostateawarenessfoundation.org/skydive-2019/> Donors can contribute to your jump by PayPal and credit card, or download the flier and pay by check. So, let's get your fundraising up & running! Please send the following to kamalik@prostateawarenessfoundation.org at your earliest convenience:

- 1) **Mailing address, phone # and email address**
- 2) **Fun picture of yourself that you like.** Fairly close up and preferably outdoors
- 3) **Email a tagline to go with your picture,** something like: "I always wanted to do this" or "What, am I, crazy?" You get the idea...

Call me at 415-407-3961 if you have any questions. I'm looking forward to a great shared experience. Let's have some fun!

Ken Malik, Flight Commander
Prostate Awareness Foundation Founder & Executive Director

The Prostate Awareness Foundation (PAF) offers information, support, and education about the treatment options available to those with prostate cancer. The object is to lessen the trauma, impact, problems, and depression associated with the disease and to encourage proactive responsibility for one's own healing. We also offer information to those who wish to take a preventative approach to the disease. Based in Sonoma County and the San Francisco Bay Area, we have been providing this service, nationwide and also internationally since 1995.

The Prostate Awareness Foundation is a non-profit 501(c)(3) organization- Fed ID #31-1633278

A BENEFIT FOR PROSTATE AWARENESS FOUNDATION PROGRAMS AND SERVICES



FREE FALLIN' SKYDIVE FOR PROSTATE AWARENESS



CLOVERDALE MUNICIPAL AIRPORT, SATURDAY, JUNE 15, 2019

Support the mission of the PAF by being one of our ~~foolhardy~~ BRAVE skydivers!
Drop Zone: NorCal Skydiving, 220 Airport Road, Cloverdale, CA 95425
Time: All day starting at 9:00am Prostate-friendly BBQ: Noon - 2pm

DETAILS:

- No experience necessary
- You must be over 18 years of age and under 250 lbs.
- You will be doing a **tandem jump** with a seasoned professional
- Two tandem teams per jump
- 25 skydiver maximum for the day
- NorCal Skydiving is certified by the United States Parachute Association
- 20-30 minute plane ride to reach the jump elevation
- Jump from 12,000' (2 miles+)
- Reach a speed of 120 mph
- No special clothing or equipment required except tennis, hiking or gym shoes
- Jumpsuits are available
- No alcohol until after your jump.

Directions to NorCal Skydiving:

NorCal Skydiving is in Cloverdale, north of Santa Rosa and Healdsburg.

- Take Hwy # 101 North to the Dutcher Creek exit (1 mile before Cloverdale).
- At the end of the exit ramp turn right at the stop sign onto Theresa Drive
- Take an immediate left at the stop sign onto Asti Road
- Take an immediate right at the Cloverdale Airport sign onto Chrome Iron Rd
- Continue until you pass through the airport gate and park on the left across from the hangar



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More Info: www.ProstateAwarenessFoundation.org