



Cancer Climb and Trek for Prostate Awareness, Lassen Volcanic National Park, in the Southern Cascade Mountains of Northern California from September 8 to 14, 2019.

Thank you for your interest in the 19th Annual *Cancer Climb and Trek for Prostate Awareness* expedition. This year we will be heading to Northern California and Lassen Volcanic National Park. My name is Ken Malik. I am the founder and executive director of the Prostate Awareness Foundation and this year's group leader. I am also a prostate cancer veteran of 24 years, diagnosed with early stage prostate cancer at age fifty. The PAF is a not for profit 501(c) (3) corporation (#31-1633278). All of the PAF services are provided free of charge and include: regular monthly discussion and support group meetings, a mentor program and the "Sustainable Prostate Blog" that provides regular tips on men's health issues. Please visit www.prostateawarenessfoundation.org to learn more about the PAF.

There is space available for a maximum of 18 participants. The team will include prostate cancer veterans, their family members, and those who are interested in prostate health. There are hikes and climbs scheduled each day to prepare us for the summit attempt of Lassen Peak (10,457') on our final day. To best enjoy the more difficult, strenuous hikes, one should be in in good physical condition. If you're not in tip top shape, consider some of the easier daily hikes that will be available. The expedition is a great way to get into shape. Past participants have ranged in age from 15 to 76. As always, women are welcome and encouraged to participate. Prostate friendly meals will be available to all participants and there will be daily discussions on prostate health issues.

We hope you will give serious consideration to taking part in the expedition. **We would like to ask for your commitment no later than June 1st.** There is a great deal of interest in this year's Climb and Trek so please sign up early to assure your place on the team. We would love to have you join us on this great adventure.

If you have not visited Lassen Volcanic National Park you are in for a treat. It is off the beaten track and one of the least visited of our national parks. Manzanita Lake (5,900') will be our basecamp and is a great get-away in this alpine paradise. This is gourmet car camping at its best.

The goals of the expedition include: 1) increased public awareness about prostate health issues and how to deal with them pro-actively, 2) raise critically needed funds for the PAF's ongoing outreach and education programs and 3) to inspire men and their families dealing with this epidemic affliction with hope.

APPROVAL POLICY: All potential participants will need to have a telephone interview with Ken Malik, the expedition leader. This will ensure the safety and integrity of the team. This interview will also give you an opportunity to ask any questions you may have. If you have participated in a prior PAF expedition the approval process is waived.

EQUIPMENT: The weather in the Cascades can change rapidly. September has historically had some of the best weather conditions, but the mountains are always unpredictable. See the attached equipment list for a concise list of things you will need.

ACCOMMODATIONS: We will be staying at the Manzanita Lake Group Campgrounds at 5,900'. There are good bathrooms available and we will have a shower tent available with plenty of hot water.

TRANSPORTATION: You can bring your own vehicle or possibly ride share with someone. If need be we can rent a large van or SUV. If that becomes a requirement we will ask everyone to chip in for the rental.

ITINERARY: You can decide each day between a leisurely day or one filled with more strenuous activities. We will eat prostate friendly meals, get plenty of exercise and enjoy nature's bounty. Come for the whole week or just for a day or two. Preference will be given to those staying for the entire expedition. If traveling from out of state please plan arriving in Sonoma County no later than late Saturday, September 7th. This will allow us to use Sunday to shop for last minute necessities, inspect our gear and possibly do a warm up hike somewhere in beautiful Sonoma County.

Monday, September 9: we will leave for the mountains after an early breakfast in Santa Rosa. We should arrive in camp by around 2pm. After setting up camp we will have dinner at 6pm

Tuesday, September 10: A visit to Bumpus Hell, bubbling lakes and other unusual geologic wonders.

Wednesday, September 11: the summit of Broke off Mountain is our destination. A great warm up for Mt Lassen on Friday. Brokeoff Mt is a 7-mile roundtrip hike to the top at 9,235' with an elevation gain of 2,700'.

Thursday, September 12: Leisurely day: visit local hot springs, jump in the lake, relax around camp.

Friday, September 13: Lassen Peak summit with an elevation gain of 1,957' is our destination. The summit at, 10,457' will be the site of this year's memorial tribute to those with prostate cancer both living and dead.

Saturday, September 14: Break camp and head for home after an early morning breakfast.

EXPEDITION COST & FUNDRAISING OPTION:

This is a fundraiser** for the PAF, but we want to keep the cost affordable for everyone. You have two options: # 1: you can fundraise by asking friends, family and associates to make a tax deductible donation to the PAF or Option # 2: pay a fee of \$150 per day to participate. If you choose the fundraising option, **the minimum fundraising requirement is \$750**. The price per day includes: breakfast, lunch and dinner, and an “official” tee shirt and water bottle. It does not include snacks, beverages beside water, food and lodging before and after the climb and airfare if you are flying in. **A \$150 Deposit should be paid by 6/1 to reserve your spot.**

ACCOUNTING: PAF will keep a full and fair accounting of all incoming donations, keep participants informed and send out thank you letters to all your donors. All donations should be made payable to PAF and are tax deductible. **Please ask your donor to reference your name on the check memo line so we know which climber to credit.**

FUND RAISING HELP & SUPPORT: We can help compose a fundraising letter that works for you. The PAF will also supply fundraising fliers and envelopes. Please let us know how many copies you will need.

DONOR CONTRIBUTION OPTIONS: PAF can accept either check or credit card contributions. However, we do not have an “in-house” credit card system. We use PayPal for your credit card donations. You can direct your donors to www.prostateawarenessfoundation.org where they will be able to donate on your behalf. The PAF will manage contributions and keep you informed as to your progress reaching your fundraising goals.

To reserve your space on the expedition:

- 1) Contact Ken Malik at 415-407-3961. Let him know you are interested and take part in a brief telephone interview. You can also contact Ken at kamalik@prostateawarenessfoundation.org to arrange the phone meeting.
- 2) Once you are approved please make your deposit check for \$100 payable to PAF and mail to:

PAF, Attn: Ken Malik, PO Box # 2934, Santa Rosa, CA 95409

PLEASE PASS THIS INFORMATION ON TO OTHERS WHO MAY BE INTERESTED IN JOINING
THE EXPEDITION



PROSTATE AWARENESS FOUNDATION
Integrative Paths To Healing

Equipment List

Sleeping Bag - Down or synthetic rated to at least 10 degrees.

Sleeping Bag Liner - Silk. (optional, but cozy)

Hiking boots - High top hiking boots with good ankle support are the best. If you're planning on new boots, get them now and break them in.

Casual boots or shoes - For relaxing around the camp after a long day on the trail.

Head Lamp & extra batteries. A smart way to get around in the dark.

Daypack - Large enough to pack a lunch, 2 liters of water, some clothes for weather changes, snacks and incidentals you need for the day.

Hiking Poles - Optional, but highly recommended for hiking safety and to take stress off the joints.

Long underwear - Poly or wool is the best. Just in case it gets cold in the evening.

Sweaters & or sweat shirts - consider a light and a heavy one.

Water Repellent Wind Breaker - Thunder showers are always an afternoon possibility in the mountains, so are windy conditions, especially in higher elevations.

Wind & Waterproof Pants - Same as above

Parka - A down jacket with a hood is a great asset when the evenings get cool

Gloves or Mittens - Keep those fingers warm in the night and early morning.

Socks - The new wool hiking socks are comfortable and user friendly.

Hats - two are suggested. A hat with a brim to shield the sun's rays, also a warm hat for the evening and high altitudes.

Bandana - to save your face from the wind, sun and cold.

Sun Glasses: The sun is very bright at altitude, plan accordingly

Sun Screen - Bring at least a 30 just to be safe

Lip Baum - High altitude sun and wind can be severe

Water Bottles - at least 2 bottles of 1 liter each or a hydration system.

First Aid Kit - a small one to meet emergency situations. PAF will bring a complete medical kit along.

Camera, memory card & spare battery - (Optional) bring an extra memory card and at least one spare battery pack, they don't last as long at high altitude.

Shoe Laces - an extra pair is optional but can come in handy.

Towels: Consider bringing two. A small, synthetic, quick drying towel is recommended for the trail. A bigger towel for swimming and showering.

Gaiters: Optional but good for keeping scree and gravel out of your boots.

Bathing Suit: There are opportunities to jump in the lake.

Tent: We will be tent camping. Bring your own tent or you can borrow one of PAF's. We have a couple of extras. Please let Ken know your plan.

Camp Chair: (optional but handy) There are multiple picnic tables at our group site but a comfortable camp chair is a luxury.

Mandatory: Positive attitude, patience and a good sense of humor