



For Immediate Release

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## **Cancer Climb and Trek for Prostate Awareness**

**Lassen Peak, Lassen Volcanic National Park, September 8-14th, 2019**

*Santa Rosa, CA.* The Prostate Awareness Foundation is recruiting **climbers, trekkers, support team members, and sponsors** for this September's Cancer Climb and Trek for Prostate Awareness expedition. This will be the 19<sup>th</sup> fundraising expedition conducted by the PAF. This year's climb is set for **September 8 -14**. These expeditions are designed to raise awareness about prostate health issues. Along with raising funding for the PAF's **Sustainable Prostate Project**, and outreach and support services for men & their families who are dealing with prostate cancer or other prostate-related health concerns. Ken Malik, the leader of this year's climb is the founder and executive director of the PAF. He has been dealing with prostate cancer since his 50<sup>th</sup> birthday in 1995. Ken says **"there is still plenty of time to get in shape for this great adventure!"**

Since 2001, a select group of prostate cancer veterans, their family members, loved ones, friends and supporters have been participating in the annual *Cancer Climb and Trek for Prostate Awareness*. The culmination of this year's expedition will be a summit attempt of 10,457' Mt Lassen. This is not a technical climb but it is a challenge. The week's activities will include climbs and hikes designed to build team spirit, learn more about prostate health and get in proper shape to reach the top. A support team will share in the camaraderie and cheer the climbing team on to success. Our base camp is gourmet car camping at its best. We will eat prostate friendly meals each day.

For expedition members, this is an opportunity to focus national attention on the **prostate cancer epidemic** (1 in 6 men will be diagnosed and 30,000 will die of prostate cancer this year), while sending a message of hope and inspiration to men and their families coping with this epidemic disease. Participants will help raise critically needed funding for the Prostate Awareness Foundation, based in Santa Rosa. The foundation educates and encourages men to take a pro-active posture toward prostate health.

The first PAF expedition in 2001 climbed Mt. Aconcagua in the Argentine Andes. Since then, annual climbs have included Mt. Kilimanjaro at 19,341 feet in Africa, Mt. Blanc and Gran Paradiso in the Alps, Mt. Shasta, Mt. Elbert, Mt. Massive, Mt. Baker, Swift Current Peak, Clouds Rest, Mt. Dana and Mt. Hoffman in the United States and Huayna Picchu, Mt Cotopaxi, El Misti, Mt. Machu Picchu and Mt. Ausangate in the Andes mountains of South America.

The PAF, the non-profit organization that sponsors these expeditions provides men and their families with patient driven information about treatment options both conventional and alternative. It also offers guidance about preventative measures, nutrition, supplements, exercise and stress management techniques. The object: to help men take a more proactive approach to good prostate health. PAF helps men both nationally and internationally and **all PAF services are free of charge**. PAF is currently **recruiting climbers, support team members, and business sponsors** for the September expedition. Climb details are posted on the PAF's website [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org)

Contact Ken Malik for more information at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or by calling 415-675-5661. The foundation is a not for profit 501(c)(3) corporation, #31-1633278.