



For Immediate Release

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Contact: Ken Malik @ 415-675-5661 or kamalik@prostateawarenessfoundation.org

20th Cancer Climb & Trek for Prostate Awareness Pyrenees Mountains of Northern Catalonia September 12-19, 2020

Santa Rosa, CA. The Prostate Awareness Foundation is currently recruiting **climbers, support team trekkers and sponsors** for the September 2020 *Cancer Climb and Trek for Prostate Awareness expedition*. This will be the 20th annual fundraising expedition conducted by the PAF. The 2020 climb will start on September 12th from Barcelona, Spain and end on September 19th. These expeditions are designed to raise awareness about prostate health issues, raise funds for the PAF's outreach and support services, and inspire men & their families dealing with prostate cancer that there is hope after diagnosis for a rich and rewarding life. The leader of this year's climb is the founder and executive director of the PAF, Ken Malik. Ken received a diagnosis of prostate cancer on his 50th birthday in 1995.

The first expedition in 2001 climbed Mt Aconcagua in the Argentine Andes. Since then, prostate cancer veterans, their family members, loved ones, friends and supporters have joined the PAF's annual climbs which have included Mt Kilimanjaro 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, Mt Lassen, Broke Off Mt. 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 highlight of this year's expedition will be a summit attempt of both Mt Aneto and Mt Canigou. These high altitude peaks will both present major challenges for the expedition. The week's activities will include climbs and hikes designed to build team spirit, learn more about prostate health and get acclimatized for the summit attempts. A support/trekking team will share in the camaraderie and cheer the climbing team on to success.

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 the San Francisco Bay Area and Santa Rosa, California. The foundation 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.**

For information about the expedition and how you can become a member of the climbing team call Ken Malik at 415-675-5661 or email kamalik@prostateawarenessfoundation.org. The itinerary for the climb is posted on the PAF's website: www.prostateawarenessfoundation.org.