

For Immediate Release

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Santa Rosa, CA. The Prostate Awareness Foundation is currently recruiting **climbers, support team trekkers and sponsors** for the September 2021 *Cancer Climb and Trek for Prostate Awareness expedition*. The expedition was originally scheduled for September 2020 but was postponed due to Covid-19 restrictions and safety considerations. So providing it will be safe to travel, this will be the 20th annual fundraising expedition conducted by the PAF. The 2021 climb will start on September 11th from Barcelona, Spain and end on September 18th. These expeditions are designed to raise awareness about prostate health issues, raise critically needed funding 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. 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 for 25 years, since 1995 when he was diagnosed with cancer on his 50th birthday

Since 2001, a select group of prostate cancer veterans, their family members, loved ones, friends and supporters have been participating in this annual fundraising expedition. 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. 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 attempt of Mt Aneto. 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 and international attention on the prostate cancer epidemic. It will also send a message of hope and inspiration to men and their families coping with this epidemic problem. Participants will help raise critically needed funding for the Prostate Awareness Foundation, based in Santa Rosa, California. The foundation provides education and encouragement to men willing to take a pro-active posture toward their prostate health.

The first expedition in 2001 climbed Mt Aconcagua in the Argentine Andes. Since then, annual climbs 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 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 no matter what protocol they decide upon. PAF helps men both nationally and internationally and **all PAF services are free of charge**.

Climb details are posted on the PAF's website www.prostateawarenessfoundation.org. Email Ken Malik for more information at kamalik@prostateawarenessfoundation.org or call 415-675-5661