



20th CANCER CLIMB & TREK FOR PROSTATE AWARENESS **Pyrenees Mountains, September 11 - 18, 2021**

- ◆ This year about 200,000 men will be told they have prostate cancer
- ◆ Every 90 seconds another man is diagnosed with the disease
- ◆ 30,000 men will die from prostate cancer this year
- ◆ One of five men diagnosed will be under 60 years of age
- ◆ 30% of all US men have undiagnosed prostate cancer by age 60
- ◆ In many cases men are being over-treated for a disease which will not progress

Since 2001, a select group of prostate cancer veterans, their family members, loved ones and friends have been participating in the annual Cancer Climb & Trek for Prostate Awareness expedition. The 2020 expedition will climb and trek in the Pyrenees Mountains of Northern Catalonia (Spain, France, Andorra). Summit attempts of Mt Aneto and or Mt Canigou will be a challenging test. A support team will also participate.

For all the expedition members, this is an opportunity to focus national attention on the prostate cancer epidemic while sending a message of hope and inspiration to those afflicted with the disease. Daily activities are designed to help men take a proactive approach to prostate health with an emphasis on diet, stress reduction and healthy life style. We would like to ask you for your support and help in achieving our objectives.

OUR GOALS

- Generate critically needed funding for prostate education, awareness and prevention programs.
- Inspire men and their families with the knowledge that there can be a rich and rewarding life after diagnosis.
- Take a pro-active approach to prostate health

We'd like you to be there with us in spirit when we test our endurance each day on the expedition. Please read the back of this flier for more information about how you can help. 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 since 1995.

www.ProstateAwarenessFoundation.org

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



20th Cancer Climb & Trek for Prostate Awareness

September 11 - 18, 2021

Pyrenees Mountains of Northern Catalonia

Here is how you can support the Pyrenees Expedition and the mission of the PAF:

- Sponsor one of our determined climbers/trekkers
- Contribute in the memory of a special individual
- Donate in the name of someone living with cancer
- Help Fund Education and Outreach Programs

Donor Level:

Commemorative Gifts

Trailhead \$40 _____

Wallet card commemorating the climb with the *Keys to Prostate Health* on the back

Basecamp \$60 _____

Pyrenees Expedition wallet card and the name of a loved one on the official climb banner unfurled at the summit.

High Camp \$150 _____

All of the above + the PAF stainless steel water bottle

Summit \$250+ _____

All of the above, plus the Pyrenees Expedition Hat

Expedition \$ _____

Donation in any amount to assist the PAF and its mission

Please mail checks to: Prostate Awareness Foundation, P.O. Box 2934, Santa Rosa CA 95409
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I support you every step of the way! Here is my tax-deductible donation for the level indicated above. We can also take donations via PayPal using your PayPal account or a credit card on the PAF website: <http://www.prostateawarenessfoundation.org/cancer-climb-2021-Pyrenees/>

The climber I am sponsoring is: _____

I am making a donation in the memory of: _____

Donor Name: _____

Address: _____

Email Address: _____

Office only: Date received _____ TY Ltr Sent _____