

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM



Annadel-Trione State Park Loop

Santa Rosa, Sonoma County

Monday, March 8, 2021 @ 9am

Moderate - strenuous difficulty

4-5 Hours, 1000' elevation gain, 5-7 miles

Take Hwy 12 to Farmers Lane, turn right and follow Farmers Lane to Montgomery Drive and make a right. Take Montgomery Drive past Mission Blvd till you get to Channel Drive. Turn right on Channel Drive and follow to the free parking area on the left side of the road by the Cobblestone Trail. We will hike up to Lake Ilsanjo and back to the trail head.

This hike starts at 9am, please be on time.

You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in. Be sure to wear layered clothing; bring plenty of water & your lunch, and a positive attitude! Hiking poles will be an asset.

Please contact Ken Malik no later than 5pm on Sunday night to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

Hope to see you on the trail!



Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression. These weekly hikes are a great way to meet those of a similar interest, to get or to stay in shape, and to pro-actively take care of yourself.

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