



2022 Calendar of Events

PROSTATE AWARENESS FOUNDATION

www.ProstateAwarenessFoundation.org

Monthly - Discussion and Support Group Meetings - Via Zoom

3rd Wednesdays of the month

@ 5pm PST, 6pm MST, 7pm CST, 8pm EST

Weekly - Prostate Awareness Foundation Hiking Program

PAF sponsored hikes in the San Francisco Bay Area/North Bay Area

Saturday, March 26th - Annual Bill Kortum Memorial Hike

@ 11am. Easy hike on the Sonoma Coast

Sunday, April 24 to Thursday, April 28th -

Annual Spring Prostate Gathering in Pinnacles National Park, CA.

Gourmet hiking, camping with a prostate friendly menu.

Saturday, June 18th - Angel Island in the San Francisco Bay

Hike or Bike. Tiburon Ferry @ 10am

Sunday, August 21st to Friday, August 26th -

Summer Prostate Gathering Camping and Hiking in the High Sierra Mountains

Friday, September 23rd to Sunday, October 2nd

20th Annual Cancer Climb and Trek for Prostate Awareness

Pyrenees Mountains of Spain, Andorra and France

Fall Prostate Gathering - Dates and Location - to be determined

PAF sponsored hikes last between 3 & 7 hours. Elevation gains vary from a few 100' to over 2,000', and distances vary between 3-12 miles. Some hikes are designed so you can shorten the length and still feel like part of the group. You do not have to have prostate issues to participate, **and women are most welcome to join in**, but trail talk is often about prostate health related subjects. This is a great way to meet people of similar interest and get or stay in shape. Bring your lunch, water & a positive attitude. Get in touch with Ken Malik at 415-407-3961 or email kamalik@prostateawarenessfoundation.org to let us know you are coming and to plan logistics and carpools. *We hope to see you on the trail!*

