



**21st Cancer Climb & Trek for Prostate Awareness, A Jim Cozad Memorial Expedition
Mt Washington & the Presidential Range in the White Mountains of New Hampshire, USA
Friday, September 29th to Saturday, October 7, 2023**

2023 will bring the fundraising *21st Cancer Climb and Trek for Prostate Awareness expedition* to the White Mountains of northern New Hampshire. We will trek and climb in the Presidential Range with the week ending with an ascent of Mt Washington on the Appalachian Trail. This year's climb will be in honor of Jim Cozad, and all of those men both living and gone who valiantly battled against prostate cancer. Jim Cozad was a member of the 1st Prostate Cancer Climb expedition in 2001 when we climbed Mt Aconcagua in the Argentine Andes. He also participated on the Glacier National Park ascent of Swift Current Peak and Mt Dana and Clouds Rest Peak on the Yosemite High Country expedition.

Fall is a special time of the year in New England. Nights are getting cooler, Mother Nature is putting on her annual magnificent performance with the foliage changing to unbelievable colors. This time of year is very popular with tourists so it's time to get serious about planning and getting in shape for the September/October fundraising expedition. We need to get your commitment now in order to move forward with planning a safe and rewarding experience. Below you will see our proposed itinerary, type of accommodations, estimated cost and information about the expedition. More than 30 people have voiced interest in this year's expedition. Because of logistics the Climbing/Support Team will be limited to a maximum of eighteen (18). As on past expeditions, the team will be composed of climbers and support. **Your deposit of \$400 will guarantee your place on the expedition.**

A real plus on this year's expedition is the participation of Sahar Pinkham. Sahar is one of our regular PAF Monday hiking group members here in Northern California. He grew up in North Conway, NH in the heart of the White Mountains. The Pinkham family roots in this area go back to its early settlement in the 1700's, in fact Pinkham Notch, a prominent landmark is named after the family. Sahar visits the area every fall and his knowledge of the mountains and trails we will be climbing and trekking will be a great asset.

PLEASE NOTE: the actual climb starts a week earlier than the major change in foliage. The reason is the weather! Like mountains anywhere, conditions can change rapidly. These changes can include snow and high winds. The later in the fall, the less reliable the climbing

weather becomes, especially in the White Mountains. So, many of the Team will be staying after the expedition ends on Saturday, October 7th to enjoy the foliage and some climbers are bringing in significant others to share this memorable experience.

THE GOALS OF THE EXPEDITION: 1) increase public awareness about prostate health issues and how to deal with them pro-actively, 2) raise critically needed funds for the PAF's ongoing outreach and education programs all of which are free to the public 3) inspire men and their families dealing with this epidemic affliction with hope that there can be a rich and rewarding life after a cancer diagnosis 4) reach the summit of Mt Washington and other peaks in the Presidential Range.

ITINERARY: There will be hikes and climbs each day with the opportunity to just take it easy on some days. You will note the week will end with the summit attempt of Mt Washington (6,280'). Don't let the altitude fool you, these are serious, rugged mountains. To best enjoy the more difficult hikes and climbs one should get in in top physical condition. Preparing for the expedition is a great way to get into shape. Past participants have ranged in age from 15 to 78. As always, women are welcome and encouraged to participate.

Most of us will fly into Logan Airport in Boston, MA on Friday, September 29th and the expedition will officially begin with a team meeting @ 7pm on Friday night. When you make your travel plans, please plan on arriving into Boston no later than that Friday afternoon. We have rented a 12 passenger van in Boston to transport the team to the mountains on Saturday morning Sept. 30th. Those participants living in the NE will be driving their own vehicle directly to the headquarters lodging. See the below itinerary for more details. The expedition will "officially" end on Saturday morning, October 7th.

Date	Day	Plan
Sept 29 th	Friday	Arrive in Boston, MA / team meeting at 7pm
Sept 30 th	Saturday	Drive to North Conway, NH
October 1 st	Sunday	Trek/climb. Specifics to follow
October 2 nd	Monday	Trek/climb. Specifics to follow
October 3 rd	Tuesday	Trek/climb. Specifics to follow
October 4 th	Wednesday	Rest day if desired
October 5 th	Thursday	Mt Washington trek to mid-mountain refuge. Climbers stay in Refuge and the support team in headquarters house.

October 6th Friday Climbers summit Mt Washington and return to trail head via trails, Cog Railway or van

October 7th Saturday Some expedition members will return home. Others will stay on at the Headquarters house. Some will bring in their significant others and stay on for the foliage display in all its glory

October 8th – October 14th Optional Foliage walks and hikes*

*PLEASE NOTE: PREFERENCE FOR THE 2ND WEEK WILL BE GIVING TO THE CLIMBING/TREKKING TEAM AND THEIR SIGNIFICANT OTHERS!

AIR TRAVEL: The lowest fare we found from San Francisco to Boston's Logan Airport was \$400 round trip on Jet Blue. We would recommend booking your flights as soon as you make your decision to participate in this year's expedition to get the lowest fares. Once you do, please let Ken know your flight information.

GROUND TRANSPORTATION: Those of us meeting in Boston will travel to the mountains in our 12 passenger van on early morning on Saturday, Sept. 30th. Please let Ken know if you would like to ride in the van or use your own vehicle.

APPROVAL POLICY: Potential participants will need to have a telephone interview with Ken Malik, the expedition leader (415-407-3961) to ensure the safety and integrity of the team. This interview will give you an opportunity to ask any questions you may have. Priority will be given to those with cancer or whom have participated in a prior PAF expeditions.

EQUIPMENT: This is not a technical climb but the key to successful trekking and climbing is having the right equipment. See the equipment list below for a concise list of things you will need to be comfortable on the expedition.

ACCOMMODATIONS: You can be assured that we will keep costs affordable. We have finalized a deal on at house in North Conway that can accommodate up to 18 people. It's the Pine Brook Lodge in North Conway, NH, you can learn about it at www.airb&b.com. Since it has a complete kitchen we will keep down our costs down by eating breakfast and dinner at home and making lunches for the trail. Estimates for these accommodations will be somewhere between \$40 and \$60 a night depending on the number of attendees. Boston is another story: for the Friday night the 29th of September the cost will be in neighborhood of \$150 each person. Personally I got a room with 2 Queen beds for up to 4 at the Found Hotel Boston Common in the Theatre district on Booking.com for \$353. Other possibilities: HI Hostel, Boston Park Plaza and Hampton Inn at Logan Airport.

FOOD & NUTRITION: We will make sure to accommodate everyone's eating requirements including vegan, gluten free, and pescatarian. Ingredients will be organic when available.

EXPEDITION COST & FUNDRAISING OPTION: Past expeditions have been extremely affordable and the 2023 expedition will be no exception. This is the PAF's primary fundraiser each year. Your minimum fundraising requirement is \$2,000 to participate (\$2,500 for a family of two). Once this minimum level is achieved you are eligible for a rebate of 1/3 of each dollar raised toward your hard costs of the expedition. This includes your airfare, accommodations, ground transportation, and food. We estimate these costs at around \$2,000, much less for those not flying and or staying overnight in Boston. Participants will receive an official tee shirt, and a memento of the climb. A \$400 Deposit will reserve your place on the expedition. You can pay by check or at www.prostateawarenessfoundation.org using your PayPal account or credit card. To do so use the DONATE tab on the home page. The deposit will be used toward your \$2,000 minimum fundraising goal.

ACCOUNTING: PAF will keep a full and fair accounting of all incoming donations, keep participants informed and send out thank you letters to all your donors.

FUND RAISING HELP & SUPPORT: We can help you compose a fundraising letter that works for you. The PAF can also supply fundraising fliers and envelopes. You can visit www.prostateawarenessfoundation.org for information about the expedition including: Press Release, downloadable donation forms, climber's page (Meet and Support the Climbers). Your donors will receive promotional gift items based on their contribution levels.

DONOR CONTRIBUTION OPTIONS: PAF accepts check or credit/debit card contributions. We use PayPal for credit card donations and are looking into Venmo. You can direct your donors to www.prostateawarenessfoundation.org and the Cancer Climb 2023 box with the link to the Meet & Support the Climbers page where they will be able to donate on your behalf. The PAF manages contributions and keeps you informed as to progress reaching your fundraising goals.

TO RESERVE YOUR PLACE ON THE EXPEDITION PLEASE ACT NOW:

- 1) Call Ken Malik at 415-407-3961 to take part in a brief telephone interview. You can email at kamalik@prostateawarenessfoundation.org to arrange the phone meeting.
- 2) Once you are approved please make your deposit check for \$400 payable to PAF and mail to: PAF, Attn: Ken Malik, PO Box # 2934, Santa Rosa, CA 95409 or pay by credit card or your PayPal account at www.prostateawarenessfoundation.org as noted above.
WE WOULD LIKE YOUR COMMITMENT AND DEPOSIT WITHIN ONE WEEK OF APPROVAL.
- 3) Send us a story and picture of yourself for the Meet and Support the Climbers fundraising page on the PAF website. Preferred is a picture of you in the outdoors and relatively close up. Also please compose a short paragraph or two about why you are participating in the expedition.



Equipment List

Conditions can change rapidly in the mountains. When planning your clothing needs, think about dressing in layers. We will be trekking and climbing at altitudes as high as 6,000'+ The temperatures can change dramatically in the mountains from early morning, through the day and into the evening. Snow, wind and thunderstorms are possible, especially in the afternoons at higher altitudes. Be prepared.

Sleeping Bag - For our stay in the refuge the night before the summit attempt

Hiking boots - High top hiking boots with good ankle support are the best. If you're planning on new boots, get them now and break them in.

Casual boots or shoes - For relaxing after a long day on the trail.

Head Lamp & extra batteries. A smart way to get around in the dark.

Daypack - Large enough to pack a lunch, 2 liters of water, some clothes for weather changes, snacks and incidentals you need for the day. We estimate the maximum weight to be 25lbs.

Hiking Poles - Optional, but highly recommended for hiking safety and to take stress off the joints.

Winter Hiking Pole Baskets: Have them available in case of snow.

Long underwear - Poly or wool is the best.

Sweaters & or sweat shirt - consider a light and a heavy one

Water Repellent Wind Breaker - Rain, wind and snow are always a possibility.

Wind & Repellant Pants - Same as above.

Parka - A down jacket with hood is a great asset.

Gloves and Mittens - A pair of each makes sense.

Socks - Smart Wool type hiking socks are comfortable and user friendly.

Hats - 2 are suggested. One for the sun, one for the cold

Bandana or face mask - to save your face from the wind, sun and cold.

Sun Glasses: The sun is very bright at altitude, plan accordingly

Sun Screen - Bring at least a 30 just to be safe.

Lip Baum - High altitude sun and wind can be severe

Water Bottles - 2 bottles of 1 liter each and or a hydration system.

First Aid Kit - a small kit for emergency situations. PAF will bring a complete medical kit.

Camera, memory card, spare battery and portable power storage charger system: Altitude eats up electric quickly.

Shoe Laces - an extra pair is optional but can come in handy.

Towels: A light weight synthetic quick drying towel is a great trail asset.

Gaiters: Optional but good for keeping scree and moisture out of your boots.

Bathing Suit: There may be opportunities to jump in the lake, a hot spring or spa visit.

Yak Tracks / Micro Spikes: these are snow chains for you boots and are light weight and easy to pack.

Mandatory Equipment:

- **Positive attitude**
- **Patience**
- **A good sense of humor**



www.ProstateAwarenessFoundation.org

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