

For Immediate Release

January 26, 2023

Contact: Ken Malik @ 415-675-5661 or [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org)

## **21<sup>st</sup> Cancer Climb and Trek for Prostate Awareness Mt Washington & the Presidential Range, White Mountains, New Hampshire, USA Friday, September 29<sup>th</sup> - Saturday, October 7<sup>th</sup>, 2023**

Santa Rosa, CA. The Prostate Awareness Foundation is currently recruiting **climbers, support team trekkers and sponsors** for the 2023 *Cancer Climb and Trek for Prostate Awareness expedition*. This annual fundraising expedition will climb Mt Washington and other peaks in the Presidential Range of the White Mountains. This will be the 21<sup>th</sup> annual fundraising expedition conducted by the PAF. Expedition members will meet in Boston, MA on Friday, September 29<sup>th</sup> and travel to North Conway, NH. Our home base for the climb and trek. Mt Washington (6,288') along the Appalachian Trail presents a challenge of over 4,000' of elevation gain.

The PAF 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 of 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 28 years since 1995 when he was diagnosed with cancer on his 50<sup>th</sup> 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 Mt Washington 6,288' along the Appalachian Trail presents a challenge of 3,800' elevation gain in 9.2 miles. We will break up the attempt with a stay in mountain refuge half way up the mountain. The week's activities will include climbs and hikes of other summits in the Presidential Range of the White Mountains. These treks are designed to build team spirit, learn more about prostate health and get acclimatized for the summit attempt at the end of the week. A support/trekking team will share in the camaraderie and help insure the expedition is a success. Participants will be raising critically needed funding for the Prostate Awareness Foundation, based in Santa Rosa, California.

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 Canigou and Mt Aneto in the Pyrenees, 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 for not only cancer but also BPH and Prostatitis. 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 will be posted on the PAF's website at

[www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org) Contact Ken Malik for more information at

[kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or by calling 415-675-5661.

