

# PROSTATE AWARENESS FOUNDATION OUTDOOR EVENTS CALENDAR 2024

These campouts & hikes are a great way to meet those of similar interest, to get or stay in shape and to pro-actively take care of yourself. Hiking poles are often helpful. Please contact Ken Malik to let us know you will participate and to plan logistics and carpools at 415-407-3961 or send an email to [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org)

## Some upcoming Monday Hikes

1/29 Cataract Trail, Mt Tamalpais, Marin County

2/5 Heart's Desire Beach/Jepson Grove/Indian Beach at Tomales Bay State Park

2/12 Barnabe Peak Loop, Samuel Taylor State Park, West Marin County

2/19 Rodeo Beach and Point Bonita, Marin Headlands, Marin County

2/26 Land's End - Sutro Baths Trail to Baker Beach, San Francisco

## Sat 3/23 Bill Kortum Memorial Hike, Shell Beach, Sonoma Coast

*Bill Kortum was Sonoma County's premier environmental activist. Kortum was instrumental in stopping the nuclear power plant planned for Bodega Head. He also helped create the California Coastal Commission which set limits on development along the entire California Coast and founded Sonoma County Conservation Action. Bill passed away after a three-year battle with prostate cancer.*

Fri 4/19 - Sun 4/21 PAF Spring Retreat, Guerneville Lodge, Special hikes to Armstrong Woods and The Cedars of Cazadero, Russian River, Sonoma County

Sat 6/8 PAF Hike at Angel Island, San Francisco County

Sat 6/15 Free Fallin' Skydive for Prostate Awareness, Cloverdale, Sonoma County

Sun 7/21-7/28 Annual Jan Zlotnick Memorial Summer Gathering at Mt Shasta & Lake Siskiyou with camping, hiking and relaxing in the Southern Cascades

Wed 9/18-24 Cancer Climb & Trek for Prostate Awareness in the Dolomite Mountains of the Tyrolian Alps in Italy

*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.

[WWW.PROSTATEAWARENESSFOUNDATION.ORG](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)

*Integrative Paths to Healing*