

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM



9th Annual Bill Kortum Hike at the Sonoma Coast
Saturday, March 23, 2024 @ 11am
An easy hike on the Sonoma Coast
2-3 hours, 100' elevation gain, 3.5 miles round trip

Meet at the parking lot at Shell Beach – Parking is free
Contact us to see if carpooling is an option

Bill Kortum was Sonoma County's premier environmental activist. Kortum was instrumental in stopping the nuclear power plant PG&E planned for Bodega Head. He also helped create the California Coastal Commission which set limits on development along the entire California Coast. Bill passed away in 2014 after a long battle with prostate cancer.

To reach the shell beach parking lot drive along Hwy #1 about 7 miles north from the town of Bodega Bay. The parking lot is on the ocean side of Hwy # 1. Wear layered clothing; bring water, trail snacks and your lunch.

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

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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