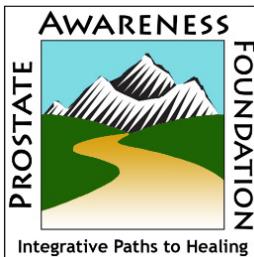


# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

## MONDAYS AT 9AM ~~10AM~~ START TIME



**Big Rock Ridge Trail, Novato-San Rafael, Marin County**

**Monday, February 23, 2026, 10am**

**Moderate to Strenuous**

**4 hours, 1400' elevation gain, 7.5 miles**

The summit is the 2<sup>nd</sup> highest in Marin County and offers 360-degree views of the bay area and beyond. This is an out and back hike so you can shorten this hike to 3 miles by turning around from above the Skywalker Ranch.

Hwy # 101 to Lucas Valley Rd, Exit # 456, then follow Lucas Valley Rd West for about 5.5 miles to the Big Rock at the crest and park on the side of the road. The trailhead is on the north side of the road.

Wear layered clothing; bring plenty of water and a snack. Hiking poles come in handy on this one. Trail talk tends to involve prostate issues. Women are welcome to join the fun.

Please email Ken Malik [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call him at 415-407-3961 no later than 5pm on Sunday 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.