

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

SPECIAL SUPER FULL MOON WALK - SHILOH RIDGE REGIONAL PARK



SHILOH RIDGE REGIONAL PARK, Windsor, Sonoma County
THURSDAY EVENING, OCTOBER 17th, 6:15pm

Moderate To Easy

Up to 3 hours and 600' elevation gain in 3-5 miles

The fall night sky is filled with wonder right now. An extra large Super Full Moon, a chance to see the Comet Tsuchinshan-ATLAS, and to top it off a chance to see the Aurora Borealis, which has been seen in Sonoma County 3 times already this fall. So, this is a great time to go for a moonlight walk. Go as far as you like on this wide, user-friendly trail.

Take Hwy # 101 to Shiloh Road and follow Shiloh Rd East to its end at 5750 Faught Rd, Windsor. **BUT PLEASE PARK ON THE STREET, THE PARKING LOT IS TECHNICALLY CLOSED AT SUNSET.**

Wear layered clothing, nights are getting chilly. Bring a flashlight or headlamp, hiking poles are useful, a snack and some water.

Please contact Ken Malik **no later than 5pm on Wednesday night** to let us know you are planning to participate and to arrange carpooling and logistics. Send an email to Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

Hope to see you on the trail!



Fact: 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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Integrative Paths to Healing