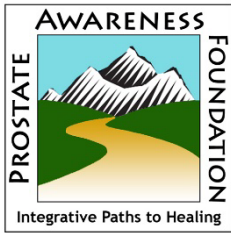


PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



China Basin State Park, San Rafael, Marin County

Monday, November 11, 2024 @ 9am

Moderate

4 hours, 800' elevation gain, 7-8 miles

Take Hwy # 101 to North San Pedro Rd in northern San Rafael. Follow N. San Pedro Rd East about 5 miles to 101 Peacock Gap Trail, San Rafael, CA 94901. We will hike on the Shoreline Trail up into the hills, thru the campgrounds and back. The group will determine difficulty but expect a moderate pace.

Bring layered clothing, lunch, trail snacks and plenty of water. Hiking poles are optional but helpful.

Please contact Ken Malik **no later than 5pm on Sunday night** to let us know you are planning to participate and to arrange carpooling and logistics. Email 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.

WWW.PROSTATEAWARENESSFOUNDATION.ORG

Integrative Paths to Healing