



THE 22ND CANCER CLIMB & TREK FOR PROSTATE AWARENESS

The Dolomites of the South Tyrolian Alps, Italy

Sunday, September 14 – Saturday, September 20, 2025

Thank you for your interest in our upcoming expedition. My name is Ken Malik. I have participated in all the prior Cancer Climb for Prostate Awareness expeditions. I am a prostate cancer veteran of over 30 years, and I am also the co-founder and executive director of the Prostate Awareness Foundation (PAF), the organization for which we will all be donating our time and fund-raising energy. The foundation is a non-profit 501(c)(3) corporation, based in Sonoma County, CA. All donations you raise are tax deductible for your contributors. This is the major fundraiser for the foundation and the money we raise will allow PAF to continue to operate and to help men all over. You can visit www.prostateawarenessfoundation.org for information about the foundation's prior climbs, newsletters, etc.

The Dolomites will be our 22nd expedition raising funds for the PAF. The first in 2001 was to Mt Aconcagua in the Argentine Andes. Since then, we have climbed Mt Kilimanjaro in Tanzania, Mt Blanc and Gran Paradiso in the Italian Alps, Mt Aneto and Mt Canigou in the Pyrenees Mountains of Spain and France, El Misti in the Peruvian Andes, Mt Cotopaxi in Ecuador, Mt Asunagate in Peru. Mt Massive and Mt Elbert in the Colorado Rockies, Mt Washington in the White Mountains of New Hampshire, Mt Lassen in the Cascades, and we have also trekked and climbed in Glacier and Yosemite National Parks. These expeditions require members to be in good or excellent physical shape to successfully participate. Past participants have ranged in age from fifteen to eighty years of age and Bay Area participants are encouraged to attend some of our weekly hikes to get in better condition for the expedition.

This year's expedition will once again consist of a climbing team and support team. We will be visiting the Dolomite mountains of North-Eastern Italy in Mid- September when these majestic mountains offer easy and challenging hikes, treks and technical climbs. Both teams will share the beauty of the Alps while learning about prostate health and how to take a proactive role in prevention and healing.

We have secured a 10 bedroom, 7 bath chalet just outside of Cortina in the village of Auronzo de Cadare, Italy for 6 nights. From there we will do day treks and climbs, returning for dinner each evening. There is room on the expedition for up to 20 participants.

There is always a mix of prostate cancer veterans, family members and supporters who have an interest in prostate health. Women are welcome to participate. All potential candidates will undergo a screening process by the PAF Expedition Review Board to ensure a proper fit with the goals, expectations and safety of the expedition.

If you have an interest, we would like to have your commitment ASAP. Your early commitment will also allow you time to do the necessary physical conditioning to ensure your success on the expedition and to reach your minimum fundraising requirement. We hope you will give serious consideration to taking part in this epic adventure!

Expedition members will all need to arrive in Italy for our orientation meeting on Sunday, September 14th @ 4pm. An itinerary with day-by-day activities will be provided once all the details are finalized.

I am inviting you to get involved. The PAF needs your participation and support to remain an available source of critically needed non-biased information about prostate cancer, healing and prevention. Give yourself something to brag about! Join us for a great adventure in one of the most beautiful places on the planet for a once-in-a-lifetime experience!

Please read the following information carefully and then please call me with any questions you have. I can be reached on my cell phone at 415-407-3961 or you may email me at kamalik@prostateawarenessfoundation.org

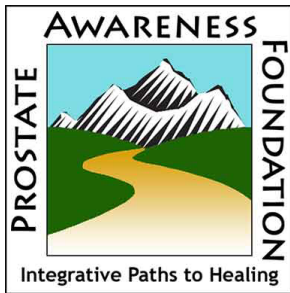


Ken Malik
Executive Director,
Prostate Awareness Foundation

To Reserve Your Place on The Expedition:

- 1) Contact Ken Malik at 415-407-3961 at PAF headquarters in Santa Rosa, California to participate in a brief interview.
- 2) Once you are formally accepted as an expedition participant, please make your non-refundable deposit check of \$500 payable to the Prostate Awareness Foundation and mail it to:

**Prostate Awareness Foundation
P.O. Box 2934
Santa Rosa, CA 95405**



PROSTATE AWARENESS FOUNDATION

INTEGRATIVE PATHS TO HEALING

Post Office Box 2934, Santa Rosa, CA 95405

General Voice Mail: 415-675-5661

www.prostateawarenessfoundation.org

FUNDRAISING AND FINANCIAL REQUIRMENTS: While PAF wishes to provide as much help as possible to each fund-raising participant, our 501(c)(3) educational service also is required to follow certain IRS guidelines regarding how many of your donated dollars can be used to help cover expenses. Outlined here are the financial goals and guidelines you will need to meet in order to make the *22nd Cancer Climb and Trek for Prostate Awareness* expedition a success:

Each participant is required to raise a minimum of \$2,000 in contributions for PAF to participate. After this level is reached, any additional contributions are eligible for a rebate until you have reached the full amount of your “hard costs”. These hard costs include travel expenses to the expedition, accommodations, transportation, food and supplies until the end of the expedition. “Hard Costs” do not include equipment, “out of pocket” post climb R&R and any other incidental expenses. For each dollar you raise over and above the minimum requirement of \$2000, 1/3 of each dollar raised can be applied toward these documented hard costs. This rebate will be sent to you after the expedition is completed. In order to implement this rebate, it is imperative that all expedition members reach their agreed upon fundraising minimums.

FUND RAISING FLIER:

We have a fundraising flier that will aid you in your efforts. It describes the climb and its goals on one side and a list of incentive gifts at different levels of donation on the other side. A packet including other marketing materials, sample fundraising letters and other resources and tips will be mailed to you when you sign up and pay your deposit.

FUNDRAISING SUPPORT:

We will support you in your fundraising efforts by providing promotional literature, promotional premiums for contributors and helpful media awareness press releases tailored to your city and location. We will also help you with ideas to efficiently fundraise to assure your success. We feel there is more than adequate time for us to accomplish our individual goals. The time to start is now! Zoom meetings will be scheduled with expedition members to provide some guidance, ideas for fundraising and to share info about how other climbers are reaching their goals. Additionally, you can contact Ken Malik for support at 415-407-3961.

“TEAM APPROACH” TO REACHING YOUR GOAL:

Provisions have been made for significant others, and family member participation. If you have a spouse, significant other, father, brother, sister or family member who would like to participate, the minimum contribution for a two-person team will be \$2,500. Once this level is reached, you are entitled to claim a rebate for the “hard costs” just like individual fund raisers. All teams must be reviewed and approved by the PAF expedition review board.

APPROVAL POLICY:

The PAF review committee will sign-off on each potential participant to retain the integrity of the expedition. We are trying to put an emphasis on men with prostate cancer and their families. However, the expedition is not limited to that profile. First priority will be given to men with prostate cancer. The second criterion will be a family member with the disease. We also welcome health-conscious individuals and health professionals.

ACCOUNTING:

PAF will keep a full and fair accounting of all incoming and generate reports to keep members apprised as to the status of their fundraising efforts. Remember, the more money you raise, the less expensive your personal costs for the trip become if you choose to take a rebate on your “hard costs”. All contributions are tax deductible. Checks should be written to the PAF. **IMPORTANT - Please ask your donor to reference your name on the check memo line of the flier so we know which climber to credit.**

DONOR CONTRIBUTION OPTIONS:

PAF can accept checks and credit card contributions through PayPal. You will be able to feature your picture and story on the donation webpage for the climb on the PAF website: www.prostateawarenessfoundation.org. Details will be provided when you commit to the expedition.

OTHER RESPONSIBILITIES:

Picture & Story:

We will need a photo of you and a small blurb about the reason you are choosing to climb with us. You can visit our website for ideas from past climbs and to read what other climbers have written. We can help you edit your story. The important thing is that it comes from your heart. Your “story” and picture will be placed on the website at www.prostateawarenessfoundation.org **BEGIN WORK ON THIS NOW SO WE CAN PLACE YOU ON THE WEBSITE AS SOON AS POSSIBLE.**

Please pass this information on to others you believe may be interested in joining the expedition.