



22ND CLIMB & TREK FOR PROSTATE AWARENESS THE DOLOMITES, ITALY

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Cancer Climb & Trek for Prostate Awareness The Dolomites Mountains in the Northeastern Italian Alps September 14 -20, 2025

Santa Rosa, CA. The **Prostate Awareness Foundation (PAF)** has planned a special climbing and hiking expedition to The Dolomite Mountains in Italy. This will be the 22nd *Cancer Climb and Trek for Prostate Awareness* and marks the 30th Anniversary of founder Ken Malik's prostate cancer diagnosis and founding of the foundation. These expeditions are designed to raise awareness and funding for the PAF's programs and services which are available free of charge. The Prostate Awareness Foundation provides outreach and support services for men & their families who are dealing with prostate cancer and other prostate-related health concerns. The PAF is now recruiting participants and sponsors for the September 2025 expedition.

Are you fit? The PAF is recruiting prostate cancer veterans, their family members, loved ones and supporters to participate in this year's climb. The expedition to the Dolomites will include a **technical climbing team** that will scale the summit and a **support team of trekkers** consisting of participants from around the world. The PAF leads weekly hikes in the Bay Area to help local participants get in shape for the expedition.

For expedition members, this is an opportunity to focus national attention on the **prostate cancer epidemic** with an estimated one in six men diagnosed and 30,000 men dying each year. We hope to send a message of hope and inspiration to men and their families coping with prostate disease. Participants will raise critically needed funding for the Prostate Awareness Foundation and its education and outreach programs. The PAF educates and encourages men to take a pro-active posture toward prostate health.

This will be the **22nd year for these fundraising expeditions**. The first expedition in 2001 climbed Mt Aconcagua in the Argentine Andes. Since then, annual climbs have included Mt Kilimanjaro in Africa, various peaks in the French and Italian Alps and the Pyrenees Mountains of France and Spain, as well as climbs at prominent peaks in the United States and the mountains of South America.

The Prostate Awareness Foundation, the non-profit organization that sponsors these expeditions provides men and their families with information about available treatment options both conventional and alternative. It also offers guidance about preventative measures, nutritional support, exercise and stress management. The object is to help men take a more proactive approach to good prostate health. PAF helps in the U.S. and around the world, and **ALL PAF services are free of charge**.

Additional information about the expedition and PAF programs is available on the PAF website: www.prostateawarenessfoundation.org. Contact Executive Director Ken Malik for more information via email to kamalik@prostateawarenessfoundation.org. You may speak to Ken directly by calling 415-407-3961.