

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9am

Helen Putnam Regional Park

Petaluma, Sonoma County

Monday, February 24, 2025 @ 9am

Moderate difficulty, 3-4 Hours,
500'-600' elevation gain, up to 6 miles

RAIN CANCELS THIS HIKE!



The rolling hills of West Petaluma are always beautiful. This time of year is no exception, they are green as can be. The terrain features magnificent oaks, grasslands and panoramic views. There are roughly six miles of hiking available on multiple hiking trails. Our route will depend on participants.

Directions: take D Street in Petaluma west a mile or two to Windsor Drive and make a right. Follow Windsor Drive to Oxford Court and park on the street. Then walk up the Oxford Ct. hill to the trailhead. Our hike starts promptly at 9:00 am, please be on time.

You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in. As always, wear layered clothing; bring plenty of water; your lunch; and a positive attitude!

Please contact Ken Malik no later than 5pm on Sunday night to let us know you are planning to participate and so we can 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: 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 proactively take care of yourself.

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Integrative Paths to Healing