

# 10<sup>th</sup> Annual Bill Kortum Memorial Hike at the Sonoma Coast

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM



## Kortum Trail, Shell Beach on the Sonoma County Coast

Saturday, March 22, 2025 @ 11am

An easy out and back hike

2-3 hours, 100' elevation gain, 3.5 miles round trip

Meet at the parking lot at Shell Beach – Parking is free

Contact us to see if carpooling is an option

Bill Kortum was Sonoma County's premier environmental activist. Kortum was instrumental in stopping the nuclear power plant PG&E planned for Bodega Head. He also helped create the California Coastal Commission which set limits on development along the entire California Coast. Bill passed away in 2014 after a long battle with prostate cancer.

To reach the shell beach parking lot drive along Hwy #1 about 7 miles north from the town of Bodega Bay. The parking lot is on the ocean side of Highway 1. We'll be at the coast, so wear layered clothing; bring water, trail snacks & your lunch.

Please email Ken Malik [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call him at 415-407-3961 no later than 5pm on Friday night to let us know you are planning to participate and so that we can arrange carpooling and logistics.

*Hope to see you on the Kortum 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.

**[WWW.PROSTATEAWARENESSFOUNDATION.ORG](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)**

*Integrative Paths to Healing*