

# John Muir Trail hike to bring awareness to rare disease

By Jacqueline Baylon, Sacramento Bee

Hiking all 211 miles of the John Muir Trail from Yosemite to the summit of Mount Whitney is a challenge for any hiker. For Annette De Bow, the difficulty is multiplied.

De Bow, 44, has a rare, chronic blood disease called polycythemia vera, which means her bone marrow makes too many red blood cells that can set off a domino effect of health troubles if not kept in check.

In an effort to raise awareness of her disease – and money for research into polycythemia vera – De Bow will set out on a “Trek for a Cure” along the John Muir Trail.

**Read the whole story**