



# Lose Your Shoes and Walk for Change

**Sunday  
27  
August  
2023**

**Start Venue:** Stephen Way, Green Point

**Finish Venue:** Green Point Cricket Club

**Distance:** 5km & 10km

**Start Times:** 10km - 07:45 / 5km 08:15

**Entry fee:** R100.00

**T-shirt:** R150.00

**Your entry fee will enable PSFA to feed 31 impoverished school children for a day.**

**This is an online entry only event // Enter at [www.psfa.org.za](http://www.psfa.org.za)**



# RACE INFORMATION

IN ASSOCIATION WITH



#TheBarefootEdition

**This is an online entry only event.  
Enter now at [www.psfafa.org.za](http://www.psfafa.org.za).**

**ENTRY FEE:** R100.00 pp – your entry fee will enable PSFA to feed 31 impoverished school children for a day.

**CLOSING DATE:** midnight on the 13th August 2023.  
Entries are limited to 5000 across both distances

**NUMBER COLLECTION:** Saturday 26 August 2023.

### CONFIRMATION OF ENTRY

- Entrants will receive a confirmation e-mail (if an e-mail address is provided).
- Please bring your proof of entry, email and SMS with you when collecting your walk number on **Saturday 26 August 2023**.

### WALK NUMBER COLLECTION - SATURDAY 26 AUGUST 2023

- Walk Number Collection will take place on Saturday, 26 August 2023, from 10h00 - 17h00 at your selected venue.

### The venues are:

Sportsmans Warehouse V&A Waterfront / Rondebosch / Tygervalley / Somerset West / Paarl / West Coast

### GENERAL

- Contact Top Events [info@topevents.co.za](mailto:info@topevents.co.za) or WhatsApp us on **0661394210**.

### RULES

- Refreshment stations along the route.
- Medical facilities will be provided along the route and at the endpoint.
- No dogs, skateboards, bicycles or wheelie shoes etc. are allowed.

### ROUTE DIRECTIONS

1. Both walk distances will line up in Stephan Way next to the Hamiltons Rugby Club.
2. At the bottom of Stephan Way walkers turn left into Fritz Sonnenberg Way and proceed to Beach Road (Mouille Point), cross over at the traffic lights.
3. On the pavement, turn left and proceed towards the Sea Point Promenade.
4. Walk along the promenade towards the intersection at the corner of Beach Road Mouille Point and Beach Road, Sea Point and keep left.
5. At Rocklands Beach:
  - a) 5km walkers turn around and walk back to the Green Point Cricket Club.
  - b) 10km walkers continue along the promenade towards Saunders Rocks.
6. At Saunders Rocks (1st refreshment station):
  - a) 10km walkers turn around and walk back to the Green Point Cricket Club via the same route.

### WHERE TO PARK:

- The V&A Waterfront
- Green Point A Track (opposite McDonald's).
- Western Boulevard (at the designated parking areas).
- P3: Granger Bay Boulevard and Fritz Sonnenberg (Gravel Parking area).
- P10, P12, P13 – public
- **NO parking in the McDonald's parking area**

## ABOUT PENINSULA SCHOOL FEEDING ASSOCIATION (PSFA)

Three out of four children in the Western Cape go to school hungry every day. PSFA, a registered non-profit organisation established in 1958, addresses this need by feeding impoverished learners at schools. For many children, these will be the only meals (breakfast and lunch) they will receive for the day.

## HOW YOU CAN HELP PSFA MAKE A DIFFERENCE

- Feed a child for a month for only **R66**.
- Feed a Child for a year for only **R620**.
- Make a monthly, quarterly or annual donation.

DONATE ONLINE AT [WWW.PSFA.ORG.ZA](http://WWW.PSFA.ORG.ZA).

# 26 452 CHILDREN FED AT 174 SCHOOLS DAILY

