



SEDGEFIELD'S
SLOW
FESTIVAL
25-27 MARCH 2016

Originating in Hawaii as an offshoot of surfing, stand up paddle boarding or surfing (SUP) was identified as the outdoor sporting activity with the most first-time participants of any in the United States in 2013 and it would appear that the same is currently true in RSA, with the sport taking off at an amazing rate throughout the country.

The sport has grown to incorporate various modes of stand up paddling, including flat water paddling for outdoor recreation, fitness, or sightseeing to racing on lakes, large rivers and canals, surfing on ocean waves, paddling in river rapids (white-water SUP), SUP Yoga and even fishing.

With Sedgefield being surrounded like it is with its large, pristine waterways and spectacular lagoon and dune scenery, it is without a doubt a world class playground for water sports enthusiasts young and old. How exciting it is then that the Slow Festival will incorporate the first time event 'Pili Pili Slow Fest Fun SUP' on Friday 24th March as part of its programme of events over the Easter weekend.

Pili Pili owner, Neels Swanepoel said "SUP'ing is the closest you'll ever get to walking on water! This is a race that promises to be great fun for anyone with a SUP. And for those who don't have one, we have specially sourced a small fleet of SUP boards that you can hire directly from us."

As this is a fun race, it's an ideal opportunity to bring the entire family and come and see what all the SUP fuss is about. One can register anytime from now through to 11am on Friday 24th March and the event will start on the Fish Eagle Green on the Island at 2pm. Families, friends, supporters and spectators are all welcome!

Don't miss out on some great fun and an opportunity to see Sedgefield from a new angle. Fantastic prizes and great vibes! The entry is R200pp and includes a T-shirt and boat support. Contact Pili Pili on 044 343 3087 or email them on info@pilipili.co.za.

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