

**We're thrilled you're joining us in Fort Worth this Saturday, June 18<sup>th</sup> for SafeHaven's Walk a Mile In Her Shoes Men's March.** When you put on your high heels and walk down the Trinity Trail, every step you take will help you empathize with a woman's journey through life, and the pain she often suffers internally even while she continues to maintain her beauty and composure externally.

As you unite with other men across Tarrant County, you help spread the message that domestic violence is not a women's issue. Domestic violence is *everyone's* issue

### **What you need to know for Saturday**

*Please share this with others who will be joining you but haven't registered yet.*

### **Parking**

**Parking will not be available in [The Woodshed Smokehouse](#) parking lot. However, there is parking on Riverfront Drive in front of the restaurant and near the apartments on Rogers Road behind the restaurant.** Carpooling is always a good option.

### **Check In**

**Begins at 8:30 a.m.** Stop by the check in table when you arrive. Walk t-shirts will be available for those registered by June 3rd.

### **What to Wear**

Aside from the heels, teams and individuals are encouraged to wear something that reflects the group they represent (example; your team or company shirt), or feel free to dress up to show your team spirit.

### **Shoes**

**You are highly encouraged to bring your own high heels.** This ensures you have the right size/fit. Wondering how to find the right size? In US shoe sizes, women's shoes are normally 2 sizes larger for the men's shoe equivalent. For example, if Joe normally wears a size 11, he would look for a size 13 in women's shoes.

**Hint:** Open-toed shoes may help if you can't find a large enough size.

*\*A limited supply of shoes will be available on walk day, but men should bring their own if possible. Shoes can be donated back to SafeHaven after the walk.*

### **The Walk**

Men put on their heels as a group at The Woodshed Smokehouse. We will enter the Trinity Trail at the Woodshed and head west to the turnaround then head back to the Woodshed for a one mile lap.

**Invite friends and family to cheer you on or walk with you!**

### **Signs**

Because the goal of this event is to increase awareness of violence against women, walkers and their cheering section are encouraged to bring signs that reinforce the key message behind the walk -- End Domestic Violence. Feel free to personalize them. Some signs will also be available on race day.

If you are creating a sign and want to post it on social media, remember to tag us on Facebook, Instagram, or Twitter @SafeHavenTC, and use #walkamilefortworth

## **Awards**

After the walk, a team award will be presented for the most spirited team and individual awards will be presented for best shoe, and best strut. Participating in these competitions is optional, but we have some fun awards, and the bragging rights alone will be worth it!

## **Donations**

Because this is a fundraising event, you can make a financial donation to SafeHaven on walk day at the Giving Tree or you can [DONATE HERE](#).

## **Food & Drinks**

Complimentary breakfast snacks will be provided after the walk. You are welcome to purchase additional food items from The Woodshed Smokehouse.

## **Questions**

If you have questions, contact Valerie Salter at 817-502-7132 or [vsalter@safehaventc.org](mailto:vsalter@safehaventc.org)