CAF Community Weekend
2019 Schedule of Events

Fri., October 18, 2019

9:00 – 11:00 am  XTERRA Wetsuits Open Water Swim Clinic
Must register to participate

Junior Seau Foundation Adaptive Surf Program Kids Clinic
presented by Cavignac & Associates

12:30 – 3:30 pm  “Meet and Greet” Challenged Athletes & Family Picnic

1:00 pm – 3:30 pm  MDC cyclists arrive at Kellogg Park, La Jolla Shores

6:30 pm – 8:30 pm  Celebration of Abilities Dinner at Qualcomm
Irwin M. Jacobs Qualcomm Hall: 5775 Morehouse Drive, San Diego

Sat., October 19, 2019

9:00 am-12:00 noon  Challenged Athlete Clinics – Jewish Community Center (JCC), 4126 Executive Drive, La Jolla, CA
• Össur Running and Mobility Clinic, presented by CAF
• Challenged Athletes Wheelchair Tennis & Swim Clinics

11:00 am – 3:00 pm  SDTC Registration & Packet Pickup – Deni & Jeff Jacobs Challenged Athletes Center, 9591 Waples Street, San Diego, CA
• Triathlon registration, goodie bag pick-up

Sun., October 20, 2019  ASPEN MEDICAL PRODUCTS SAN DIEGO TRIATHLON CHALLENGE, YMCA OF SAN DIEGO COUNTY
TOUR DE COVE, CAF 5K RUN/WALK, KAISER PERMANENTE THRIVE YOGA BY THE SEA – La Jolla Cove

6:00 – 8:00 am  Continental Athlete Breakfast

6:00 am – 2:00 pm  SDTC VIP Tent Open

6:30 am  Event check-in at La Jolla Cove, Transition area open & body marking

7:00 am  Parade of Athletes legends, celebrities, challenged athletes

7:40 am  National Anthem – Samuel Nehemiah

8:00  Swim Start - In Waves

8:15 am  Bike course start time for relay cyclists, handcyclists & MDC cyclists

8:30 am – 2:00 pm  CAF Village, CAF Store, Silent Auction, Family Fun Zone

9:00 am  Alternative Start for 10 mile relay runners

9:00 am – 1:30 pm  YMCA of San Diego County Tour de Cove
• Session 1 – 9:00am – 10:30am
• Session 2 – 10:30am – 12:00pm
• Session 3 – 12:00pm – 1:30pm
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9:00 am – 11:00 pm  5k Fitness Walk Check In & Registration Open
9:30 am  Wheelchairs depart on wheelchair run course
9:30 am – 1:30 pm  Paul Mitchell Cut-a-thon
9:45 am  Kids Pre-Run Stretch
10:00 am  Philadelphia Insurance Challenged Athletes Kids Sprint & Run
11:00 am – 12:30 pm  Kaiser Permanente Thrive Yoga by the Sea
11:15 am  5K Fitness Walk – Staggered Start
2:00 pm  Thanks to CAF Ceremony
4:00 pm  Course officially closes