CAF Community Weekend
2019 Schedule of Events

Thursday, October 17, 2019
5:30 – 9:00 pm  Forum for Parents of Challenged Kids – La Jolla Beach & Tennis Club (by invitation only)
5:30 – 7:30 pm  Cocktails & Dinner
7:30 – 9:00 pm  Presentation

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
2:00 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

  6:30 pm – 7:30 pm  Registration and Dinner
  7:30 pm – 8:30 pm  Program

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 & 25th Anniversary Block Party – Deni & Jeff Jacobs Challenged Athletes Center, 9591 Waples Street, San Diego, CA
  • Triathlon registration, goodie bag pick-up, tours of facility, challenged athlete interaction
  • Live music, special presentation, food truck & challenged athlete demos!
    o Challenged Athlete WCMX Demo, Wheelchair Fencing, Rock Climbing Wall, Wheelchair Basketball and more!

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
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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, Wawanesa Insurance 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**
9:00 am – 11:00 pm    5k Fitness Walk Check In & Registration Open
9:15 am    Alternative Start for 5 mile relay runners
9:30 am    Wheelchairs depart on wheelchair run course
9:30 am – 1:30 pm    Paul Mitchell Cut-a-thon
9:45 am    YMCA of San Diego County Kid’s 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