



CAF Community Weekend 2019 Schedule of Events

Thursday, October 17, 2019

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| 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

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| 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 Cavnignac & Associates |
| 12:30 – 3:30 pm | “Meet and Greet” Challenged Athletes & Family Picnic |
| 2:00 pm – 3:30pm | 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

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| 9:00 am-12:00 noon | Challenged Athlete Clinics – Jewish Community Center (JCC), 4126 Executive Drive, La Jolla, CA <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• Triathlon registration, goodie bag pick-up, tours of facility, challenged athlete interaction• Live music, special presentation, food truck & challenged athlete demos!<ul style="list-style-type: none">○ Challenged Athlete WCMX Demo, Wheelchair Fencing, Rock Climbing Wall, Wheelchair Basketball and more! |

Sun., October 20, 2019

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| | 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 |