



VENUE MAP

TEAM TENTS

- A Team Aspen Medical Products
- B Team Lusardi Construction
- C Team Converse
- D Team Kelly
- E Team Zach
- F Team JJ, Team Beckett, Team Kaela
- G Sammy's Super Friends
- H Team Deconstructed Gala
- I Team Coastline
- J Team ColRich
- K Team NorCal
- L Team Voltron
- M Team Revolution

POINTS OF INTEREST

- 5K Fitness Walk
- American Ninja Warrior Meet + Greet
- Bike Valet
- Challenged Athletes Portraits
- Family Fun Zone
- Lusardi FloWater Water Stations
- Kaiser Permanente Thrive Yoga By The Sea
- Nike FlyEase Sport Zone
- Össur Educational Zone
- Paul Mitchell Cut-a-thon
- YMCA of San Diego County Tour De Cove



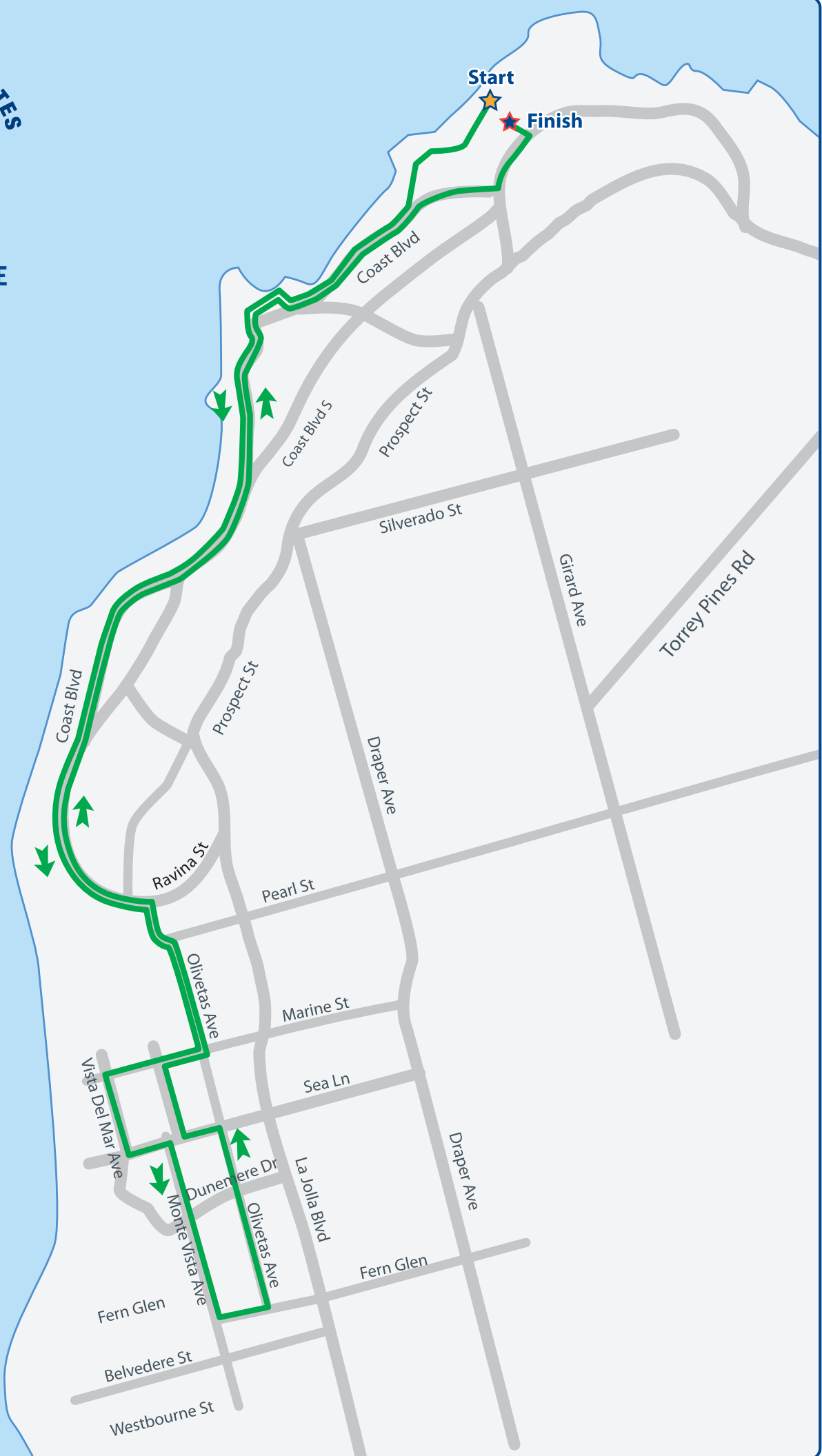
**INFORMATION +
VOLUNTEER CHECK-IN**

VENDOR TENTS

- 1 Zappos Adaptive - Store
- 2 Zappos Adaptive - Games
- 3 Zappos Adaptive - Popcorn
- 4 Zappos Adaptive - Photo Booth
- 5 U.S. Olympic & Paralympic Committee
- 6 CLIF Bar
- 7 San Diego Padres
- 8 Designer Protein
- 9 Montana Mex
- 10 XTERRA Wetsuits
- 11 SockGuy
- 12 Electrolit
- 13 Sycuan Casino Resort
- 14 Union Bank
- 15 San Diego Union-Tribune
- 16 Paul Mitchell Cut-a-thon
- 17 Martin Lawrence Galleries
- 18 Philadelphia Insurance Companies
- 19 100%
- 20 Activbody
- 21 Race Guards
- 22 Michelob Ultra
- 23 Airbnb In-Home Accessibility
- 24 VitalFitSR
- 25 Össur
- 26 University of Arizona Adaptive Athletics Program
- 27 Angel City Sports
- 28 Amputee Coalition, Family Proud, SDSU Adapted Athletics
- 29 Sharp Rehabilitation
- 30 Hanger Clinic
- 31 iWALKFree
- 32 Post-Race Athlete Food
- 33 Timing/Late Registration
- 34 5k Walk Registration
- 35 Kaiser Medical Tent
- 36 Massage
- 37 Keiser Bikes
- 38 YMCA of San Diego County
- 39 Tour de Cove Registration
- 40 Athlete Food
- 41 TDC Volunteer Check-In
- 42 TDC Athlete Check-In
- 43 Operation Rebound
- 44 Volunteer Food
- 45 Volunteer Check-In
- 46 Media Check-In/Information
- 47 Nytro Bike Mechanic
- 48 Handler Check-In
- 49 Athlete Breakfast
- 50 Yoga Registration
- 51 VIP Hospitality
- 52 Team Store + Silent Auction
- 53 American Ninja Warriors
- 54 Face Painter



5K WALK COURSE

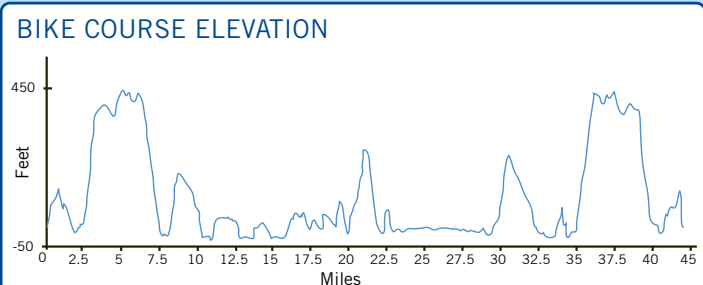
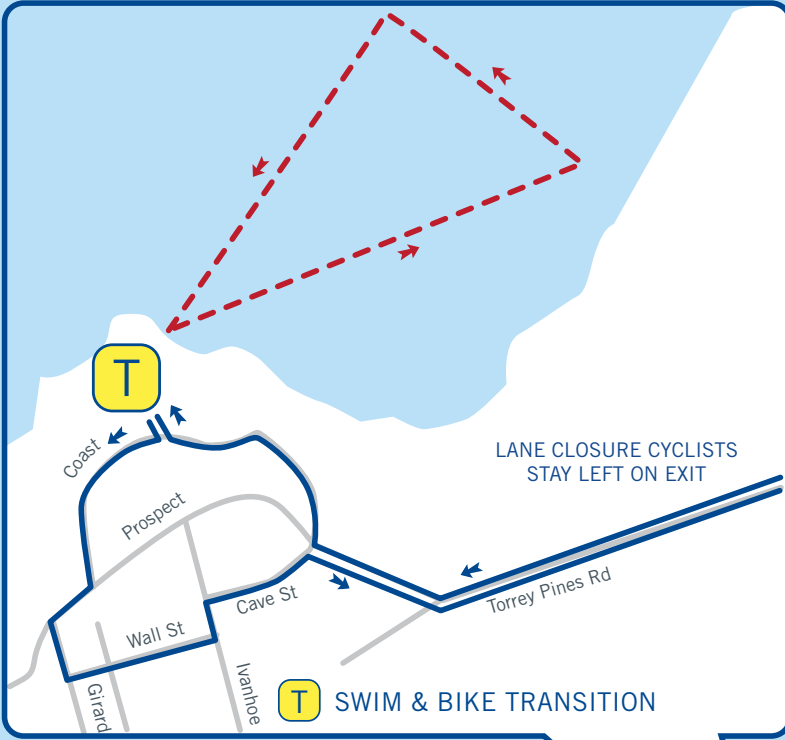




SWIM & BIKE COURSES

(SWIM 1M, BIKE 44M)

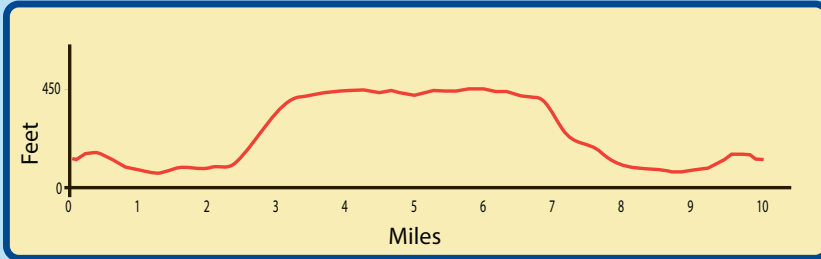
! OBEY THE RULES OF THE ROAD





10 MILE RUN COURSE

Run Course Elevation



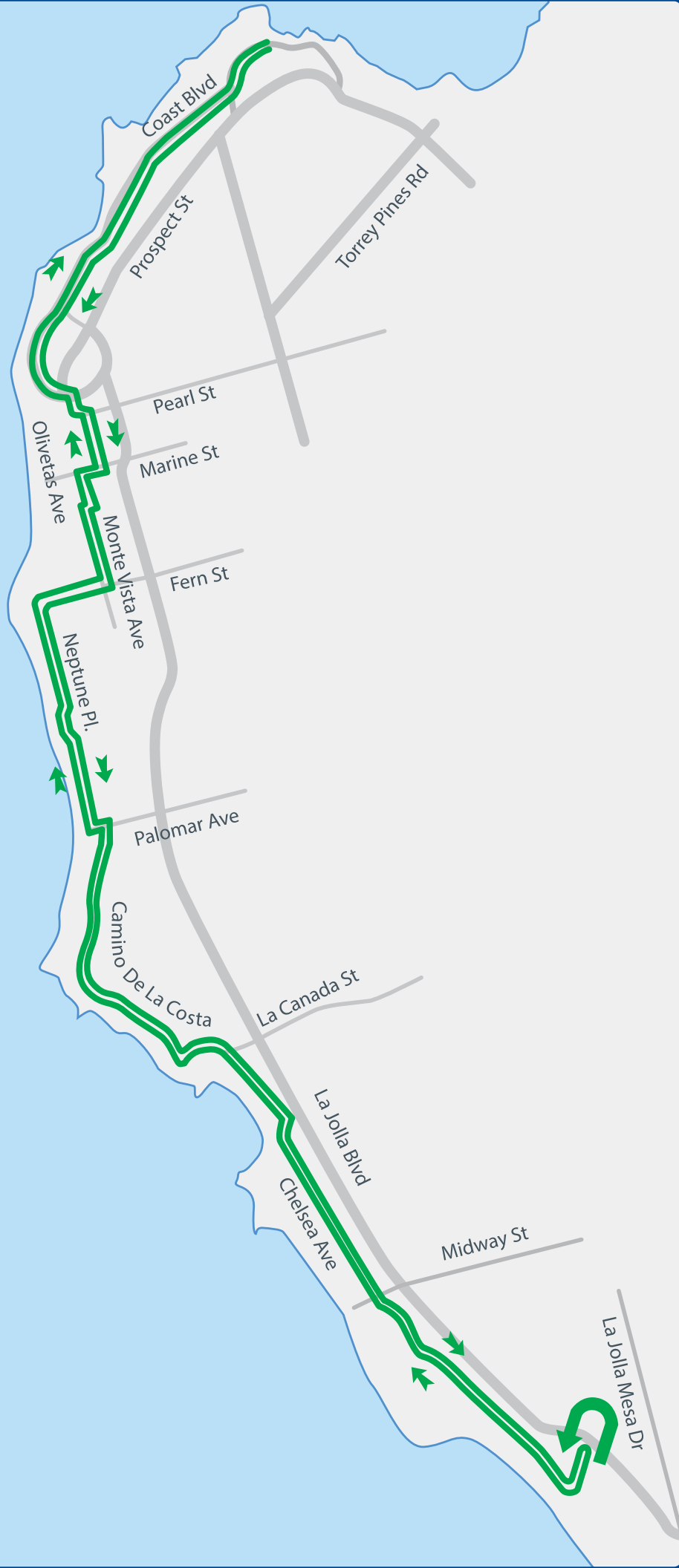
10-MILE RUN TURN AROUND





WHEELCHAIR RACING COURSE

! OBEY THE RULES OF THE ROAD





***BIKE COURSE TURN
BY TURN DIRECTIONS***

***Bike Course Coordinator
Rocky Whan (714) 473-2848***

Exit Transition Area

Start to the right onto Coast

Continue up Girard Ave.

Merge right onto Prospect Pl

Left on Girard

Left on Wall St.

Left on Ivanhoe

Right on Cave St.

Right on Prospect Pl

**Merge and turn left on Torrey Pines Rd –
STAY ON LEFT LANE ON EXIT**

Left on La Jolla Shores Dr

Left on North Torrey Pines Rd

Left again on North Torrey Pines Rd

Right on Chesterfield

Immediate Right on San Elijo

Right on Manchester at South El Camino Real

Water Station #1 at Encintas Country Day School

Right on Rancho Santa Fe Rd.

Right on La Bajada



RUN COURSE TURN BY TURN DIRECTIONS

Run Course Coordinator:

Kevin Crilley (310) 974-2469

Start at La Jolla Cove

Exit by turning left onto Coast Blvd

Turn left on Prospect

Turn left on Torrey Pines Road

Turn left on Princess St.

Princess becomes Spindrift Dr.

Spindrift becomes Paseo Dorado

Turn left onto Calle De La Plata

Turn left onto Avenida De La Playa

Turn right onto the boardwalk along La Jolla Shores

Continue on the boardwalk to north end of Kellogg Park

Turn left onto Paseo Grande

Turn left onto La Jolla Shores Dr.

***5 Mile Runners Turn Around at Naga Way,
return via same route**

Turn left onto North Torrey Pines Road

Turn left to stay on North Torrey Pines

Turn left on Torrey Pines Court

Turn around in cul de sac at aid station

Return via same route