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CAF Athletes Receive ESPN's Arthur Ashe Courage Award

Emmanuel Ofori Yeboah and Jim MacLaren have been named the co-recipients of ESPN's Arthur Ashe Courage Award. This prestigious honor is given annually to individuals whose contributions transcend sports.



Additionally, CAF athletes, Rudy Garcia-Tolson and Paul Martin, have been nominated for Male Disabled Athlete of the Year. Tune in to ESPN on Sunday, July 17th at 9:00 p.m. for the awards telecast.

Click Here: [ESPN Press Release](#)



Are you registered for the San Diego Triathlon Challenge? If not, register now, as there is **ONLY 50 SLOTS LEFT!** Don't miss out on the triathlon experience of a lifetime! Spread the word... this is the last chance to register for the event.

Register at: <http://sdtc05.kintera.org/>

For questions, email joanna@challengedathletes.org or call (858) 793-9293.

Registration is **OPEN** for the **4th Annual Tour de Cove** on Sunday, October 30, 2005!

There will over 100 Spin® bikes on the lawn overlooking the ocean at La Jolla Cove. San Diego's top Spinning® instructors will challenge your endurance at this sell-out event. This year features a "Polynesian Paradise" theme – so grab your craziest Hawaiian shirt and Spin® your heart out for CAF!



Choose Your Challenge by Spinning® from 1 hour to 5 hours!

Yellow Jersey Challenge

Raise a minimum of \$500, ride for **five hours**. You'll get a premium reserved Spin® spot and receive a gym bag filled with great goodies including running shoes, an official Tour de Cove bike jersey, Tour de Cove sweatshirt, event t-shirt, visor and water bottle.

White Jersey Challenge

Raise a minimum of \$300, ride for the **first three hours**. You'll get a premium reserved Spin® spot and receive a gym bag filled great goodies including a CAF Headsweats hat, Timex watch,

Tour de Cove sweatshirt, event t-shirt, visor and water bottle.

Polka Dot Jersey TEAM Challenge

Share a bike for five hours. Recruit a team of two to five riders and raise a minimum of \$500. Your team will get a premium reserved Spin® spot and you'll each receive a CAF Headsweats hat, Tour de Cove sweatshirt, event t-shirt, visor and water bottle.

Green Jersey Challenge

Donate a minimum of \$30 per hour and ride for **one or two hours** (two hour max). You'll get an event t-shirt, visor and water bottle.

The Tour de Cove sells-out each year so remember to register early!

[Register here for the Yellow, White or Polka Dot Challenges.](#)



Are you looking for a new challenge and ready to hit the warm sands of San Souci Beach, Oahu? Experience Ironman Revisited with CAF! Return to the birthplace of Ironman on Sunday, August 14, 2005. You can be one of the few who retraces the steps of the original Ironman!

Sign up as an individual or a relay team. We are also looking for someone to run the 26.2-mile leg on an existing relay team. Your team members are waiting! Interested? Email joanna@challengedathletes.org or call (858) 793-9293.

Register at <http://www.ir05.kintera.org>.

Challenged Athletes Foundation, 2148 Jimmy Durante Blvd. #B, Del Mar, CA 92014
Phone: (858) 793-9293, Fax: (858) 793-9291, www.challengedathletes.org
Tax ID #77-0739596