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Sempra Energy San Diego Triathlon Challenge Sold-Out!
Still two chances to be part of an unforgettable event...

You can still be part of the magic by participating in either the inaugural QUALCOMM Million Dollar Challenge (MDC) or the Frog's Fitness Tour de Cove (TDC):

Take the QUALCOMM Million Dollar Challenge



Take an unforgettable 640-mile journey down the breathtaking California coastline. Along the way, you'll change gears and lives.

The MDC will depart San Francisco on Sunday, October 29 and travel down the California coastline over the next seven days, arriving in San Diego on Saturday, November 4. On Sunday, November 5, the ride will share the 56-mile bike course of the SDTC with participants in the triathlon.

To participate in the MDC, you need to raise \$10,000 for CAF. In return, you'll enjoy a ride fully supported by Trek Travel and first-class accommodations, gourmet meals and more.

To register for the QUALCOMM Million Dollar Challenge on learn more about the ride, visit www.cyclemdc.com or call Kristine Entwistle at 858-558-RIDE (7433).

"Viva La Jolla!" at the Frog's Fitness Tour de Cove

Join the Challenged Athletes Foundation to "Viva La Jolla!" at the Frog's Fitness Tour de Cove and enjoy a day of fun in the sun, featuring live music by San Diego's hottest band, Atomic Groove. There will be over 100 Spin® bikes on the La Jolla Cove lawn overlooking the Pacific Ocean at the center of the 13th Annual Sempra Energy San Diego Triathlon Challenge. San Diego's top Spinning® instructors will challenge your endurance at this sell-out event.



Registration opens July 1st.

Please visit http://www.challengedathletes.org/compete/TourdeCove_Overview.htm to register and learn more about this year's exciting challenges.



Congratulations - Ironman Triathlon World Championship Bound



Last weekend, some very talented challenged athletes punched their ticket to Kona in October. At the Buffalo Springs Lake Half Ironman, CAF athletes Akian Aleong and Tricia Downing took top honors. Also earning Kona slots were Patrick Doak, Aten Marc, and Jason Fowler. The rest of the field, Jeffrey Smith, Chris Houde and Matt Bailey, put up a good fight.

At Ironman Coeur d'Alene, CAF's Operation Rebound spokesperson Maj. David Rozelle finished his first Ironman in 13:55:01. This race served as preparation for his larger goal of finishing in the Ironman Triathlon World Championship in Kona later this year.

CAF Athletes Lead Escape from Stereotypes at the Accenture Escape from Alcatraz Triathlon

Tony Bennett may have left his heart in San Francisco, but some of CAF's elite athletes showed theirs in the shadow of the Golden Gate bridge at the 2006 Accenture Escape from Alcatraz Triathlon (EFAT). Six CAF athletes participated in the grueling event, including three wounded soldiers who formed the first-ever Operation Rebound relay team. CAF athletes also led a multi-sport clinic for Bay-area physically challenged individuals at the Race Expo on the Marina Green the day before the race.

Leading the CAF assault on the "Rock" was "One-arm" Willie Stewart, who finished his fifth EFAT. He was joined by below-knee amputee J.P. Theberge and sight-impaired athlete Bill Davis in conquering EFAT's challenging swim, hilly bike, and the run's dreaded sand ladder. The inspirational Operation Rebound team consisted of U.S. Army veterans Maj. David Rozelle (swim), Spc. Rich Ingram (bike) and Sgt. Tim Gustafson (run) – all of whom were injured in combat in Iraq.



Saturday's Multi-Sport Clinic for Physically Challenged Athletes – sponsored by Accenture – was a big hit. CAF's athlete mentors were able to work closely with 14 future stars from Northern California, including kids involved with the Bay Area Outreach and Recreation Program (BORP). After receiving instruction from International Triathlon Union (ITU) Handcycle Division World Champion Akian Aleong, clinic participants rolled out onto the waterfront paths surrounding the Marina Green, before enjoying pizza and refreshments.



Congratulations to all the challenged athletes who participated in EFAT. A big thank you also goes out to Tri-California, IMG and Accenture for making the weekend such a success, and to Club One Fitness for providing Spin® bikes that were used during the clinic. Be sure to check you local listings for the half-hour Accenture Escape from Alcatraz highlights show, to be broadcast in markets across the United States in June and July. The show will include a feature on CAF's Operation Rebound athletes.

Catch a Rising Star Swim Clinic a Splash

On June 17, 2006, Catch a Rising Star (CRS) members attended a special swim clinic at the La Jolla YMCA. Led by 2000 and 2004 U.S. Paralympian, Joe McCarthy, and elite swim coach, Alan Voisard, the clinic taught athletes proper swim techniques, and other useful tips to improve their swimming and comfort level in the water. Participants agreed that the clinic was a great opportunity for them to get started on a path towards a healthy, full lifestyle through a fun, non-impact, wet and wild sport.



Coming up on Sunday, July 23rd, is CRS's Adaptive Sports SummerFest 2006. Try out new sports like wheelchair basketball, rugby, over-the-line, kayaking and more at San Diego's North Crown Point Shores. To attend the FREE Adaptive Sports SummerFest or receive more information, please contact Jill Prichard at 858-866-0959 ext. 104 or jill@challengedathletes.org.

2005-06 Grantee Spotlight: Clifford "Ford" Sutter



Growing up, Metairie, Louisiana's Clifford "Ford" Sutter was a coach's dream. Fiercely competitive yet the consummate team player, he swam, played baseball and soccer, and ran track and cross-country. As a seventh grader, he was MVP of his school's cross-country team and was considered by some to be among the most promising young distance runners in the state of Louisiana. Ford had out-sized dreams that matched his talent. He would attend the University of Oregon and add his name to the pantheon of greats associated with the school's legendary track program.

But life rarely follows a script. In eighth grade, Ford sustained a knee-injury, but continued to compete in soccer and baseball games despite the chronic pain in his leg. A comprehensive series of tests and medical examinations brought a devastating diagnosis: Ford had osteosarcoma (bone cancer) in his right leg. After seven surgeries, 21 chemotherapy treatments and finally, the amputation of his leg above the knee, Ford's cancer is in remission. His desire to compete remains unquenched – even after life tossed him another vicious curveball.

On the morning of Aug. 29, 2005 Hurricane Katrina roared ashore, bulls-eyeing Southeastern Louisiana. Ford's hometown of Metairie (a suburb of New Orleans) was squarely in the crosshairs and felt the full fury of the storm. Once again Ford's athletic dreams were placed on hold as he, his family and his neighbors struggled to recover from one of the worst natural disasters in our nation's history.

While Ford and his family probably wish they could forget the events of the past year, there was one small silver lining in the dark clouds that swirled above the Crescent City. Thanks to the money raised by CAF's supporters and to the generosity of CAF partner Ossur, Ford was awarded a grant for a new running leg. His goal is to rejoin his school's cross-country team for his senior year. Longer-term, he wants to finish the world's top 10 marathons and compete in the Paralympics.

Ford also has returned to the pool, finishing 9th in 100 Meter Fly at the State Swim Meet (beating, in the process, many "two-legged" swimmers). He had planned to show off his swimming prowess at last year's SDTC, but due to Katrina's devastation, he was unable to attend.

This year nothing will keep Ford away from La Jolla Cove on Nov. 5, where he will toe the line with 650 other swimmers at the 13th Annual Semptra San Diego Triathlon Challenge. When you see him there, congratulate him for being a survivor. For being a fighter. But most of all, congratulate him for being an athlete – no matter the obstacles life throws his way.

CAF has moved!
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New Phone
New Fax

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