

SCHEDULE OF EVENTS

THURS., OCTOBER 18, 2018

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

FRI., OCTOBER 19, 2018

9:00 am – 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 pm – 3:30 pm	“Meet and Greet” Picnic featuring world-class challenged athletes
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
	6:30 pm – 7:30 pm Registration and Dinner
	7:30 pm – 8:30 pm Program

SAT., OCTOBER 20, 2018

Jewish Community Center (JCC) - 4126 Executive Drive, La Jolla, CA (858) 457-3161

9:00 am – 12:00pm	Challenged Athletes Swim Clinic Must register to participate Wheelchair Tennis Össur Running and Mobility Clinic, presented by CAF, led by Bob Gailey
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Deni + Jeff Jacobs Challenged Athletes Center - 9591 Waples Street, San Diego, CA

11:00 am – 3:00 pm	SDTC Registration – Triathlon, 5K, Kids Run registration, goodie bag pick-up 25th Anniversary Celebration Block Party Challenged Athletes WCMX Clinic
12:30 pm	Course talk, presentaion & Q/A
1:30 pm	Course talk, presentaion & Q/A



SCHEDULE OF EVENTS

SUN., OCTOBER 21, 2018

ASPEN MEDICAL PRODUCTS SAN DIEGO TRIATHLON CHALLENGE, YMCA OF SAN DIEGO COUNTY TOUR DE COVE, 5K

La Jolla Cove

6:30 am – 8:00 am	Continental athlete breakfast
6:30 am – 2:00 pm	VIP Tent open
6:30 am	Event check-in at La Jolla Cove
6:30 am	Transition area open & body marking
6:30 am	Nytro bike repair team on-site
7:00 am	Parade of Athletes legends, celebrities, challenged athletes
7:40 am	National anthem - Samuel Nehemiah
8:00 am	Swim Start - 6 Waves
8:00 am – 1:30 pm	Food truck arrives (breakfast, lunch options)
8:15 am	Bike course start time for cyclists, hand cyclists & MDC cyclists
8:30 am – 2:00 pm	CAF Village, CAF Store, Silent Auction, Family Fun Zone
9:00 am	Alternative start time for relay runners
9:00 am	Alternate run start for 10 mile runners
9:00 am – 1:30 pm	YMCA of San Diego County Tour de Cove
9:00 am – 11:00am	5K Fitness Walk check-in and registration
9:15 am	Run start for 5 mile 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 Kids Stretch
10:00 am	Philadelphia Insurance Challenged Athletes Kids Sprint and Run
10:00 am – 2:30 pm	Athlete massage available
11:00 am	Kaiser Permanente Thrive Yoga by the Sea
11:15 am – 11:30 am	5K Fitness Walk Staggered Start
2:00 pm	Thanks to CAF Ceremony
4:00 pm	Course officially closes



2018 DIRECTIONS

CELEBRATION OF ABILITIES DINNER

(Friday, Oct. 19, 2018, 6:30 pm to 9:00 pm)

COA takes place at the Irwin M. Jacobs Qualcomm Hall, 5775 Morehouse Drive San Diego, CA 92121.

Parking garage is on the right.

CLINICS

(Saturday, Oct. 20, 2018, 9:00 am to 12:00 pm)

Clinics take place at the Jewish Community Center, 4126 Executive Dr., La Jolla, CA 92037.

Note: If you park in the parking garage across the street from the JCC entrance, there is a \$1.00 per car fee and you must park on the bottom two levels. YOU MUST USE THE VALIDATION MACHINE LOCATED IN THE JCC TO VALIDATE YOUR TICKET OR YOU WILL BE CHARGED THE FULL PARKING FEE.

SDTC REGISTRATION

(Saturday, Oct. 20, 2018, 11:00 am to 3:00 pm)

Registration and packet pick-up takes place at the Deni + Jeff Jacobs Challenged Athletes Center at 9591 Waples Street, San Diego, CA 92121 from 11 am - 3:00 pm.

Parking is complimentary. Please park on the street.

2018 PARKING INFORMATION

Although there is street parking available on a first-come, first-served basis, here is a list of public parking lots/garages in close proximity to the Cove. Please plan to arrive early to ensure ample time to park.

Directions from Interstate 5: Exit 5 and go West on La Jolla Village Drive. Turn left on Torrey Pines Road. Follow Torrey Pines Road into La Jolla. Turn Right on Prospect Street.

PARKING LOTS/GARAGES:

Prudential Realty Building
1299 Prospect Street
Enter this lot off Cave Street
The hours are 6:15 am to 7:00 pm
The parking rate is \$7.00 per day (pay meter)

Union Bank
Corner of Herschel and Silverado
Enter this surface lot off Herschel Avenue.
The lot is open 24 hours per day at a rate of \$5.00 per day (pay meter)

ACE Parking
1231 Cave Street
This is a surface lot adjacent to 1299 Prospect Ave.
This lot is open from 10:30 am through the evening at a rate of \$5.00 per day

La Jolla Financial Building
1200 Prospect
This lot is open from 6:00 am to 9:00 pm
The parking rate is \$12.00 per day