



CAF COMMUNITY WEEKEND

Featuring the Aspen Medical Products San Diego Triathlon Challenge

October 18 – 20, 2019 • La Jolla, California

www.challengedathletes.org/weekend/



CAF COMMUNITY WEEKEND

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CAF Community weekend is a weekend of sports, community and celebration. This one-of-a-kind weekend raises funds for the Challenged Athletes Foundation and brings together athletes of all abilities from around the world in one of the largest inclusive athletic events. A record-breaking 250 Challenged Athletes are expected to participate throughout the weekend.

■ Friday, Oct 18, 2019

Junior Seau Foundation Adaptive Surf Program Kids Clinic presented by Cavnac & Associates

9am-12pm, La Jolla Shores

Individuals of all ages and abilities learning adaptive surfing skills from specialized coaches.

■ Friday, Oct 18, 2019 — Xterra Wetsuits Open Water Swim Clinic

9am-11am, La Jolla Shores, CA

■ Friday, Oct 18, 2019 — Million Dollar Challenge Ride-In

12:30pm-2:30pm, La Jolla Shores, Ellen Browning Scripps Park

After cycling 625-miles down the coast of California and raising over \$1 million for CAF, over 120 cyclists ride into La Jolla Cove to be greeted by hundreds, including CAF grant recipients and their families. [Learn more about Million Dollar Challenge](#)

■ Friday, Oct 18, 2019 — Celebration of Abilities Award Dinner

6:30-9pm, Qualcomm Morehouse San Diego, CA

An evening celebrating the extraordinary heart and performance of CAF athletes throughout the year. Examples of awards given are: Most Inspirational, Trailblazer, and Exceptional Athletic Performance.

[Read about 2019 award winners](#)

■ Saturday, Oct 19, 2019 — Adaptive Sports Clinics

9am-12pm, Jewish Community Center, La Jolla, CA

A day for individuals of all ages to participate in adaptive sports. Sport clinics featured are Össur Running & Mobility, Wheelchair Tennis, and Adaptive Swimming.

■ Saturday, Oct 19, 2019—Swim Portion of Triathlon

12-2pm, La Jolla Shores

Due to water quality at La Jolla Cove, the 1-mile swim portion of the triathlon has been moved to Saturday, October 19th from 12-2pm

■ Sunday, Oct 20, 2019 Aspen Medical Products San Diego Triathlon Challenge

6:30- 4pm, La Jolla Cove, CA

An unforgettable sports festival including a “challenge-style” triathlon (1-mile swim, 44-mile bike, 10-mile run), 5K walk, 90-min yoga, and a kids run for CAF youth athletes. [Learn more.](#)





CAF COMMUNITY WEEKEND HISTORY

October 18 – 20, 2019

In 1994, three friends came together to create a fundraising event in order to help one athlete, Jim MacLaren, who became a quadriplegic following a tragic accident while competing in a triathlon. This event has since become known as the San Diego Triathlon Challenge (SDTC). The support for Jim MacLaren at the first SDTC in 1994 revealed a greater need in our society. Since then CAF has been committed to breaking the financial barrier that individuals with physical challenges face to participate in sports and live a healthy and active lifestyle. CAF has raised \$112 million and given out over 26,000 individual grants for adaptive sports equipment, training, and competition expenses. Today, SDTC has expanded to the CAF Community Weekend, a weekend of sports, community, and celebration.

A MESSAGE FROM VIRGINIA TINLEY, CAF CHIEF EXECUTIVE DIRECTOR:

“We started 26 years ago with a humble vision to help one injured friend, Jim MacLaren,” says Virginia Tinley, Chief Executive Director. “With the passion and dedication of supporters and Challenged Athletes alike, we started a movement where Challenged Athletes have changed perceptions and taught us all what we can overcome with strength, perseverance and community support. I’m proud that CAF has been a major source of that support by providing 26,000 individual grants worldwide across 103 different sports to get individuals with physical challenges back into the game of life.”

I’m proud that CAF has been a major source of that support by providing 26,000 individual grants worldwide across 103 different sports to get individuals with physical challenges back into the game of life.

THE ASPEN MEDICAL PRODUCTS SAN DIEGO TRIATHLON CHALLENGE

The life you change just might be your own!

OCTOBER 20, 2019 | LA JOLLA COVE, CALIFORNIA

The Aspen Medical Products San Diego Triathlon Challenge is the featured event of our biggest weekend of the year—CAF Community Weekend! It's an event like no other. People of all ages, levels and abilities to come together as a community in beautiful La Jolla Cove to empower individuals with physical challenges through sports. There is something for everyone —choose to run, bike, swim, walk, or do yoga.

HIGHLIGHTS OF THE DAY:

- Many of the 250 individuals with physical disabilities participating in the weekend will be competing side by side with over 600 able-bodied participants
- Challenged Athletes Kids Run with over 75 kids
- Special recognition for Challenged Athletes and Top Fundraisers
- Over 5,000 spectators and volunteers

EVENTS:

- **Triathlon:** 1-mile swim, 44-mile bike, 10-mile run. ***Swim moved to day before
- **YMCA of San Diego County Tour De Cove:** 4.5-hour stationary cyclethon led by YMCA instructors. Individuals participate side by side with challenged athletes in the full 4.5-hours or as part of a relay.
- **5K Fitness Walk:** a beautiful walk along the coast in La Jolla.
- **Philadelphia Insurance Kids Run:** highlight-of-the-day 1/4-mile sprint for challenged athlete kids
- **Kaiser Permanente THRIVE Yoga by the Sea:** 90-minute outdoor yoga class led by local San Diego yoga influencer, Katie B. Happy



Due to water quality at La Jolla Cove, the swim portion of the triathlon has been moved to Saturday, October 19th from 12-2pm at La Jolla Shores.

MEDIA TIMELINE FOR SUNDAY, OCTOBER 20TH

Media check-in begins at 6:15 at Information Booth (Venue Map on next page)

6:30 am	Race Check in	10:45 am	Grant Presentation at the Tour De Cove Stage
7:00 am	Parade of Athletes	11:00 – 12:30 pm	Kaiser Permanente Thrive Yoga by the Sea
7:40 am	National Anthem	11:15 am	5K Fitness Walk
7:45 am	Grant Presentation at Main Stage	12:30 – 12:45 pm	YMCA of San Diego Tour de Cove Grant Presentation
8:15 am	Bike Start for relay, handcyclists	1:00 pm	Closing Ceremony with music
9:00 am – 1:00 pm	YMCA of San Diego County Tour de Cove	1:30 pm	Grant presentation at Main Stage
9:30 am	Wheelchairs depart on Wheelchair Course	4:00 pm	Course Official closes
9:45 am	Kids Stretch		
10:00 am	Philadelphia Insurance Challenged Athletes Kids Run		

SPONSORS AND PARTNERS OF THE DAY

TITLE SPONSOR		GLOBAL PROSTHETICS PARTNER		OFFICIAL APPAREL SPONSOR		OFFICIAL SNEAKER SPONSOR		TOUR DE COVE TITLE PARTNER				
OFFICIAL WETSUIT SPONSOR		OFFICIAL AWARDS SPONSOR		OFFICIAL KIDS RUN SPONSOR		PRESENTING SPONSOR		OFFICIAL PARKING & TRANSPORTATION SPONSOR				
YOGA TITLE SPONSOR		OFFICIAL BIKE SPONSOR		OFFICIAL SKIN CARE SPONSOR		OFFICIAL TRI KIT SPONSOR						
PLATINUM SPONSORS												
GOLD SPONSORS					SILVER SPONSORS							



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

WHO'S WHO ATTENDING SDTC

INFLUENCERS



Marsha Garces Williams

Marsha Garces Williams is an American film producer and philanthropist. She is a former wife of actor and comedian Robin Williams. Robin was an eleven-time participant of the San Diego Triathlon Challenge and big supporter of the Challenged Athletes Foundation.

Photo: Bustle.com credited to Kevin Winters/Getty Images



Kim Strother

Kim Strother is a celebrity personal trainer and fitness model who has appeared on the cover of Runner's World Magazine and has been featured in Fitness Magazine, Self, Shape, Women's Health and Health.

Photo: Kim Strother's Instagram, @kim_strother



Tara Davis & Hunter Woodhall

Tara and Hunter are collegiate track stars and social media sensations. Hunter Woodhall, was the first bilateral amputee to receive a D1 Collegiate Scholarship for Track & Field. Tara is an All-American jumper/hurdler Junior Record Holder in the long jump.



ALIINBY TEDDI Wellness Coaches

ALLIN by Teddi helps people reach their fitness goals through accountability coaching. Started by Teddi Mellencamp from The Real Housewives of Beverly Hills Television Show, she has a team of Wellness Coaches who have created a fundraising team and will be participating in the 2019 YMCA of San Diego County Tour De Cove.

Photo: Teddi from allinbyteddi.com



WHO'S WHO ATTENDING SDTC

PROFESSIONAL ATHLETES



Bill Walton

Bill Walton is a retired basketball player and television sportscaster. Walton became known playing for John Wooden's powerhouse UCLA Bruins in the early 1970s before winning two NBA Championships and an MVP. Bill is now an avid cyclist, and a top Challenged Athletes Foundation fundraiser.



Cam Wurf

Cam Wurf is an Australian professional triathlete and cyclist. He is the bike course record holder at the IRONMAN World Championship in Kona, Hawaii and in 2019, he won IRONMAN Australia.



Julie Moss & Kathleen McCartney

Julie Moss and Kathleen McCartney are triathletes who became famous from the 1982 IRONMAN World Championship in Kona. While Julie Moss' crawled with determination to the finish line, Kathleen McCartney passed her, taking the lead to win the race. Captured by ABC Wide World of Sports, footage from the finish has been credited with putting the sport of triathlon on the map.

Photo: Triathlete Magazine

American Ninja Warriors

For the first time ever, ninja warriors from NBC's action-packed series American Ninja Warrior will be on-site to fire up athletes and demonstrate their growing circle. Ninja Warriors include 2019 ANW Champion Drew Drechsel, Jesse "Flex" Labreck, Mathis "The Kid" Owhadi, Nate Burkhalter, Chris DiGangi and Tiana Webberley.

Drew Drechsel



Jesse Labreck



Mathis Owhadi



Nate Burkhalter



Chris DiGangi



Tiana Webberley



Photo credit: Instagram profiles @reallifeninja, @flexlabreck, @mathis_thekid, @nolimitsnate_, @ninja_digangi, @sweett_02



CAF AMBASSADORS



Sarah Reinertsen

First female above-the-knee amputee to complete IRONMAN World Championships in Kona and to be on the cover of ESPN magazine, the Body Issue. In 2018, she crossed the finish line of the IRONMAN World Championship for the second time beating her own record.



Willie Stewart

First athlete with a physical disability to complete Leadman, a series of trail run and mountain bike events totaling 282.4 miles in the Colorado Rockies. A Paralympic nordic skier, Willie was inducted into the 2018 Disabled Snow Sports Hall of Fame. Willie is also our lead ambassador for CAF-Idaho -a new statewide initiative to serve athletes in Idaho



Carlos Moleda

A five-time IRONMAN World Champion in the handcycle division. Famous for his great battles in Kona with David Bailey and for becoming one of the first individuals in a wheelchair to climb Mt. Kilimanjaro. He is the coach of CAF Women's Handcycling Team, the first of it's kind!



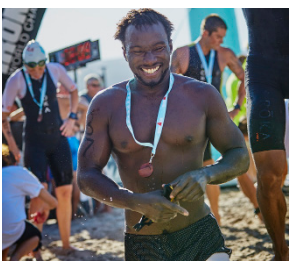
Scout Bassett

From Chinese orphanage to world record holder in the 400m and American record holder in the 200m and 100m in her classification. Scout was in the 2019 ESPN Body Issue and she has qualified for the 2020 Paralympics in Tokyo.



Rudy Garcia-Tolson

At age 16 he won his first Paralympic gold medal in swimming and has been to every summer Paralympic Games since 2004 medaling in all four of them. In 2009 he crossed the finish line of IRONMAN Arizona and became the first bilateral above-the-knee amputee to finish a full Ironman triathlon.



Roderick Sewell

A member of the U.S. Para-swimming team who has defied odds after spending part of his childhood homeless. On October 12, 2019 he became the first bilateral amputee to complete the IRONMAN World Championship in Kona on prosthetics.



ABOUT CAF

The Challenged Athletes Foundation® (CAF) is a world leader in helping people with physical challenges lead active, healthy lifestyles. CAF believes that participation in physical activity at any level increases self-esteem, encourages independence and enhances quality of life. Since 1994, more than \$112 million has been raised and over 26,000 funding requests from people with physical challenges in all 50 states and dozens of countries have been satisfied. Additionally, CAF's outreach efforts impact another 60,000 individuals each year. Whether it's a \$2,500 grant for a handcycle, helping underwrite a carbon fiber running foot not covered by insurance, or arranging enthusiastic encouragement from a mentor who has triumphed over a similar challenge, CAF's mission is clear: give opportunities and support to those with the desire to live active, athletic lifestyles.

HOW CAF SUPPORTS:

- Grants to individuals for sport related expenses not covered by insurance – adaptive sports equipment like running prosthetics, handcycles and sport wheelchairs. Travel, training and competition expenses.
- Camps & clinics for athletes with physical challenges – running & mobility, para-triathlon, swimming, adaptive cycling, wheelchair basketball, sitting volleyball and more.
- Support for wounded veterans and first responders through Operation Rebound.
- Mentorship & community to empower individuals, strengthen communities and create new opportunities for all.

THE MISSION OF THE CHALLENGED ATHLETES FOUNDATION

To provide opportunities and support to people with physical challenges so they can pursue active lifestyles through physical fitness and competitive athletics. We believe that involvement in sports at any level increases self-esteem, encourages independence, and enhances quality of life.

VISION

To be the world leader in supporting people with physical challenges by providing opportunity and access to sports and physical activity.



MEDIA DOWNLOAD PAGE

IMAGES OF SDTC:

<https://www.dropbox.com/sh/35hqdh8dom4py7o/AACYTSspe0mCuuc7fzIDnFGja?dl=0>



VIDEOS/ BROLL OF SDTC:

https://www.dropbox.com/s/ibxoy1hindhtj0g/CAF_SDTC_Promo_60_1080P.mp4?dl=0





For Immediate Release

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OVER 250 PHYSICALLY CHALLENGED ATHLETES AND 800 FUNDRAISING SUPPORTERS TO PARTICIPATE IN THE 26TH ANNUAL ASPEN MEDICAL PRODUCTS SAN DIEGO TRIATHLON CHALLENGE

Challenged Athletes Foundation® (CAF) hosts a Transformational Community Sports Weekend of Events where athletes of all ages and abilities participate together

SAN DIEGO, CA — October 9, 2019 – CAF announced today that more than 2,000 supporters, spectators, volunteers and participants will flock to La Jolla for the **26th Annual Aspen Medical Products San Diego Triathlon Challenge on October 20th**. The triathlon is the culmination of a full line-up of fundraising and community building events including the Million Dollar Challenge seven-day coastal ride, adaptive sports clinics, the YMCA Tour de Cove stationary cyclethon, Kaiser Permanente Thrive Yoga by the Sea, a 5K walk, parade of athletes, the Philadelphia Insurance Challenged Athlete Kids Run and the Celebration of Abilities Awards Dinner. The unique “challenge” style triathlon features a one-mile ocean swim, a 44-mile bike ride, and a 10-mile run that attracts celebrities, legends, professionals and adaptive athletes from all over the country to raise funds to help individuals with physical challenges get the support needed to succeed in sports and in life.

CAF -- a world-leader in helping individuals with physical challenges pursue sports and physical fitness -- hosts the annual event which is designed to celebrate inspirational athletic spirit while building camaraderie amongst athletes of all abilities.

“It has been called the Best Day in Tri,” says **CAF Chief Executive Director Virginia Tinley**. “But this weekend has transcended far beyond triathlon. It really is one of the most inclusive sports environments where athletes of all ages and abilities experience first-hand the power of sport to pull people together.”

A star-studded line-up of Paralympians and challenged athlete legends like **Rudy Garcia-Tolson, Scout Bassett, Megan Blunk, Willie Stewart, Sarah Reinertsen, Carlos Moleda** and **Andre Kajlich** will also participate throughout the weekend. US Para Swim Champion Roderick Sewell and the first mother-daughter team Beth & Liza James are returning in time after racing the IRONMAN® World Championships in Kona. Hall of Fame triathlon legends Michellie Jones, Kathleen McCartney, Julie Moss and Scott Tinley will also be participating along with recent Ironman record holder and sensation, Cam Wurf. Also returning to the scene are Mayor Faulconer and San Diego’s former Police Chief Shelley Zimmerman, **NBA Hall of Famer Bill Walton**, the San Diego Padres’ Pad Squad and for the first time ever, ninja warriors from NBC’s action-packed series **American Ninja Warrior** will be on-site to fire up athletes and demonstrate their growing circle. Ninja Warriors include 2019 ANW Champion Drew Drechsel, Jesse “Flex” Labreck, Mathis “The Kid” Owadi, Nate Burkhalter, Chris DiGangi and Tiana Webberley.

To kick off the weekend on Friday, October 18, CAF will welcome home over 120 cyclists from the **Million Dollar Challenge** who will have completed a seven-day bike ride from Palo Alto to San Diego to raise over a million dollars in support of CAF’s mission. Earlier that morning, CAF will also host the **Junior Seau Foundation Adaptive Surf Program Kids Clinic**. At the surf clinic, kids of all ages and abilities learn adaptive surfing skills from specialized coaches. Also featured will be the **XTERRA Wetsuits Ocean Water Swim Clinic** at La Jolla Shores.

On Friday evening, CAF will host its annual **Celebration of Abilities Awards Dinner** at Irwin M. Jacobs Qualcomm Hall to recognize partners and challenged athletes from around the country for their trailblazing and inspirational achievements in the prior year.

On Saturday, October 19, a series of adaptive sports clinics will be held at La Jolla Jewish Community Center to provide expert coaching and mentoring for over 200 challenged athletes from across the nation. The sports clinics include Össur Running and Mobility, Wheelchair Tennis and Adaptive Swimming.

On Sunday, October 20 at La Jolla Cove our signature event for the weekend the festivities kick off with the **Parade of Athletes**, where challenged athletes, sports legends, and celebrities walk together in preparation for the challenge-distance triathlon. Two hundred athletes with physical challenges and 800 fundraising supporters will participate in the **Aspen Medical Products San Diego Triathlon Challenge** with the option to compete as an individual or as part of a three-person swim/bike/run relay team. Another reason this event is referred to as “the best day in tri” is due to its unique “challenge” distance format that allows participants to complete in the events side by side.

“I was completely moved from the first-time I participated in this event,” says triathlete and long-time CAF supporter, Rosalind Jarrett Sepulveda. “Whether you’re a participant or spectator you will leave inspired to do the sports you love and make a difference in the lives of others.”

Other Sunday highlights include the **YMCA of San Diego County Tour de Cove Stationary Cyclethon, Philadelphia Insurance Kid’s Run, Kaiser Permanente THRIVE Yoga by the Sea, and 5K Fitness Walk**. New for 2019, will be an **American Ninja Warrior challenge** where athletes of all abilities can put their ninja skills to the test. There is something for everyone at the Cove during this packed day of events.

The Aspen Medical Products San Diego Triathlon Challenge weekend celebrates the power of sport to transform lives, build community and change perceptions of what people with permanent physical disabilities can accomplish. Funds raised from these events directly support CAF’s mission to provide opportunities and support to people with physical challenges so they can pursue active lifestyles through physical fitness and competitive athletics. CAF believes that involvement in sports at any level increases self-esteem, encourages independence, and enhances one’s quality of life and the San Diego Triathlon Challenge is every athlete’s chance to prove it.

Registration for these events is open. Please visit www.challengedathletes.org/weekend
Schedule of events

Every year, awards are presented to select CAF athletes and supporters who have demonstrated extraordinary amounts of strength, resilience, and commitment. 2019 Celebration of Abilities Award Winners are:

Exceptional Athletic Performance Award - Mark Barr, a single-leg amputee with an impressive three-time Olympic background in swimming. After being one of the first athletes to attend CAF’s paratriathlon camps, he has dominated the sport and gone undefeated in every ITU Race in 2019 and currently holds the ITU Champion Title in paratriathlon.

Aspen Medical Products Most Inspirational Athlete Award: The first CAF Women’s Handcycling Team has just been established and will create a vision to get more women involved in the growing sport of handcycling and competing at the highest level. These athletes are changing the face of women in the cycling world and sports in general. Alicia Dana, Oksana Masters, Velette Britt, Gabrielle Platt, Lera Doederlein, Edie Perkins, Danielle Watson. Coaches and Managers: Carlos Moleda, Sarah Moleda, Dr. Ralf Lindschulten.

The Jim MacLaren Award: J.A. and Kathryn Albertsons Family Foundation (JKAF) for investing in the vision launch and ongoing support of CAF-IDAHO – our statewide initiative. CAF-Idaho will fund individual grants to athletes residing in all corners of the state and who participate in a wide variety of sports from alpine skiing, wheelchair basketball and cycling, to rock climbing, track and field, triathlon and wheelchair rugby.

Trailblazer Award: Hoda Mohamed has lived with polio since childhood and is Egypt’s first female wheelchair athlete now breaking into the male-dominated sport of wheelchair

racing in her country. In April 2018, she became the first woman in Egypt to compete alongside men in a wheelchair race, where she took an impressive 3rd place in the 800 meter and 2nd place in the 1500 meter races. She hopes to one day represent her country on the world stage of the Paralympics.

Sam Day Rising Star Award/Male: Tyler Jones has battled cancer since the age of 2. Now, as 17-year old, below knee amputee he is a passionate sprinter and long jumper who also competes in wheelchair basketball and wrestling. He has dreams of competing on Paralympic Team USA and becoming an orthopedic oncologist, so that he can help other kids like him. One of his most unique qualities is helping others feel better in their own skin and encouraging hope.

Sam Day Rising Star Award/Female: Liv Stone grew up living an active lifestyle as a congenital bilateral above elbow amputee. She excelled in soccer, rifle, power training and running. After surfing her first wave at an adaptive surfing retreat in Del Mar, she moved across the states to continue her newfound sport. She plans to continue surfing and wants to be able to join the USA National Adaptive Team. Because of being born with her limb difference, she doesn't know any other way but to quickly adapt to her challenges.

Partner of the Year Award: IRONMAN® will be recognized in recognition of the longstanding partnership and five million dollars raised through their participation. This support has allowed thousands of CAF supported athletes to compete around the world while creating some iconic moments crossing the finish line.

Sponsors of the weekend's events include: Aspen Medical Products, Össur, Nike, Converse, YMCA of San Diego County, XTERRA Wetsuits, Ashworth Awards, Philadelphia Insurance Companies, Lusardi Construction, VitalFitSR, LAZ Parking, Kaiser Permanente, Accenture, Sycuan Resort Casino, Toyota, Union Bank, Headsweats, Life Time Fitness, Zappos Adaptive, Watkins Wellness, Smoothie King, Wells Fargo Advisors and performance nutrition partners CLIF Bar and GU.

About the Challenged Athletes Foundation

The Challenged Athletes Foundation® (CAF) is a world leader in helping people with physical challenges lead active, healthy lifestyles. CAF believes that participation in physical activity at any level increases self-esteem, encourages independence and enhances quality of life. Since 1994, more than \$112 million has been raised and over 26,000 funding requests from people with physical challenges in all 50 states and dozens of countries have been satisfied. Additionally, CAF's outreach efforts impact another 60,000 individuals each year. Whether it's a \$2,500 grant for a handcycle, helping underwrite a carbon fiber running foot not covered by insurance, or arranging enthusiastic encouragement from a mentor who has triumphed over a similar challenge, CAF's mission is clear: give opportunities and support to those with the desire to live active, athletic lifestyles. To learn more, visit challengedathletes.org or call 858-866-0959.

About Aspen Medical Products

Aspen Medical Products is a leader in the design, development and marketing of upper and lower spinal orthotics. The Company is headquartered in Irvine, Calif. and has local sales representatives throughout the United States as well as representation worldwide. For more than 30 years, the management team and employees at Aspen have introduced a continuous flow of pioneering spinal bracing products and services to the healthcare marketplace. For more information, visit us online at AspenMP.com.

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Tour de Cove



For Immediate Release

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**CHALLENGED ATHLETES FOUNDATION® AND YMCA OF SAN DIEGO COUNTY
TEAM UP AT THE TOUR DE COVE CYCLETHON TO EMPOWER ATHLETES
WITH PHYSICAL CHALLENGES**

Stationary cyclethon by the sea will raise money to support challenged athletes in their quest for an active lifestyle, while raising awareness of the YMCA's inclusive mission

San Diego – Oct. 14, 2019 – The Challenged Athletes Foundation (CAF) and the YMCA of San Diego County (YMCA) bring one of the most popular indoor fitness activities to the outdoors at the Tour de Cove in La Jolla, CA on October 20, 2019. This high-energy, stationary cycling marathon event will bring people of all abilities together to raise funds in support of CAF's mission. With a shared commitment to improve the lives of others and make a difference in the community, these organizations are creating a culture where all feel welcome and have access to a supportive fitness and community environment.

In conjunction with CAF's 26th annual Aspen Medical Products San Diego Triathlon Challenge, the 2019 YMCA of San Diego County Tour de Cove will feature over (200) fundraising cyclists and challenged athletes. Sharing the stage with YMCA's top cycling instructors, accountability coaches from All In by Teddi, led by Teddi Mellencamp of Real Housewives of Beverly Hills and Kim Strother, one of LA's top fitness guru, will energize the crowd for the 4.5-hour stationary cycling marathon. Of the (100) bikes on the lawn, over 50 challenged athletes - each with an incredible story to tell - will participate in the sweat-drenching workout overlooking the Pacific Ocean. Stationary bikes have been donated by Keiser and hand cranks by the YMCA. Partners Sycuan Resort Casino and Headsweats also contribute to this transformational day.

Over the past five years, the YMCA has provided over 1,000 memberships to San Diego-based CAF grant recipients wishing to pursue their fitness goals.

"Through the YMCA of San Diego County partnership together we've made a positive difference in the lives of challenged athletes," says CAF Chief Executive Director Virginia Tinley. "The membership grant program has helped so many motivated athletes in San Diego get



Tour de Cove



active for the first time or increase their fitness and athletic levels. The Tour de Cove is the perfect celebration of our long-standing partnership.”

Some of the Challenged Athletes participating in this year’s Tour de Cove:

Two years ago, blind triathlete, **Amy Dixon** moved from the east coast to San Diego to train full-time for the Tokyo 2020 Paralympics. “The YMCA has meant so much more to me than a place to train. It has been my source for community, friendships and constant inspiration,” said Amy Dixon, Team USA. “The CAF grant and YMCA membership allow me to pursue my dream of being a Paralympian.” Dixon is currently swimming at the YMCA with her coach Michellie Jones, a highly-decorated Olympic triathlete, CAF supporter and recent inductee to the Ironman Hall of Fame.

In 2004, synovial sarcoma claimed 17-year-old **Danielle McLaughlin’s** foot along with a life filled with competitive soccer and running. She lost her left foot and her identity but soon rediscovered herself as an elite adaptive athlete. After rehabilitating at the YMCA through strength training and spin classes, Danielle has gone on to become a Paratriathlon National and World Champion. Danielle will be running the Boston Marathon in 2020 while balancing her work at UCSD Cancer Center.

Lera Doederlein was born in Russia and was adopted at the age of two. Born with arthrogryposis in both legs, she wore braces for most of her life until a year a few years ago. She decided to take control of her mobility through a double above knee amputation. Now independence is a key part of her life and “disability” isn’t a word in her dictionary. She trains at the YMCA to help her with handcycling and sled hockey. She will soon be awarded Most Inspirational Athlete along with five other women on the first-ever CAF women’s handcycling team. She was also named the 21st player on the Anaheim Ducks professional hockey team.

According to Baron Herdelin-Doherty, President & CEO of the YMCA of San Diego County, CAF grantees are some of the most active members at the YMCA. “The athletes love the facilities and resources, but more importantly, they feel welcomed and cared for by the staff,” he said. “Belonging to the Y means these athletes have a safe and encouraging environment. We are proud to partner with CAF and admire the elite athletes.”

Those interested in participating can register as an individual or as part of a three-person relay team. All participants receive great perks, including a goodie bag featuring a custom *Tour de Cove* tank top, t-shirt, sweatshirt, visor, water bottle and more.

To register or learn more about the event - <https://www.challengedathletes.org/events/tour-de-cove/>

About the Challenged Athletes Foundation



Tour de Cove



The Challenged Athletes Foundation® (CAF) is a world leader in helping people with physical challenges lead active, healthy lifestyles. CAF believes that participation in physical activity at any level increases self-esteem, encourages independence and enhances quality of life. Since 1994, more than \$110 million has been raised and over 26,000 funding requests from people with physical challenges in all 50 states and dozens of countries have been satisfied. Additionally, CAF's outreach efforts impact another 60,000 individuals each year. Whether it's a \$2,500 grant for a handcycle, helping underwrite a carbon fiber running foot not covered by insurance, or arranging enthusiastic encouragement from a mentor who has triumphed over a similar challenge, CAF's mission is clear: give opportunities and support to those with the desire to live active, athletic lifestyles. To learn more, visit challengedathletes.org or call 858-866-0959.

About the YMCA of San Diego County

The YMCA of San Diego County is the largest Y association in the nation, serving nearly 500,000 San Diego County residents and employing more than 5,500 people. Through a variety of programs and services focused on youth development, healthy living and social responsibility, the Y unites men, women and children - regardless of age, income or background - to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body. Visit www.ymca.org to find your local YMCA or call (858) 292-YMCA (9622).

IDEAS FOR SOCIAL POSTS



Join athletes of all abilities for a weekend of sports, community and celebration featuring the @AspenMP San Diego Triathlon Challenge. Together, we'll raise funds for @CAFoundation. There is something for everyone on Sunday 10/20.



Join me at La Jolla Cove on Oct. 20th and find out why I love the @AspenMP San Diego Triathlon Challenge-- #BestDayInTri!



I can't wait to participate on Oct. 20th at @CAfoundation biggest day of the year. Join me at La Jolla Cove and see why I love this mission that helps individuals with physical challenges get access to sports



Be a part of @cafoundation biggest community weekend of the year featuring the Aspen Medical Products San Diego Triathlon Challenge. Together, we'll raise funds and empower more athletes with physical challenges.





challengedathletes.org | [@CAFoundation](https://twitter.com/CAFoundation) | [#TeamCAF](https://www.instagram.com/CAFoundation)

