

# OCTOBER 2020



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK 8</b>					Tune in to Challenged Athletes Live on <b>1</b>  Yoga - Zoom 10am PDT	Virtual Run, Walk, Roll - 6:30am PDT <b>2</b> Weekly Newsletter	Virtual Cycling Club Ride - 8:05am PDT <b>3</b> Zwift
<b>WEEK 9</b>	▶ Ride for Challenged Athletes Foundation Strava Challenge <b>4</b>	<b>5</b>	CAF Live - 9am PDT <b>6</b> Challenged Athletes Cycling - Zoom 5pm PDT	Operation Rebound Chat - Zoom 5pm PDT <b>7</b>	Tune in to Challenged Athletes Live on <b>8</b>  Yoga - Zoom 10am PDT	Weekly Newsletter <b>9</b>	Ride for Pie Day <b>10</b> ROTH Rhythm Ride Virtual Cycling Club Ride - 8:05am PDT Zwift
<b>WEEK 10</b>	<b>11</b>	Feeding Yourself for Activation with Chef Eduardo Garcia <b>12</b>	CAF Live - 9am PDT <b>13</b> Challenged Athletes Cycling - Zoom 5pm PDT	HS Adaptive Sports Chat - Zoom 5pm PDT <b>14</b>	Tune in to Challenged Athletes Live on <b>15</b>  Yoga - Zoom 10am PDT	Weekly Newsletter <b>16</b>	Celebration of Abilities - 4pm PDT <b>17</b> Virtual Cycling Club Ride - 8:05am PDT Zwift
<b>WEEK 11</b>	<b>18</b> Ride for Challenged Athletes Foundation Strava Challenge Ends Community Challenge Day Presented by Vega Community Run, Walk, Roll presented by Philadelphia Insurance						



MILLIONS OF MILES, DOLLARS & Dreams