



Frequently Asked Questions & Parking

Event Address: 1100 West Mission Bay Dr. San Diego, CA 92109

Host Hotel, Bahia Resort Hotel Address: 998 West Mission Bay Dr. San Diego, CA 92109

Parking: Parking will be available in the Bonita Cove West lot. [See parking map.](#)

FAQ:

1. Are dogs and or other pets allowed?
 - a. We love our furry friends, but no pets allowed. Service dogs only.
2. Where do I pick up my race packet and goodie bag?
 - a. Triathlon, 5k, Tour de Cove, and Yoga will be available Saturday, October 23 at the Bahia Resort Hotel parking lot
3. What is the run course route?
 - a. It is posted online
4. What is the bike course route?
 - a. It is posted online
 - b. This route will follow rules of the road.
5. I'm having trouble fundraising; do you have any suggestions?
 - a. Please contact Jennifer Rose at jennifer@challengedathletes.org for any questions. You will also receive weekly emails with fundraising suggestions.
6. What are the food options?
 - a. For participants – We will have food options on-site for you. Snacks will be provided pre-race and post-race. We will also have food trucks on-site.
 - b. For spectators – food will be available for purchase from food trucks.
 - c. **Food truck options:** Taco Love, Chip Beach EatZ, Born in Brooklyn, Marcel Belgian Waffles & more!
7. I am a person with a physical disability, where can I find specific answers to questions I have?
 - a. Please refer to the following webpage:
<https://www.challengedathletes.org/sdtcprograms/>
8. I am a person with a physical disability participating in the swim and would like to request a swim handler to swim alongside me in the event.
 - a. Please contact Travis Ricks at travis@challengedathletes.org
 - b. If you are interested in being a handler for a swimmer during the event, please also contact Travis Ricks.
9. Where can I find my results after I finish the event?

- a. Results will be sent out via email the week following the event and posted on the Challenged Athletes Foundation website.
10. What if I lost or misplaced an item?
- a. All found items will be brought back to the CAF offices. Please call 858-210-3500 or email CAF@challengedathletes.org to claim.
11. I'm a person with a physical disability and want to be on a relay team. Do I have to pay the \$100?
- a. Please refer to the Community Weekend information page here: <https://www.challengedathletes.org/sdtcprograms/>
12. Where does the money I raise go?
- a. 100% of dollars you raise will help individuals with physical disabilities participate in the sport they love. In 2019 Challenged Athletes Foundation provided 3,260 individual grant recipients for adaptive sports equipment, training, and competition expenses. Last year CAF provided \$4.8 million in funding to individuals with physical disabilities across 103 different sports, 50 states and 42 countries!
13. Parking
- a. Parking will be available around the event venue. There is general parking on the right side of Bonita Cove and across the street at the Bahia hotel. All parking is open to the public and free of charge.
 - b. There will be specific parking spaces available for loading and unloading gear in the Bonita Cove East lot pre and post event for all participants.
14. Electric assisted bike policy
- a. Pedal assist e-bikes are permitted on the course for the San Diego Triathlon Challenge (no throttle bikes that don't require pedaling are permitted). If you decide to use pedal assist e-bike during the triathlon you must report it to the timing company no later than one hour prior to the start of the triathlon and an asterisk will be placed on your bike time. We also request you ride with exceptional courtesy and attention to vehicles and other riders who are on traditional bicycles and handcycles.
15. CAF Policy for SDTC Participants Under 18
- a. Minimum age to register and participate in the race is 12 years old for the swim and run, and 16 years old for the cycling portion.
 - b. No one under 16 years old on the bike course due to open roads. Participants on the bike course who are under 18 must be with a parent or legal guardian throughout the ride.
 - c. Anyone under 16 years must have a parent or assigned handler with them on the swim and run portions.
 - i. An escort is required for athletes 12-15 years old on the run course. The course will be on a combination of bike path, sidewalks, and roads through Mission Bay Park. In instances where the pedestrian path is narrow or off camber, we will divert the racing chairs and handcycles onto the shoulder of the road. Any bicycle escorts must always stay with their athlete and travel at a

speed respectful of other runners/walkers. We kindly request only one escort per challenged athlete to minimize extra equipment on the route.

- d. As a special consideration, and only for challenged athletes who are 10-12 yrs. old, we will offer a short swim option of (approximately) 400 yards, and they must have a handler with them.