



SCHEDULE OF EVENTS

- 6:00 – 8:00 am Continental Athlete Breakfast
- 6:00 am – 2:00 pm Aspen Medical Products SDTC Hospitality tent open
- 6:30 am Event check-in at Bonita Cove, Transition area open
& body marking
- 7:00 am Parade of Athletes, legends, celebrities, challenged athletes
- 7:35am National Anthem & Kids Pre-Run Stretch
- 7:45 am Philadelphia Insurance Companies Challenged Athletes
Kids Run
- 8:15 am Aspen Medical Products SDTC swim start
- 8:30 am Aspen Medical Products SDTC bike course start time
- relay cyclists, handcyclists & MDC cyclists
- 8:30 am – 2:00 pm Nike Sport Court Activities, CAF Village, CAF Store, Silent
Auction, Family Fun Zone Open
- 9:00 am Aspen Medical Products SDTC Run start -
Wheelchairs depart on run course
- 9:00 am – 1:30 pm EōS Fitness Tour de Cove
..... Session 1 – 9:00am – 10:30am
..... Session 2 – 10:30am – 12:00pm
..... Session 3 – 12:00pm – 1:30pm
- 9:10 am Aspen Medical Products SDTC Run start - 10-mile relay
- 9:00 am - 11:00am 5k Fitness Walk Check In & Registration Open
- 11:00 am – 12:30 pm EōS Fitness Yoga by the Bay
- 11:15 am 5K Fitness Walk
- 2:00 pm Closing Ceremony
- 4:00 pm Course officially closes



Download the SDTC Event App for map, schedule of events and more!