



SAN DIEGO TRIATHLON CHALLENGE

PRESENTED BY DAN + GEOFF

The Challenged Athletes Foundation® (CAF) is proud to have played a pivotal role in not only changing the lives of thousands of athletes with physical disabilities, but also in changing perceptions about all that is possible. Twenty-nine years have passed since our first San Diego Triathlon Challenge, but we are just getting started.

GET READY! The 29th annual San Diego Triathlon Challenge presented by Dan + Geof (SDTC) is right around the corner. October 23, 2022, promises to be a spectacular day in Mission Bay.

GET SET! Don't forget to read all event instructions, thoroughly check your equipment before the event, be sure you are well-trained, and keep fundraising. All are very important to ensure a successful event and a great SDTC experience!

GO! Watch CAF's mission in action as athletes of all abilities gather to display their courage, perseverance, and heart. Enjoy competing side-by-side with professional athletes from around the world and local veteran and first responders who are part of CAF's Operation Rebound program.

KEEP FUNDRAISING

There is still plenty of time to raise funds and meet or exceed your goals. The funds raised during SDTC, make it possible for CAF to empower athletes with physical disabilities to achieve their goals. Every dollar makes a difference.

ENJOY THE EXPERIENCE! Thanks to everyone who has helped CAF deliver on its mission over the past 29 years. We look forward to seeing all of you in Mission Bay and to making new friends and memories.

2022 EVENT INSTRUCTIONS

Saturday, October 22, 2022

Registration/Package Pick-Up

The Bahia Resort and Hotel: 998 West Mission Bay Drive San Diego, CA 92109

- **11:00 am – 3:00 pm** Registration and Packet + Goodie Bag Pick-Up at the Bahia Resort Hotel
- Packet pick-up and registration is mandatory for all SDTC participants. Our CAF store and auction will be onsite at packet pickup.
- **For those who can't make it to registration, please contact jennifer@challengedathletes.org** to make other arrangements to receive your Goodie Bag.
- If we do not hear from you by Nov. 1, 2022, you will forfeit your Goodie Bag.

Please note that most items in the Goodie Bag were generously donated by sponsors. Please accept our apologies if you don't get all correct sizes in your bag. We hope that you can use those items for family members or as gifts for those who supported your fundraising efforts.



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TIMING

The SDTC course features a challenging distance consisting of a 1-mile or 1/2 -mile swim, 36-mile or 22-mile bike route, and a 10-mile or 10k run or racing chair. SDTC uses chip timing to ensure accurate times. Please return your chip at the finish line at the completion of your event.

The Course: **REMEMBER, SDTC IS NOT A RACE. THE BIKE PORTION OF THE EVENT IS NON-COMPETITIVE. PLEASE OBEY ALL TRAFFIC SIGNS AND RULES OF THE ROAD, INCLUDING ALL TRAFFIC SIGNALS AND STOP SIGNS.**

SWIM:

- 1 Mile or 1/2 Mile – you must wear your CAF swim cap.
- For your safety, we will employ wave starts. You will receive your wave start information at registration, and there will be signs on event day to remind you which wave you are in. Each wave will have its own color of swim cap(s). Note: If you do not leave with the wave to which you are assigned, your finish time will not be accurate.
- **The first wave will start at 8:15 am.**
- The swim will be approximately 1/2 -mile or 1-mile in length.
- Swim in a counterclockwise direction, always keeping the buoys on your left shoulder.
- There will be lifeguards and other individuals on paddleboards, plus kayakers throughout the course. A lifeguard boat will also be stationed nearby.
- The water temperature on event day could range from 58 - 65 degrees. All competitors are strongly encouraged to wear wetsuits.

BIKE:

- 22-mile and 36-mile route options – Place your helmet number on the front of your helmet; the bike number goes on the top tube of your bike frame. **Please review the map.**
- **The event will begin at 8:30 am** with cyclists leaving in self-selected waves.
- Approximately 22- and 36-mile bike route options, consisting of city streets.
- On the course, there are steep graded hills and roads without shoulders.
- Note: Parts of this route are heavily trafficked with little or no bike lane.
- There will be course marshals at direction changes on the bike course at key locations.
- There is to be no motor pacing.
- **On course bike support from Master Mechanics.** Kevin Lee and his team will be onsite at transition on Sunday morning and will provide support along the bike route as well.



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TIMING (CONT'D)

RUN + RACING CHAIR

- 10-mile or 10K – attach your bib number to the front of your body.
- **At 9:00 am 10-mile and 10k runners will depart in waves.**
- There are three water stations (no salt tablets or aspirin (see aid station section below).
- You will be racing on the sidewalk or next to the curb during the run portion of the event.
- **No roads are closed on the run course,** so exercise extreme caution when crossing intersections.
- In areas where a path exists, runners may choose to stay on road or use path.
- Volunteers will be at intersections ensuring runners can cross safely.
- There are bathrooms along the course located in Mission Bay Park and Crown Point Park.

AID STATIONS

Bike and run/racing chair water stations will be stocked with water, GU, and ZYM products on course. There are three aid stations on the bike course and three water stations on the run/ racing chair course. There will be no salt tablets on the course, so if you supplement with salt, bring your own. Same for aspirin.

MEDICAL

There will be a medical tent located at Bonita Cove at the SDTC finish line. This area will be staffed by volunteer medical personnel throughout the event day. In addition, there will be an ambulance at Bonita Cove as well as on the bike course. In case of any emergencies while on the bike or run course please call “911.” All athletes are required to provide an emergency contact name and telephone number when signing their waiver at the **mandatory check in on October 22, 2022, at the Bahia Resort & Hotel.**

MASSAGE THERAPISTS

Complimentary massages will be available to participants at **Bonita Cove on October 23, 2022.**

COMMEMORATIVE MEDALS

Individuals, relay teams, cyclists, and runners/racers will receive theirs upon crossing the finish line. All relay swimmers will get their medals as they re-enter the transition area after the swim. Handlers and escorts do not receive medals.

IMPORTANT FUNDRAISING INFORMATION

Please notify CAF if pledged funds are to come in post-event. **You may continue fundraising through December 1, 2022.**



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TOYOTA ATHLETE LOUNGE

All athletes participating in one of our events on Sunday will receive a wristband to enter the Toyota Athlete Lounge. Rest, relax, and recharge in style with a variety of refreshment options including coffee, lunch, snacks, beverages, and frozen yogurt.

OTHER CONSIDERATIONS

Though the climate in San Diego is very temperate in late October, the sun can be quite strong. If you have family or other spectators attending the event, please suggest they bring umbrellas and chairs.

Questions? **Call Jennifer Rose at the Challenged Athletes Foundation: (858) 692-4895.**

SCHEDULE OF EVENTS

<https://www.challengedathletes.org/ccs-schedule-of-events/>

2022 SDTC RULES AND REGULATIONS

- **ONLY EVENT PARTICIPANTS WILL BE ALLOWED IN THE TRANSITION AREA AT ALL TIMES.**
- Wetsuits are allowed and recommended. The water temperature can range from 58–65 degrees.
- No fins, paddles or artificial propulsion devices will be allowed during the swim leg (except for athletes with physical disabilities).
- Make sure that you start the swim in your proper wave. Failure to do so will result in an incorrect time.
- The transition area has a “mount and dismount” exit and entrance. Run or walk your bike through the exit of the transition area before mounting your bike. Dismount before entering the transition area or crossing the finish line upon your return.
- Helmets must be worn and always fastened during the bike portion.
- Headphones are not allowed while on the bike course.
- **NO DRAFTING OR PACK RIDING, whether in a pace line or tucking in behind cars.**
- **THE BIKE PORTION OF THE SDTC IS A BIKE RIDE. IT IS NOT A RACE. YOU MUST OBEY ALL TRAFFIC LAWS AND RULES OF THE ROAD.**
- Time limit for the course is 8.5 hours. **The course closes at 4:00 pm.**
- The SDTC committee has the right to adjust the course and make any rulings concerning the event. The decision of the SDTC committee is final.
- Electric assisted bike policy: Pedal assist e-bikes are permitted on the course for SDTC (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.



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YOUTH PARTICIPATION

POLICY FOR SDTC PARTICIPANTS UNDER 18

- Minimum age to register and participate in the race is 10 years old, and this is for the swim and run/racing chair only.
- No one under 16 years old on the bike course due to open roads.
- Anyone 15 years or under must have a parent or handler with them at all times on the course.
- A handler is optional once someone is 16 years old.
- As a special consideration, and only for challenged athletes who are 10-12 years old, we will offer a short swim option of (approximately) ½ mile and they must have a handler with them.
- We are in support of having handler/escorts for the challenged athletes that are completing the 10-mile or 10K run portion of the triathlon on a racing chair or handcycle. 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. 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.

LOCATIONS AND EVENT NOTES

CELEBRATION OF ABILITIES DINNER

Friday, October 21, 2022

6:30 pm -8:30 pm: The Bahia Resort and Hotel, Mission Bay Ballroom: 998 West Mission Bay Drive San Diego, CA 92109

Gold Team packet pick-up at 5:30 at the Bahia parking lot

ADAPTIVE SPORTS CLINICS

Friday, October 21st

10 AM – 12 PM: Open Water Adaptive Swim Experience with USAT (3119 Mariners Way, San Diego, CA 92109)



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12 PM – 3 PM: USABA Blind Soccer Experience for individuals with visual impairments (3290 Mariners Way, San Diego, CA 92109)

2 PM – 5 PM: Wheelchair Tennis at Bahia Hotel Tennis Courts (998 W Mission Bay Dr, San Diego, CA 92109)

Saturday, October 22nd

8:45 AM – 12 PM: Össur + CAF Running and Mobility Clinic for individuals with lower limb difference (3290 Mariners Way, San Diego, CA 92109)

9 AM – 3 PM: Adaptive Surf Clinic (San Fernando Place, Mission Beach)

2 PM – 4 PM: Wheelchair Basketball Experience at Bahia Tennis Courts (998 W Mission Bay Dr, San Diego, CA 92109)

4 PM – 6 PM: USABA Goalball Experience for individuals with visual impairments at Bahia Tennis Courts (998 W Mission Bay Dr, San Diego, CA 92109)

For more information on participating in or volunteering for the adaptive sports clinics over CCC Weekend, please visit: <https://www.challengedathletes.org/camps-clinics-schedule/>

Registration and packet pick-up takes place at The Bahia Resort & Hotel 998 West Mission Bay Dr., San Diego, CA 92109. Parking is available in the hotel lot and adjacent lots.

2022 PARKING INFORMATION

There are multiple public parking lots available around the venue. Some are farther than others, so please plan to arrive early to ensure ample time to park. The East Bonita Cove and Ventura Cove Parking Lots will be closed and not available for parking on Sunday.