

Aspen  
MEDICAL PRODUCTS  
**SAN DIEGO  
TRIATHLON  
CHALLENGE**

CHALLENGED ATHLETES  
FOUNDATION  
**CAF**  
**20**  
YEARS THAT CHANGED THE WORLD  
SWIM+BIKE+RUN+HEART



**SWIM · BIKE · RUN · HEART**

**Swim BIKE RUN**



**OCTOBER 20, 2013 · LA JOLLA COVE, CALIFORNIA**

### THE BEST DAY IN TRIATHLON

The Aspen Medical Products San Diego Triathlon Challenge (SDTC) is an event unlike any other in the world. Some call it uplifting. Many call it “life-changing.” We call it **“THE BEST DAY IN TRIATHLON.”**

Though it is not a race, your heart will beat faster – and that is before you take on the challenge of the swim, bike and run. Join more than 200 challenged athletes and 550 able-bodied athletes to complete the “challenge distance” course and celebrate the true meaning of perseverance, strength and ability.

Everyone deserves to feel the power of crossing a finish line. By participating in this event you help fund the equipment, training and mentoring needed to get challenged athletes in the game – and to the finish line.

### UNIQUE EVENT FEATURES

**Challenge Distance Course** – Demanding yet scenic triathlon course featuring a 1 mile swim, 44 mile bike and 10 mile run along the spectacular San Diego coastline

**Inspirational Challenged Athletes** – See the direct impact of your fundraising as you participate alongside 200+ challenged athletes

**Celebrities and Pros** – As an individual or on a relay team, you can expect to see professional athletes, IRONMAN® champions, sports legends and other celebrities

**Celebrating 20 Years** – Special 20th anniversary celebrations and program highlights honoring our athletes and supporters, and a motivational “Celebration of Abilities” dinner and awards presentation showcasing our history and stories of how CAF has changed the world

**Goody Bag and Perks** – The industry’s “best swag bag” (valued at \$350), and other unique event amenities like a jumbo-screen, parade of athletes, continental breakfast and post-event BBQ

**Chance to be an IRONMAN®** – Top fundraiser earns a coveted entry to the IRONMAN® World Championship in Kona, Hawaii

**Sports Festival for the Whole Family** – Activities for all ages and fitness levels at the interactive sports festival that includes: the 24 Hour Fitness Tour de Cove stationary cycling marathon, Kaiser Permanente Thrive-5K Fitness Walk, Wawanesa® Family Fun Zone, CAF Expo Village, Silent Auction, CAF Store and more!

### CELEBRATING 20 YEARS THAT CHANGED THE WORLD

In celebration of CAF’s 20th anniversary, this year’s SDTC will highlight the impact CAF has made over the past two decades and pay tribute to the trailblazing challenged athletes and to the generous supporters who played pivotal roles in CAF’s successful efforts to change lives, perceptions, and ultimately the world. What began 20 years ago as a fundraiser to help one athlete, Jim MacLaren, to regain his independence after a tragic second accident, has grown to become one of the most highly-regarded and motivational events in the triathlon world.

### NOW REGISTERING TEAMS AND INDIVIDUALS

**WWW.CHALLENGEDATHLETES.ORG/SDTC**

**#BESTDAYINTRI**    



It is the mission of the Challenged Athletes Foundation to provide opportunities and support to people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics. Your participation and fundraising will provide funding directly to physically challenged individuals to help them be successful in sports and in life!

Challenged Athletes Inc. is a 501c3 non-profit organization. Tax ID# 33-0739596

# SAN DIEGO TRIATHLON CHALLENGE + THE BEST DAY IN TRIATHLON

## IMPACT

Funds raised through SDTC provide adaptive sports equipment, sports prosthetics, training, coaching, mentoring and competition expenses that insurance companies typically don't fund. Participants experience firsthand how the gift of a handcycle or a prosthetic running leg allows a physically challenged athlete the opportunity to compete on an even playing field. Last year alone CAF funded grants totaling nearly \$2.1 million to 1,132 people across the US and internationally to become whole through sports. Included in that support were 87 Paralympians who competed at the 2012 London games. Additionally, money raised through SDTC goes to support our programs that offer sports clinics, mentoring opportunities, resources for injured military and ultimately help all challenged athletes succeed in sports- and in life.

Since the first event 20 years ago, the Aspen Medical Products San Diego Triathlon Challenge has been instrumental in raising the funds that have allowed more than 8,200 challenged athletes around the world to make it to the starting line and inspire a new generation to realize they have no limits.



"While I am honored to be a part of the CAF team and family, mostly I am lucky. Lucky to have found something that means so much, accomplishes even more, and makes such a difference on every front for anyone who has the good fortune to make the choice to join forces with this incredible organization."

**BILL WALTON** + NBA HALL OF FAMER AND CAF AMBASSADOR

## FRI., OCTOBER 18, 2013

12:30 pm – 3:30 pm **CHALLENGED ATHLETE "MEET AND GREET" PICNIC & MDC RIDE-IN**

featuring world-class challenged athletes and ride-in celebration for Dodge Million Dollar Challenge cyclists

**LOCATION:** Kellogg Park – La Jolla Shores | 8200 Camino del Oro, La Jolla, CA

6:30 pm – 8:30 pm **CELEBRATION OF ABILITIES DINNER**

**LOCATION:** Irwin M. Jacobs Qualcomm Hall | 5775 Morehouse Drive, San Diego, CA

## SAT., OCTOBER 19, 2013

9:00 am – 12:00 pm **CATCH A RISING STAR CLINICS**

Event to include: Össur Leg Amputee Running and Mobility Clinic, Wheelchair Triathlon Clinic, Challenged Athlete Swim Clinic

**LOCATION:** Jewish Community Center (JCC) | 4126 Executive Drive, La Jolla, CA

12:00 – 3:00 pm **SDTC REGISTRATION AND PACKET PICK-UP**

Event to include: Triathlon registration, goodie bag pick-up, course talks, exhibitions, tours of facility, challenged athlete interaction

**LOCATION:** Deni + Jeff Jacobs Challenged Athletes Center | 9591 Waples Street, San Diego, CA

## SUN., OCTOBER 20, 2013

**ASPEN MEDICAL PRODUCTS SAN DIEGO TRIATHLON CHALLENGE, 24 HOUR FITNESS TOUR DE COVE, KAISER PERMANENTE THRIVE-5K WALK**

- 6:00 am VIP Tent open, event check-in, transition area open & body marking
- 7:00 am Parade of Athletes - legends, celebrities, challenged athletes
- 8:00 – 8:30 am Swim start – (5 Waves)
- 8:30 am – 2:00 pm CAF Expo Village, CAF Store, Silent Auction, Wawanesa Family Fun Zone
- 9:00 am – 1:30 pm 24 Hour Fitness Tour de Cove stationary cycling marathon
- 9:30 am – 1:30 pm Paul Mitchell® Cut-a-thon
- 10:00 am Challenged Athletes Kids Sprint and Run
- 11:15 – 11:30 am Kaiser Permanente Thrive 5K Fitness Walk
- 1:45 – 3:00 pm Awards BBQ
- 4:00 pm Course officially closes

*\*\*times subject to change.*

For updated times on race weekend and the full weekend schedule, check

[www.challengedathletes.org/SDTC](http://www.challengedathletes.org/SDTC)

**LOCATION:** La Jolla Cove | Ellen Browning Scripps Park | 1180 Coast Blvd. La Jolla, CA

## GET INVOLVED

### PARTICIPATE

and experience the event of a lifetime

### DONATE

to an event participant and show your encouragement

### SPONSOR

with a financial or in-kind donation and showcase your company's philanthropic spirit

### VOLUNTEER

with co-workers, friends and family



**WANT TO LEARN MORE ABOUT REGISTRATION?**

Visit [www.challengedathletes.org/SDTC](http://www.challengedathletes.org/SDTC)

"Participating in SDTC gives me an opportunity to help challenged athletes looking to take the bull by the horns and make the most out of life. It is the most inspirational event I have ever been a part of and motivates me to reach my competitive athletic goals."

**DANNY GABRIEL** + GOLD TEAM SDTC FUNDRAISER



SDTC WEEKEND SCHEDULE OF EVENTS