

The San Diego Triathlon Challenge that benefits the Challenged Athletes Foundation was held on October 23. More than 200 of the world's top physically challenged athletes took on a grueling challenge distance (1 mile swim, 44 mile bike, 10 mile run) triathlon that raised more than \$1.2 million for the CAF.

Last year, for the first time since he became involved with CAF, my friend John missed the race because he had been deployed with the Navy. So, this year he decided to make up for not being there last year and brought two teams instead of one. John has enthusiastically volunteered for and supported CAF since 2003. This year, he exceeded his fundraising goal and, as always, was inspired by the challenged athletes he met there.



The Rohrstaff Law Firm gladly became a CAF sponsor in 2011 year because of its growing commitment to helping children who are challenged athletes to be the best they can be. CAF provides grants and equipment to the young athletes, it has a strong mentoring program to keep the youngsters focused on attaining new heights of achievement in their lives.

Here is a link to the official CAF slideshow from this year's Triathlon Challenge:
<http://www.youtube.com/watch?v=udUOhx6OIaY>

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