SPORTS for Exceptional Athletes

Hope Horizon Foundation Row-A-Thon

to Benefit SPORTS for Exceptional Athletes

S4EA is a sports program serving athletes with developmental disabilities ages 5-adult in San Diego County.

When: Saturday, November 14, 2026
8am-1pm

Where: CrossFit Trifecta
2588 Progress St Suite #2
Vista, CA 92081

Cost: $50/person or $500/10 person team

Teams are athletes, vols or community members.

Sponsors needed to help pay for S4EA athletes.

S4EA is the 2026 beneficiary of the Hope Horizon Foundation Row-A-Thon.



Event Details:
The Row-A-Thon covers 42,195 meters (26.2 miles) and is designed for teams of up to 10 members. Teams with fewer than 10 rowers are welcome to participate, though we encourage filling all 10 spots. Please be sure to provide your team name, member names (if available), and t-shirt sizes when registering.

What are the rules for rowing?
Have fun! Remember, the Hope Horizon Foundation's motto is everyone can participate so come on down and don't stress about the rules, you're rowing for a good cause and a good workout.

How long will it take to row 42,195m?
However long it takes your team to finish. The Hope Horizon Foundation team will stay until the last team finishes. Most teams finish between 2.5–3 hours.

How many meters must each team member row?
We leave those details to you and your teammates. Some folks prefer to divide the row up equally, while others just row what they can then switch. Feel free to discuss your limitations and expectations amongst yourselves.

Event Timeline on Sat Nov 14:

8:00 am If need ride meet at S4EA Office by 8am (8380 Vickers St. #E, SD 92111)
Call S4EA to reserve spot for a ride.
S4EA athletes can go for free.
8:50 am Arrive CrossFit Trifecta-2588 Progress #2, Vista
9:00 am Rowing begins
11:30 am Food & refreshments will be available
12:30pm Rowing Ends – TIME CAP (3 hr. 30 min)
12:30pm Raffle begins

Support S4EA by entering the Row-A-Thon.
Call S4EA at 858-565-7432 for more info./if need ride
Register: www.hopehorizonfoundation.com/

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