IOA
INSURANCE OFFICE OF AMERICA
CORPORATE 5K

IMPORTANT DATES

EVERYDAY! Collect food or Funds to reach your Team Goal

FEB. 16 Begin the 8 week Training Program
Downloadable on Corporate5k.com

FEB. 17 Team Tent Rental Deadline

MAR. 21 Last Chance to Nominate your Coworker!
Workplace Wellness Award presented by Orangetheory Fitness. Go to Contests webpage for more details.

WORKPLACE WELLNESS AWARD
Presented by orangetheory FITNESS

MAR. 24 T-shirt Design Contest
Submit your shirt on for voting March 27-31.

APR. 5 Team Payment Deadline
Online registrations must be paid individually after this date.

APR. 6-12 Team Box Pickup through April 12
Box includes: race numbers, safety pins, roster, t-shirts and race day info

APR. 12 Online Registration Closes at 7pm

APR. 13 Time to Party! IOA CORPORATE 5K
Lake Eola, Downtown Orlando. Bring items for the food drive.

RUN TO: CORPORATE5K.COM