


ANNUAL I/ITSEC 5K RUN/WALK/ROLL



**WEDNESDAY,
29 NOVEMBER 2023**
OCCC, West Concourse, Hall D
0530 Packet Pickup
0645 Start Time

<http://www.iitsec.org/attendees/planningyourstay> •  www.facebook.com/iitsec5k

All registered runners will receive a custom race tech shirt, finishers race medal, race bib and official timing by Milestone Race Authority, and pre- and post-race refreshments. Tax-deductible registration.

**REGISTER BY
1 OCTOBER
TO GET A
SHIRT**

END OF AUGUST – 1 OCTOBER
(Register by 1 October to secure your shirt & medal)

\$50

2 OCTOBER – 17 NOVEMBER
(Shirt & medal are is not guaranteed)

\$50

18 NOVEMBER – 29 NOVEMBER
(Shirt & medals not available)

\$65

We are excited to once again be holding the I/ITSEC 5K (3.1 miles) Run/Walk/Roll to benefit the Tunnels to Towers Foundation and the I/ITSEC STEM Initiative. Come out and have a great morning of fun while you support these two great organizations!

YOU HAVE FOUR GREAT OPTIONS TO PARTICIPATE:

- 1 TRADITIONAL 5K PARTICIPATION** – Get out there, watch the sun rise, and put some pavement miles under your feet.
- 2 SNOOZE BUTTON** – Don't do mornings (or running)? We have you covered with this option.
- 3 Virtual 5K** – Want to participate on your own time and your own location? Here is your chance! Run a distance of 5k (3.1mi) the week of I/ITSEC with a GPS enabled app (Run Keeper, Map My Run, Zombies RUN!), like us on Facebook, and tag us with #IITSEC5K.
- 4 NOT INTERESTED IN RUNNING?** Make a donation instead which will go miles in supporting our great charities.

Only in-person participants receive a shirt and medal. Shirt sizes are not guaranteed. Snooze and Virtual participants do not receive a shirt or medal.

CHARITIES THE 5K WILL SUPPORT



TUNNEL TO TOWERS:
Tunnel to Towers helps America's heroes by providing mortgage-free homes to Gold

Star and fallen first responder families with young children and by building custom-designed smart homes for catastrophically injured veterans and first responders. Tunnel to Towers is also committed to eradicating veteran homelessness and aiding the victims of major U.S. disasters.



I/ITSEC STEM: The I/ITSEC STEM Initiative is a non-profit, 501c3 organization founded

and maintained by the National Training and Simulation Association to support and promote activities encouraging students interests and pursuits of Science, Technology, Engineering, and Mathematics. For more information on this ongoing program, please visit the Education / STEM section on the I/ITSEC home page.