ANNUAL I/ITSEC 5K RUN/WALK/ROLL

WEDNESDAY, 3 DECEMBER 2025

OCCC, South Concourse

0530 Packet Pickup

0645 Start Time

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

All registered in-person runners who register by the deadline 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. Virtual runners who register by the deadline may receive a custom race tech shirt, shirts will not be mailed, and you must pick up from the registration desk at I/ITSEC. Shirt sizes are not guaranteed. Snooze participants do not receive a shirt or medal.

Tax-deductible registration. The deadline to register online is 1600 EST on Monday, 1 December.
You may register onsite at the race beginning at 0600.

REGISTER BY 3 OCTOBER TO GET A SHIRT

END OF AUGUST – 3 OCTOBER **$50**
(Register by 3 October to secure your shirt & medal)

4 OCTOBER – 14 NOVEMBER **$50**
(Shirts & medals are not available)

15 NOVEMBER – 3 DECEMBER **$65**
(Shirts & medals are not available)

DATES & RATES ARE SUBJECT TO CHANGE

THE 5K WILL SUPPORT

NTSA EcosySTEM OF LEARNING AT I/ITSEC

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.

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

YOU HAVE FOUR GREAT OPTIONS TO PARTICIPATE:

❶ **TRADITIONAL 5K PARTICIPATION –** Get out there, watch the sun rise, and put some pavement miles under your feet.

❷ **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. No shirt or medal included.

❸ **NOT INTERESTED IN RUNNING?** Make a donation instead which will go miles in supporting our great charities. No shirt or medal included.