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2012 POST EVENT REPORT

Produced by



BENEFITTING OUR COMMUNITY

Since 1995 the Insurance Office of America Corporate 5k has contributed to the health and wellness of Central Florida. Runners and walkers improve their own health and our community.



- Over **\$65,000** in event proceeds are donated to local organizations such as the *Track Shack Foundation* that promote youth fitness and health in Central Florida.
- Runners and walkers **donated 13,000 items** to the *Christian Service Center* food pantry.



- *Insurance Office of America* led an internal food drive called 'Lunch on the Run'. Lunch bags were filled with food donated by IOA employees then given to the *Christian Service Center* at the IOA Corporate 5k.
- *Jackson Therapy Partners* donated an impressive 1000 items to the food drive.



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A Message to Team Captains



A **HUGE THANKS** goes out to the **667 Team Captains** that encourage their coworkers, boss, friends, family and even their nemesis to participate. As a champion for fitness, you are a large part of the Corporate 5k success.

FAST FACTS

WHAT: *"The Largest Office Party in Central Florida!"*

WHO: **13,866** Runners and Walkers, **667** Teams and **222** CEO's

WHERE: Lake Eola, Downtown Orlando

WHEN: Thursday evening, April 12, 2012

BENEFICIARY: The Track Shack Foundation, a nonprofit organization with the purpose of promoting and encouraging health and fitness with an emphasis on youth programs. The Christian Service Center, a nonprofit social service agency conducts an annual food drive at the IOA Corporate 5k.

TOP FINISHERS:

Overall Male..... Steve Curley
Demetree
15:47

Overall Male CEO Andrew Sheeter
The Sheeter Group
21:05

Overall Entrepreneur Micah Lewis
Talented Tenth Advertising
24:50

Overall Female..... Kerri Girona
Fit Body Boot Camp
18:42

Overall Female CEO Melanie Fernandez
Cross, Fernandez & Riley, LLP
23:55

TEAMS

667 Teams

Representing 25 industries:

Accounting
Advertising / PR / Media
Banking / Finance / Investments
City Employees
Communications / Electronics / Computers
County Employees
Education
Engineering / Architecture / Construction
Faith Based Organizations
Fire & Rescue
Government Employees
Health Related / Hospital / Medical Supplies
Hotel / Restaurant / Food Service
Insurance
Law Enforcement
Legal
Manufacturing
Non-Profit Organizations
Real Estate
Retail
Sports / Recreation
Theme Parks
Transportation
Utilities
Miscellaneous



“Hopefully the months of individual training may now culminate into a new healthier lifestyle. Our objective is transforming lives and lifestyles as a result of the Corporate 5k.”

~Tom Scalise
Insurance Office of America

Top 5 Teams

Walt Disney World625
Campus Crusade for Christ443
Florida Hospital325
Lockheed Martin242
Orange County Wellness228



COMPANY TEAM

MEMBERS

TOP 100 LARGEST TEAMS INDICATED IN BLUE

AAA

A-1 Septic.....	7
A.B. Design Group.....	11
ABC Fine Wine and Spirits.....	12
Access Mediquip.....	24
Accutest Labs.....	25
Acropolis.....	5
Activengage.....	23
Adam B. Reiss, Attorney at Law.....	24
Adams Adams Baca and Mcmillen.....	2
Adventist Health System.....	169
AECOM.....	26
Aerosystems International.....	9
Aerotek.....	26
Affordabletrophies.Net.....	4
Agri-Starts, Inc.....	6

AIRIT.....	8
Alcorn McBride, INC.....	10
Alere, Inc.....	112
Alholm & Martinez LLC.....	4
Allgen Financial Services.....	24
Alltour of America.....	7
Alpha EMC.....	10
Amacore Group.....	4
Amec Environment & Infrastructure.....	8
American Heart Association.....	8
AmerisourceBergen.....	17
AMZNFX.....	9
Anesthesiologists of Greater Orlando.....	13
AON Hewitt.....	34
APH PICU.....	7
Appleton Creative.....	8
Aquatic Design & Engineering.....	10
Arbor Ridge School.....	9
Archstone Development Group Inc.....	1
Arthur's Catering.....	15
AT&T Mobility.....	6
Atkins.....	28
ATS Inc.....	4
Audubon Park Elementary.....	21
Avalon Middle School.....	11
AVI-SPL.....	7
AWDOH.....	31

BBB

Balfour Beatty Construction.....	14
The Balmoral Group.....	15
Bamboo Trading Co.....	16

Bank of America.....	119
Bank of America Team 2.....	4
Banker.....	6
Barnes, Ferland, and Associates, Inc.....	8
BCD Travel.....	17
BDA, Inc.....	4
Bell & Roper, P.A.....	22
Best Buy 509.....	1
BHSN.....	7
BilAmerica, Inc.....	5
BishopBeale.....	4
Blue Lake Dolphins.....	9
Blue Sky Fun.....	12
BMDM.....	8
BNYMellon.....	10
The Bogdahn Group.....	8
Bohemia Interactive Simulations.....	7
Boone High School Running Braves.....	1
Bordner, Townsend, & Associates.....	2
The Bougainvillea Clinique.....	13
Bowyer Singleton & Associates.....	12
Bradford Cederbert, P.A.....	13
Brian C Millard Cpa.....	3
Brian D. Haas MD PL.....	7
Brown & Brown.....	29
Budget Truck Rental.....	10
Burdock Group.....	9
Butler & Hosch & Companies.....	31

CCC

C&S Press.....	12
Calandrino Law Firm.....	10
Camden Property Trust.....	17
Camp Gladiator Orlando.....	3
Campus Crusade for Christ.....	443
Carley Corporation.....	27
Carlton Fields, P.A.....	25
Carlton Palms Ed. Center.....	5
Carmax.....	9
Castle Creek Elementary.....	1
CBRE.....	14
CDM Smith.....	16
Celebration Restaurant Group.....	19
CEMEX.....	3
Central Florida Bankruptcy Law Assoc.....	49
The Center, Marriott Vacations Worldwide.....	8
Centurylink.....	71
Cessna Aircraft Company.....	33
CFE.....	25
Champions of Justice.....	12
Channel Intelligence/Mylist.....	39
Charles Schwab.....	20
CHEP.....	41
ChildrenFirstHomeCare.....	12
Chilly Spoons.....	1
Christian Service Center.....	15
City Beverages.....	10
City of Casselberry.....	28
City of Orlando.....	109
City of Winter Garden.....	10
City Year Orlando.....	8
Civil Conspirators.....	2
Classic Dental.....	6
Clean the World.....	2

Clear Channel.....	27
Clifton Larson Allen LLP.....	41
Clinical Pathology Laboratories.....	2
Clothes Horse Too.....	2
Club Melia.....	24
CNA.....	16
CNL Financial Group.....	94
CoAdvantage.....	11
Coalition For The Homeless.....	6
Coca-Cola R&D.....	7
Coca Key Hotel and Water Resort.....	6
CollaborateMD.....	19
Columbia Elementary.....	2
Community Based Care of Central Florida.....	4
Comprehensive Engineering Services, Inc.....	29
Cora Rehabilitation.....	22
Creative Zing Promotion Group.....	5
Cross, Fernandez & Riley.....	16
Crowne Plaza Orlando Downtown.....	2
Cubic.....	61
Cuhaci & Peterson Architects, Engineers, Planners.....	28
The Cure Club.....	13
Cypress Creek HS.....	11

DDD

Darden.....	116
Data Transfer Solutions.....	13
The Dave School.....	11
Dean, Ringer, Morgan and Lawton, PA.....	18
Deloitte & Touche LLP.....	9
DELTAK-SJU.....	12
Demetree.....	10
Department of Homeland Security.....	24
Doubletree Suites By Hilton WDW.....	16
Downtown Orlando YMCA.....	28
Dr. Phillips Elementary.....	9
DSI Management.....	29
Duke Realty.....	16

EEE

E Sciences.....	29
EA Sports.....	6
East Orlando Urology.....	1
Echo Interaction Group.....	5
EcoLab.....	5
Edward Jones.....	22
Elayne M. Perez, PA.....	7
Eleet Technologies.....	5
EmbanetCompass.....	70
Empower Software Solutions.....	32
Enforcers.....	8
Envy Labs.....	17
Eola Technology Partners.....	8
EQR - Friends & Family.....	2
Equity First Realty.....	11
Equity Residential.....	86
Ernst & Young Llp.....	30
ETech.....	14
Ever Youth Sports Foundation.....	1
Everest University - Orlando South.....	31
Exchangedefender.....	4
Exhilarate Events!.....	5



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FFF

Fabulous N Fit By Angie.....	1
Fairvilla Megastore.....	5
Fairwinds Credit Union.....	36
FBC Mortgage, LLC.....	20
FDLE.....	10
FDS Engineering Associates.....	7
Federal Public Defender.....	4
Fedex Corporation.....	43
Fern Creek Elementary.....	6
Fidelity Investments.....	5
Finrock DMC.....	16
First Green Bank.....	18
FirstService Residential Realty Inc.....	21
FIS.....	24
Fisher Rushmer.....	17
Fishkind & Associates.....	8
Fiskars.....	4
Flir Systems, Inc.....	20
Florida Citrus Sports.....	2
Florida Dairy Farmers.....	14
FL Dept Of Agriculture & Consumer Services ..	9
Florida Farm Bureau.....	3
Florida Hospital.....	325
The Florida Hotel and Conference Center.....	7
Florida Insurance Specialists.....	20
Florida League of Cities.....	64
Florida Realtors.....	8
Florida Residential Communities.....	4
Florida Virtual School.....	19
Flying Food Group.....	7
Foley & Lardner LLP.....	8

Forbes Hamilton Management Co.....	5
4 Corner Resources.....	5
4Rivers Smokehouse.....	21
Frecklefoot Creative.....	5
Freshpoint.....	16
Frontierland.....	1
Fry Hammond Barr.....	30
Full Sail University.....	9

GGG

Gartner, Inc.....	6
Gate Precast Company.....	12
Gaylord Palms.....	140
Gemini Personal Training.....	4
General Dynamics C4 Systems.....	17
Genspring.....	7
Globaloptions.....	26
GMB Engineers & Planners.....	5
Golf Channel.....	61
Goodrich.....	3
Grace Medical Home.....	11
Grant Thornton LLP.....	4
Gray Robinson, P.A.....	33
Green Stuff.....	12
Greenberg Traurig.....	8
Gresco Utility Supply, Inc.....	17
Guignard Company.....	8

HHH

Halcyon Underwriters, Inc.....	26
Halcyon UW (Guests), Inc.....	5

Hancock Bank.....	4
Hannover Life RE.....	15
Hard Rock.....	139
Hardin Construction Company.....	10
Harland Financial Solutions.....	60
Harmony High School.....	9
Hartford.....	27
Hartford South, LLC.....	12
HD Supply.....	197
HDR.....	14
Healthfair.....	17
Hellfire - LM.....	5
Help Haiti Rebuild Globally.....	66
Highwinds.....	44
Highwoods Properties.....	12
Hilton Bonnet Creek & Waldorf Astoria.....	10
Hilton Grand Vacations.....	44
Hilton Lake Buena Vista.....	10
Hilton Orlando.....	28
Hilyard, Bogan & Palmer, P.A.....	3
HKS Architects, Inc.....	14
HMH Creative Marketing.....	10
HNTB.....	18
Hoar Construction, LLC.....	1
Holihan Law.....	6
Hostdime.Com, Inc.....	5
HSA Golden.....	7
HSW Engineering, Inc.....	7
Hubbard Construction.....	31
Hughes Supply.....	1
Human Performance Institute.....	23
Humana.....	9
Hunter Vision.....	1

III

IBM Orlando.....	41
Icore Healthcare / Magellan Health.....	28
Incharge Debt Solutions.....	23
Indra Systems.....	11
Innovative Reasoning, LLC.....	3
Institute For Hormonal Balance.....	4
Insurance Office of America.....	129
Integrated Business Group, Inc.....	12
International Assets Advisory, LLC.....	13
Interstruct.....	5
Intrepid Networks.....	12

JJJ

J. Raymond Construction.....	8
Jackson Therapy Partners.....	64
Jacobs.....	18
Java Dog.....	4
JBT Aerotech.....	28
JetBlue.....	30
JHT/MCT/TEAMTRUE.....	24
JKR Advertising.....	9
Johnson Brothers Liquor Co.....	5
Jones Lang Lasalle.....	17
JPMorgan Chase Bank.....	41

KKK

Kaegan Corporation.....	14
Kaplan Law Firm.....	6
Katmai Corp.....	12

Kat's Runners.....	4
Kavalira.....	25
KBDZ.....	11
KBR Building Group.....	24
Keesee And Associates.....	2
Keller Insurance, Inc.....	2
Keller Williams North Florida.....	2
Kelly, Collins & Gentry, Inc.....	7
Key Initiative Committee - Ronald McDonald.....	2
KGB Law Firm.....	8
Killarney Elementary.....	18
Kim Roberts, Acupuncture & Massage.....	1
Kindermusik With Grow and Sing Studios.....	10
Kirwin Norris.....	13
Kissimmee Utility Authority.....	22
KPMG.....	27
Kratos.....	59
Kustom.....	4

LLL

L-3 Cyterra.....	22
L-3 Link Simulation & Training.....	6
La Familia Pawn & Jewelry.....	35
Lacoste.....	5
Lake Gem Elementary.....	17
Lake Highland Preparatory School.....	36
Lakeridge Winery.....	7
The Lane Construction Corporation.....	9
Laser Institute of America.....	10
LaserVue- Dr. Brock Magruder, Jr, MD.....	7
Last Minute Travel.....	39
Law Office Of Karen Wonseller.....	8
Law Offices Of Christina M. Green, P.A.....	5
Law Offices Of Daniel F. Dill.....	1
Layer Elementary.....	12
Lee Hecht Harrison.....	18
Lensar Inc.....	21
Let's Get Physical.....	5
Liberty Middle School.....	4
Liberty Mutual Insurance.....	57
Lighthouse Central Florida.....	14
Lightmaker USA.....	12
Little Mendelson.....	12
LMG, Inc.....	9
Lockheed Martin.....	242
Loggerhead Marketing, LLC.....	1
Loudmouth Golf, LLC.....	4
Love Orlando.....	9
Lowe's Home Improvement.....	1
Lowndes.....	4
The LPA Group.....	15
Lululemon Athletica.....	4
Lululemon Athletica - Mall at Millenia.....	31

MMM

Macys.....	4
Magnolia School.....	10
Marcus & Millichap.....	2
Marriott Vacations Worldwide.....	66
Marshall, Denneney, Warner, Coleman, & Goggin.....	8
Martin Federal Credit Union.....	16
Maximized Living Inc.....	11
McCalla Raymer LLC.....	36
McDonald Toole Wiggins PA.....	20

KBR

Building Group

It's All About People.

Congrats to all race participants
and thank you to those who made
this event possible!

Can't wait till next year!

KBR is a proud supporter of Track Shack and
the IOA Corporate 5K!

McGladrey.....	22
Me & The Ladies.....	7
Med Advantage.....	15
Medisky Technologies.....	7
The Men's Divorce Law Firm.....	10
Menuvantage - ADP.....	11
MEO Editing Services.....	1
Mid Florida Dermatology Associates.....	15
Middle District Of Florida.....	29
Milwee Middle School.....	3
Mitsubishi Power Systems Americas, Inc.....	158
MMGY Global.....	14
MOC.....	2
MODIS.....	7
Mojo Bar and Grill.....	5
Moncrief Bail Bonds.....	2
Monster Media.....	13
Moran Kidd.....	17
Morgan & Morgan.....	21
Moser Graphics, Inc.....	3
MVW.....	8

NNN

NASA.....	30
The Nassal Company.....	28
National Retail Properties, Inc.....	39
Natures Table.....	1
NEWH.....	9
News 13.....	16
Night Lite Pediatrics.....	2
Nike.....	1
Nodarse, A Terracon Company.....	7
Norman Technologies.....	2
Northrop Grumman.....	76
Nova Orlando Future PA's.....	15
Nutritional Guidance, Inc.....	4

000

Ocoee Middle School.....	14
OCPS Student Support Professionals.....	6
OCSS EOD.....	6
ODV Healthy Pursuits.....	1
Odyssey Middle School.....	6
Old Florida National Bank.....	36
Olympia High School.....	9
On The Verg.....	4
OneZone.Com.....	1
Online@UCF.....	20
OOCEA.....	12
OPD Running Club.....	45
Oracle.....	46
Orange County Library System.....	16
Orange County Public Schools.....	19
Orange County Sheriff's Office.....	29
Orange County Virtual School.....	5
Orange County Wellness.....	228
Orange County Wellness Family & Friends.....	9
Orange Legal.....	13
Orlando Business Journal.....	13
Orlando City Soccer.....	67
Orlando Fit.....	9
Orlando Fit Body Boot Camp.....	7
Orlando Health - Healthy U.....	148

Orlando International Resort Club.....	5
Orlando Magic.....	22
Orlando Sanford International, Inc.....	24
Orlando Senior Health Network.....	72
Orlando Sentinel.....	23
Orlando Sports Medicine Group.....	12
Orlando VA Medical Center.....	131
Orlando Weekly.....	3
Orthomerica Products Inc.....	4
Osceola Pathology Laboratories.....	9
Osceola County School District.....	25
OUC- The Reliable One.....	86
Our Loving Arms, LLC (Orlando).....	1
Overchuck And Byron, P.A.....	10
Oviedo High School.....	12

PPP

Pace Capital Management.....	1
Page, Eichenblatt, Bernbaum & Bennett.....	11
Panalpina, Inc.....	7
Park Avenue Animal Hospital.....	19
Pavlik Chiropractic.....	11
Paychex.....	4
PCE.....	20
PCL Construction Services, Inc.....	14
Perry Becker Design.....	5
Pershing LLC, A BNY Mellon Company.....	68
The PH315 Pro Team.....	3
Philadelphia Insurance Companies.....	12
Philips.....	21
Philips Family.....	6
Physical Therapy Specialists.....	10
Picerne Development Corporation.....	5
Pinar Elementary.....	8
Pinnacle AMS.....	30
Pioneer Technology Group.....	13
Plansource.....	4
Platinum Creative.....	19
Post Properties.....	9
PowerDMS.....	16
Premier Beverage.....	30
Premier Realty Partners.....	11
Presidio Network Solutions.....	23
Professional Testing Inc.....	10
Progressive Insurance.....	4
Progressive Insurance- Team Ipad.....	5
Protiviti.....	26
Publix.....	48
Puff 'N Stuff Catering.....	11
Punky Woofster.....	2
Purchasing Services Inc.....	1
Push.....	18
PWC.....	17

QQQ

Quest Drape.....	1
Quintairos Prieto Wood and Boyer Pa.....	8

RRR

Radio Disney AM 990.....	5
Ravager Americas.....	88
Raytheon Technical Services Co. LLC.....	4

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RCDC.....	9
RCI.....	16
Realty Executives Central Florida Seminole..	11
Realty International LLC.....	1
Reebok.....	57
Reedy Creek Improvement District.....	14
Regions Bank.....	22
Reiss Engineering.....	18
Restaurant Equipment World.....	8
Restor Telecom, Inc.....	14
Ridgewood Park Elementary.....	12
Riemer Commercial Real Estate Consulting ...	2
Riptide Software, Inc.....	25
RJD, LLC.....	1
Roberts & Robold, P.A.....	10
Robinsonbush, Inc.....	6
Rockwell Collins.....	46
Rollins MBA.....	45
Rosemont Elementary.....	20
Rosen Hotels & Resorts.....	176
The Rosenthal Law Firm, P.A.....	11
Rotech Healthcare Inc.....	7
Rumberger Kirk & Caldwell.....	21
Ruth's Hospitality Group.....	51
Ryan Williams For State Attorney.....	1

SSS

SAIC1.....	63
SAIC2.....	61
Salvation Army.....	18

Samaritan Care Hospice of Florida.....	11
Sams Gas.....	18
Sara Brady Public Relations, Inc.....	5
Schmid Construction.....	3
Scholastic Book Fairs.....	36
Seacoast National.....	18
Seaside Bank.....	5
SeaWorld Parks.....	10
Seminole County Supervisor of Elections.....	5
Seminole County Virtual School.....	2
Servicemaster Drying and Recovery.....	5
The Sheeter Group.....	9
Shepard Exposition.....	16
Sherwin Williams.....	38
Shutts & Bowen.....	24
Siemens.....	105
Signature Flight Support.....	7
Silver Star Center.....	11
Simply Self Storage.....	1
SJRWMD.....	1
Skanska Usa Building Inc.....	15
Smith Hanley Consulting Group.....	1
Smokey Bones.....	10
SMP Electronics.....	15
SNA.....	1
The Snack Pack.....	4
Southern Boom & Scissor, Inc.....	5
Southern Fidelity.....	3
Southwest Middle School.....	6
Southwood Elementary School.....	4



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of Camp Boggy Creek.**

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Wyndham Vacation Ownership is a proud member of Wyndham Worldwide's (NYSE: WYN) family of companies.

EOE

Sport Specific Training & Rehabilitation	18
Spraggins, Inc.	10
Sprint.....	16
SRT	5
Staples.....	6
Starwood VO	99
State Farm Insurance	4
Step-By-Step Therapy.....	2
Stratigi Partners.....	9
Sunbelt Title Agency.....	6
Sunrise Elementary School	14
SunTrust Bank	141
Swan & Dolphin	4
Symantec	115
Symonne Wealth Management	1

TTT

Take Care Health	11
Talented Tenth Advertising, LLC.....	1
Taurus Investment Holdings, LLC.....	9
Tavistock	66
Taylor & Carls, P.A.....	16
Taylor's Pharmacy.....	15
Team Odor	3
Team Precise.....	7
Team TEK	3
Team U.S. Lawns	53
Team Valencia	10
Techhouse	2
Tekpartners, A P2P Company.....	6
Teksystems.....	15
Temenos	22
Tetra Tech.....	24
Thornebrooke Elementary	15
3 in1 Sports	3
Three Points Elementary.....	5
Tijuana Flats	55
Timber Lakes Elementary.....	1
TLC Engineering	14
Towne Park	5
Track Shack.....	18
Track Shack Fitness	184
Trane	12
Travelers Insurance	55
Treehouse	11
Triquint Semiconductor.....	106
Tupperware Brands	78

UUU

U.S. Army.....	7
UCF Alumni	8
UCF Athletics Association	34
UCF Bookstore.....	7
UCF College Of Nursing	10
UCF Foundation.....	8
UCF Graduate Studies	8
UCF Management Department.....	8
The Umansky Law Firm	9
UnitedHealthcare	2
Universal Orlando	68
Uproar PR	5

UPS.....	14
URS Corporation.....	14
USIS, Inc.	8

VVV

Vacation Village at Parkway	4
VHB.....	13
VOA Associates Incorporated	15
Voxeo.....	25
Vulcan Materials Company	3

WWW

Wah Lum Kung Fu & Tai Chi	34
Walker Elementary.....	10
Walt Disney World	9
Walt Disney World Swan & Dolphin Resort...	13
Waste Management.....	6
Waterbridge Elementary.....	2
WDW Poptarts	24
WDW SCI FI/ABC	7
WDW Water Parks & Mini Golf	4
Wekiva Slow Runners	9
Wells Fargo Advisors	25
Wells Fargo Home Mortgage.....	3
Westgate Resorts Foundation.....	10
Westminster Towers.....	10
Wetherbee Elementary	6
Wet'n Wild	41
Wharton-Smith, Inc.....	28
Wicker, Smith, O'Hara, McCoy & Ford, P.A. ...	19
Wicklow Elementary School	6
Wiginton Corporation	14
Williams Company	9
Willis Construction Consulting Inc	20
Willis of Florida	12
Windermere Fit Club	4
Winderweede, Haines, Ward & Woodman, P.A.	14
Windstream	6
Winter Park Construction.....	10
Winter Park Towers	39
Withumsmith Brown, PC.....	1
WLOQ	2
Woolpert, Inc.....	8
Workable Solutions, Inc.	7
Wurth USA	15
Wycliffe Bible Translators	10
Wyndham Vacation Ownership	127

XXX

Xyratex	10
---------------	----

YYY

YourOffice USA.....	2
---------------------	---

ZZZ

Zenith Insurance Company	6
Zerochaos	33
Zurich North America	42
Zwer Consulting	1



Teamwork Community Abilities



Using these values, Quest has transformed the lives of thousands of individuals with disabilities - enabling them to achieve their dreams of *going to school, having a job, living on their own, and experiencing summer camp.*

To learn more about the impact Quest has made in our community for the past 50 years, visit www.questinc.org.



SUCCESS AWARDS • CONTESTS • PROMOTIONS

From encouraging corporate health to achieving personal goals, everyone is a winner at the Corporate 5k!

Tom Scalise **LEADERSHIP** ★★★★★ For Workplace Wellness **Award**



2012 Recipient:

Todd Smith & Ted Rubin, Co-Owners ActivEngage

Nominated by their employees, the winner of the Tom Scalise Leadership Award recognizes the CEO who is a true champion for workplace wellness. The recipient receives: \$1,000 charitable donation to a local non-profit of choice that supports health and wellness.

“All medical, dental and eye care costs are covered by ActivEngage as well as a complimentary membership to RDV Sportsplex. Employees must visit RDV at least 3 times a week in order to keep their membership.”

~ Kelly Holloway
ActivEngage

Company Spotlight

Presented By **FIREHOUSE
SUBS**
FOUNDED BY FIREMEN™

“Winning Ways for Workplace Wellness”



January Winner:

University of Central Florida Alumni Association

Participants contributed their workplace wellness best practices on the Corporate 5k Facebook Fan Page to help us build a culture of wellness. The monthly winner received breakfast for 25 delivered to their office courtesy of Firehouse Subs.

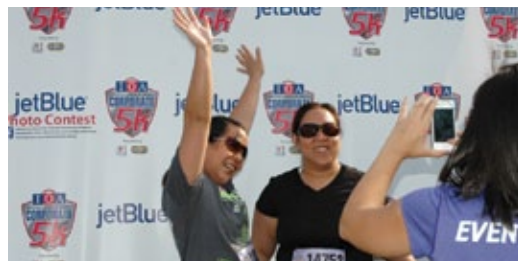
Here are a few initiatives implemented at the UCF Alumni Association to create healthy living at the office and at home:

- Started a Weight Watchers challenge
- Monday Runday's 2-3 miles around beautiful UCF campus
- Parking Garage Wednesdays
- Healthy Fridays we bring in our favorite low-fat heart healthy recipes and provide the recipe to all co-workers

jetBlue

Tent Zone Facebook Photo Contest

Hundreds of photos were posted on Corporate 5k's fan page for a chance to win 4 sets of 2 airline tickets courtesy of jetBlue.



Team Spirit Award presented to the Largest Team
Walt Disney World - 665 Participants



T-shirt Design Contest

Wharton Smith Construction Group - Over 400 Votes

37 teams submitted designs for their company T-shirt

4000 people voted on our Corporate 5k Facebook Fanpage



new balance ipad Give-a-way

Participants were invited to "Donate & Get Fit" for a chance to win an ipad, courtesy of New Balance the official apparel and shoe sponsor of the Corporate 5k.



ADVERTISING & PROMOTIONS



Big Run. BIG FUN!

Join over 14,000 runners and walkers who are stepping out for fun & fitness in the heart of Downtown Orlando for the IOA Corporate 5k presented by News 13 & Bright House Sports Networks. Central Florida's largest outdoor office party is packed with entertainment, camaraderie and networking. Over 700 company teams will be at Lake Eola...it's just good business! **April 12, 2012**

What is the Corporate 5k?
IOA Corporate 5k presented by News 13 and Bright House Sports Networks is a 3.1 mile run/walk event held exclusively for Florida's corporate community. Businesses and nonprofit organizations from across the state participate in the Corporate 5k for camaraderie, healthy competition and a celebration of each other's success.

Who Can Participate?
Any group of individuals who come together under a company or organization name. Companies and nonprofit organizations of all sizes participate for fun, fitness and team building.

Rally your co-workers.
Get your company moving forward and start a team today! Registration required. Go to Corporate5k.com. Early registration: \$24 per person through Tuesday, March 20, 2012. \$28 per person March 30 - April 11, 2012.

When and Where?
Thursday evening, April 12, 2012 at 7:15 p.m. at Lake Eola, Downtown Orlando (See Map to Route)

Who Can Participate?
Any group of individuals who come together under a company or organization name. Companies and nonprofit organizations of all sizes participate for fun, fitness and team building.

Rally your co-workers.
Get your company moving forward and start a team today! Registration required. Go to Corporate5k.com. Early registration: \$24 per person through Tuesday, March 20, 2012. \$28 per person March 30 - April 11, 2012.

• On-Course Entertainment • **• Largest Team Award**
• Team Awards in 27 Categories • **• Company Spotlight**
• Best T-Shirt Design • **• CEO Leadership Award**
• Post-race Festivities

Publix **IOA** **NEWS 13** **BRIGHT HOUSE SPORTS NETWORKS** **TRUCK SHACK** **FLORIDA HOSPITAL** **PUBLIX** **TRUCK SHACK**

RUN TO CORPORATE5K.COM

- **Spread Advertising** in two issues of *Track Shack's Event Guide*, distributed to 21,900 subscribers via direct mail.



Big Run. BIG FUN!

IOA
INSURANCE OFFICE OF AMERICA
CORPORATE 5k

Presented by **NEWS 13** **BRIGHT HOUSE SPORTS NETWORKS**

Thursday, April 12, 2012 • 7:15 p.m.
— Lake Eola, Downtown Orlando —

Contact our team captain today!

Join our team for 3.1 miles of fun, fitness and team building at Central Florida's largest outdoor office party with over 700 companies!

- On-Course Entertainment
- Team Awards in 27 Industry Categories
- Best T-Shirt Design
- Largest Team Award
- Company Spotlight
- CEO Leadership Award

RUN TO CORPORATE5K.COM




Big Run. Big Fun!

Join over 14,000 runners and walkers who are stepping out for fun & fitness. Central Florida's largest outdoor office party is packed with entertainment, camaraderie and networking. Over 700 company teams will be at Lake Eola...it's just good business! **April 12, 2012 | Downtown Orlando**

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8-Week Training Plan

Beginning Walking

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	W 25 min	W 25 min	W 25 min	W 25 min	Rest	Rest	Rest
WEEK 2	W 30 min	W 30 min	W 30 min	W 30 min	Rest	Rest	Rest
WEEK 3	W 35 min	W 35 min	W 35 min	W 35 min	Rest	Rest	Rest
WEEK 4	W 40 min	W 40 min	W 40 min	W 40 min	Rest	Rest	Rest
WEEK 5	W 45 min	W 45 min	W 45 min	W 45 min	Rest	Rest	Rest
WEEK 6	W 50 min	W 50 min	W 50 min	W 50 min	Rest	Rest	Rest
WEEK 7	W 55 min	W 55 min	W 55 min	W 55 min	Rest	Rest	Rest
WEEK 8	W 60 min	W 60 min	W 60 min	W 60 min	Rest	Rest	Rest

8-Week Training Plan

Beginning Running

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	R 1 mile W 2 miles	R 1 mile W 2 miles	R 1 mile W 2 miles	R 1 mile W 2 miles	Rest	Rest	Rest
WEEK 2	R 1.5 miles W 2.5 miles	R 1.5 miles W 2.5 miles	R 1.5 miles W 2.5 miles	R 1.5 miles W 2.5 miles	Rest	Rest	Rest
WEEK 3	R 2 miles W 3 miles	R 2 miles W 3 miles	R 2 miles W 3 miles	R 2 miles W 3 miles	Rest	Rest	Rest
WEEK 4	R 2.5 miles W 3.5 miles	R 2.5 miles W 3.5 miles	R 2.5 miles W 3.5 miles	R 2.5 miles W 3.5 miles	Rest	Rest	Rest
WEEK 5	R 3 miles W 4 miles	R 3 miles W 4 miles	R 3 miles W 4 miles	R 3 miles W 4 miles	Rest	Rest	Rest
WEEK 6	R 3.5 miles W 4.5 miles	R 3.5 miles W 4.5 miles	R 3.5 miles W 4.5 miles	R 3.5 miles W 4.5 miles	Rest	Rest	Rest
WEEK 7	R 4 miles W 5 miles	R 4 miles W 5 miles	R 4 miles W 5 miles	R 4 miles W 5 miles	Rest	Rest	Rest
WEEK 8	R 4.5 miles W 5.5 miles	R 4.5 miles W 5.5 miles	R 4.5 miles W 5.5 miles	R 4.5 miles W 5.5 miles	Rest	Rest	Rest

Thinking about that 5K? Here are your next steps!
1. Post this Training Plan in your office for daily encouragement.
2. Get 'shoe fit' at Track Shack - Bring your old shoes for analysis!
3. Go to Corporate5k.com and register. And Get SOCIAL!

Truck Shack



IOA
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CORPORATE 5k

Presented by **NEWS 13** **BRIGHT HOUSE SPORTS NETWORKS**

Orlando's Biggest Office Party
Thursday, April 12, 2012 • 7:15 p.m.

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You Are Invited!

Team Captain's Kick-Off Party

for the 18th Annual IOA Corporate 5k
presented by News 13 and Bright House Sports Networks

Enjoy complimentary hors d'oeuvres
Get expert training tips and advice to
inspire your company

WEEK: Tuesday, January 24, 2012
5:00 - 7:00 p.m.

WHERE: Mojo Bar & Cajun Grill
129 W. Church St., Orlando, FL 32801

Click Here to RSVP TODAY!

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RUN TO CORPORATE5K.COM

- **Publix Official Course Map**
Available in all packets as well as online and displayed on site.

- **Broadcast Media**
RADIO

702 purchased and promotional spots on eight Clear Channel Entertainment Stations

- **TELEVISION**

7,885 promotional spots on News 13 and Bright House Sports Network
Six counties, shown on multiple networks
4636,:30 Donate & Get Fit Community messaging spots
1952,:30 Register / Recruitment messaging spots
1297,:30 InfoMas (Spanish speaking) Register / Recruitment messaging spots

IOA Corporate 5k 30-minute highlight show on Bright House Sports Network Channels 47 and HD 1147 - aired a minimum of seven times



- **Press and Publicity Highlights**

- Pre-race news story on News 13
- Live race day news coverage on News 13
- The Orlando Sentinel, front page photo and online blog mention, April 10, The Fitness Center
- The Orlando Sentinel, A-3 post-race photo, April 13 and multiple photos in online photo gallery
- Orlando Business Journal, post-race photo, April 13 online version



SPONSORSHIP

Be an Orlando community leader by supporting healthy lifestyles. Sponsorship for the 2013 Corporate 5k includes race night hospitality, complimentary race entries and brand awareness through print, website and email promotions.

Sponsorship Categories

- **Title Sponsor**
Insurance Office of America - Committed through 2014
- **Presenting Sponsor**
Sponsor logo on all naming and marketing
- **Official Sponsor**
Sponsor logo on all print marketing
- **Water Stop Sponsor**
Sponsor logo at two water stops
- **Site Map Sponsor**
Sponsor logo on site map, printed and digital
- **Results Sponsor**
Sponsor logo on scorecards, results webpage of Corporate5k.com and race night
- **Photo Gallery Sponsor**
Features sponsor logos and message on photo gallery web page of Corporate5k.com
- **Tent Zone Sponsors**
Features sponsor logos onsite and on Corporate5k.com
- **Lead Vehicle Sponsor**
Features sponsor vehicles onsite, lead vehicle and on Corporate 5k.com
- **Awards Sponsor**
Name on 198 Industry Category Awards for male, female and co-ed teams

Contact Sarah Brown at Track Shack Events for sponsorship information: (407) 898-1218 or Sarah@TrackShack.com



GREAT COMPANIES MAKE GREAT COMMUNITIES!





Presented by



Congratulations to all of the 2012 finishers!

Keep up your training and healthy lifestyle, see you next year!

Mark Your Calendar

June 2012..... Corporate Tent Pre-Sale
December 2012..... Online Registration Opens
January 2013..... Team Captain Kick-off Party
April 18, 2013 Event Day!



In Step with Central Florida