

2015 POST EVENT REPORT



BENEFITTING

Second Harvest Food Bank • Christian Service Center • Track Shack Foundation



Dear Team Captain,

We would like to thank you for your participation in this year's IOA Corporate 5k. More than 18,000 runners and walkers from more than 750 teams will join us downtown at Lake Eola! We hope you have a nice time with your co-workers and friends in the community. Track Shack organizes a wonderful event and we would like to acknowledge the great work done by their team. Now in its 21st year of the event we continue to see health and wellness become a priority in the local corporate culture.

Since the early days of Insurance Office of America we have always felt a responsibility to be advocates for the community our family serves. Our IOA family has grown from 2 people in 1988 to over 1,000 today and with that our focus hasn't wavered from the fundamentals that we put in place early on. With our growth we feel it is important to give back to the many communities we are located in nationally. However, Central Florida is home to our national headquarters so there is no community closer to our hearts than this one. In a complex world we invite you to engage our people, discover the difference of IOA, grow your business and experience the value of a trusted source of understanding.

See you at the Finish Line!

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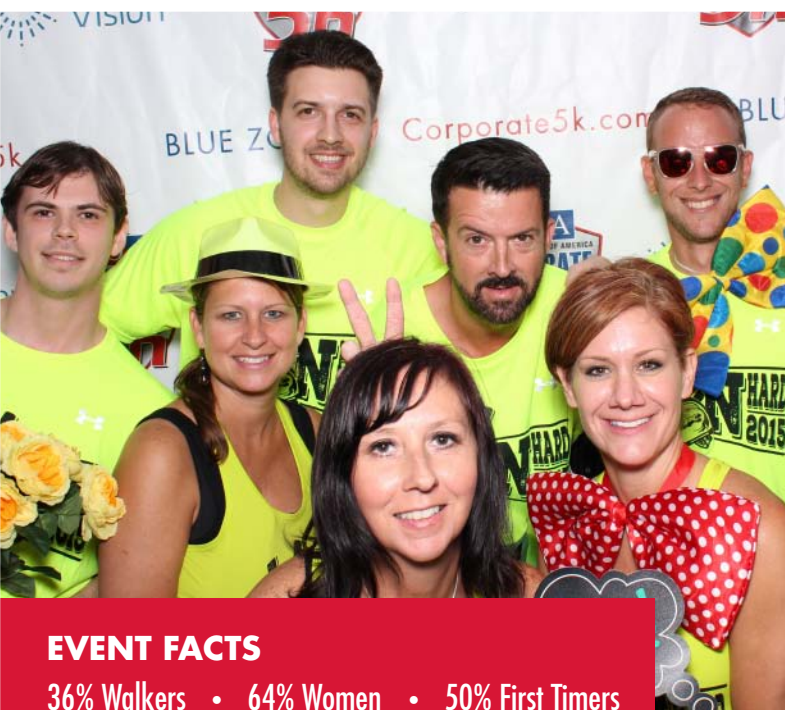
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EVENT FACTS
 36% Walkers • 64% Women • 50% First Timers



17,465 Runners & Walkers

760 Organizations

300 Volunteers

232 CEO's



Run | Walk | Office Party
 Thursday Evening, April 16, 2015
 Lake Eola, Downtown Orlando

BENEFICIARY

Over \$85,000 in event proceeds are donated to local organizations through Track Shack Foundation that promotes youth fitness and health in Central Florida.

FOOD DRIVE

Runners and walkers donated over 11,000 meals for those in need in our community.

2015 OVERALL FINISHERS:

- Female.....Amy Ertel, 18:31
PersonalITEES

- Male.....Bill Vanos, 15:59
Lowndes, Drosdick, Doster, Kantor & Reed

- Female CEO.....Patty Harrelson, 26:18
OCPS: Rosemont Elementary

- Male CEO.....James Hunt, 18:22
Tupperware Brands

- Female Entrepreneur.....Mandy Nice, 23:30
The Nice Life, LLC

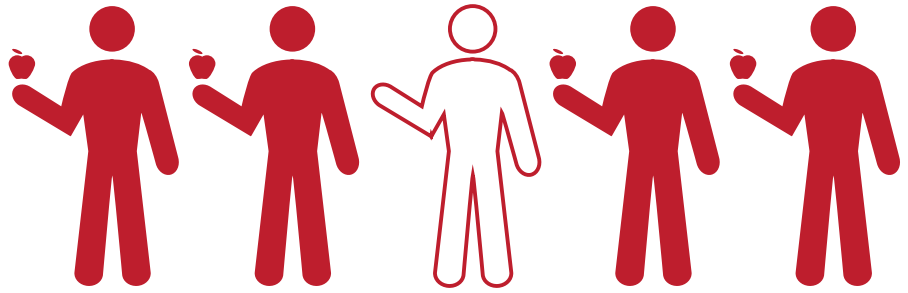
- Male Entrepreneur.....Reimund Schlosser, 22:39
PROM Publishing







OVER 11,000 MEALS DONATED



Nearly one in five of our neighbors can not afford to buy enough food.

FACT: \$1 Donated = \$9 in Grocery Product Value

100 MEAL CHALLENGE

We challenged all of our corporate teams to take the challenge of donating one hundred meals!

SPECIAL THANKS

To all of the challenge participants! *Jackson Therapy Partners and Jackson Nurse Professionals* lead the charge with cash donations of \$1,767 and 508lbs of canned foods equalling 7406 meals!

Benefitting:



CHRISTIAN
SERVICE CENTER

- 🍎 4Rivers Smokehouse
- 🍎 ADG
- 🍎 AECOM
- 🍎 Aerotek
- 🍎 Aloft Orlando Downtown
- 🍎 Center State Bank
- 🍎 Central Florida Inpatient Medicine
- 🍎 Charles Schwab & Co., Inc.
- 🍎 CHEP
- 🍎 Children First Home Care
- 🍎 City of Orlando
- 🍎 Coco Key Orlando
- 🍎 CodeSchool
- 🍎 Cru
- 🍎 Eola Technology Partners
- 🍎 Global Spectrum
- 🍎 HKS Architects
- 🍎 Impress Ink
- 🍎 IOA
- 🍎 ISG
- 🍎 Jackson Therapy Partners, LLC and Jackson Nurse Professional
- 🍎 Laser Institute
- 🍎 McCoy Credit Union
- 🍎 Mevesi
- 🍎 Morgan Stanley
- 🍎 NA Office Solutions
- 🍎 NASA
- 🍎 Nautique Boats
- 🍎 OCSO
- 🍎 Orlando FAMS
- 🍎 Orthomerica
- 🍎 Pegasus Transportation
- 🍎 Second Harvest Food Bank
- 🍎 Seminole County
- 🍎 Siemens
- 🍎 Stuph Clothing, Inc.
- 🍎 The Monk Travel Corporation
- 🍎 Walgreens CPO





760 Teams Representing 25 Industries

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

Thanks to Team Captains!

Top 10 Largest Teams

Largest Teams Indicated In Bold

COMPANY TEAM MEMBERS

#Worstpubcrawllover	12
&Barr	22
11Th Hour	15
4 Corner Resources	17
4 Rivers	77
55 West	12
5 for5	6

A

#Alwaysinyourbiz	8
AAB	6
The Abbey	11
Ability Rehabilitation	56
ActivEngage	15

4 Adventist Health System 447

Aechelon Technology	7
Aecom	50
Aerotek	20
Affordable Trophies	2
Agpm LLC	29
AgriStarts	19
AGS Expo Services	7
AHLEI Orlando	4
AirIT	18
AIT Life Safety	3

Akerman LLP	62
Alcorn McBride, Inc	8
Alere Inc	2
Allgen Avengers	30
Allstate Benefits	2
Aloft Orlando Downtown	13

Amd 2015	27
American Diabetes Association	5
American Heart Association	7
Amerisourcebergen/GNP	14
Amp Group	27
Anson-Stoner	5
Aon Hewitt	27
Apt High Achievers	10

Archer Western	20
Architects Design Group	19
Art of Fitness	2
Arthur's Catering	18
Ascentus	14
Ashton Woods Homes	17

Aspect Software	43
Assistance Fund	20
AT&T Corp.	27
ATEC Systems	36
Atkins	36
Atlas Global Travel, Inc	2

Avatar Solutions	23
Averett Warmus Durkee, CPAs	26

B

Backyard Dogs	1
Badass Bootcampers	3
Baker Hostetler	56
Ballator Warriors	4
The Balmoral Group	14

Bank Of America & Merrill Lynch	77
Barton Malow	2
Baxter Restoration	4
Bba Aviation	43
Beazer Homes	33

Bell & Roper, P.A.	24
Benitez Law Group	4
Berkshire Hathaway Results Realty	20
Best Buddies	3
Bis Tactical Run Team	19

BishopBeale	9
BKHM CPAs	13
Black & Veatch Corp.	9
Blankner	11
BMDM	10

BNY Mellon/Pershing	53
Bobby Makes Some Good Sandwiches	4
Bonnier Corporation	48
Booking.Com Orlando	145
The Bougainvillea Clinique	9

Boutique Eye Orlando	8
Braishfield Associates	15
Bristol West and Farmers Cares	11
Buckalew Hospitality	9
Burr & Forman LLP	2

C

C&B Electrical Contractors of Florida	14
C&S Companies	1
C. Moody, P. A.	5
C-; Coco Cares	2
Caldwell Group	7
Camber Corporation	2

Camden	105
Camelot	1
Carroll Adams	14
Castle Creek	20
CBA Architects	18

CBRE, Inc	6
CBS Radio	5
CCH Marketing + Public Relations	8
CDI	5
CDK Menuvantage	3
CDL-UCF	5
CDM Smith	18

Celebration Imaging	7
Cemex	27
Center Stage Audio	2
Centerstate Bank	25

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Centralfloridareview.Com.....	5	CNLbank.....	21	D		FCA SEBC.....	2
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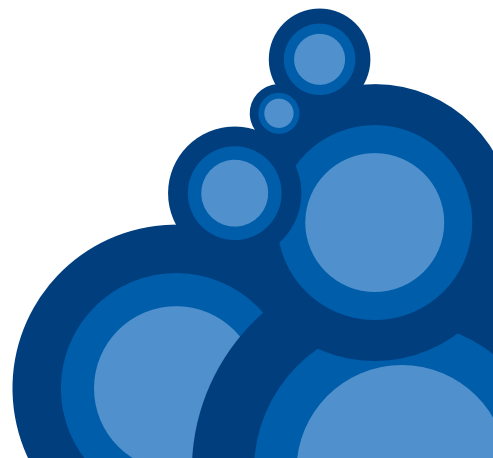


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KEEP SOARING TO NEW HEIGHTS.

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THANK YOU Team Captains

*For Helping Us
Keep Central
Florida Fit!*



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Winning T-Shirt Design Adventist Health Systems - 464 Votes



PROMOTIONS, CONTESTS & AWARDS

BEST T-SHIRT DESIGN CONTEST

49 Shirts Designs Submitted

3,242 Votes on Corporate 5k Facebook Fanpages

TEAM SPIRIT AWARD

Presented to the Largest Team

Winner: The Walt Disney Company, 707 Team Members!



WORKPLACE WELLNESS AWARD

Presented by
Orangetheory
FITNESS

Nominated by their peers for being the office cheerleader for health and wellness, the winner receives: New balance shoes, a healthy breakfast and Orangetheory fitness membership.

Workplace Wellness Award Alayna Curry, Central Florida Expressway Authority

Hunter Vision Photo Booth

Hunter Vision invited all participants to enjoy the free photo booth to capture the memories of the 21st Corporate 5k.

Run to Fly Winner Scott Overbeck



RUN TO FLY SOCIAL MEDIA CONTEST

Winner received a pair of JetBlue airline tickets.



CONGRATULATIONS contest and award winners!

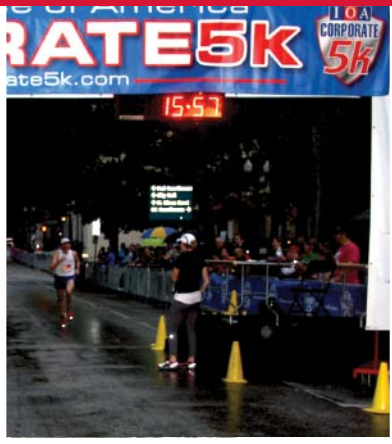


Photo fun at one of the four Hunter Vision Photo Booths!

ADVERTISING

RUN THE CITY

Over 18,000 runners and walkers participating on corporate teams step out each year for fun, networking and team building! *Shouldn't your company be there?*

LAKE EOLA, DOWNTOWN ORLANDO | 7:15 P.M., APRIL 16, 2015

WHAT IS THE CORPORATE 5K?
IOA Corporate 5k is a 3.1-mile run/walk event held exclusively for Florida's corporate community. Businesses and non-profit organizations form teams and participate in the Corporate 5k for camaraderie, friendly competition and a celebration of work place fitness!

WHO CAN PARTICIPATE?
Any group of individuals who come together under a company or organization name. Companies and non-profit organizations of all sizes participate for fun, fitness and team building.

REGISTER TODAY!
\$25 per person through Thursday, April 2
\$29 April 3- April 15. No race day registration.

Benefiting Youth Sports and Fitness in Central Florida.

CORPORATE5K.COM

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RUN THE CITY

APRIL 16, 2015 | 7:15 P.M. | LAKE EOLA, DOWNTOWN ORLANDO

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PRINT ADVERTISING

Track Shack's Start Line, One issue distributed to 28,000 opt in subscribers via direct mail.

Orlando Business Journal, Half Page Ad circulation: 9,070

BROADCAST MEDIA

TELEVISION

Bright House cable stations, 169, :30 second spots

RADIO

Mix 105.1 FM, 141, :30 second spots

Sunny 105.9 FM, 124, :15 second spots



17,465 RAN THE CITY!

760 Corporate Teams | 232 CEOs | 17,564 Runners & Walkers | Benefiting Youth Health and Fitness

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ladykayyy88

1w

21 likes

ladykayyy88 #somuchfun #ioacorporate5k #ioa5k #disney #wdw #castmembers #teamdisney #rundsney #teammermaids #runners #healthypursuits



cori_well

1w

19 likes

cori_well ACL surgery just over a year ago. Appendix removed just over a month ago. No big deal, I'll just run my first 5K ever!!! #somuchfun #soooooowet #ioacorporate5k



ideasorlando

1w

13 likes

ideasorlando Corporate 5K last night #corporate5k #ioacorporate5k #whyorlando #lakeeola #orlando #otech #orlandotech #centralflorida #runthecity



loly07

IOA Corporate 5K

1w

14 likes

loly07 Siganme Los buenos y a correr en plena lluvia, weloved it! #gozaderatotal #ioacorporate5k



eljjjjj Lake Eola Park

1w



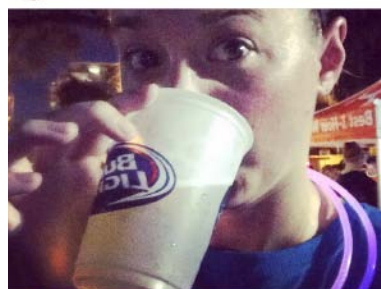
38 likes

eljjjjj Ran my 1st 5k ever at the Corporate 5k! Despite the rain, slick roads, and tons of people to run through, I managed to do my best time at 23:25min. Not only was it fun, it motivated me to train for and do more 5k's. #ioacorporate5k



gemini4846 Lake Eola Park

1w



16 likes

gemini4846 A job well done! #imnotinmytwentiesanymore #atleastifinished @realrichieb thanks for the motivation babe! #IOAcorporate5k

SOCIAL MEDIA

3,819 Fans Corporate 5k Facebook
19,314 Fans Track Shack Facebook

"We have a great time in and out of the kitchen! So much fun at the #Corporate5K #Corp5K"

~Tony Roma's

4,058 Followers

"Thoughts while running #Corporate5K: That firefighter is running faster than me while wearing all his gear. Shout out to @OCFireRescue"

~Jessica Gillepsie

"Thank you to everyone who came out tonight for @trackshack #IOACorporate5k @DWNTWN_ORLANDO @citybeautiful"

~@orlandomayor, Mayor Buddy Dyer

2,222 Followers

Pictures and Video posted using #IOACorporate5k #RunToFly #Corporate5k

"It's so wonderful to see so many people out running. From the athletic to the non athletic. Go you. #corporate5k"

~EricaBonsler

IN THE NEWS

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Section D | Tuesday, April 7, 2015

Health & Fitness

ORLANDOSENTINEL.COM/RIDERUNWORKOUT

Non-runner prepares for Corporate 5K

When I was a senior in high school, I joined the track team. My event was the mile, and I wasn't that great. The one time I earned a lot of points for my team, my coach was baffled and thought I had placed. "Nope," I said. "Last week I had a really bad time. This week I PB-ed by 20 seconds!"

I haven't really run since. But I signed up for the Corporate 5K. Since I signed up as a runner, I have to finish in less than 30 minutes. I've been running 2-3 days a week lately, and I've even run 2 miles without stopping. It's not easy, and I keep getting shin splints. But I've been getting tips from my running coworkers, and I'm surrounded by positivity. Here's to hopefully running the entire 5K!

JESSICA GILLESPIE
Ride, Run, Work Out

GEORGE SKRINE/STAFF FILE PHOTO

Baffled by timing, Seminole leaders urge state not to widen S.R. 417 amid I-4 work

By MARTIN E. COMAS
Staff Writer

Seminole County leaders are baffled by a state plan to widen State Road 417 — including new pay-to-ride express lanes on the full road — at the same time that Interstate 4 will be under reconstruction and the Walt Disney Parkway will be built.

"That timing stinks," County Commissioner Bob Dalton said. "Why would you put all of Central Florida in a construction pincer... There would be no relief at all for drivers, anywhere."

Commissioners also are questioning why Florida's Turnpike Enterprise would even consider adding four extra lanes — two in each direction to a 6-mile portion of S.R. 417 between S.R. 434 and Alanya Avenue in west Seminole that is nearly completed.

"I'm close to that stretch... I take it all the time — and I've never been backed up," Commissioner John Hines said. "This doesn't seem to make a bit of sense to me."

Photo turn to TRAFFIC, A8

Scott: I'll sue over Medicaid

FEDS COERCE STATE ILLEGALLY, HE SAYS

By GRAY ROSSER | Tallahassee Times

TALLAHASSEE — Gov. Rick Scott said Thursday that he will sue the federal government for trying to "coerce" the state into expanding Medicaid by withholding support for a different federal health-care program for the poor.

"It is appalling that President Obama would cut off federal health-care dollars to Florida in an effort to force our state further into Obamacare," Scott stated in a news release.

There are some details about when he will file suit or what court.

Scott cited a 2011 U.S. Supreme Court case that upheld Obamacare but also declared the decision whether to expand Medicaid as part of the federal law would be left up to the state.

"In fact, the court ruled that the President could not use 'you to the best' approaches in pushing for Medicaid expansion," Scott stated.

Expanding Medicaid to an additional 800,000 Floridians has consumed the legislative session this year, with the Senate pushing for approval and the House reworking.

The Federal Center for Medicare and Medicaid Services raised the

Photo turn to SCOTT, A8

5K race has huge turnout despite storms

Storms hit Central Florida area before big race, big concert

Author: Amaka Ubaka, Reporter, aubaka@wmg.com
Published On: Apr 16 2015 11:38:51 PM EDT

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CORPORATE 5K DRAWS 18,000

Runners Dodge April Showers

Around midnight, Kennedy Space Center firefighter Mark Cases, 35, runs the Corporate 5K on Thursday evening with about 60 pounds of heavier gear and on his belly, as he does each year. More than 18,000 runners and walkers joined the annual race in downtown Orlando. The run for the corporate community is billed as "Orlando's largest office party."

Video photos

See the scene from the Corporate 5K in video and a picture gallery at OrlandoSentinel.com

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IOA Corporate 5k 2015 in Orlando

Apr 17, 2015, 12:00:30am EDT

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Orlando Sentinel

News / Breaking News

18K expected for IOA Corporate 5K tonight in downtown Orlando

NEWS 13

WATCH SMART

April 21 9:38:59 PM Temp: 80°

NEWS WEATHER TRAFFIC SPORTS ON THE TOWN COMMUNITY

Seen On 13 Brevard Flagler Lake Marion Orange Osceola Seminole St

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Hundreds of runners and walkers take part in Corp

Runners start at the IOA Corporate 5K in Orlando Thursday. Some 600 runners and walkers took part in the annual race.

By Christina Jensen, Reporter
Last Updated: Thursday, April 16, 2015, 10:19 PM

ORLANDO — About 18,000 runners braved the rainy weather Thursday evening to participate in the largest athletic event in Orlando.

The Corporate 5K presented by the Insurance Office of America was held in the heart of downtown at Lake Eola Park. More than 600 corporate teams made up of runners and walkers helped benefit the Track Shack Foundation. The non-profit organization helps promote health and fitness.

The walk/run also included a food drive for Orlando's Christian Service Center and Second Harvest Food Bank. Businesses with a corporate called Wiley said the run is a great way to celebrate health and fitness.

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CORPORATE 5K TONIGHT

DOWNTOWN ORLANDO

WESH 3 THE CW



Insurance Office of America:
Debbie Gross, Mark Manfre,
Danny Anderson, Tom Scalise

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



Florida Hospital: David Cassidy,
Michelle Sharpe, Michael Dougherty



Adventist Health Systems:
Chelsea Roessler and Tim Putt



TD Bank: Karl Pearson, Maria Cruz & team



Publix: Doug Hill, Paul Schetle and team



CRU: Lorraine Hardaway, Michelle Kern and team

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1104 North Mills Avenue • Orlando, Florida 32803

POSTAGE

 Consider the environment, please pass this publication on or recycle it.

Congratulations to the 17,465 runners & walkers of the 2015 IOA Corporate 5k! Keep up the good work.



Mark Your Calendar For Next Year:

- June 2015 Corporate Tent Pre-Sale
- December 2015 Online Registration Opens
- January 2016 Team Captain Kick-off Party
- April 2016 EVENT DAY!