

What you need to know for the 2017 Fun Run + Fitness fundraiser at IFT17

6:30am – Start time for 5k run, 1 mile walk, and 30-minute yoga (@Sands Ave & IFTNext Stage)

7:00am – Wellness & Reward After Party @ the IFT Booth

What to expect:

- The **5k run and 1 mile walk** start and finish line are just outside the Palazzo Hotel & Grand Canal Shoppes on Sands Ave. You can see the routes here: [5K map](#) and [1 mile map](#). We will provide water before you head out on your route. Dress accordingly, ***we hear the weather will be sunny and hot in Vegas!***
- The **30-minute yoga** will take place at the IFTNext stage, we will provide the yoga mats and yoga instructor.
- The **Wellness & Reward After Party** at the IFT Booth will be your chance to mingle with fellow runners, walkers and yogis while enjoying a few wellness and reward morning snacks.

A few things:

- We will not provide a bag check, so please bring limited belongings.
- **All participants are invited to pick up their t-shirts on Sunday, June 25th from 4:00-5:00pm at the IFT Booth. You can also get your t-shirt after the event on Monday at the Wellness and Reward After Party!**
- If you were signed up as part of a group, ask your team captain to log your time or provide you with login information.
- Feel free to dress up Las Vegas style for your activity. After all, what happens in Las Vegas, stays in Las Vegas!

