



600 Industrial Parkway • Heath, OH 43055
(740) 522-8345 • www.LICCOINC.com

FOR IMMEDIATE RELEASE

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For more information, please call:
Heather Odendahl, Public Information Manager
The Licking County Board of Developmental Disabilities
(740) 349-6588 • www.LCountyDD.org

LICCO to host run/walk to benefit people with developmental disabilities

HEATH -- LICCO Inc. is set to host the third-annual Spring Fitness 5K Walk/Run to benefit Citizens for Developmental Disabilities.

The race starts at 9 a.m. on Saturday, April 23, on the Newark Campus of The Ohio State University and Central Ohio Technical College, at the Sharon Valley Road shelter house and Rotary Park. Those pushing wheelchairs and strollers will begin at 9:10 a.m.

The LICCO 5K is open to the public. Runners and walkers of all skill levels and abilities are encouraged to participate. Registration through March 1 is \$15 per person. From March 2 through April 21, the fee is \$20. The registration cost on April 22 and race day will be \$25.

There are a few ways to register:

- Go online. Visit www.LCountyDD.org and scroll to the 5K registration link in yellow text. Visitors who click on the link automatically will be directed to the Premier Races online registration form.
- Downloadable registration forms also can be obtained from the LCountyDD.org homepage. Complete the forms and mail them with a check payable to LICCO Inc., 600 Industrial Parkway, Heath, Ohio 43056.
- Request official registration brochures from LICCO by calling (740) 522-8345.

The LICCO 5K is intended to encourage good health in the community while raising money for a worthy cause. The past two annual races attracted hundreds of runners and walkers from throughout central Ohio. This year, tech shirts are guaranteed to the first 150 registrants, and cotton T-shirts will be provided for an additional 100 participants.

The top three finishers will receive awards, as well as the winners in each of the following age groups: 15 and under; 16 to 19; 20 to 29; 30 to 39; 40 to 49; 50 to 59; and 60-plus. Post-race snacks will be provided.

To join Park National Bank, Fox Coal, Tectum Inc., Licking Memorial Health Systems, Dr. and Mrs. Pasley and the Licking Eagles #387 as a sponsor of the LICCO 5K, please contact Debbie Pound or Kyle Miller at LICCO -- (740) 522-8345.

LICCO Inc. works in partnership with the Licking County Board of Developmental Disabilities and local employers to provide work experiences -- in the workshop and throughout the community -- for people with developmental disabilities to increase independence. For more information about LICCO's products and services, visit them online at www.LICCOINC.com

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