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**FOR IMMEDIATE RELEASE**

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**LICCO 5K Run/Walk to benefit people with disabilities**

**HEATH** – LICCO Inc. will host its inaugural Spring Fitness 5K Run/Walk, beginning at 9 a.m. on Saturday, May 16, at the Newark Campus of The Ohio State University and Central Ohio Technical College.

LICCO Inc., 600 Industrial Parkway, Heath, is a nonprofit business that provides work opportunities to individuals with disabilities. LICCO works with the Licking County Board of Mental Retardation and Developmental Disabilities (LCBMRDD) to provide opportunities that promote independence. Proceeds from the 5K event will benefit Citizens for MRDD future levy campaigns.

Corporate sponsors for the 5K include: Claypool Electric, MedBen, Hopewell Federal Credit Union, Park National Bank, Dr Thomas Beattie, Bayer MaterialScience, Licking Memorial Health Systems, Star Wipers, Ampacet Corp., Tru Seal Asphalt, Tectum Inc., Excel Academy, Big "O" Refuse, AVI, Auto Pro and Leader Printing.

Early registration through May 1 is \$20. After that time, registration will cost \$25 per participant. All participants will receive a race T-shirt, and all finishers will receive an award. Post-race refreshments will be provided. The course begins near the shelter house off Sharon Valley Road and winds throughout the Newark Campus.

"We hope area residents will come out and enjoy a healthy, fun run or walk to support a good cause," said event co-chairperson Angie Watson.

For detailed information and online registration, go to [www.LCBMRDD.org/news.htm](http://www.LCBMRDD.org/news.htm), or [www.premierraces.com](http://www.premierraces.com). Further registration information and corporate sponsorships are also available by calling Angie Watson at (740) 522-8345, or (800) 247-1636.

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