

**LICCO, Inc.**

**&**

**The Licking County Board of Developmental Disabilities**

*LICCO, Inc. is a non-profit business that provides work opportunities to individuals with disabilities. LICCO, Inc. works with the Licking County Board of Developmental Disabilities to provide opportunities that promote independence. We offer a variety of jobs and trainings in the workshop and the community. Employment is a vital part of the lives of people with disabilities in Licking County.*

*Proceeds from the 5K Walk/Run will provide services to adults served by the Licking County Board of Developmental Disabilities.*

**COME JOIN US FOR A FUN RACE!**

*A special thanks to The Newark campus of The Ohio State University and Central Ohio Technical College for the use of their facilities.*



**Providing Quality Services to Business & Industry**  
600 Industrial Parkway • Heath, Ohio

**SPRING FITNESS 5K**

**Early Registration: \$15**



**April 23, 2011**  
**9:00 a.m.**  
**Ohio State Newark/COTC**  
**Shelter House**



**Spring into the fun for our 3rd Annual 5K Walk/Run! Age awards, race shirt and awesome post-race snacks.**

*Presented by LICCO, Inc. in partnership with the Licking County Board of Developmental Disabilities*



## WHEN & WHERE

**Saturday, April 23, 2011**

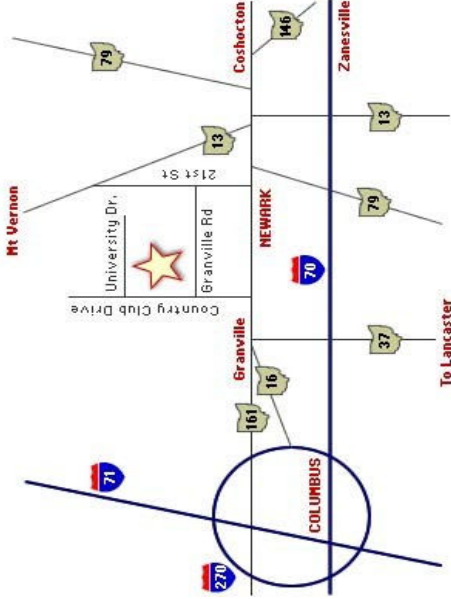
**9:00 a.m.**

The Newark Campus of  
The Ohio State University and  
Central Ohio Technical College

1179 University Drive  
Newark, Ohio

\*\*\*\*\*

Race course starts at the shelter house off of Sharon Valley Road and winds around the Newark campus. See below for directions.



Parking available at Adena Hall, Reese Center and parking lot off of Sharon Valley Road. Entrance to shelter house is off of Sharon Valley Road.

## REGISTRATION

**Through March 1: \$15**

**March 2 - April 21: \$20**

**April 22 - 23: \$25**

*Ages 5 and Under Free*

**Register online (through April 21) at:**

[www.premierraces.com](http://www.premierraces.com)

or

**Mail registration (by April 19) to:**

LICCO Inc.

Attn: D. Pound

600 Industrial Parkway

Heath, Ohio 43056

*(include check payable to LICCO, Inc.)*

Walk-in reservations will also be accepted at LICCO, Inc. (see above address) through April 22, or you can register at the event on April 23.

\*\*\*\*\*

Tech shirts are guaranteed to the first 150 registered participants, and cotton t-shirts to the next 100. The top 3 male and female finishers will receive awards, as well as the top male and female in each of the following age groups: 15 and under, 16-19, 20-29, 30-39, 40-49, 50-59, and 60+. Post-race refreshments and door prizes will be provided.

Sorry, no pets and no rain date; no refunds.

Early packet pick-up at LICCO, Inc.,  
600 Industrial Parkway, Heath, Ohio,  
3-6 p.m., Thursday, April 21, 2011.

Please call 740-522-8345 if you have any questions about the race.

## WAIVER & SIGN UP

**LICCO, Inc. 5K Spring Fitness Walk/Run Waiver**

Signature below indicates agreement to waiver

I agree, warrant and covenant as follows by my signature or clicking below (for online registration).

I acknowledge my understanding that my participation in the 2011 LICCO 5K Fitness Walk/Run and/or any pre or post Event activities (collectively, the "Event") involves rigorous physical activity and that it potentially may be hazardous. I attest and verify that I and if applicable any children under the age of 18 am/are voluntarily participating in this event and using the Event facilities or premises and assume all risk of injury, accident and/or illness, damage or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I hereby consent to receive medical treatment in the event of injury, accident and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge all Event sponsors and LICCO Inc., LICBDD, and Ohio State Newark/COTC (and their affiliates, employees, agents, representatives, successors and assigns) from any and all claims or causes of action (known or unknown) arising out of their negligence. I hereby agree to indemnify all race organizers for all claims and losses (including attorney fees and court costs), which may be brought against any one or more of them by anyone claiming to have been injured or otherwise to have suffered loss or damage as a result of my participation in the Event.

I further grant full permission to any and all of the foregoing to store, use and/or reproduce my image or likeness for use in promotion of event.

I acknowledge and agree to abide by the rules for the Event that may be posted at the Event or on the Event's website. I hereby represent and warrant that I am 18 years of age or older or, if applicable that I am the parent or legal guardian of the child under the age of 18 years old who I am registering for the Event and that I have the full power and authority to agree to these terms on behalf of such child.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(if under 18)

## PERSONAL INFORMATION

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Age: \_\_\_\_\_ Sex: Male / Female

T-Shirt: S M L XL XXL Shirts guaranteed for first 250 registrants

Email: \_\_\_\_\_