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For immediate release

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For more information, please call:
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www.LCountyDD.org

LICCO to host run/walk for people with developmental disabilities

HEATH -- LICCO Inc. will host its second-annual Spring Fitness 5K Walk/Run to benefit Citizens for Developmental Disabilities.

The event takes place at 9 a.m. on Saturday, May 15, at the OSU-N/COTC campus, near the Sharon Valley Road shelter house and Rotary Park. Those pushing strollers and wheelchairs will begin at 9:10 a.m. Early registration through May 3 is \$20 per person. Online registration is \$22. After May 3, it will cost \$25 per person (or \$27 online) to participate in the race.

The race is open to the public. LICCO encourages runners and walkers of all skill levels and abilities to participate. There are a couple of ways to register:

- Go to www.LCountyDD.org and click on the 5K link in yellow text. Visitors to the site will be redirected to the Premier Races online registration form;
- Also from the LCountyDD.org homepage, the official 5K brochure can be downloaded and printed. Completed forms may be mailed back with a check payable to LICCO Inc., 600 Industrial Parkway, Heath, Ohio 43056.

Early race packet pickup is from 1 to 6 p.m. on Thursday, May 13 at the E.S. Weiant Center, 116 N. 22nd St., Newark.

The race is intended to encourage good health in the community while raising money for a worthy cause. Last year's 5K attracted hundreds of runners and walkers from throughout central Ohio. This year, T-shirts are guaranteed to the first 300 registrants. 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.

For more information, please call Debbie Pound or Kyle Miller -- (740) 522-8345.

LICCO 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 -- to people with developmental disabilities to increase independence. For more information about LICCO, visit them at www.LICCOINC.com

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