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Form ADV Part 2A Brochure

Reliant Consulting & Research, Inc. is an investment adviser registered with the Securities and Exchange Commission (hereinafter "SEC"). An "investment adviser" means any person who, for compensation, engages in the business of advising others, either directly or through publications or writings, as to the value of securities or as to the advisability of investing in, purchasing, or selling securities, or who, for compensation and as part of a regular business, issues or promulgates analyses or reports concerning securities. Registration with the SEC or any state securities authority does not imply a certain level of skill or training.

This brochure provides information about the qualifications and business practices of Reliant Consulting & Research. If you have any questions about the contents of this brochure, please contact us at (877) 855-8172. The information in this brochure has not been approved or verified by the United States Securities and Exchange Commission or by any state securities authority.

Additional information about Reliant Consulting & Research is available on the SEC's website at www.adviserinfo.sec.gov.

Material Changes - Item 2

The purpose of this page is to inform you of any material changes since the previous version of this Disclosure Brochure.

On March 31, 2017, we submitted our annual updating amendment filing for fiscal year 2016. We have substantially revised our Form ADV Part 2A Brochure to clarify important disclosures. We are providing you with a full copy of the updated brochure regarding our services, fees, business practices, and conflicts of interest, among other important information. Please read the entire document.

We review and update our brochure at least annually to make sure that it remains current. If you have questions regarding these changes or if you would like to receive a copy of our most recent disclosure brochure at any time, please contact us at (877) 855-8172.

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Advisory Business - Item 4

Reliant Consulting & Research, Inc. (hereinafter "Reliant Consulting") is a registered investment advisor based in Kingston, Washington. We are a corporation under the laws of the State of Washington. We have been providing investment advisory services since 1998. Daniel Clark, President/Chief Executive Officer/Chief Compliance Officer is the owner of Reliant Consulting.

Currently, we offer the following non-discretionary investment advisory services depending on the client's individual needs:

- **Pension Consulting Services**
- **Asset Allocation and Consulting Services**

Pension Consulting Services

Reliant Consulting provides several pension consulting related services separately or in combination. While the primary clients for these services will be pension, profit sharing and 401(k) plans, Reliant Consulting will also offer these services, where appropriate, to individuals and trusts, estates and charitable organizations. Pension Consulting Services are comprised of four distinct services. Clients may choose to use any or all of these services.

Investment Policy Statement Preparation

Reliant Consulting will meet with the client (in person or over the telephone) to determine the client's investment needs and goals. Reliant Consulting will then prepare a written Investment Policy Statement ("IPS") stating those needs and goals and creating a policy to help achieve these goals. The IPS will also list the criteria for selection of investment vehicles and the procedures and timing interval for monitoring of investment performance.

Recommendation of Investment Vehicles Reliant Consulting will review various investments, consisting of one or all of the following: individual equities, bonds, other investment products, and mutual funds (both index and managed) to determine which of these investments are appropriate to implement the client's IPS. The number of investments to be recommended will be determined by the client, based on the Investment Policy Statement.

Monitoring of Investment Performance

Client investments will be monitored continuously based on the procedures and timing intervals outlined in the Investment Policy Statement. Although Reliant Consulting will not be involved in any way in the purchase or sale of these investments, Reliant Consulting will supervise the client's portfolio and will make recommendations to the client as market factors and the client's needs dictate.

Vendor Review and Recommendation

We will search the marketplace and provide quotations from leading retirement plan vendors that are compatible with your needs. We will make recommendations regarding vendor selection based upon study results and your goals and objectives.

Employee Communications

For pension, profit sharing and 401(k) plans where the individual account participant exercises control over assets in his/her own account (hereinafter "self-directed plans"), Reliant Consulting also provides educational support and investment workshops designed for the Plan participants. The nature of the

topics to be covered will be determined by Reliant Consulting and the client under the guidelines established in ERISA Section 404(c). The educational support and investment workshops will NOT provide Plan participants with individualized, tailored investment advice or individualized, tailored asset allocation recommendations.

Other pension consulting services are available on request. All of our pension consulting services, whether general or customized, will be outlined in an agreement that shows the services that will be provided and the fees that will be charged for those services.

All client plans are regulated under the Employee Retirement Income Securities Act ("ERISA"). Reliant Consulting will provide consulting services to the plan fiduciaries as described above. Typically, the named plan fiduciary must make the ultimate decision as to retaining our services or the services of any investment adviser that our firm recommends. The plan fiduciary is free to seek independent advice about the appropriateness of any recommended services for the plan.

Asset Allocation and Consulting Services

Reliant Consulting also offers asset allocation and consulting services. Services are customized to individual client needs and typically include asset allocation advice, investment performance monitoring, and/or general consulting on an as needed basis.

Assets Under Management

We do not offer continuous and regular supervisory or management services. Therefore, due to the nature of our business, we do not have any reportable assets under management.

Fees and Compensation - Item 5

Pension Consulting Services Fees

The compensation arrangement for pension consulting services will be based on a fixed fee that ranges between \$5000 to \$50,000 per year. Pension consulting services fees will be negotiated on a case-by-case basis and the exact fee paid by the client will be clearly stated in the pension consulting Agreement signed by the client and the firm. Reliant Consulting will invoice clients directly for the payment of fees on a monthly basis.

At the inception of investment management services, the first pay period's fees will be calculated on a pro-rata basis. The advisory agreement between Reliant Consulting and the client will continue in effect until either party terminates the agreement in accordance with the terms of the agreement. Reliant Consulting's annual fee will be pro-rated through the date of termination and any remaining balance shall be refunded to the client in a timely manner.

Asset Allocation and Consulting Services

We charge a maximum hourly fee of \$350 per hour or a maximum of 0.5% of the amount of assets under advisement. The fees are negotiable and clearly set forth in the advisory agreement with the client.

Additional Fees and Expenses

The fees Reliant Consulting charges may be negotiable based on the amount of assets under management, complexity of client goals and objectives, and scope of work or level of services rendered.

As described above, the fees are charged as described and are not based on a share of capital gains of the funds of an advisory client.

All fees paid to Reliant Consulting for investment advisory services are separate and distinct from the fees and expenses charged by mutual funds or exchange traded funds to their shareholders. These fees and expenses are described in each fund's prospectus. These fees generally include a management fee, other fund expenses, and a possible distribution fee. If the fund also imposes sales charges, a client may pay an initial or deferred sales charge.

A client could invest in a mutual fund directly, without the services of Reliant Consulting. In that case, the client would not receive the services provided by Reliant Consulting, which are designed, among other things, to assist the client in determining which mutual fund or funds are most appropriate to each client's financial condition and objectives. Accordingly, the client should review both the fees charged by the funds and the fees charged by Reliant Consulting to fully understand the total amount of fees to be paid by the client and to thereby evaluate the advisory services being provided.

All conflicts of interest between our client, our firm, and the Associated Persons of our firm, are outlined in this Disclosure Brochure. If additional conflicts arise in the future, we will notify clients in writing or supply them with an updated Disclosure Brochure.

Performance-Based Fees and Side-By-Side Management - Item 6

We and our Associated Persons do not accept performance based fees. Performance based fees are based on a share of capital gains on or capital appreciation of the client's assets.

Types of Clients - Item 7

We offer investment advisory services to individuals, pension and profit sharing plans and participants, trusts, estates, corporations, and other business entities.

Methods of Analysis, Investment Strategies and Risk of Loss - Item 8

We primarily use fundamental analysis when providing clients with investment advice. Fundamental analysis is a technique that attempts to determine a security's value by focusing on underlying factors that affect a company's actual business and its future prospects. The term refers to the analysis of the economic well-being of a financial entity as opposed to only its price movements.

Our investment strategies are primarily geared towards long-term purchases, where securities are held or over one year.

The investment advice provided along with the strategies suggested by Reliant Consulting will vary depending on each client's specific financial situation and goals. This brief statement does not disclose all of the risks and other significant aspects of investing in financial markets. In light of the risks, clients should fully understand the nature of the contractual relationship(s) into which they are entering and the extent of their exposure to risk. Certain investing strategies may not be suitable for many members of the public. Clients should carefully consider whether the strategies employed would be

appropriate for them in light of their experience, objectives, financial resources and other relevant circumstances.

General Investment Risk: All investments come with the risk of losing money. Investing involves substantial risks, including complete possible loss of principal plus other losses and may not be suitable for many members of the public. Investments, unlike savings and checking accounts at a bank, are not insured by the government to protect against market losses. Different market instruments carry different types and degrees of risk and clients should familiarize themselves with the risks involved in the particular market instruments they intend to invest in.

Loss of Value: There can be no assurance that a specific investment will achieve its investment objectives and past performance should not be seen as a guide to future returns. The value of investments and the income derived may fall as well as rise and investors may not recoup the original amount invested. Investments may also be affected by any changes in exchange control regulation, tax laws, withholding taxes, international, political and economic developments, and government, economic or monetary policies.

Interest Rate Risk: Fixed income securities and funds that invest in bonds and other fixed income securities may fall in value if interest rates change. Generally, the prices of debt securities rise when interest rates fall, and their prices fall when interest rates rise. Longer-term debt securities are usually more sensitive to interest rate changes.

Credit Risk: Investments in bonds and other fixed income securities are subject to the risk that the issuer(s) may not make required interest payments. An issuer suffering an adverse change in its financial condition could lower the credit quality of a security, leading to greater price volatility of the security. A lowering of the credit rating of a security may also offset the security's liquidity, making it more difficult to sell. Funds investing in lower quality debt securities are more susceptible to these problems and their value may be more volatile.

Foreign Exchange Risk: Foreign investments may be affected favorably or unfavorably by exchange control regulations or changes in the exchange rates. Changes in currency exchange rates may influence the share value, the dividends or interest earned and the gains and losses realized. Exchange rates between currencies are determined by supply and demand in the currency exchange markets, the international balance of payments, governmental intervention, speculation, and other economic and political conditions. If the currency in which a security is denominated appreciates against the US Dollar, the value of the security will increase. Conversely, a decline in the exchange rate of the currency would adversely affect the value of the security.

Disciplinary Information - Item 9

Registered investment advisers are required to disclose all material facts regarding any legal or disciplinary events that would be material to clients' evaluation of us or the integrity of our management. There is no history of material legal or disciplinary events by our firm or our management persons.

Other Financial Industry Activities and Affiliations - Item 10

Our firm and our related persons conduct financial industry relationships on an independent and unaffiliated basis. This practice minimizes any material Client advisory business conflict of interest.

Daniel Clark, President/Chief Executive Officer/Chief Compliance Officer, is not involved in any other financial industry activities and does not have any financial industry affiliations.

Code of Ethics, Participation or Interest in Client Transactions and Personal Trading - Item 11

Description of Our Code of Ethics

At times, Reliant Consulting and/or its Advisory Representatives may take positions in the same securities recommended to or held by clients. However, it does not trade on behalf of client accounts. Nonetheless, Reliant Consulting has adopted a Code of Ethics (the "Code") to address investment advisory conduct. The Code focuses primarily on fiduciary duty, personal securities transactions, insider trading, gifts, and conflicts of interest. The Code includes Reliant Consulting's policies and procedures developed to protect client's interests in relation to the following topics:

- The duty at all times to place the interests of clients first;
- The requirement that all personal securities transactions be conducted in such a manner as to be consistent with the code of ethics.
- The responsibility to avoid any actual or potential conflict of interest or misuse of an employee's position of trust and responsibility;
- The fiduciary principle that information concerning the identity of security holdings and financial circumstances of clients is confidential; and
- The principle that independence in the investment decision-making process is paramount.

A copy of Reliant Consulting's Code of Ethics is available upon request to the Chief Compliance Officer at Reliant Consulting's principal office address.

Brokerage Practices - Item 12

Reliant Consulting does not recommend or request clients to implement trades and maintain custody of assets through any specific financial institution or broker-dealer.

Research and Other Soft Dollar Benefits

Reliant does not receive soft dollars, payment, or compensation from any financial institution; all payments are direct from clients.

Brokerage for Client Referrals

We do not receive client referrals from broker-dealers and custodians. Also, we do not receive other benefits from a broker-dealer in exchange for client referrals.

Directed Brokerage

Clients may direct brokerage to any broker/dealer or other financial institution they choose.

Trade Aggregation

We do not manage client accounts. Therefore, we do not aggregate multiple orders for shares of the same securities purchased for clients' advisory accounts.

Review of Accounts - Item 13

Account Reviews

Daniel Clark, President/Chief Executive Officer/Chief Compliance Officer monitors client accounts in accordance with the client agreement. Additional reviews may be conducted upon changes in client or market circumstances or upon client request. Regular written reports are not provided in conjunction with account reviews unless otherwise contracted for with the client.

Client Referrals and Other Compensation - Item 14

We do not receive economic benefits from third parties in exchange for providing investment advice or other advisory services to our clients.

We and our related persons do not compensate, either directly or indirectly, any person or entity who is not our supervised person for client referrals.

Custody - Item 15

Reliant Consulting does not have custody of client funds. Clients are invoiced directly for the payment of fees. Clients will receive account statements at least quarterly from the broker-dealer or other qualified custodian holding their account.

Investment Discretion - Item 16

Reliant Consulting only offers non-discretionary advice. It does not take discretion of client accounts.

Voting Client Securities - Item 17

Proxy Voting

Reliant Consulting does not vote proxies. It is the client's responsibility to vote proxies. Clients will receive proxy materials directly from the custodian. Questions about proxies may be made via the contact information on the cover page.

Financial Information - Item 18

We are required in this Item to provide clients with certain financial information or disclosures about Reliant Consulting's, financial condition. Reliant Consulting does not require the prepayment of over \$1,200, six or more months in advance. Additionally, Reliant Consulting has no financial commitment that impairs its ability to meet contractual and fiduciary commitments to clients, and has not been the subject of a bankruptcy proceeding.

Requirements for State-Registered Advisors - Item 19

This section is intentionally left blank- Our Firm is SEC registered

Miscellaneous

Class Action Lawsuits

From time to time, securities held in the accounts of clients will be the subject of class action lawsuits. Reliant Consulting has no obligation to determine if securities held by the client are subject to a pending or resolved class action lawsuit. It also has no duty to evaluate a client's eligibility or to submit a claim to participate in the proceeds of a securities class action settlement or verdict. Furthermore, the firm has no obligation or responsibility to initiate litigation to recover damages on behalf of clients who may have been injured as a result of actions, misconduct, or negligence by corporate management of issuers whose securities are held by clients.

Where the firm receives written or electronic notice of a class action lawsuit, settlement, or verdict affecting securities owned by a client, it will forward all notices, proof of claim forms, and other materials, to the client. Electronic mail is acceptable where appropriate, and the client has authorized contact in this manner.

Confidentiality

Reliant Consulting views protecting its customers' private information as a top priority and, pursuant to the requirements of the Gramm-Leach-Bliley Act, the firm has instituted policies and procedures to ensure that customer information is kept private and secure.

Reliant Consulting does not disclose any nonpublic personal information about its customers or former customers to any nonaffiliated third parties, except as permitted by law. In the course of servicing a client account, Reliant Consulting may share some information with its service providers, such as transfer agents, custodians, broker-dealers, accountants, and lawyers.

Reliant Consulting restricts internal access to nonpublic personal information about its clients to those employees who need to know that information in order to provide products or services to the client. Reliant Consulting maintains physical and procedural safeguards that comply with state and federal standards to guard a client's nonpublic personal information and ensure its integrity and confidentiality. As emphasized above, it has always been and will always be the firm's policy never to sell information about current or former customers or their accounts to anyone. It is also the firm's policy not to share information unless required to process a transaction, at the request of the client, or as required by law.

A copy of the firm's privacy policy notice will be provided to each client prior to, or contemporaneously with, the execution of the Advisory Agreement. Thereafter, the firm will deliver a copy of the current privacy policy notice to its clients on an annual basis. If you have any questions on this policy, please contact Daniel Clark, President/Chief Executive Officer/Chief Compliance Officer at (877) 855-8172.