



# 10K TRAINING

## 8-WEEK TRAINING PROGRAM

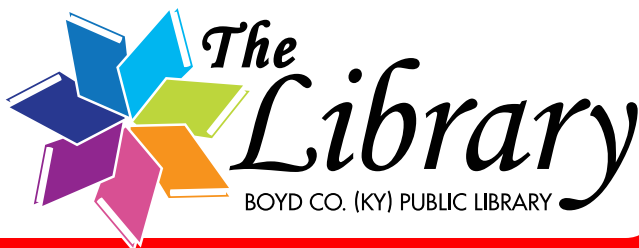
**Tuesdays & Thursdays | 6-7 pm**  
**PORT OF ASHLAND (RIVERFRONT)**

8-week training program for all ages leading up to the Summer Motion 10K on Saturday, June 28, 2025. Cost is \$25 which covers the entry fee for the Summer Motion 10K. **All ages welcome.**

Registration will take place during the program.  
Questions contact Kellie Nunley (606) 329-0518 ext.1810 or [knunley@thebookplace.org](mailto:knunley@thebookplace.org).

### PROGRAM DATES:

May 6, 8 13, 15, 20, 22, 27, 29, June 3, 5, 10, 12, 17, 19, 24, 26.



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