



5K Training

8-WEEK PROGRAM BEGINS

Tuesday, February 25 | 6 pm

Get ready for the 13th Annual Love Your Library 5K with an 8-week training program designed for all ages and fitness levels!

Partnering with the Ashland YMCA, this program will help participants prepare for the race while building endurance and having fun. Training will be led by Victoria Knipp and Kellie Nunley, who will also share tips on running, what to wear, hydration, and recovery. Join us and make this a memorable race season!

Designed for all fitness levels! Group meets Tuesdays & Thursdays. Cost is \$25 and includes entry to the 13th Annual Love Your Library 5K on Friday, April 25, 2025.

Register at any branch or at one of the training dates. Contact Kellie Nunley for questions at 606.329.0518, Ext. 1810 or at knunley@thebookplace.org.

Upcoming Training Dates:

WEEKS 1-3 ASHLAND YMCA 3232 Megan Neyer Way

WEEK 1 Tuesday, February 25, 6pm / Thursday, February 27, 6pm

WEEK 2 Tuesday, March 4, 6pm / Thursday, March 6, 6pm

WEEK 3 Tuesday, March 11, 6pm / Thursday, March 13, 6pm

WEEKS 4-8 PORT OF ASHLAND @ Riverfront

WEEK 4 Tuesday, March 18, 6pm / Thursday, March 20, 6pm

WEEK 5 Tuesday, March 25, 6pm / Thursday, March 27, 6pm

WEEK 6 Tuesday, April 1, 6pm / Thursday, April 3, 6pm

WEEK 7 Tuesday, April 8, 6pm / Thursday, April 10, 6pm

WEEK 8 Tuesday, April 15, 6pm / Thursday, April 17, 6pm

#BCPLOWEN4ALL



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