

5K Training



8-WEEK PROGRAM BEGINS

Tuesday, February 24 | 6 pm

Get ready for the 14th 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 14th Annual Love Your Library 5K on Friday, April 24, 2026.

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

Upcoming Training Dates:

WEEKS 1-3 ASHLAND YMCA 3232 Megan Neyer Way

WEEK 1 Tuesday, February 24, 6pm / Thursday, February 26, 6pm
WEEK 2 Tuesday, March 3, 6pm / Thursday, March 5, 6pm
WEEK 3 Tuesday, March 10, 6pm / Thursday, March 12, 6pm

WEEKS 4-8 PORT OF ASHLAND @ Riverfront

WEEK 4 Tuesday, March 17, 6pm / Thursday, March 19, 6pm
WEEK 5 Tuesday, March 24, 6pm / Thursday, March 26, 6pm
WEEK 6 Tuesday, March 31, 6pm / Thursday, April 2, 6pm
WEEK 7 Tuesday, April 7, 6pm / Thursday, April 9, 6pm
WEEK 8 Tuesday, April 14, 6pm / Thursday, April 16, 6pm

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