

**Kelly (K2) Richards became hooked on running in 1997 and has plunged into the sport**



*Runner  
in  
the Spotlight*

Kelly Richards not only is a person hooked on running, preferably long-distance events, but she also has invested much of efforts into the Lake Grapevine Runners & Walkers club and has represented the North Texas area by being the Road Runners Club of America (RRCA) North Texas State representative and is now on the RRCA Board of Directors. She has achieved a lot for a person who didn't even try running until 1997. She is the newest Runner in The Spotlight.



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**Q:** What inspired you to begin running? **A:** I was living in Florida at the time and had just returned from a trip home, to Minnesota, where I had seen two friends who looked fantastic. Their secret?

Each had begun to run. While on the plane to Minnesota, I read an article about the WNBA, which had just debuted that summer. I was surprised and stunned to read about all these American women who were living in Europe, Asia and other various countries outside of the U.S. to play their beloved sport. I was inspired by their personal sacrifices so I bought a couple WNBA shirts in support of the league. I was sitting on the couch wearing my new WNBA shirt thinking about these women and my friends. I began to feel guilty just sitting there so I got up and went for a run (on July 4, 1997). I walked one block and ran one block. It wasn't until much later that I learned that I had gone two miles. From the first time I ran, I was hooked. It was much later that I learned about things like races and running clubs. I had no idea!

**Q:** When was your first marathon and how many marathons have you run? **A:** I ran my first marathon in October '98. I've run a total of 41 marathons or longer in 31 countries and three continents, including North America, Africa and Asia. My marathon PR is 3:30:13 at the Mardi Gras in New Orleans in 2007.

**Q:** Do you have a marathon goal? **A:** I have a goal of running a marathon in all 50 states. This is a lifetime goal and I'm not in a rush to complete it.

**Q:** What's the longest event you've run? **A:** The farthest distance I've raced is 89K at the Comrades Marathon in South Africa.

**Q:** What are your other personal bests? **A:** Half PR is 1:39:58 at the Inaugural Disney Wine & Dine Half in October 2010; 50K PR is 5:00:58; 10K PR is 43:05, and 5K PR is 20:26.

By Kelly Richards

My three fastest marathons were run in three different states in a 90-day period.

I rarely run short distance races, but rediscovered the fun of racing in 2010 and hope to do more short-distance racing in 2011.

I like to run inaugural marathons

I love running trails.

I love traveling to races with friends, especially if we're lucky enough to hit a couple brew pubs and/or the race is special to someone i.e. running a 50K on someone's 50th birthday.

I have plans to run marathons in New Mexico and Alaska as well as the Marines Corps Marathon Historic Half Marathon in 2011.

I'm a former five-term president of Lake Grapevine Runners and Walkers,  
I'm a former Road Runners Club of America (RRCA) North Texas State Rep  
I'm currently serving on the RRCA Board of Directors.

I was co-race director of the 2009 and 2010 Double Trouble 5K and 10K races presented by LGRAW  
I've been the race director and co-RD of several Fun Runs presented by LGRAW. In my professional life, I'm the Associate Director of Training for Landry's Inc.