

Linda Kelly has excelled in road races for about 25 years and continues to impress with training method of easy long runs and doing her speedwork at 5Ks



*Runner
in
the Spotlight*

Linda Kelly has been one of the top female runners in the Dallas-Fort Worth area for several years and she continues to impress in her 60th year. She has won female masters and at least one overall female title in 2012 as of late July.

By Linda Kelly

I wasn't a college runner, but liked to jog around the neighborhood. I like running because it's something you can do anytime, anywhere and with or without anyone else. When I was 30, I had back surgery for a bad disk and was told not to run. I didn't for a few years and then started walking, and it wasn't too long before I realized it wasn't going to hurt to run. I've been running races most weekends for about 25 years.

Ken (Ashby) and I have been running together since 1991. Ken, who has been running since 1975, and I married at the 19-mile mark during the 1995 White Rock Marathon. We called Tim Epting, a running buddy/minister and the McKissicks (Frances and Scott) agreed to be maid of honor and best man. We were all running the half except for Ken, who was running the marathon. So, when we finished, we jumped in McKissicks' car and drove to the 19-mile mark and Ken was already there waiting to begin the ceremony.



I've run several 50 milers and 100 milers, but gave them up because it felt like I wasn't doing much besides running.

The 15K is my favorite distance, but I think the half marathon is probably my best distance. While I don't like the 5Ks very much, I use them to gauge what my longer races should be. I don't do track or speed work. My training has always been long, easy miles and a weekly race or two, which I guess qualifies as speed work.

While I'm much slower than I used to be, I think it's more fun now - I still want to do well, but it's less pressure!

I grew up in Richardson, and moved away for a few years, but I love Texas and all the racing that's available and feel really fortunate to have had minimal injuries over the years.

Her best times since turn 60 in September, 2011: 5K – 22:13 and 22:28; 10K – 46:25; 15K – 1:11:55; 20K – 1:39:33; half marathon (hot and hilly Nashville), 1:46:02
All-time PRs: 5K – 19:24; 10K – 41:10; 15K – 1:03:58; half marathon – 1:29:46; marathon – 3:18:12; 50-mile – 7:53:25; 100-mile – 21:54:57.