

**HARRC 2008 Female Runner of the Year**  
**Kelly Krutz**

Kelly, her Husband, Scott, and their daughter Bella reside near Mechanicsburg. She is the daughter of HARRC member Hap Miller and his wife Betsy. Kelly works at the Giant Foods corporate headquarters in the Floral Merchandising Department. It is said that the apple doesn't fall far from the tree. Everyone in this club knows that her father Hap is a veteran marathon runner. Little known is that her mother, Betsy, ran a 3:45 at age 42 and continues to keep in shape with, among other things, regular swimming and biking. And, her husband Scott recently finished the Harrisburg Marathon in 3:56 in November 2008. So, Kelly is truly part of a family dedicated to the highest level of physical fitness.

Kelly had running in her blood at a very young age. Her dad remembers her running through their old house when she was 3 and 4. They lived in a small house with a large living room & kitchen, with two entranceways, where you could go through the kitchen into the living room through one door and exit through the other, which formed about a 30/40 foot loop. Hap told Kelly to see how many laps she could do. Kelly would run effortlessly until Hap would stop her, but she didn't want to stop. When the family moved to their present house in 1979, they ran together for the first time. They would occasionally run an out and back half mile.

Kelly ran her first timed mile in 8:49 at age 9 at the 1983 Carlisle Summerfair fun run. From 1984 to 1986, Kelly ran informal 1.5-mile cross-country course at her middle school. The only official meet the school had at the end of the season was with a cross-town middle school. Kelly's best time on the course was 10:24.

Kelly ran cross-country for Carlisle High School all four years (1987-90) and ran track for three years. In track, Kelly usually ran the 3200 and a leg of the 4 X 800 relay. Her best time in the 3200 was 11:51. In cross-country she was 2nd on the team during her freshman year and 1st the other three years. She won the MVP award during the last three years. During her senior year, the Carlisle cross-country team was undefeated, first in their conference, 2nd in districts, and 13th at states. Kelly's best cross-country 5K time in high school was 19:59.

After graduating from Carlisle High School in 1991, Kelly ran cross-country at Bloomsburg University every year except her senior year. Her Dad recalls that her best cross-country 5K time in college was 19:46 her freshman year.

Kelly graduated from Bloomsburg in 1995 and did not run again until the early 1997. In 1997 Kelly ran the Carlisle Mile in 6:22. Shortly thereafter, she and her Dad began to run together. Kelly thought it would be cool to run the Harrisburg Marathon. She and her Dad did a lot of training runs together, many of them after work in the dark. Dad by her side, Kelly ran a 3:54:32 that year. She was 1st in the 20 - 24 age group. In addition, Kelly was 1<sup>st</sup> in the 20-24 age group in the 1998 Minich Half Marathon, with perfect 49:25 splits, for time of 1:38:50. Also in 1998, Kelly was 2<sup>nd</sup> in the 20-24 age

group in the Harrisburg Marathon, with a finishing time of 3:39:10, where both she and her dad qualified for the Boston Marathon. In March 1999, Kelly finished 1<sup>st</sup> in the 25-25 age group at the Chambersburg Half Marathon with a finishing time of 1:47:25. The following month, Kelly and her dad ran the 1999 Boston Marathon together for fun in 4:04:13.

In more recent years, Kelly has run the Gettysburg 5k each year with times in the 21 to 22 minute range. In June 2008, Kelly ran a 22:19 in the Colon Cancer 5k. In December 2008, Kelly ran the Jingle Bell 5k in 22:20, a 39:38 in the Duncannon 5 miler, and 23:03 and 23:25, respectively, in the November 2008 and January 2009 HARRC winter series runs. Most recently, Kelly ran a strong Chambersburg Half Marathon March 14<sup>th</sup> in a respectable time of 1:48:27. And, of course, Kelly places first in many Sunday Club runs. Despite professional and family demands, Kelly continues to stay in tip-top condition, help keeps her dad in shape and helps keep our club youthful and exuberant.

**Kelly's PRs:**

Marathon:	3:39:10	Harrisburg Marathon, 1998
1/2 Marathon:	1:38:50	Minich Half Marathon, 1998
5K:	19:46	Bloomsburg University, 1991 (Cross Country)
3200:	11:51	Carlisle HS, 1989
1600:	5:47	Carlisle HS, 1989
800:	2:34	Carlisle HS, 1989