

Local Spotlight - Jacque Kelly



While growing up in East Grand Forks alongside 7 siblings Jacque participated in many activities including Basketball, Volleyball, Track and Sailing. She started running after High School but didn't start racing competitively until she turned 46. Since then she has completed 24 Half marathons and one full marathon where she qualified for the 2019 Boston Marathon by an astonishing 42 minutes! Jacque has lived in Fargo for 35 years and is planning on running both the Boston and New York City Marathons this year. Find out what her favorite race is, go to Post Race Meal and much more below!

Age: 58

Number of Marathons Ran: 1

Marathon PR: 3:28

Number of Half-Marathons Ran: 24

Half-Marathon PR: 1:36

Age that you started running: After High School but not competitively until 46.

Why did you start running: I needed a new challenge for myself after some family changes.

What helps you stay motivated? Being healthy and the feeling after a good run. Trying to stay at the top of my age group and connecting with other runners.

Favorite Running Workout: After putting in a good 8-10 hour workday and feeling exhausted still heading out the door for 7-9 mile run! Also don't tell anyone but a hard speed workout isn't the worst thing anymore!

Favorite Race: The Dick Beardsley Half Marathon has always been my favorite!

Favorite Race Distance: Half Marathon for running and Sail Boat Racing with my brothers!

What shoe did you run your last race in? Brooks Levitate.

Essential Running apparel: Nothing specific but I like to wear something that represents achievement like a previous Race Technical Shirt.

Favorite Pre-race Meal: The morning of a race a Cinnamon Raisin Muffin, ½ of a banana and some Berry UCAN Hydrate. Most importantly though, two nights before the race I go to Porter Creek and have the Rigatoni!

Favorite Post race Meal: Any type of pasta, pizza or something covered in Cheese and an ICE Cold Kona Big Wave.

Running Lesson: Don't run on a full stomach, it never ends well.

Running Goal for 2019: Completing both the Boston and New York City Marathons and staying healthy to achieve both of those!