

MARATHONER KERI MCKAY

BY SCOTT THOMAS

Home Run

Interior designer Keri McKay takes her creative thinking to the streets as she preps for another Boston Marathon

As an award-winning interior designer, Fairfield's **KERI MCKAY** creates beautiful home interiors. She frequently finds the inspiration for her creativity on the roads of Fairfield County during marathon-training runs. McKay will run her seventh Boston Marathon on April 16.

She says the long runs help her interior design work. "It helps with creativity," she says, "and being clear-headed for the rest of the day."

McKay manages to balance marathon training, her own business and her family with the support of her husband, Scott.

"It's not easy to get to all of the events for the kids," says the mother of three teenagers. "Running my own business allows me flexibility. My husband and kids have been exceptionally supportive, which has been the key to balancing everything."

As for running, she owns a personal best of 3 hours, 28 minutes, for the 26.2-mile distance in the New York City Marathon in 2016. Her goal for Boston this year is to get to the starting line healthy and complete the grueling race.

"I love the challenge of training almost as much as the race itself. It's a personal satisfaction for setting myself up for the impossible and achieving it." kerimckayinteriors.com



THE RUNDOWN

CHASING A PERSONAL BEST

12

Total number of marathons run

6

Number of Boston Marathons

3:31:19

Best Boston Marathon time, in 2016

2

Keri won "Best of Houzz" (a website on home remodeling and design) for customer service in 2016 and 2017.

"I've come up with design solutions when I'm running because I can get a lot of thinking done during that time."



KERI MCKAY
OF FAIRFIELD