

HARRC 2008 Male Runner of the Year
Hap Miller

Hap and his wife Betsy currently reside in Carlisle. Hap and Betsy have been married 38 years. They have one daughter, Kelly, who is married to 2008 Harrisburg Marathon finisher Scott Krutz, and a 4-year old granddaughter, Bella. Hap originally hails from Johnstown, Pennsylvania. Hap retired from the Federal Government in 1999, where he worked over 30 years as a programmer/analyst at the Mechanicsburg Naval Depot. Hap is a four-year veteran of the United States Air Force, where he spent tours of duty in Germany and Pakistan.

Hap is a long-time member of both the Harrisburg Area Road Runners Club and the Carlisle Running Club. Hap was the head Men's Cross Country Coach at Dickinson College for six years between 1987 and 1992 and assistant cross-country coach at Carlisle High School for three years between 1999 and 2001. He presently officiates all Dickinson College home indoor track meets and all of the college's cross country meets in the fall. Hap also times the Carlisle High School cross country home meets and occasionally helps at the Mid Penn Conference cross country championships and District III cross country meets in the fall. It seems Hap's love for running is infectious, as his wife, daughter and son-in law have all completed marathons with respectable times.

Of course, we all know Hap as an amazing negative split runner, who seems to get faster as the distance increases. Hap got his start in running in 1962 during his senior year at Conemaugh Township High School, where he primarily ran the 880-yard dash and occasionally the mile. While not blessed with world-class speed, Hap ran respectable times of around 2:10 for the half and the low 5s for the mile.

During his first few years in the Air Force, Hap ran a little in informal meets and with friends. However during the years 1965 to 1975, as the old story goes, running took a back seat to, wine, women and song. In fact, Hap did not run at all during those years.

Hap quit smoking in 1973, just before Kelly was born. He began to run again in May of 1975, because he was overweight and way too out of shape. Although Hap was only averaging 10 miles a week, with a long run of 6 miles, he decided to enter the 1975 Harrisburg Marathon. Hap managed to run the first 10 miles of the race before settling into a jog, walk and limp to the finish line, which he crossed in 5 hours, 3 minutes and 18 seconds. After the finish, Hap remembers sitting on a park bench along the Susquehanna River after the race and removing his great pair of no-name running shoes that he purchased at Super Shoes. Hap had blisters and swollen feet, which made it difficult to put his shoes back on. He had no thought that he would ever run the marathon again, and again, and again.

Of course, Hap continued to run marathons and improving his physical conditioning. Hap found a way to shorten the distance by running faster. Fourteen years after he ran his first Harrisburg Marathon, Hap finished the Harrisburg Marathon in a time of 2:44:43 at the age of 44. Last year Hap finished first in the 65 to 69 age group,

with a time of 3:39:44. Hap has run a total of 61 Marathons, including 34 of 36 Harrisburg Marathons, 9 Boston Marathons, 8 Johnstown Marathons, 5 Carlisle Marathons, 3 Chambersburg Marathons, and one each of the Gettysburg and Dolphin marathons. Of those marathons, only Harrisburg, Boston and Johnstown still exist. Talk about endurance, Hap has outlasted the life of many of the marathons he has run! Earlier this year, there were rumors that the Harrisburg Marathon would not held this year. Hap's response was that he would show up at the starting line in November and run it anyway.

In addition to being an amazing runner, Hap keeps a very thorough database for all his marathons, as well as everyone else's who has ever run the Harrisburg Marathon. Thus, he was quite helpful when asked to provide his racing history. In that regard, Hap has run 28 sub three-hour marathons, 15 of which were under 2:50. Of his 34 Harrisburg Marathons, Hap finished 1st in his age group ten times. His average Harrisburg Marathon time is 3:19:59, which includes the 5:03 outlier.

In addition to the marathon, Hap has run 64 half marathons. He has run 26 Chambersburg Half Marathons, where he placed in the top three of his age group 24 times and finished 1st ten times.

Hap is a dedicated, loyal distance runner who continues to set the bar high for club members many years younger. Club member Andy O'Donnell states that he continues to run the Harrisburg Marathon, only because Hap reminds him annually of his responsibility to keep number of repeat finishes up and, of course, Hap is willing to be there to drag him along during long training runs.

Personal Bests:

Mile: 5:08 1987 age 43 Harrisburg Mile (a few seconds faster in High School)
Two Miles: 11:00 1986 age 42 Carlisle Indoors
5K: 17:01 1986 age 42 Carlisle
5 Miles: 28:22 1984 age 41 Little Buffalo 5 Miler
10K: 35:14 1984 age 41 Kipona and 1987 age 44 in the Masland 10K in Carlisle
10 Miles: 58:40 1989 age 45 Washington DC Cherry Blossom 10 Miler, 5th 45-49
1/2 Marathon: 1:16:28 1989 age 46 Philly Distance Run, 2nd 45 -49
Marathon 2:43:42 1989 age 45 Boston 232/6500+, 32nd 40-49, 1st PA master

2009 Races

Chambersburg Half: 1:40:58, (1st 65-69)

2008 Races

Chambersburg Half 1:42:14 (2nd 60 - 64)
Colon Cancer 5K 22:20 (2nd 60 & Over)
Summer Fair 10K 43:59 (1st 60 - 69)
Gettysburg 5K 21:38 (5th 60 - 64)
Harrisburg Half 1:48:39 (1st 65 & Over)
Harrisburg Marathon 3:39:44 (1st 65 & Over)

Winter Series 5K	23:03 (1st 65 & Over)
Jingle Bell 5K	22:22 (1st 60 - 69)
Duncannon 5 Mile	38:03 (1st 65 & Over)