

Kent Strunk

Devoted Family Man Balancing Career, Service and Tradition.



Kent Strunk

Attorney and Trial Lawyer

Kent Strunk is an attorney and seasoned trial lawyer with more than 25 years of experience in the legal profession. Over these decades, he has become known for his steady dedication to criminal defense, building a record shaped by extensive courtroom work, careful preparation, and a consistent commitment to the people he represents. His experience reflects a long-standing devotion to the practice of law and a professional path guided by responsibility and thoughtful judgment.

Legal Career and Professional Achievements

He completed his law degree at the Northern Illinois College of Law in 1998. From the start, he chose to focus on criminal defense, entering the courtroom early in his career and maintaining a strong involvement in trial practice. His interest in trial advocacy allowed him to develop the skills required for effective representation, and he continued to take on cases that expanded his experience and understanding of criminal law.

Throughout Kent's career, he has tried more than 100 felony jury trials, a number that includes two high-profile murder cases. The Minnesota Public Defenders Office recognized his extensive trial involvement by noting that he recorded the highest number of jury trials in the 9th Judicial District for three consecutive years. This recognition reflects the consistency of his work and his participation in demanding criminal matters.

Despite these accomplishments, he approaches his profession with a grounded perspective. He has never centered his work on numerical achievements but instead has focused on thorough preparation, clear communication, and dependable advocacy. His method is rooted in understanding each case fully, planning strategically, and representing clients with fairness and steady determination. These qualities have contributed to his strong standing in Minnesota's legal community, where he is respected for his balanced approach and professional integrity.

Over more than two decades, Strunk has continued to refine his skills while adapting to the evolving demands of the legal field. His experience includes handling complex legal issues, managing detailed case preparation, and maintaining composure in challenging courtroom situations. Each of these aspects reflects his commitment to responsible and thoughtful legal practice.

Research and Volunteer Engagement

Beyond the courtroom, he has pursued work that broadened his professional experience and allowed him to contribute to national and community-focused efforts. His background includes research responsibilities and long-term involvement in public service initiatives, both of which highlight his ability to apply his skills beyond traditional legal roles.

From March 2022 to July 2024, Kent Strunk worked for the National Opinion Research Center in Chicago, Illinois. During this period, he participated in nationwide data collection projects, including the Consumer Finance Survey and the Early Childcare and Education Survey. His role centered on conducting field interviews, gathering information, and helping produce accurate and nonpartisan research results.

This research work required patience, organization, and strong communication abilities. He interacted with individuals from varied backgrounds while ensuring that the information he collected met the standards necessary for national research projects. He considers this work an essential addition to his career, as it allowed him to support studies that influence public understanding and contribute to broader social programs. The skills he used—such as precise data collection, clear documentation, and respectful engagement with communities—also reinforced qualities that inform his legal work.

His interest in contributing to community well-being has been long-standing. He has supported the United Way in several roles, including service as a disbursement judge for multiple years. He has also been a donor and ongoing supporter of the Boys and Girls Club, helping ensure that young people and families have access to resources and guidance. These efforts reflect a commitment to public service and a belief in supporting organizations that strengthen local communities.

Kent remains active in community involvement through mentoring, event participation, and assistance to organizations during high-demand periods. These contributions reflect the same steady values he brings to his legal practice—consistency, responsibility, and a willingness to support others when needed.

Family Life

Family life has always been central to his identity, and he has maintained this focus throughout his career and community commitments. He married on September 15, 2000, and he and his spouse have four children. Their first child was born in 2001, followed by their second in 2003. The family expanded again in 2006 with the arrival of twins.

Their first child was featured in the Minnesota book *Faces of Hope*, which profiled newborns born on that date. This child later graduated from the University of Minnesota and is now pursuing graduate studies. Their second child earned a degree in Archaeology from the University of Wisconsin–La Crosse and intends to continue graduate studies at the University of Minnesota. Both twins attend the University of Minnesota as well. One is studying management, while the other has been active in theater and recently performed in a lead role in a school production.

As the children's primary caregiver, Strunk has been deeply involved in their daily activities, education, and personal development. His presence in their lives has been consistent, reflecting his strong commitment to family responsibilities. One long-standing family tradition is attending a Minnesota Twins game every year with each child. This practice has continued since their births and represents a meaningful way for the family to spend time together while supporting their local team.

Personal Interests and Traditions

His personal interests reflect a grounded lifestyle focused on family, community, and steady involvement in meaningful traditions. Over his more than 25 years as an attorney, he has balanced professional responsibilities with active participation in family life and community efforts. His work in various fields—law, research, and volunteer activities—demonstrates adaptability and a commitment to contributing where he can be helpful.

His professional and personal journey shows a dedication to meaningful work, whether in the courtroom, in support of national research, or through community-focused service. He remains guided by principles of fairness, responsibility, and consistent effort. These values have shaped his contributions and continue to influence the ways he engages with the people and organizations around him.

Today, Kent Strunk resides in Minnesota, where he remains active in family life, community involvement, and the traditions that matter to him. He lives with a yellow Labrador named Annie, continuing the steady and grounded way of life that has accompanied him throughout his career.