



FOR IMMEDIATE RELEASE

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Waddell & Reed KC Marathon is Henrich's 100th marathon

KANSAS CITY, MO (August 12, 2013) – After 16 years, John Henrich is returning to where it all started. Where running became a big part of his life. Where he ran his first marathon in 1997. At that time the Kansas City Marathon course crossed state lines and hit both Missouri and Kansas. “We had all kinds of weather that day, rain, snow, thunder and lightning,” said Henrich. “I ran it with two friends. It was a good experience, although the weather could have been better.”

While running a first marathon is a pretty significant event, this is not where the story begins. In 1994, at the age of 34, Henrich decided to become a runner and participated in his first race.. “I started running for general health reasons,” he said. “I had been swimming but was getting bored with it.”

Henrich was on a business trip in Kansas City when he and a group of co-workers decided on a Saturday night to run the Trolley Run the next morning. The sense of camaraderie among the runners before the race stayed with him and he was hooked. Since then he has completed 98 marathons and several half marathons.

A close friend ran the Kansas City Marathon with Henrich 16 years ago and they have been running together ever since, completing 33 marathons together. For most of the training, it's just the two of them but on occasion, they will be joined by other friends.

“We have talked our share of politics, religion, current events, job issues, etc.,” said Henrich. “Our kids were in elementary school when we started and now they are all out of college. We also used the runs as therapy sessions during our parents’ illnesses and their deaths.”

At one point Henrich decided to set a goal of finishing 50 marathons by his 50th birthday. He increased his running to achieve his goal by completing one marathon a month and quickly exceeded his goal when he completed 81 marathons by his birthday. With less than 20 to go, 100 seemed like the next logical goal.

To read the rest of the story, go to KCMarathon.org and under the Media Section click on Stories from the Sole.

Volunteers needed – Over 1,800 volunteers help with the success of the Waddell & Reed Kansas City Marathon with Ivy Funds. Volunteers are needed for various volunteer job opportunities including packet pickup and registration, course monitors, finish line food area, recycling team and more. Individuals who register to volunteer will receive a long-sleeve event T-shirt along with free food and drinks at the Finish Line Festival. For more information about volunteering including our group grant program for nonprofit organizations, contact the volunteer coordinator at volunteer@kcmarathon.org or go to the website at KCMarathon.org.

About The Kansas City Sports Commission and Foundation

The Kansas City Sports Commission & Foundation benefits the Kansas City region through sports by creating, attracting and managing major sporting events for Kansas City. And, promote the lifetime benefits of sports for youth through educational initiatives, tournaments and clinics.

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