

## **Dan Kuch, 1994, Cross Country Athlete**

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**Years Attended:** 1976-78

**Area of Study:** Athlete Baseball



### **Dan Kuch Repeats as Whiskey Row Winner**

As written up in The Daily Courier, Saturday, May 02, 2009 by Doug Cook. Photo: Matt Hinshaw.

As Dan Kuch sprinted toward the finish line of the 31st Annual Whiskey Row Marathon Saturday morning in downtown Prescott, he glanced briefly to the heavens above and blew a kiss to his father.

For the second straight year, Kuch, a 6-foot-2, 180-pound police officer from Lake Havasu, won the grueling race and once again paid tribute to his dad, Dave, who drowned in a

tragic hunting accident nine years ago.

"He's the one who got me into running," said Kuch, 35, who completed the run in 2 hours, 54 minutes and 25 seconds, shaving nearly two minutes off his victorious pace of a year ago. "Every time I get a win, I do that for him."

Kuch's finish was quite a feat, particularly when one considers he fell ill with the stomach flu a few days ago. Last weekend, Kuch won a 31-miler in Nevada's Lovell Canyon and is now riding a bit of a hot streak.

He was helped by the weather, which primarily cooperated with cool temperatures in the 60s under mostly sunny skies and a slight wind.

"It's a challenging course, and to win once is an honor, but to come back the second time and do it, I can't put it into words,"

said Kuch, who left immediately after the marathon to get home for work. I'm just very thankful that I got the opportunity to race and win."

He still refers to sons Evan, 4, and Emerson, 21 months, as his "training partners," because he pushes them in a double stroller while doing practice runs near his home.

Next October, Kuch said he hopes to qualify for the Ironman Triathlon World Championship in Kona, Hawaii, a race that consists of a 2.4-mile swim, 112-mile bike ride and a 26.2-mile marathon.

Kuch does some cross training, including biking, running and lifting, but he has cut out the latter to keep his weight down.

"Ultimately, I'd like to complete the 100-miler in Utah this September," he said. "As a long-range goal, three years from now, I'd love to make it to the Olympic U.S. men's marathon trials."

He will next run four miles into the Grand Canyon - heading down its south rim before chugging up the north side and back. A cross-country runner for one season at Yavapai College in 1994, he trained for the Whiskey by running every day and taking part in a 20-miler at least once a week.