

## Brendan Barry: Running Promotes Health & Advances Networking

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In a *Daily Business Review* [article](#), Shutts & Bowen partner and avid long-distance runner [Brendan Aloysius Barry](#) explains the benefits running can have on a person, both physically and socially. Barry focuses on the relationship-building qualities of the sport, highlighting his own experiences in running with clients, potential clients, community leaders and business colleagues.

With more people running than ever before, the networking possibilities are surpassing of golf, considered one of the most common networking tools to date. While 25 million Americans golf, a number that has remained fairly constant since 1995, more than 60 million Americans run or jog. Those who partake in the sport find a strong link between running with others and being able to build trusting, lasting relationships with them.

To read the full article, click [here](#).

### Professionals

Brendan Aloysius Barry