



Ryan Hohenadel

March 29, 1980 - April 28, 2021

Ryan Allen Hohenadel, age 41, of Cape Girardeau “finished the race” Wednesday, April 28, 2021, after battling a terminal illness.

Originally from Perryville, Missouri, Ryan lived with his family in North Carolina, Oregon and Tennessee before returning to Missouri in 2017.

Ryan grew up in Perryville, where he discovered his love for running and fitness while running cross country/track for Perryville High School. He later attended Evangel College, where he received an associate’s degree in construction technology. He earned a bachelor’s degree from Missouri State University in construction management. Ryan then began his career in AutoCAD.

Ryan’s hobbies included woodworking, leather tooling, book making, beef jerky making, coffee roasting, running, camping, hiking, rock climbing, playing guitar and drums, graphic design/logo design, mentoring, cycling, video making, encouraging others, seeing how different materials burn in a fire, discovering new hot sauces, traveling and building.

Ryan began his journey battling cancer in 2019. It is in this space that he and his family moved to Cape Girardeau and also where Ryan expanded his influence to encouraging an online community. Through Instagram @longrunfit, he was able to create a space of hope and healing for people he would never meet, but cared for him deeply.

Ryan is survived by his beloved wife, Gloria; his two sons, Jonas (13) and Silas (10); his daughter, Ada Beth (3); his parents, Dr. Ronald and Patricia

Hohenadel; and his sisters, Emily (Steven) Richardson and Joanna (Andrew) Rozier.

Ryan's celebration of life will be at 11 a.m. Monday at Mount Auburn Christian Church.

In lieu of flowers, please donate to the memorial scholarship fund for the Hohenadel children at gofundme.com/f/memorial-scholarship-for-hohenadel-children/donate.

Finally, Gloria and her children wish to say that your prayers and support have meant so much to them.

Ford and Sons Funeral Home is in charge of arrangements.

Online condolences may be made at fordandsonsfuneralhome.com.

Previous Events

Celebration of Life

MAY 3. 11:00 AM (CT)

Mt. Auburn Christian Church
Cape Girardeau, MO 63701

Tribute Wall

AK

“ So sorry to hear this Doc. Fly High Ryan!!

Annie Korando - May 03, 2021 at 05:32 PM



“ Dear sweet Gloria,
We are so sad to hear about Ryan. I really don't have words to express how we really feel, but know that you and the kids will be in our prayers. We pray that knowing he walks along side God brings peace to you and your entire family.

TJ & Gail Hill

Gail Hill - May 03, 2021 at 07:45 AM

LD

“ Doc and Pat,
John and I are so sorry on the loss of Ryan. Please hold your memories in your hearts. God Bless all of you.

*Sincerely,
LaWanna Difani*

LaWanna Difani - April 29, 2021 at 07:10 PM

BG

“ Dr. Hohenadel and family,
We are so sorry for your loss. Please accept our condolences. Let us know if we can be of help to you and your family.
Bethany and Tracy Garrett

Bethany Garrett - April 29, 2021 at 06:08 PM

EF

“ I am so sorry to hear this. Prayers are with you, Gloria and for your kids as well.

Emily Fountain - April 29, 2021 at 03:44 PM

RC

“ So sorry for the loss of Ryan. Please accept my deepest sympathy. May God give you His strength, comfort, and love during this difficult time. Rhoda Cornehlisen

Rhoda Cornehlisen - April 29, 2021 at 01:50 PM

DF

“ Dr. Freeman and The Freeman Clinic Family purchased the Garden Bench - "I thought of you with love" for the family of Ryan Hohenadel.



Dr. Freeman and The Freeman Clinic Family - April 29, 2021 at 12:19 PM

SD

“ Ours prayers for you Gloria and all of your family. Couldn't have asked for a better friend for Nathan. What a great group of friends they are. Would love to go back to watching those boys run like in high school! God's peace to you and your children 🙏🙏🙏. Keith and Susan Davis

Susan Davis - April 28, 2021 at 06:45 PM