

Obituary for Randell Sturgeon



Our beloved Randell "Randy" Eugene Sturgeon died peacefully of cancer at home surrounded by those he loved, including Rumble, on September 4, 2014 at the age of 62.

Randy was born on April 20, 1952 in Vallejo to Earl Francis Sturgeon (2003) and Clella Virginia Bench (1984). He is remembered by brothers Russell Sturgeon of Vallejo and Roger Sturgeon of Florida and deceased brother Ronald Sturgeon, as well as his beloved dogs Rumble, Pepper and Ranger.

Randy is also adoringly remembered by the hundreds of athletes who he coached and mentored, and who now continue to run and coach in his memory. Randy attended Hogan High School in Vallejo and competed in Cross Country and Track and Field under Coach Clark Millholland, who he credited as the inspiration of his passion for running and coaching. In 2007 Randy was inducted into the Hogan High School Hall of Fame. For many years, he effectively served as a counselor for the State of California's Department of Toxic Substances Control, while continuing his true passion of coaching. He coached at Selano Jr. High School, Del Campo High School, El Camino High School, Cordova High School and, for the last eight years, at Granite Bay High School. Randy also coached adult clubs in the Sacramento area, including the Buffalo Chips, Capital City Flyers, West Valley Track Club, Christian Runners (CROSS), Fleet Feet Racing of Sacramento, Golden West Athletic Club, and most recently the River City Rebels of Sacramento. You could always find Randy Tuesday nights coaching at American River College or Ancil Hoffman Park. He truly inspired hundreds of lives.

Randy was also owner and publisher of National Masters News, a newspaper devoted to masters athletes in long distance running, cross country and track & field achievement. He was a member of Oak Hills Church in Folsom. He was passionate about history, old movies, golf, and wine. And he was a loyal Boston Celtics fan.

A Celebration of Life will be held on Sunday, September 14th at Heritage Oaks Memorial Chapel in Rocklin from 2:00pm-5:30pm. All are welcome to attend and celebrate Randy's life. Please wear your team or club racing jersey. In lieu of flowers, please send donations to St Jude Children's Hospital.

Randy left this world better than he found it. He was a rare gift, and will be missed forever.