



Mitchell Troy Rognrud

February 26, 1998 - March 25, 2021

Mitchell Rognrud, 23, died on March 25, 2021. Preceded in death by Grandfather John Hughes. Survived by father Troy Rognrud; mother Freya Hughes; sister Emily Rognrud (fiance Joe Zemmels), and the love of his life, Emily Cloud. Also survived by Grandparents Gary and Diane Rognrud, Bonnie and Chuck Ames, Kathy and Ralph Ferrara and Jody Hughes, Uncle Guy Rognrud (cousins Jasmine and Travis), Aunt Becky and Uncle Dave Morrisette (cousins Sam, Luke and Ben), Aunt Jane Rognrud (cousins Jimmy and Angel Parker), Uncle Jim Parker, Uncle Scott Hughes and Uncle Taylor Hughes, and myriad friends. He was a graduate of St. Anthony Village High School and the University of Minnesota, double majoring in Business Marketing and Spanish.

Mitchell died doing what he loved, rock climbing, at a place he loved, Interstate Park.

This beautiful, beaming individual. This playful, curious, intelligent creature. Starting his life nestled into a verdant corner of Northeast Minneapolis, Mitchell grew up rooted among friends and family who could (usually) appreciate his endless cheeky energy. Only Mitchell could make a lifelong friend after running over their foot with a scooter while barreling down the sidewalk. Whether he was kicking a soccer ball around the green bowl or leaping off the couch into a mountain of pillows (as grandma said, "get that boy into gymnastics!"), his adventurous proclivities were evident since he was a young sprout.

His youth was peppered with experiences that primed him for a life of adventure, like celebrating spring by delivering homemade May baskets to neighbors with his mom and sister, and dashing away gleefully. A trip to Vail filled with wintery activities, such as skiing down the Rockies and snowmobiling around a trail for his 6th birthday, kicked off his love of the mountains. Journeys to the cabin and to Canada for fly-in fishing with his dad and grandpa helped to kindle his love and respect for the natural world. He was a lifelong aspirational dog owner and took every opportunity to dog-sit or just scratch a passing pup.

His unfurling inquisitiveness eventually took him beyond Northeast Minneapolis and ultimately Minnesota all together. He branched out to places like the North Shore,

Colorado, Montana, and to Spain, where he studied abroad. His road trips were shared with his many friends, some of whom had already moved out West. Mitch had been passionately preparing for #vanlife by building a radical adventure nest with his good friend, all under the aesthetic supervision of his hot girlfriend. His voyages, along with every other part of his life, were underscored by a thoughtfully curated soundtrack.

Mitchell was generous and even disarming with his words. He never missed an opportunity to express his love and appreciation to anyone—friends, family, coworkers alike. He radiated an infectious golden retriever-esque energy. At the same time, he knew just how hard to push people's buttons (especially his sister's) to evoke the desired response, and always did so with a mischievous smile.

He was reflective and deliberate in his decisions, like changing his diet to be more environmentally friendly and helping his dad spread the gospel of composting. He didn't fear stirring the pot in order to defend his ideals and promote social justice. His kindness extends even now, as a result of his decision to become an organ donor.

When it comes to dealing with adversity, Mitchell may have said it best himself. "Lesson learned from hiking in bad conditions: no matter how crappy something may look or feel or be, it's giving you a unique perspective."

Private service will be on Tuesday 3/30/2021 at 2:00 PM with a public streaming option for family and friends at the link provided.

Link for Streaming Service: <https://www.washburn-mcreavy.com/obituaries/Mitchell-Rognrud/#!/PhotosVideos>

Spotify playlist: <https://open.spotify.com/playlist/2i16PhI9QPveKoKP0IWYyJ?si=opmKdUqJTUmcnHoOMmFKkg>

If you would like to make a donation in Mitchell's memory, in lieu of flowers, please follow this link to donate to the Honnold Foundation: <https://www.honnoldfoundation.org/donate>

Or, start composting. Plan a road trip. Plant a tree. Rescue a dog. Become an organ donor.

Comments



“ A webcast video has been added.



Washburn-McReavy - March 29 at 03:40 PM



“ I was extremely saddened to hear the news about Mitch. He was a student in my Spanish linguistics class in 2018 at the University of Minnesota. He had such a fantastic sense of humor and was always in a good mood. Even after the semester was over, I remember him emailing me to share interesting/funny videos about linguistics that he came across online. He was a truly kind and thoughtful person and I consider myself lucky to have had him as a student. I would like to extend my deepest sympathy to Mitch's family and friends.

Russell Simonsen

Russell Simonsen - April 09 at 10:22 PM



“ I hope this makes its way to Mitchell's family and friends...I was heartsick to learn today of Mitchell's passing. I was his academic advisor at the U of MN and I met with him many times over his four years as an undergraduate student. Mitchell was one of those students I always, always looked forward to meeting with because he was such a pleasant, positive and personable (he was referred to as 'sunshine personified' in one article I saw, and that is spot-on!). I can't think of a time I met with him when he wasn't smiling, or an email that he sent that didn't include many exclamation points. It seemed that everything was interesting, and every opportunity was one for adventure and exploration for Mitchell. What a gift! I have two teenage sons of my own, who are similarly drawn to adventure and exploration. I can only hope they develop into young men who are as wonderfully friendly, kind and enthusiastic about life as Mitchell was. It was my great pleasure to work with him and I am so incredibly sad to know he is gone. I am sending my heartfelt sympathies to his family and friends. He was a really special person.

Anna Mraz (College of Education & Human Development, UMN)

Anna Mraz - April 09 at 07:29 PM



“ I remember Mitchell's smile way back from kindergarten! He was lots of fun even back then. Fast forward to his college years when he happened to stop by a garage sale I was having to grab a couch I was getting rid of. Such a trip to see him all grown up. My deepest condolences to the family. He sure was a light in this world! He will be missed and great memories will live on!!

Jenny Nord Bauer (Waite Park Elementary)



Jennifer Bauer - March 30 at 08:35 PM



“ 7:00 pm. Tuesday March 30th. Your funeral day old friend. The sky to the west flying you to paradise



Liz Korba - March 30 at 08:15 PM



“ I work at the high school Mitch attended. He and I never worked directly with each other in the same class, however some of his friends were in classes of mine. Mitch would stop in on occasion, joke a little bit and chat. He's a really nice kid. I will remember Mitch as a sharp, caring, happy, and gentle young man. Peace to you all. I'm so sorry for your loss.

Paul - March 30 at 06:07 PM



“ I am so sorry for your loss. Thinking of you all at this time.

Heather Nisan - March 30 at 04:33 PM



“ My heart goes out to Mitchell's whole family and all of his friends. His father is one of Courage Kenny's amazing volunteers and I have the pleasure of knowing Troy. Who is full of kindness and loving spirit-know that there is a community at Courage, we are here for you when needed.

Tara Gorman - March 30 at 03:48 PM



“ Hello Freya, I never met your amazing son but as a mother of two boys, I can understand the incredible love you have for Mitchell. My heart is with you as you grieve the lost of your extraordinary son. Sending love and hope to you from Alaska. Sherri (formerly Staub) McDonald.



Sherri McDonald - March 30 at 03:18 PM



“ I met Mitch while we were studying abroad in Sevilla. He was truly one of the kindest souls, I was so saddened to hear of his passing. He knew how to welcome everyone in and make them smile, a gift that's not common. He was a ray of sunshine we were all lucky to interact with. He will be missed.

Katie Herrick - March 30 at 02:54 PM



“ I was lucky enough to meet Mitch abroad in Sevilla as we had an almost identical class schedule. I was personally going through a very hard time during that semester and he unknowingly had such a positive impact on me. It was impossible not to be happy around Mitch. He had a contagious smile and was the most carefree, spontaneous spirit. Even though we only knew each other for a few years, we shared some amazing memories and I will always cherish our friendship. My deepest sympathy to his family and girlfriend, it's clear that Mitchell had a lasting impact on everyone he met and will be greatly missed.

Melissa Grover - March 30 at 02:47 PM



“ 1 file added to the album Mitchell Rognrud Slideshow



Washburn-McReavy - March 30 at 02:38 PM



“ I remember Mitchell best as a young boy because I knew him best from birth until 7. He was the most energetic, physical little boy I knew, and he always kept us laughing with his antics. Some of my best memories include watching him climb all over and wrestle with his mom and dad, and how affectionate he always was with Freya and how much he obviously loved his family. Troy and Freya and Phil and I used to take our kids to the Mall of America in the winter to try to wear them out and we'd put our kids on kid leashes and laugh about how rambunctious our kids were. We'd get together to play cards and our kids would have a blast together. Mitchell was funny and sweet, and wide-eyed and curious. He was such a great kid. We moved away, but I'd hear about him all the time. I watched his fun adventures documented on instagram. Freya was so proud of him, and with good reason. Sending my love to Troy, Freya and Emily. I grieve your loss with you.

Rachel Mork - March 30 at 12:56 PM



“ I always will remember going on field trips with Mitchell at Waite park when my brother and him were in 5th grade and how he was always so welcoming and fun to be around!



Sam Hannon - March 30 at 12:48 PM



“ I got to have the privilege of having Mitch as my first passenger after getting my pilots license. It was the last time I saw him and I'm glad we could share one last adventure together cracking jokes and talking about future trips we would take as we flew down to Winona. Truly a unique individual and one of the kindest friends I've ever had. He will be missed by so many



skyler hackett - March 30 at 11:57 AM



“ I knew Mitch from traveling abroad in Spain and am very saddened by this news. Our friend group shared many memories throughout those short months abroad. From spending afternoons drinking Cruzcampo in Seville to traveling to Morocco, I will forever be grateful for those unforgettable experiences. Mitch had an admirable sense of confidence and adventure. He always knew how to put a smile on everyone's face with his goofy humor. Although I only knew him for a short time, I am glad I had the opportunity to know him. My condolences go to his family and friends.

Cassie Riddle - March 30 at 10:31 AM



“ Every day since Mitchell's passing I have remembered another fond memory of our childhood together. From amazing adventures to even the most mundane memories of just hanging out. He was truly an amazing man that clearly has touched and changed many lives in his short 23 years.

James Willand - March 30 at 10:18 AM



“ Emerald Garden Basket was purchased for the family of Mitchell Troy Rognrud.



March 30 at 09:46 AM

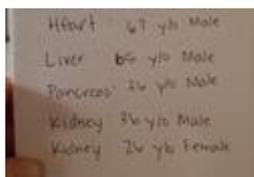


“ He was like a son to Jennifer and I and our son was either at his house or they were at our house. He was and is a very special person who will continue to impact lives far into the future. I know my life is and will be so much better having known Mitchell.

Mark Bellestri - March 30 at 09:03 AM



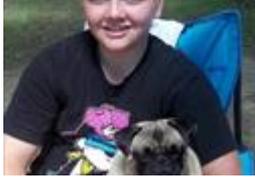
“ I never met mitchell, but I love his mother, she is an amazing mother, worker, and friend. She was their for me to talk to when my brother committed suicide. And the long process it takes to donate organs. And thought we aren't the closest. I love freya with all my heart! I'm so sorry. I lost my son 18 years ago. I understand. I am praying foryou! And I love and respect the request for donations. This picture is what my little brother did! Love you MJ



MJ - March 30 at 01:38 AM



“ The last time I saw this young man was years ago at the family reunion. I could see how talented and special he was, taking after his dad with the unique juggling and tricks. That night we were going around the bonfire all saying something and I remember him saying something to the extant that he wishes everyone was more kind to other people. He was a genuinely kind kid and turned into a beautiful and outstanding man inside and out. Here’s a picture from that family reunion.



Lindsey - March 29 at 09:20 PM



“ 1 file added to the tribute wall



Cindy Salkowski - March 29 at 05:40 PM



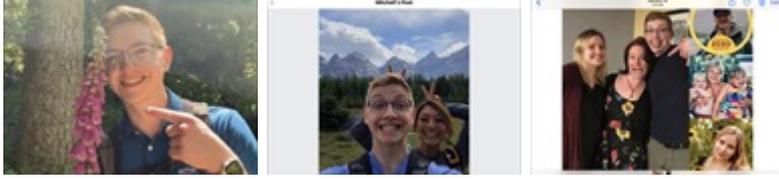
“ 1 file added to the tribute wall



Cindy Salkowski - March 29 at 05:38 PM



“ Mitchell was a bright light, so positive & loving. He also was very helpful to us - he dug a garden for us, cleaned out branches from our pond, & when my patio umbrella took flight & landed in the pond he graciously came over & waded out to get it. We love you Mitchell & will miss you so much! Gramma Kathy & Grampa Ralph



Kathy Ferrara - March 29 at 02:08 PM



“ Emerald Garden Basket was purchased for the family of Mitchell Troy Rogrud.



March 29 at 01:53 PM



“ Fiery Lily and Rose was purchased for the family of Mitchell Troy Rogrud.



March 29 at 01:53 PM



“ I have fond memories of Claire, Tim and I sharing a drink with Mitchell and his mom on a coincidental intersection of our trips at a beautiful spot in Lisbon. Mitchell struck me as the unusual young man possessing both a free spirit and a logical/practical brain. I am so very sad for your tremendous loss. Karen Bedore

Karen Bedore - March 29 at 01:12 PM



“ Donna Richardson lit a candle in memory of Mitchell Troy Rognrud



Donna Richardson - March 29 at 01:12 PM



“ So sorry, Jody, for your loss and to the family.

Donna Richardson - March 29 at 01:12 PM



“ Troy, Freya, Emily, and all who knew Mitch,
My heart breaks for you.

Sincere condolences. Nancy Nies

Nancy A Nies - March 29 at 04:27 PM



“ Troy, so sorry to hear the news! My thoughts and prayers are with you and your family!
Interstate is also one of my favorites, and I will think of Mitchell when I am there.
Lucas

Lucas Becker - March 29 at 12:04 PM



“ Country Basket Blooms was purchased for the family of Mitchell Troy Rognrud.



March 29 at 11:21 AM



“ Peaceful White Lilies Basket was purchased for the family of Mitchell Troy Rogrud.



March 29 at 10:53 AM



“ I had the joy of working with Mitchell at the Weisman Art Museum when I was a senior and he a freshman. I remember him as a loving, funny, and genuinely kind soul. The memory of his bright smile will stay with me. Kind and loving regards - Kari

Kari Bull - March 29 at 01:31 AM



“ In lieu of flowers, please consider making a donation to the Honnold Foundation at the following link: <https://www.honnoldfoundation.org/donate>

Or plan a trip, plant a tree, or rescue a dog.

Joe Nogosek - March 28 at 08:49 PM



“ Basket Full of Wishes was purchased for the family of Mitchell Troy Rogrud.



March 28 at 08:35 PM



“ Enchanted Cottage was purchased for the family of Mitchell Troy Rognrud.



March 28 at 08:13 PM



“ Yellow Rose Buds (Silk Cemetery Flowers) was purchased for the family of Mitchell Troy Rognrud.



March 28 at 07:36 PM