



Lisa Ann Valdez

December 2, 1972 - September 5, 2023

Lisa Ann Rensenbrink Valdez passed away on September 5, 2023, at the age of 50, after a long battle with cancer. She is survived by her husband, Victor Valdez, and daughter Sofia, of Golden Valley, MN, parents Ray and Wanda Rensenbrink of Pease, MN, sisters Rachel Smith of Coon Rapids, MN and Jennifer Rensenbrink of Minneapolis, MN, and 13 beloved nieces and nephews.

Lisa was born on December 2, 1972 in Milaca, Minnesota. She attended Community Christian School in Pease through 8th grade, then Milaca High School. She played basketball for Northwestern College in Orange City, Iowa for two years, and then transferred to Bethel College in Arden Hills, MN. It was at Bethel that Lisa pivoted from basketball into a lifelong passion for running.

After college, Lisa ran marathons all over the United States, including the prestigious Boston Marathon. She taught health and physical education in both Minneapolis and Richfield public schools. She shared her passion for running through coaching track and cross country, inspiring many young athletes.

Lisa married Victor Valdez in 2009. They settled down in Golden Valley, MN and welcomed Sofia in 2012. Lisa loved being Sofia's mom-from Girl Scouts to violin lessons to dance performances-Lisa cherished every moment. The

family are active members of Upper Room Church in Edina, MN.

Diagnosed with stage 4 colon cancer in January of 2021, Lisa barely slowed down, continuing to run, cross country ski, and teach for many months. Her determination to live a full life in spite of her diagnosis was awe-inspiring to those close to her. She went running for the last time just weeks before she entered hospice care.

A memorial service will be held at Meetinghouse Church in Edina on September 23, 2023 at 11am.

Washburn-McReavy.com

Edina Chapel 952-920-3996

Previous Events

Memorial Service

SEP **23**. 11:00 AM - 12:00 PM (CT)

Meetinghouse Church
6200 Colonial Way
Edina, MN 55436

Tribute Wall



“ *Large Basket Garden was purchased for the family of Lisa Ann Valdez.*



September 22, 2023 at 04:54 PM



“ *Peaceful White Lilies Basket was purchased for the family of Lisa Ann Valdez.*



September 22, 2023 at 04:28 PM



“ *Sweetest Sunrise Bouquet was purchased for the family of Lisa Ann Valdez.*



September 20, 2023 at 04:00 PM



“ *A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Lisa Ann Valdez.*

September 19, 2023 at 09:36 PM



“ *Blue Caribbean Bouquet was purchased for the family of Lisa Ann Valdez.*



September 19, 2023 at 09:36 PM



“ *The Bouwman Family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Lisa Ann Valdez.*

The Bouwman Family - September 19, 2023 at 08:03 PM



“ *The Bouwman Family purchased the Emerald Garden Basket for the family of Lisa Ann Valdez.*



The Bouwman Family - September 19, 2023 at 08:03 PM



“ *It was a joy to sub for Lisa. You could really tell she loved her student. Seeing her around school and chatting with her always brighten my day. I could tell how much she loved her family.*



Jennifer Struck - September 15, 2023 at 04:51 PM



“ *I remember Lisa loving her students and her colleagues.*

Katie S - September 15, 2023 at 10:11 AM

KF

“ I remember how she would smile and clasp her hands behind her back before while she would tell me something about her life or about something funny a student did. She always did that, always.

Katie Ferreira - September 15, 2023 at 09:57 AM

MR

“ She was a great person, always positive and optimistic. Nothing but good things to say about her. She will be forever missed as she impacted so many lives: students, co-workers and her community. I only hope that we can continue to share our stories with Victor and Sofia, so that her legacy continues. Much love to the rest of her family as well.

Megan R. - September 12, 2023 at 10:48 PM