



Ronald Dale Strom

April 10, 1945 - June 13, 2024

Strom, Ronald Dale 79, St. Louis Park, MN April 10, 1945 - June 13, 2024
Ron Strom passed away peacefully with his loving family by his side after a brief battle with Acute Myeloid Leukemia (AML). Ron was born in Two Harbors, Minnesota. Ron excelled in everything he did throughout his lifetime. At Two Harbors High School, he was the point guard on the basketball team and quarterback of the football team. He was mentored by teacher and coach Chuck Halsted and was so proud to have played basketball under Coach Lute Olson. In 1965, Ron married his high school sweetheart Mary Ann Koski when they were 19 & 20-years-old. Ron went on to attend Rochester Community College. He was a walk-on for the RCC basketball team and was an all-star starting player. After two years, he transferred to St. Cloud State University to earn his Bachelor of Science degree in education. Teaching, mentoring and coaching were something that always came natural to him. His first teaching job was in Sauk Rapids, MN as a Physical Education teacher. From there his athletic abilities propelled him into the health club industry. With his proficient athletic skills, he gained prominence in the sport of racquetball, becoming the first State Racquetball champion. After several victories in the sport, he was hired on a handshake agreement by Marv Wolfenson and Harvey Ratner. Ron was the first racquetball instructor at the Northwest Racquet Swim and Health Clubs throughout the Twin Cities. He later became Director of Sports and Recreation for the entire organization for 25 years. In 1988 Ron was inducted into the first Racquetball Hall of Fame. Over many years, Ron became a

State, Regional and National Racquetball champion, winning tournaments all over the country. He was proud to be sponsored by Nike. Ron also coached his two children and granddaughter in basketball, t-ball and racquetball and was their biggest cheerleader and supporter in all of their sports and activities over the years. Ron and Mary Ann had a wonderful 59 years of marriage. They were active at Westwood Lutheran Church, loved to travel and dance, family adventures and enjoyed their cabin in Two Harbors. He enjoyed a full and active life until his very recent illness. Ron was a firm believer of making health and fitness a major part of his life. Until the very end, he worked out at the health club six days a week. He never met a stranger. Ron had a true affection for helping out those in need and genuinely helping the "underdog." Ron was preceded in death by his parents, Olaf and Sylvia Strom, his brother James and special Uncle Roy Strand. He is survived by his loving wife Mary Ann, their two children Andrea Strom Arabanos (Scott Oeffling) and Adam Strom, his granddaughter Callahan Creech, his sister Suzie (Lonnie) Jones, his nieces Lonyll (Brian) Johnson, Tricia (Dick) Kempfert and his nieces Olivia (Clay) Lewandowski, Erika Johnson and nephew Gunnar Kempfert, many friends that spanned the country and his friends at the health club. We would like to give a special heartfelt thank you to the angel nurses on the 5th Floor of Methodist Hospital in St. Louis Park, Dr. Benjamin Eidenschink of Park Nicollet and Dr. Jeremy Allred at the University of Minnesota. Services will be held on Monday, June 24, 2024. Visitation starts at 10am, Service at 11am at Westwood Lutheran Church, 9001 Cedar Lake Road, St. Louis Park, MN 55426 (NOTE: No entry from Hwy 169) Livestream Available: westwood.church/watch-funeral

Cemetery Details

Hillside Crematory

2610 19th Ave NE
Minneapolis, MN 55418

Tribute Wall



“ A sympathy card was purchased for the family of Ronald Dale Strom.



June 24, 2024 at 01:20 PM



“ Kathy Strom and sons Gene, Todd, & David purchased the Enchanted Cottage for the family of Ronald Dale Strom.



Kathy Strom and sons Gene, Todd, & David - June 22, 2024 at 03:21 PM



“ When I went to Lifetime, I hoped I'd see Ron. He made me feel like I was his best friend.

Ken Rich - June 19, 2024 at 11:20 AM

ML

“ Ron was the reason I moved from Duluth to Burnsville when I graduated high school in 1988. I was starting my pro racquetball journey and was in search of a coach. I was fortunate to have Ron in my corner for a few years as I developed my skills. As a 17yr old know-it-all, Ron was very patient with me and we had some fun matches on the court. He will be missed! Prayers to the Strom family and sorry for your loss!

Mike Locker - June 18, 2024 at 10:01 PM

DA

“ I always enjoyed talking and seeing Ron at lifetime fitness. I knew Ron for only a short few years but we really had a lot to talk about each and every time we saw each other. Ron was still shooting hoops with us in the last couple months and he still had a great shot. Prayers go out to Ron's family. You guys were so lucky to have him all those years.

Dan - June 18, 2024 at 07:53 PM

MH

Ron volunteer t-ball coach. Many mom's at least this one would via to volunteer to bring the son or daughter to practice and games just to see Ron coach. Us ladies did enjoy our kindhearted, smiling Spirit of this man .

Mary Kay Harrington - June 22, 2024 at 03:03 PM

GH

“ Ron was one of the good guys. He always greeted me with a big smile and hug. He will be missed so very much by so many. Sending love and prayers Mary Ann.



Gretchen Herr - June 17, 2024 at 11:55 PM