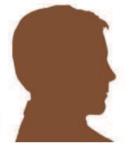
RUSSELL A. "RUSS" DEMCZAK, JR.



Age 45, of Pittsburgh, unexpectedly on Wednesday, May 15, 2024. Beloved son of Patricia and Patrick Jr. and Jeffrey Lang, Russ was a 1996 graduate of Our Lady of the Sacred Heart High School and also a 2000 graduate of Slippery Rock University with a B.A. Sc. in Sport & Fitness Administration Management. He was a Certified Strength and Conditioning Specialist (CSCS), Hardstyle Kettlebell

Certified Instructor, and Progressive Calisthenics Certified Instructor (PCC). As a diabetic, Russ possessed a unique knowledge assisting those with blood sugar irregularities. In the past he also served as an Assistant Strength and Conditioning Coach at Duquesne University for all 22 NCAA Division I Sports. Russ loved to visit Poland, the Czech Republic, France, and Italy. He was deeply loved by all who knew him. Relatives and friends received Monday, May 20, 2024, from 1-3 and 6-8 PM at SCHEPNER-McDERMOTT FUNERAL HOME, INC., 165 Noble Avenue, Crafton. Family requests NO FLOWERS. Memorial contributions in Russ' memory may be made to the family c/o Schepner-McDermott Funeral Home, Inc., 165 Noble Avenue, Pittsburgh, PA 15205 or The American Diabetes Association, PO Box 7023, Merrifield, VA 22116-7023 (www.diabetes.org).

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