

# RUSSELL A. "RUSS" DEMCZAK, JR.



Age 45, of Pittsburgh, unexpectedly on Wednesday, May 15, 2024. Beloved son of Patricia and Patrick T. Lang, Sr. Brother of 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 or ([www.diabetes.org](http://www.diabetes.org)).

[www.schepnermcdermott.com](http://www.schepnermcdermott.com)

Send condolences [post-gazette.com/gb](http://post-gazette.com/gb)