

Richard J. Carling

December 6, 1937 ~ April 30, 2024

Mike, I just want to say how sorry I am for you and your family and it is amazing how much you two look alike!

- Denny Bleak

Dick has made a significant contribution to our lives in many ways -- his happy disposition, his tenacious pursuit of his passion (running), his ever-present spirit of friendship, and his obvious love for Diane. He chose Milt as his Student Intern at the Utah State Legislative session long ago. It was very instructive to see him perform his work as a State Senator and receive his mentoring in the process. He did a remarkable job and we have been close ever since. It's been a pleasure to love and serve with the Carlings for many years. What a beautiful Family! Love you all.

- Milt & Heidi Shipp

Thank you for sharing Richard with the running community. I spent many Saturday mornings running with Richard. He was so happy and would stop and talk to everyone along the way. He had so much wisdom and light. I'm sure we'll feel his spirit on the road! Happy Trails

- Heidi Lowder

To Richard and Diane's family. We loved Richard. It was always an interesting time to run with him. He always was happy and had fun things to say. He was such a great runner. I will miss him and wish him the best on his next chapter of existence. Until we meet again on that next training run and marathon. Be happy!

- Carolyn Ostler Lyman

Dear Richard You were one of a kind human being ! May one merciful God will be waiting for you at the finish line with your Gold Medal for all your personal and athletic achievements in life . Go Go Go Richard ..... Your

contagious smile I will always missed ! thank you for your kindness and sincere friendship . " Nothing Compares to you ". Rest in peace because the Heaven's Marathon it is near !! Love You ALVARO PALACIOS

- ALVARO PALACIOS

Richard was one of the first people I met when I moved here in 1978 from Indiana, and of course it was at a road race. He was always gracious, kind and helpful. His smile, his wit, his joy for life…just a wonderful man and human being. There’s a heaven. He’s in it surrounded by all those loved him, especially his bride. Thank you sir for all you did for all Utahns in so many different areas. You will be remembered.

- Ed Murrell

Angie and Mike, I'm so sorry for your loss! Sending prayers of comfort at this difficult time! Tami Blackburn

- Tami Blackburn

I looked forward to meeting Richard weekly on the road to City Creek. A most delightful person who personified knowledge names and love for all…I cherish his history with Primary Children's Hospital and feel honored to be among his City Creek friends

- Paula peterson

Dick was a larger than life individual who left a mark on this planet. After I moved from SLC, I continued to follow Dick by looking up his times in Deseret News, Boston, St. George and Honolulu and was amazed how long he kept going. As a husband, parent, representative, attorney, and runner, he was a brilliant man.

- Scott Young

Richard was a special person. He possessed a unique blend of warmth, intelligence, strength, and humility. He enriched my life as he did the lives of so many. His legacy of kindness will last forever. Well done my friend!

- Greg Elliott MD

We were locker room friends for 15+yrs. I knew your mother and Dad from the many gyms. He was a wonderful man and will be missed. Conditions to you all.

- Scott Erskine

I was one of the countless runners running up and down City Creek that got to know Richard. It was always a treat when he’d stop and visit for a bit and tell you about some of his running accomplishments or even briefly say “looking strong” as we rode past each other. I’m disappointed I missed this announcement regarding his funeral until after the fact. Would’ve loved to pay my respects directly. I’ll miss his presence in City Creek.

- Jeremy Porter

We miss Richard and send our love and prayers! Like so many others, I met Richard years ago in City Creek Canyon where I often ran during the lunch hour and where he was a fixture. After much badgering, I agreed to run the Deseret News Marathon with him, my first-ever marathon. Some years later we moved into his ward and Diane was my wife's ministering sister. They were wonderful friends and neighbors, and we miss them!

- Clark Hinckley

I met Richard traveling on business March 4, 2020 on a trail in Salt Lake while on a run. I still have his UHP card. We spoke for quite a while on shared interests in distance running (including Richard's nearly 40 Boston finishes- where I'm from) and the important work law enforcement does for our nation. The decades of commitment to racing and mind-boggling volume of marathons Richard had completed was a notable stand out. More so though was his soul- his character and the way he carried himself humbly and with a smile. I admired that the most. It takes enlightenment to get to that point and a strong family surrounding doesn't hurt. Richard is one of those rare people you meet who are unforgettable. I trust the family is doing well.

- Andrew Pollard

I had no idea of Richard's passing. I am one of those runners who diligently ran City Creek Canyon every day, the same time as Dick. He was the first person to talk me into running marathons, and I have cursed his name every time I hit mile 21 :) I perform at the Desert Star Playhouse and loved the nights that Dick came in with his grandchildren. He was always so supportive, and Diane was always right by his side. He will be so missed by our community. Sending thoughts and love to his family.

- Ashley Haslam