Robert Lynn Allen

August 23, 1964 ~ November 16, 2018

We are heart-broken to write that Robert Lynn Allen, Sr. passed away on Friday, November 16, 2018, doing what he loved , running on the Jordan River Parkway Trail.

Robert was born on August 23, 1964 as the son to Paul Tad Allen and Cleta Moosman Allen.

Robert was married to the love of his life, his chosen partner, and eternal companion Sherie Olsen Allen in the Salt Lake City Temple. They would have celebrated 33 years on December 6th of this year. Together they raised 7 children, 4 foster children, 5 dogs, 7 cats, numerous fish, hamsters, reptiles and anything else the children brought home.

Robert was an active member of the Church of Jesus Christ of Latter-day Saints and served in his Bishopric. He loved his family, his country/politics, BYU, Raiders' Football, music, chocolate, and anything outdoors. Robert was a collegiate all-around gymnast with world class skill on high-bar and pommel horse. He was known for his Iron Cross and was team captain for BYU his senior year. He was a stuntman for Kevin Bacon in the original Footloose.

As a life-long athlete he enjoyed his morning running and his evening work-outs, green shakes, and dressing-free salad.

He worked as a network engineer for the Church of Jesus-Christ of Latter-day saints.

He was known for his genuine heart and unconditional acceptance of everyone he knew. He was probably best known as a protector of the family (especially his Sherie,) a lover of liberty, and a defender of the faith. His truly lived by his mantra ‚ÄòPreside, Provide, Protect.'

He is survived by: His parents (Paul and Cleta Allen) His Wife (Sherie) His children (Charlee, Robert Jr., Nina, Reggie, Tad, Rebekah, and Steven) His Grandbabies (Joshua, Magnus, Lydia, and Atlas) His siblings (Sandy, Chaine, Russ, Troy, and J.B.)

He is preceded in death by his stillborn son Michael.

A viewing will be held on Friday, Nov. 23rd, 2018 from 6:00-8:00 pm at Larkin Mortuary-Riverton

3688 W 12600 S

Riverton, UT 84065

On November 24th, 2018

There is a second viewing at 9:30 am

Funeral services to follow at 11:00 am

Located at the

Church of Jesus Christ of Latter-day Saints

15429 Iron Horse Blvd

Bluffdale, UT 84065

Graveside Services to follow at Lehi City Cemetery

The family invites memories and thoughts to be sent to RobertAllenMemories@gmail.com and is searching for any information regarding the Samaritan that found Robert on the Trail and bought him time to say goodbye to his wife Friday Nov. 16th between 7:00-7:30am. (No information of this stranger is listed on the dispatch report.)