



Gerard K. Benderoth

Gerard Benderoth stood 6' tall and at times could weigh as much as 390lbs, which in today's standards could dwarf most men; however, this juggernaut of a human was truly larger than life itself. He was a decorated police officer for over 20 years, world renowned athlete and multiple record holder, poetic story teller, great husband, father, and friend. Gerard was nicknamed the "Mutant White Rhino" for obvious reasons. No matter how you would explain to someone his size, everyone would take a step back when they met him in person. He was the type of man people just gravitated towards. At first, they were drawn to his powerful stature and tattoos, but as they would speak with him they immediately knew he was a brilliant man wise beyond his years. He

could entertain anyone with a story about Viking lore, his time on the force, or have people in tears with a witty joke. He was a man people just loved to be around.

Gerard followed in the footsteps of his father and became a NYC police officer. He was a first responder during the attacks of 9/11 and stood on ground zero for months assisting with the rescue and recovery process. He served the Bronx out of the 44 for many years before moving up to the Haverstraw PD where he recently retired.

Gerard was a decorated boxer traveling for many years across the globe to compete in matches with a record of 70-6. He was a finalist in the 1995 super heavyweight Golden Gloves and the gold medalist in the 1995 Empire State Games. He would fight in charity events for the NYPD and was always a showman. For a man of his size his hands were lightning fast and he could hit with the impact of Mack truck. It was during his time boxing in England Gerard proposed to his wife. He was quoted as saying, "I tried to stand when I proposed to Amy, but the love of my wife brought me to my knees in the ring."

He was a world class strongman winning his pro card back in April of 2004 at the Azealia Festival and ranked at one time in the top 10 of the professional strongmen in the USA. He could carry a yolk on his back weighing over 1000lbs and then turn around and help one of his children open a juice box. He was capable of deadlifting over 900lbs for repetitions, benching over 600lbs, pressing 400lbs over his head all while smiling. Surprisingly Gerard was also quick on his feet winning many events where he would have to carry weights across a course for time. On one occasion, he was able to carry a 400lb shield on his chest 100ft in 18 seconds.

Gerard was a professional Highland Games athlete setting world records in the weight over the bar event, and was always a crowd favorite in the caber toss (an event where the athlete would lift a tree the size of a telephone and flip it end over end for accuracy). Much like Gerard himself these events were about overall strength and skill. He was able to throw a 56lb weight over a 17' bar and was touted as the shortest man in the world to ever clear that height. His world record was at the Loon Mountain games in 2010 where he used a 42lb weight to clear a bar height of 21'.

He leaves behind his wife Amy, their four children, and more friends that call him family than any other man that has ever lived.

Gerard was a true Viking warrior and if Valhalla truly exists he was brought there on the wings of a Valkyrie. You will be able to find him there, sitting on the right-hand side of Oden who will be asking Gerard for guidance and wisdom and of course a great story.

"Crom is strong! If I die, I have to go before him, and he will ask me, 'What is the riddle of steel?' If I don't know it, he will cast me out of Valhalla and laugh at me." ~Conan the Barbarian

Gerard's family will receive friends on Sunday, March 12, 2017 from 2-6 PM at T.J. McGOWAN SONS FUNERAL HOME, 71 N. Central Highway, GARNERVILLE, NY. A Mass of Christian Burial will be celebrated for Gerard on Monday, March 13 at 11:30 AM at St. Peter's Catholic Church, Haverstraw, NY, with interment to follow at St. Peter's Cemetery, Haverstraw, NY.