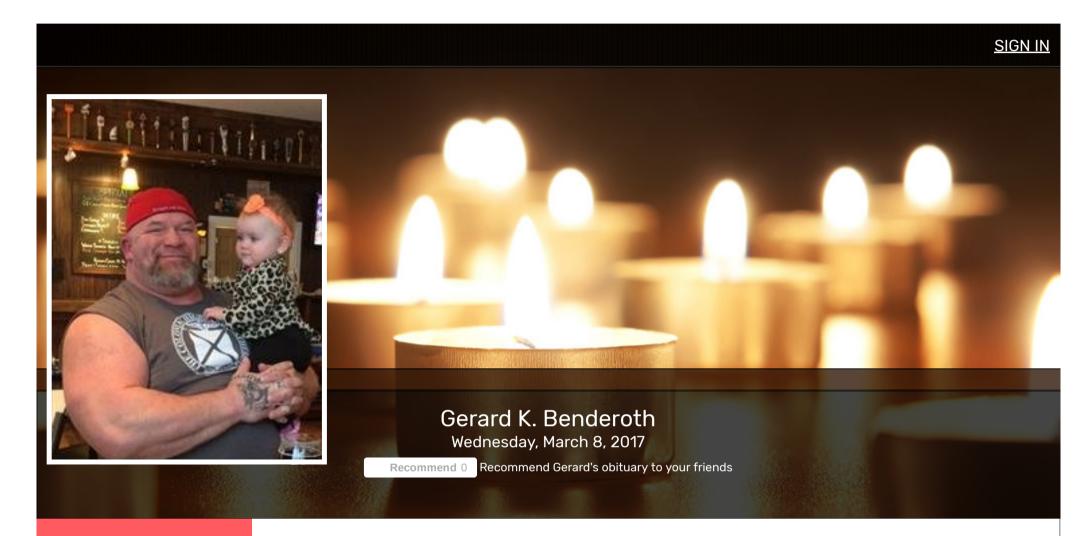
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Obituary of Gerard K. Benderoth



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would fight in charity events for the NYPD and was always a showman. For a man of his size his hands were lighting 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 I tend 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.

To send flowers to the family or plant a tree in memory of Gerard Benderoth, please visit <u>Tribute Store</u>

## **Visitation**

MAR 12. 02:00 PM - 06:00 PM T.J. McGowan Sons Funeral Home - Garnerville, NY 71 N. Central Hwy. Garnerville, NY, US, 10923 info@tjmcgowansonsfh.com

# **Funeral Mass**

MAR 13. 11:30 AM St. Peter's Church, Haverstraw 115 Broadway Haverstraw, NY, US, 10927

## Interment

St Peters Cemetery Rt 9 W Haverstraw, NY, 10927

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<u>Noe Hamer</u>
<u>Testimonials</u>
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Our Services
ShareLife
Personal Touch
Options

A Death Has Occurred

When a Death Occurs
What Happens Next
Designing a Life
Celebration

Plan Ahead

Why Plan Ahead
Start Planning Now
Memorialization
Services
Permanent

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Cremations
Resting Places
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