



Rickey Lynn McLemore

October 24, 1968 - November 9, 2018

Rickey Lynn McLemore, 50, passed away unexpectedly on Friday, November 9, 2018.

He was born in Houston on October 24, 1968 to Carole J. McLemore and Leslie Ray (Mickey) McLemore.

Rickey attended both Spring Branch and Northbrook High Schools.

Rickey was one of a kind---strong, disciplined, and driven while at the same time being compassionate, sensitive, and creative.

He developed an interest in weight lifting and fitness at an early age.

This interest turned into a lifelong passion. He dedicated his life to personal training and helping others to reach their fitness goals.

His strength and discipline led him to many accomplishments: he was promoted to black belt in the Chuck Norris system, he went on to study and teach Brazilian Jiu Jitsu, he was an accomplished boxer and kickboxer, he trained in mixed martial arts with UFC champions and in addition to competing himself he went on to train many other champions.

His career included working at Power House Gym, Gold's Gym, and 24 Hour Fitness, and he was currently in his 21st year at One2One Training Center.

Rickey was very artistic and creative, and in his free time he enjoyed writing poetry, painting, woodburning, reading, and studying Chinese medicine, something he was very interested in.

He loved animals, and over the years he kept a variety of exotic animals as pets.

Rickey recently received his GED, a goal he had set for himself and was proud to have reached.

Rickey is preceded in death by his mother, Carole J. McLemore and his father, Leslie Ray (Mickey) McLemore.

He is survived by his brother, Mickey McLemore, sister, Shellie Baring and her husband Ben, niece Allison Baring and husband Kinnon Falk and their children Norah and Holden and niece Jennifer Beitler and her husband Jeff and their children Everett and Easton, and countless friends, clients, and others who loved him.

A Celebration of Life Gathering will be held on Sunday, December 2, 2:00 – 4:00 p.m. at Dettling Funeral Home, 14094 Memorial Drive, Houston, 77079. Rickey will be laid to rest at Woodlawn Garden of Memories in a private ceremony.

If desired, donations may be made to The American Heart Association, the Wildlife Center of Texas, 7007 Old Katy Rd., Houston, 77024 or a charity of your choice.

Rickey's passing was way too soon. We all loved him and he will be greatly missed by his family and friends.

Previous Events

Celebration of Life Gathering

DEC 2. 2:00 PM - 4:00 PM (CT)

Dettling Funeral Home
14094 Memorial Drive
Houston, TX 77079
(281) 497-2121
david@dettlingfuneral.com

Tribute Wall



“ *Dettling Funeral Home created a Tribute Video in memory of Rickey Lynn McLemore*



Dettling Funeral Home - November 29, 2018 at 05:02 PM



“ *Rickey Lynn McLemore*

October 08, 2023 at 10:52 AM



“ *Rickey Lynn McLemore*

October 06, 2023 at 01:12 AM



“ *Rickey Lynn McLemore*

October 05, 2023 at 09:45 AM



“ *Rickey Lynn McLemore*

October 05, 2023 at 01:54 AM



“ 1 file added to the album *Life Tributes*



Cane Corso - March 22, 2019 at 11:01 AM



YOU BEEN ON OF MY BEST SPARRING PARTNER,I TRULY MISS YOU BRO.ONE ONE OF THE ONLY PERSON I HAVE THE HONOR TO CALL FRIEND .HOPE YOU ARE IN BETTER PLACE.YOU WILL NEVER BE FORGOTTEN .

Cane Corso - March 22, 2019 at 12:05 PM

RM

“Rickey and I have known each other since Blackwell's Gym, to put a time stamp on it. Just kids trying to follow Schwarzenegger workouts in Muscle & Fitness. They definitely threw the mold away after making Rickey Mac.

We kept in touch directly or indirectly through chance meetings over the last 30 years and regardless of how much time went between visits, the conversation picked up like we hadn't missed a beat. Rickey was an interesting, entertaining and ultimately wonderful combination of kindness, tolerance, determination, humor with the uncanny ability to come completely off the rails resulting in some incredibly tall tales... probably not suitable for this venue.

Nevertheless, thank you for being a great friend to my brother and I and thank you for working with my son recently in the gym for his introduction to MMA workouts. Rest in peace, Rickey. You are an absolute original.

-Rick Marciniak

Northbrook, Blackwell's, Pro-Body's, Powerhouse, Power Tools
(yep, that Power Tools)

Rick Marciniak - December 02, 2018 at 11:09 AM



“Dreams From the Heart Bouquet was purchased for the family of Rickey Lynn McLemore.



December 01, 2018 at 03:49 PM



“ 192 files added to the album *LifeTributes*



Detting Funeral Home - November 29, 2018 at 03:41 PM

RO

*Rickey ,
I'm so sorry of your passing and not getting a chance to say goodbye.
Your passing came way too soon , your a beautiful amazing person ,
thank you for the wonderful memories, RIP 🙏*

Robin - February 26, 2019 at 03:45 AM

JB

Rickey , Love ya brother . Always a wonderful person , great training partner all the time . . Thank you for always going above and beyond in so many things . I found about this yesterday from a good friend Hodad that worked out at The Powerhouse gym . Thank you for being such a caring and loving Manager for me at Powerhouse , . You are an inspiration and have a wonderful Legacy , Tough guy when needed to be , and an amazing big heart in so many ways . much love brother . truly missed my friend . love ya always my friend . Jeff Burke

jeff burke - July 24, 2020 at 02:49 PM



“ *Strength & Solace Spray was purchased for the family of Rickey Lynn McLemore.*



November 28, 2018 at 02:27 PM



“ *Rickey!*

What a maverick. A true original. I met you through one of our shared, favorite people, Jeanie. I enjoyed our time at the gym together, you had the BEST stories. You lifted me up on more than one occasion. You were a great listener and gave some much needed advice more than once. You were so kind and sweet to my kids and also helped us out several times when we needed it. I was so proud watching you grow the last few years. You will be missed my friend. The weird thing is, I had spoken in a while, I took a break from working out, but the day you past I was thinking about you. I don't think that was a coincidence, I think you popped into my head to say goodbye. Rest easy friend. You deserve it 🥺

Jenny A. Moore - November 26, 2018 at 05:03 PM



“ *Shellie and family,*

I am so sorry to hear of Rickey's passing. I have memories of what a precious little boy he was and how much he was loved. My thoughts and prayers are with you.

Liz Chandler Phelps

Elizabeth Phelps - November 25, 2018 at 08:44 PM

LP

“ Ricky was a great student. I was so glad to work with him. He liked to read and he was very thoughtful. He was truly a self made scholar. It was my pleasure to offer some options and assistance while he worked on his GED. But Ricky accomplished his goal through his self will and determination. I enjoyed getting to know Ricky through the gym, One to One and as a student.

To Ricky's family-I am so sorry for your loss.

linda D patin - November 25, 2018 at 01:40 AM

AN

“ Thank you for everything and all the great advices you given to me. I enjoyed all the stories you shared. You definitely made an impact in this world, love you Rick!

Anonymous - November 19, 2018 at 12:52 PM

AN

“ Creedence Clearwater Revival - Have You Seen the Rain
We Karaoked to that song many years ago.
The day I was told that you had passed, a part of me died also. I will never understand what happened or why it happened. That evening, I drove to the very spot we exchanged our last words in friendship and I mourned. My heart will remain heavy for what happened but not as heavy as knowing you're gone.

Anonymous - November 18, 2018 at 11:30 PM

RG

“ I walked into the gym in February of this year determined this was the year for me. Over the next 10 months we worked hard together, shared crazy life stories about our friends and family, you worked my butt past exhaustion and boom a friendship was created. Rickey you called me out when I was weak, taught me mental strength was just as important as physical strength. Our last session together you wrote me a timeline emphasizing what my priorities in life should be..... thank you for the enormous amount of skills you shared with me. I'm going to miss you so very much buddy! May your new journey be swift, lighthearted and full of joy because you absolutely deserve it. ~~your client & friend, Rochelle Gil

Rochelle Gil - November 16, 2018 at 08:33 PM

RG

Rick you absolutely changed my life for the better. Thank you!

Rochelle Gil - November 16, 2018 at 08:35 PM