



Michael Christopher Reck

DEC 13, 1968 - NOV 18, 2024



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Michael Christopher Reck, Born December 13, 1968 in Wheeling, WV, died November 18, 2024. Mike was a graduate of Wheeling Park High School and West Liberty State College. He was the owner of Iron Mike's Personal Training and Wellness. Mike was a loyal Pittsburgh Steelers, Pittsburgh Pirates and West Virginia Mountaineers fan. He is preceded in death by his brother Andrew Reck and aunt Patricia Hatch. He is survived by so many who loved his kindness and positivity, including his mother Catherine Reck, sister Amy (Chris) Mizer, adoring nieces Abby and Emma Mizer, aunt Mary Jo Reilly, uncle Bryce Hatch, cousins Sue (Joe) Deegan, Joseph, Cate and Ryan Deegan, Jim (Ginny) Hatch, Jackson Hatch, best friend Sean Burrell and Steelers, Pirates, and Mountaineers fans everywhere!



Tribute Wall

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ML

Martin O'looney lit a candle in honor of Michael.

Mike and I met working as counselors at a group home. He was by far the most loved adult on the premises. He was without fancy titles and credentials but he was the most effective with kids. They felt safe with him always- they felt heard and cared for. The big brother we all wish we had, the ultimate protector, the man that would be in your corner no matter what. Even if your nonsense blew back on him- especially in that case in all honesty. His support seemed to never run dry in a time in my life I was driving everyone else away. In the gym he was so proud of the results he could get out of me. He would be grinning ear to ear as he watched people gather around to watch his little freaky project do weighted pull ups and impressive deadlifts. He had a way to channel my stubbornness and anger into positive functional energy and he changed my life forever in that way. He relocated but we never lost touch. He urged me to go out east with him when he left and to this day it's one of my most intense regrets that I never went. Years past, I met a special lady, started a buisness, grew it big enough to tell Mike to move back and be my partner. He refused to leave his stomping grounds, older now never wanting to be more than a stones throw away from Wheeling W.V. He insisted I give up out west and bring my family out to Washington P.A. There were many sleepless nights from considering it. I was just getting to the point where the wife and I were thinking of visiting the area for a month or so. I wanted more time with my family-more time for fishing and Mike was doing a good job of convincing me how it would be a better fit. We lost touch until I found out that he had passed. I was worried for months but we had lost touch before. He will be fine. He's Iron Mike. I miss him every day now. When I struggle I hear myself saying outloud I wish Mike was here. My wife tells me he is and I believe her but it doesn't make it any easier. Every fishfry from here on out will be in Mike's honor since it was he who showed me how to do a proper one.



April 17 at 5:44 PM

K

Kevin Bradley posted:

I remember when Mike asked me who I rooted for in pro baseball and I said "The Yankees." Mike said "Bradley", You wasn't even born when the Yankees won most of their World Series championships." He was right and I was totally speechless. We shared our love for sports, which is true for a lot of us from the "Valley"and it was what we had in common because of our love for sports and our competitiveness starting at Patterson field and then moved to the "big leagues" (Pony field) by the bowling alley. (Sledges). Mike played for the Elm Grove Civics. Loved that guy. Always had a spark in his eyes.

November 18 at 9:21 PM



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Barbara Peabody lit a candle in honor of Michael.



May 16 at 1:06 PM



Memories only last if you share them

Join us in honoring Michael by contributing to a collection of shared memories.



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