



## Albert L. Arnold

February 4, 1928 - September 6, 2017

Albert L. Arnold, 89, passed away peacefully on September 6th. He was able to have many meaningful visits with family and friends before his passing.

Al was born in Washington, DC, grew up in Vallejo, and lived in Walnut Creek for more than 50 years.

Al proudly served in the United States Air Force for three years which included a two year assignment in Okinawa. Al attended UC Berkeley and absolutely loved Cal. He earned a BS degree and worked as an electromechanical technician in oceanographic work for many years.

Al had several careers before settling in as an Athletic Director for over 30 years, including managing the Quail Court Athletic Club in Walnut Creek and Big C Athletic Club in Concord. Al was an exercise and fitness guru and worked with numerous local professional athletes including members of the A's, Giants, Warriors and Raiders.

Al is famous in the running community. In 1977, at age 49, Al was the first person to run solo from Death Valley to the top of Mt. Whitney – 145 miles. This tremendous accomplishment led to the annual event known as the Badwater Ultramarathon which has been described as the world's toughest footrace. In 2002 Al attended the race and was the first inductee into the Badwater Hall of Fame.

Al's true passion was jogging, for hours and sometimes days on end. He was fondly nicknamed the 'Joggernaut' by Jacques Cousteau. Al especially loved Mt. Diablo, covering every inch of the mountain solo and with friends.

Across his life, Al always had an affinity for animals and nature. He took great pride in the 100+ trees he planted in the front and back yards of his home.

Al is survived by his brother, two daughters, three grandchildren, two great-grandchildren,

nieces and nephews. He will be greatly missed by his family, friends, and fellow runners and athletes.

Graveside services with Military Honors will be held on Wednesday, September 20th at 10:30 a.m. at the Sacramento Valley National Cemetery in Dixon. Please visit the inline tribute at [www.passalacquafuneralchapel.com](http://www.passalacquafuneralchapel.com) In lieu of flowers, donations may be made in Al's name to any of the following charities:

Mount Diablo Interpretive Association – [www.mdia.org](http://www.mdia.org)

Death Valley Natural History Association – [www.dvnha.org](http://www.dvnha.org)

Contra Costa Humane Society – [www.cchumane.org](http://www.cchumane.org)

# Events

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**SEP**   **Service**                      10:30AM  
**20**

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Sacramento Valley National Cemetery  
5810 Midway Road, Dixon, CA, US, 95620

# Comments

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“ I was a neighbor of Al when I grew up in Walnut Creek. As he accurately stated he was my "first boss". I worked helping him develop and clean his yard over a couple of summers. He set the goals for our work very high which I greatly respected. When I got accepted into medical school I remember him saying "Rik - there is nothing worse than shaking the hands of a doctor and getting a weak handshake back. You need to shake strongly and with purpose." He shook my hand hard enough that it took a day or so for the discomfort to go away but I didn't forget that lesson. I am very grateful to have known Al. My thoughts are with his family in their loss.

Rik Stringham

Rik Stringham - September 27, 2017 at 03:36 PM