



Paul Wesley Sartin

February 24, 1989 - July 17, 2022

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Our beloved Paul passed away unexpectedly on July 17, 2022 at the age of 33. Paul was born on February 24, 1989, to Randy and Wendy Sartin and big sister, Nikki.

Ever since Paul was little, his greatest passion in life was long distance running. This probably started as a toddler as he tried to keep up with his big sister. When he was in second grade, he won an award for running laps around the school field faster than any other student. He was hooked on running from that point forward. He ran his first fun run in June of that same year and continued to be a fierce competitor throughout his life.

Paul was born in Washington and raised in Boise, Idaho. He attended Bishop Kelly High School, graduating in 2007 and then moved on to attend the College of Idaho. During his time there, Paul continued running competitively and was very successful athletically and academically. He also enjoyed life to the fullest. He enjoyed friends, fun, food and an Australian Great Barrier Reef trip. According to Paul, life didn't get any better than the camaraderie of running with your best buddies and an all you can eat cafeteria card. Paul graduated in 2011.

After graduation, Paul earned his Doctorate in Physical Therapy from Eastern Washington University, graduating in 2014. In college, many tried to convince Paul to go to medical school, but he was adamant that he wanted to be a Physical Therapist. He wanted to help people get back to doing the things they loved. There is a saying that medicine gives extra days to life and physical therapy gives extra life to days. This is where Paul's special qualities shone. Paul wanted to work in a place that emphasized patient care and thus, ended up in Moses Lake, Washington.

Paul enjoyed working with his patients and he appreciated their genuineness and kindness. His patients also appreciated him, often surprising him with gifts and thank-you cards. So many thanked him for his help, his patience, his honesty, his persistence, his warm greetings, his smiling face, his kindness and his support. Paul was described by one as having "a shepherd's heart." He often spoke of how much he enjoyed and appreciated his co-workers who became like family to him.

When Paul wasn't working or running, he enjoyed baking, delving deeper into nutrition, computer gaming with his dad and visiting family. Paul especially loved the time he spent in Winthrop with his family, kicking back by the river, running on the miles of cross-country ski trails, walking through town, buying fresh baguettes in Mazama and cooking in the family kitchen.

Paul is remembered by his friends and co-workers as being "Quiet, kind and gentle. Quite special", "He was the best of us", "He was loved", "It was a privilege to have known him", "I'll always remember his kindness and warmth". Paul will be missed by many but we know he was welcomed home by our Lord, with arms open wide and was told "Well done, my son". When our time comes, we know he will be there with his arms open wide, an impish grin on his face and he will say "I beat ya!"

Paul is survived by his parents Randy and Wendy Sartin, sister Nikki, nephews Bryce and Jeremy Chapman, grandmother Rosie Sartin, many loving aunts, uncles, cousins, coworkers and an abundance of friends. Paul is preceded in death by grandparents Wesley Brewster, Gloria Brewster and D. Ray Sartin.

Funeral services will be held on August 19, 2022 at 11:00 AM at Holy Apostles Catholic Church in East Wenatchee, Washington. Address: 1315 NE Eighth Street, East Wenatchee, WA 98802

Memorial donations may be made to The Boise YMCA, Team Idaho Cross-Country and Junior Olympics program.

Mailing address: Treasure Valley Family YMCA, Attn: Financial Development, 1177 W State Street, Boise ID, 83702. Please include "In memory of Paul Sartin" in the memo.

Online: <https://treasurevalley.recliquecore.com/donate/>, select "Endowment or Heritage" and then choose the "In Memory of" option and include his name.

By Phone: Emily Summerhays – 208-344-5502 Ext. 269.

You are invited to view his online guestbook and leave memories and condolences for the family at: <https://www.kayserschapel.com/obituaries/Paul-Sartin/#!/Obituary>.

Previous Events

Service

AUG **19**. 11:00 AM (PT)

Holy Apostles Catholic Church
1315 NE Eighth Steet
East Wenatchee, WA 98802

Tribute Wall

GW

“ I first met Paul running against him in high school. We would race for each of our high schools during the regular, then when the cross country season was over, we would be teammates on Team Idaho where we would go for fun adventure runs, play dodgeball, and just generally have a good time with the other athletes in the valley. Following high school, I was lucky enough to become teammates with him at the College of Idaho.

Paul was a kind, intelligent, and thoughtful person. He was one of my favorite people to run workouts with, and I always enjoyed his presence. Paul pushed me to be the best runner I could be. He ran with a grace and ease that not many people have. On the track, Paul always looked so calm and collected. I guess that's why it surprised me when one day before a race Paul asked me how I don't get nervous. I used to get very nervous before races and always assumed Paul never got nervous. I think we found a sense of calm in our mutual nervousness before that race. I find humor in that moment today, and always smile when I think about it.

Not only was Paul calm and collected on the track, but he was a calming presence to be around, in general. He treated everyone he met with kindness and always had a smile to greet you with. Paul was a great teammate, a great friend, and always made those around him better people. He bettered the community of the College of Idaho simply by being himself. He will be greatly missed.

Geoff Williams - August 26, 2022 at 11:03 AM

DP

“ I found out today that Paul died in July. I am so glad I got to know him.

Before COVID, he was my physical therapist. I appreciated his polite demeanor, helpful hints, and his generous smile every time I came in for therapy. Paul always had a kind word, and I could tell from his work with me that he really cared to help others. He was no stranger to anyone he helped -- he was a caring man. Thank you for sharing such a wonderful young man with us all. Though he is no longer with us, I know that he has been translated to a better language than any of us can express here. May your loving memories of Paul be with you and comfort you.

Duane Pitts - August 22, 2022 at 09:41 PM



“ *State Cross Country Champions 2005 - Bishop Kelly High School*



Ryan Browning - August 18, 2022 at 02:22 PM



“ I was lucky enough to get to know Paul through high school Cross Country. Although he was a year behind me in school, I looked up to him both as a runner and as a leader. He was genuine, gentle and perpetually smiling. I will always remember the way he battled back from injury and helped our team win the state championship. We will miss you, Paul. Rest easy my friend.



Ryan Browning - August 18, 2022 at 03:13 AM

CP

“ I remember when Paul was a young boy. He would come in the office on occasion where his mom and I worked and would entertain us with his drawings and antics like climbing under his mom’s desk and peeking out at us. He was such a happy and delightful child. My fond thoughts of Paul are vivid and my thoughts and prayers go out to his parents and sister. God must have had a reason to call Paul home so soon. Only He knows. We can be comforted in knowing he is an angel now and we will see him again someday.

Carolyn Pinkston - August 12, 2022 at 08:38 PM

LY

“ Oh, Teresa and family ~ I am so very sorry. My heart hurts for you and your family. My prayers and thoughts are with all of you.

Lyn - August 06, 2022 at 03:00 PM

SV

“ Wendy, Randy, Nikki and your whole family, our deepest sympathy to you all. Sending love and hugs. 🌸

Sharon Vicic - August 06, 2022 at 12:48 AM

TE

“ 3 files added to the tribute wall



Teresa - August 05, 2022 at 11:16 PM

TE

“ 1 file added to the album Paul Pictures



Teresa - August 05, 2022 at 11:10 PM

LC

“ 2 files added to the album Tribute Wall Photos



Laura Coil - August 05, 2022 at 10:24 PM

KS

“ In January of 2020, I had a hip replaced and Paul was my physical therapist during my recovery. Unfortunately, Covid cut our time together short, but I so appreciated his gentle demeanor and bright smile. There is no doubt in my mind that he absolutely left his mark in this world! To the Sartin family: You raised an incredible young man, and I am so sorry for your loss.

Kristina Smith - August 05, 2022 at 07:57 PM

LU

“ Paul was such a geniune, kind, joyful person and really lovely to be around. I'm going to miss seeing him at C of I Yote events, always with a smile on his face. Rest in Peace friend.

Lael Uberuaga-Rodgers - August 05, 2022 at 05:23 PM

BS

“ I was privileged to have Paul in my class at BK. What a gentle soul! My sincerest condolences to the Sartin family.

Bobbie Shea - August 05, 2022 at 12:03 AM

JE

“ My heart goes out to Wendy, Randy, Nikki, and all the rest who knew and loved him. Thinking of all of you right now. Love you, Wendy.



JoAnn Ehly - August 04, 2022 at 09:50 PM

RW

“ So sorry to hear of Paul's passing. Rosie and I are thinking of you all and keeping all of you in our hearts during this tough time.

Rick Walery - August 03, 2022 at 08:54 PM

SW

We are so sad to hear this terrible news. We are thinking of you all and keep you in our prayers. Steve and Debi

Steve and Debi Walery - August 06, 2022 at 10:46 PM

TS

My prayers are with your family during this time. Paul was one of my favorite athletes on Team Idaho. Always a happy kid with a love for running. He was a great teammate and always happy to help others. He was an outstanding runner and always worked hard! We will miss your Kind Spirit!

Tim Severa - August 08, 2022 at 01:52 PM

PD

I much enjoyed working with Paul at Idaho Sports Medicine Institute. He was a warm, kind individual who was a fabulous listener. A hidden sense of humor. May God bless you and keep you all.

Penny Dunlap - August 09, 2022 at 01:18 PM

KL

Paul was a thoughtful, caring, kind soul. Exactly what you'd want from a health care professional. His passing is our loss.

Kirk Lewis - August 18, 2022 at 02:11 PM

PD

If anyone has pictures from the altar of today's memorial service, please share. Thank you!

Penny Dunlap - August 19, 2022 at 10:40 PM