

**REGION 8**  
**A TRIBUTE TO**



**TIM RAND**



Region 8 and all of USA Gymnastics were shocked and saddened by the sudden death of Tim Rand on August 20, 2007. About ten years ago Tim was diagnosed with a rare blood disease called Thrombotic Thrombocytopenic Purpura or TTP but had been feeling great lately.

Tim started feeling tired Saturday, August 18th and took several naps during the day. On Sunday he felt nauseated and he and his wife Toni thought he had the flu. When he started to become disoriented she took him to the hospital. Several test revealed that his kidneys and liver were not functioning properly.

TTP causes blood to clot and doctors think that a blood clot went to his lungs and then his heart. Several attempts were made to resuscitate him but Tim died around 1:20 A.M. Monday, August

20th.

Tim's memorial service was attended by about 500 friends including former athletes, parents, coaches, judges, and family. There were many very sweet eulogies from people including Toni and her two daughters. Tammy Biggs, Cheryl Jarrett, Gary Warren, Steve Nunno and Gary Anderson were in attendance along with many Florida



and Region 8 coaches and judges. The memorial service was very touching with many of his former gymnasts giving testimonials about how he touched all aspects of their lives. It was a reminder of what we really do, which is to teach children, with gymnastics being the vehicle that we use.

Region 8 was honored to have Tim Rand in our community. Tim volunteered at the Level 8 & 9 Training camp in Melbourne in July. It will come as no surprise that he was fabulous! The athletes and coaches loved working with him.

Tim was inducted into the First Hall of Fame Class at Region 8 Congress in July of this year. He served as Region 8's Elite Chairman for 1 year and as Junior Olympic Chairman for 6 years. His infectious energy and enthusiasm were truly an inspiration to coaches, athletes and judges alike. All of the gymnastics community will miss one of its giants. We all learned so much from Tim over the years. We are saddened not only for ourselves but also for those who will never have the pleasure of laughing and learning with him.



It will take time for Toni to overcome the shock and adjust to life without her partner, husband and best friend. She will miss him greatly. Please do your best to keep in contact with her.

Her address and e-mail are: Toni Rand  
7957 Steeplechase Court  
Port St. Lucie, FL 34986  
AmTwist@aol.com

There are two memorial funds in Tim's name. Donations may be made to the Region 8 USA Gymnastics Apparel fund and/or Treasure Coast Hospices. Addresses are listed below:

Region 8 USA Gymnastics  
394 Stonebridge Road  
Birmingham, AL 35210-4111  
Please put "Apparel Fund-Tim Rand" in the For line.

Hospices of the Treasure Coast  
1202 SE Indian Street  
Stuart, FL 34997  
[www.tchospices.org](http://www.tchospices.org)  
In the name of Tim Rand

Commemorative bracelets in American Twisters pink and blue with TR on them will be available at Region 8 Events.

