



Douglas William Essary

November 12, 1944 - February 17, 2016

Major Douglas William Essary (Ret), 71, of Sacramento, passed away peacefully on February 17, 2016, after living a full and active life.

During the Vietnam War, Douglas Essary enlisted in the U.S. Air Force and served his country honorably.

Upon graduating from Sacramento State University, he joined the U. S. Army, retiring after 20 years of service. During his career, he earned his masters from the Naval Postgraduate School and Defense Language Institute Foreign Language Center.

After his retirement, Major Douglas Essary started a family in his hometown of Sacramento. As a life-long competitive runner, winning dozens of marathons all over the world, he began coaching track and field at Rio Americano High School. There he coached long-distance for more than a decade, giving back to his community.

He loved to run along the American River, and all over the Sacramento area. Major Douglas Essary's love for life, running, and his friends and family touched most everyone he met. He will be dearly missed.

Major Douglas Essary is survived by his daughter, Sarah Essary, his sister,

Marilyn Buerger, and his nieces, Emily and Lynde, and their children. Special thank you to David Deluca, Daisy, Darry, Damian, and Michelle of Deluca Family Residence, and the staff at Mercy Hospice.

A vigil celebrating his life will be held at Our Lady of Assumption in Carmichael, February 23, at 6pm. He will receive military funeral honors on April 22 at the Sacramento Valley National Cemetery in Dixon, CA.

In lieu of flowers, please share memories here or make donations to Rio Americano High School Athletic Boosters.

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Tribute Wall

ML

“Marilyn - you and your family are in our thoughts and prayers. I hope you find comfort in your memories.
Martha and Nick Linden

Martha Linden - February 22, 2016 at 01:34 PM

MB

“My big brother. His start began in Dayton, Ohio on November 12, 1944. A war baby, born to my father and mother William Essary and Maxine (Watson) Essary. Upon the end of his service they moved to California settling in the Northern part of the state, first Auburn and then finally Sacramento. Doug was my elder by 5 years. An eternity in kid world. I was forever trying to tag along only to be rebuffed. He enjoyed the cub and Boy Scouts, learning the trumpet, restoring a 1949 Ford and as we all know an obsession with running. He knew every statistic associated with running. He trained me to run giving me commanding head starts only to nip me in the end. I watched track and field on weekends and went to all comer meets with him in the summer. Idyllic times. Once he enlisted in the Air Force I saw less of him and we worried a lot. He thrived in the military. I always looked forward to seeing him. He always made a point of coming from wherever he was to spend holidays with mom, dad and sister and her growing family. At this point Sarah his daughter whom he loved above all else has taken over with his history so I will draw my memories to a close just saying there is nothing he would not have done for me. I am blessed and thankful for having him as my big brother. I love you, Doug.

Marilyn (Essary) Buergel - February 21, 2016 at 06:51 PM

AA

Marilyn, I am so sorry to hear of Doug's passing. Prayers to you and the family.

Ann Avenell - February 21, 2016 at 07:55 PM



Thank you Ann

Marilyn (Essary) Buergerl - February 21, 2016 at 09:36 PM

SA

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sarah.essary - February 20, 2016 at 10:20 PM

MP

Dearest Marilyn, I am just now seeing this and want you to know I send my deepest sympathies, love and a warm hug! I remember your brother very well. When I was at your house, which was often, he would come in wearing his big beautiful smile. It really caught me off guard and I remember blushing!!! Please know you are in my heart. Love, Mardi

Mardi Potts - February 24, 2016 at 10:30 AM



I am saddened to hear of Doug's passing. He was a lifelong dear friend of my dads (Stephen Mueller) I had the pleasure of working for him during the summer as Sarah's nanny shortly after she was born . He was a kind man , a pleasure to be around and will be missed. My thoughts and prayers are with his daughter Sarah, sister, nieces and other family members. Sending love to you all on behalf of the Stephen Mueller family. Annalisa Mueller Johnson

Annalisa Johnson - March 15, 2016 at 06:58 PM