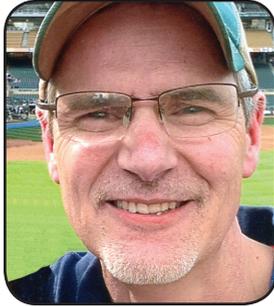


Dale J. Fries, 54
Sauk Rapids, MN
Mar. 14, 1963 – July 14, 2017



A ceremony celebrating the life of Dale Fries was held at Williams Dingmann Family Funeral Home in Sauk Rapids on Wednesday, July 19, 2017, from 4-8 p.m. It is with immeasurable sadness that the Fries family announces the passing of Dale John Fries on July, 14, 2017. Dale was born in Minneapolis, at Swedish Hospital on March 14, 1963, to Richard and JoAnn Fries. He grew up in Blaine and graduated high school in 1981. It was there that Dale was introduced to his love for hunting, fishing and gymnastics.

Dale attended St. Cloud State University, and graduated with a degree in engineering in 1986. He continued to work in quality engineering in several production facilities around Monticello, before ending his career with production stamping in Monticello.

Dale was a gymnastics coach, a role that suited his personality perfectly. He began his coaching career at St. Cloud Tech High School before moving on to Maple Lake and finally, Sauk Rapids. It was in the gym that Dale was able to inspire and protect the athletes that meant so much to him. Coaching alongside his wife, Christie, was something that brought Dale a tremendous sense of pride. Long after his athletes' careers were over, Dale still maintained a loving interest and affection for his gymnasts and their families, letting them

become part of his extended family for the rest of his life.

Dale loved baseball and passed that love on to others, most notably his son, Tyler. Dale and his wife, Christie, spent years watching Tyler pitch in various baseball stadiums across Minnesota and the country. Perhaps nothing made Dale more proud than watching his son play for the St. Cloud Riverbats, over a decade after bringing him to watch the games at Dick Putz Field when he was young.

Everyone who knew Dale knew of his love for the outdoors. From kayaking and fishing, to hunting and planting trees, there is no place Dale was happier than in nature. Kayaking Lake Superior with Christie had become his most cherished hobby. The thousands of trees he planted during his lifetime will remain standing for decades to come and now become part of his lasting legacy.

The passions and interests that Dale instilled in others is something that will live on forever. The impact of his life is unquantifiable and will continue to unveil itself in the years to come. Our family will never be the same without our goofy uncle, our fierce Twins fan, our loving Dale Buddy.

He is survived by his wife Christie Fries and his son Tyler Fries J.D. (Emily) Butte, Mont., parents Richard and JoAnn Fries of Coon Rapids. His brothers Mark (Theresa) and Dean (Jill) Fries, and his sister Kim (Hon) Siow. He is also survived by his in-laws Jacqueline and Dr. Ronald Williams of Butte. Colleen and Bill O'Leary of Butte, Dr. Rae Ann and Michael Beck of Roseville, Julie and Mario Catalino of Victoria. He is survived by nieces and nephews in Minnesota, Nebraska, New York, Wisconsin and Montana.

The Fries family would also like to express our most sincere gratitude to David Deminsky, Lisa Blundell, and Kay and Brent Pakkala for being unwavering beacons of love and light during our darkest days.

In lieu of flowers, memorials are preferred.

Obituary, guestbook and video tribute available online: www.williamsdingmann.com.