

Obituary for Ryan T. Donnelly

Ryan Taylor Donnelly, 35, of Manchester Township, crossed over peacefully into the eternal light of God on September 21, 2018.

He was born in Passaic, NJ on May 13, 1983 to Edward Taylor Donnelly, Jr. and Christine M. (Sadlowski) Donnelly. He lived most of his life in Toms River, graduating from High School North in 2001, before moving to Manchester Township in 2017.

Ryan owned and operated Calm Support & Sleep Support, LLC in Phillipsburg, NJ. He was a credited motivational speaker and the founder of www.FreeFromHell.com, a social media support website network group for those addicted to drugs & alcohol, and he spread his message through various appearances, including the Anderson Cooper Show. He dedicated his life to, and worked tirelessly helping, people from all walks of life trying to overcome their addictions and see the best in themselves.

Ryan enlisted into the United States Navy at the age of 18. He quickly trained and earned his way into the elite Division of Special Warfare, where he served with his brothers all around the world as a Special Warfare Combatant Crewman. His unit played a major role in the Middle East combat mission of Operation Enduring Freedom shortly after the 9/11 attacks. He and his “Boat Guy” brothers were also responsible for keeping our U.S. Olympic teams & former president George H. W. Bush safe during the 2004 Olympic Games in Greece.

After his discharge from the U.S. Navy Special Forces, Ryan became an ultra-marathon runner, competing in races up to 150 miles. After nearly losing his life to blood clots in his lungs, his love of running and his true nature to push himself beyond his own limits led Ryan down a new path: He was going to run the entire 184 miles of the state of N.J., from the northernmost point of High Point Park, down to its southernmost point of Cape May Point Park. A close childhood friend and award winning director, along with Ryan as co-producer, realized the motivational and inspirational messages that this endeavor would send to others and filmed the documentary Running The 184.

Ryan is survived by his true soulmate, his loving and supportive wife, Dimitra (Verikios) Donnelly and his cherished children, son Jacob and daughter Coralia, all three of whom he adored beyond measure, his father Edward T. Donnelly Jr. and his mother Christine M. (Sadlowski) Donnelly, his loving sister and family, Dr. Rachel (Donnelly) and Christopher Lella and Ryan’s nieces, Sophia and Ava Lella, and many other relatives and friends. Ryan is predeceased by his grandparents, the late Edward & Stasia (Tecza) Sadlowski, Edward Taylor Donnelly, Sr. & Margaret M. (Whyte) Donnelly.

His infectious smile, which earned him the nickname of “The Joker” by his SWCC brothers, will be missed by all of those who knew & loved him.

As Ryan would always say, “Hooyah!!!”