



## Douglas "Doug" A. Trampe

February 22, 1957 - December 26, 2022

Douglas "Doug" A. Trampe, 65, of Kearney, died on Monday, December 26, 2022 at his home near Kearney, surrounded by loved ones. Funeral services will be on Friday, December 30, 2022 at 10:30 a.m. at Trinity Lutheran Church in Amherst. Pastor Nicholas Whitney will officiate and burial will be at the Immanuel Cemetery near Amherst. Visitation will be on Thursday, December 29, 2022 from 5:00 p.m. – 7:00 p.m. at Horner Lieske McBride & Kuhl Funeral and Cremation Services in Kearney and also 1 hour prior to services at the church on Friday. Memorials are suggested to Trinity Lutheran Church, CHI Health Cancer Center, or the Amherst Fire Department. Please visit [www.hlmkfuneral.com](http://www.hlmkfuneral.com) to leave a tribute or message of condolence. Horner Lieske McBride & Kuhl Funeral and Cremation Services in Kearney are in charge of arrangements.

Doug was born on February 22, 1957 in Kearney, NE to Dewaine K. and Marilyn J. (Suntken) Trampe. He attended Amherst High School and graduated with the class of 1975. After high school, Doug farmed for 13 years before going back to school. He eventually earned a degree in Electrical Technology and soon after began a career at Platte Valley Communications in Kearney, where he worked until his retirement in October 2022. He married Marla Dannehl on October 27, 1979 in Amherst, NE. The couple were blessed with two children, Heath and Matthew, and 5 grandchildren. He was a loving husband, father, and grandfather, and one of his favorite activities was

traveling to visit family – especially if he could find a special race in the process. He was an active member of Trinity Lutheran Church in Amherst.

Doug was an avid runner and an ambassador for the running community in central Nebraska. During his decades of competing, Doug and Marla traveled throughout the United States and raced at a variety of distances. Some of his favorites were the Bolder Boulder 10K and the Georgetown to Idaho Springs Half Marathon in Colorado, the Veterans Half Marathon in Indiana, the Groundhog 10K in Missouri, and the Lincoln Marathon and Boys Town 10K in Nebraska. Doug's love of running extended to both sons, who competed in high school and college. Doug had an infectious smile and demeanor, and encouraged many people to give running a try. He was known by his family as the "running whisperer," and had running friends throughout the state of Nebraska. Just a few months before his death, Doug set a new state age group record at the Nebraska Senior State Games in Kearney. His legacy lives on in his sons and grandchildren.

Surviving relatives include his wife, Marla of Kearney; sons, Heath (Andrea) Trampe of Minot, North Dakota and Matthew (Jade) Trampe of Kearney, parents, Dewaine and Marylin Trampe of Amherst, siblings, Charlene (Tim) Pratt of Riverdale, David (Lydel) Trampe of Pleasanton, Daniel (Karla) Trampe of Reno, Nevada, Derry (Cathy) Trampe of Ord, Karen (David) Hemmann of Amherst, Dean (Melissa) Trampe of Amherst, and Darrin (Andrea) Trampe of Amherst;

# Cemetery Details

## Immanuel Lutheran Church Cemetery

235th and Daykin Road  
Amherst, NE

# Previous Events

## Visitation

DEC **29**. 5:00 PM - 7:00 PM (CT)

Horner Lieske McBride & Kuhl  
2421 Avenue A  
Kearney, NE 68847  
(308) 237-2259  
<https://www.hlmkfuneral.com>

## Funeral Service

DEC **30**. 10:30 AM (CT)

Trinity Lutheran Church  
Amherst, NE

# Tribute Wall



“ Douglas "Doug" A. Trampe

January 29, 2023 at 11:14 AM



“ We were so very sorry to hear of Doug's passing. We enjoyed seeing him run on the trail. We had just seen Doug and his wife running on the Cotton Mill trail a few months ago. He was such an inspiration to all of us with his courage and positive outlook. Rest in peace, Doug! Gene and Linda Liebig

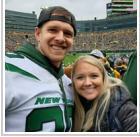
Gene and Linda Liebig - January 03, 2023 at 07:34 PM



“ Doug you shared your enthusiasm, joy and laughter with all those around you. We loved doing races with you and Marla, doing day to day life too! Your love and support as we followed Jesus' calling in to ministry made such a difference to us and our family! We love you and are so grateful for the gift eternity life ❤️



kara - December 30, 2022 at 11:38 AM



“ So many wonderful memories with Doug and the Trampe family traveling to Concordia Track and Cross Country meets. Doug was always so supportive and a pleasure to be around over the years. The Trampe family is in our thoughts and prayers. - David, Donna, Tyson and Beau Billings

Tyson Billings - December 30, 2022 at 08:45 AM



“ Lovely One Spathiphyllum Plant was purchased for the family of Douglas "Doug" A. Trampe.



December 29, 2022 at 01:06 PM



“ A sympathy card was purchased for the family of Douglas "Doug" A. Trampe.



December 29, 2022 at 11:25 AM



“ 1 file added to the tribute wall



TIMOTHY WOZNY - December 29, 2022 at 10:20 AM

RP

“ Rhonda Pfeiffer purchased the Emerald Garden Basket for the family of Douglas "Doug" A. Trampe.



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**Rhonda Pfeiffer** - December 29, 2022 at 06:14 AM



“ Enchanted Cottage was purchased for the family of Douglas "Doug" A. Trampe.



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December 29, 2022 at 01:08 AM

SC

“ We have many great fun memories of being in the running community with Doug. We participated in many running events together in past years... a great guy .. fun friend .. and he will be missed .

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**Steve and Rita Crooks** - December 29, 2022 at 12:13 AM

CO

“ I worked with Doug for about 30 years at PVC. You could not have found a better guy to work with. His work ethic never quit nor did his sense of humor. He had a very quick wit and was always able to make you smile.  
You are greatly missed my friend. I look forward to seeing you again.

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**COREY** - December 28, 2022 at 09:19 PM



“ *Beautiful Dreams was purchased for the family of Douglas "Doug" A. Trampe.*



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December 28, 2022 at 06:45 PM



“ *Beautiful in Blue was purchased for the family of Douglas "Doug" A. Trampe.*



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December 28, 2022 at 04:44 PM



“ *Thinking of You* 🙏



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**Jason Hahn** - December 28, 2022 at 02:40 PM

PA

“ Lord the death of your loved one has hit us hard. A friendship through years of experiences. I find memories of your loved one in many places. Challenged by faith over death & the rewards of Your promised kingdom are the consolations we can find at this difficult time. Keep your faith all who cared for Doug and his family. Let us be always a source of support and comfort to one another. Thank you Lord for giving us time with this wonderful family. God bless you all! Amen!!

Phyl Andrijeski - December 28, 2022 at 01:45 PM



“ Emerald Garden Basket was purchased for the family of Douglas "Doug" A. Trampe.



December 28, 2022 at 12:20 PM



“ Tender Tribute was purchased for the family of Douglas "Doug" A. Trampe.



December 28, 2022 at 10:39 AM



“ Simply Elegant Spathiphyllum was purchased for the family of Douglas "Doug" A. Trampe.



December 28, 2022 at 10:26 AM



“ *Magnificent Life Spray was purchased for the family of Douglas "Doug" A. Trampe.*



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December 28, 2022 at 09:20 AM



“ *Simply Elegant Spathiphyllum was purchased for the family of Douglas "Doug" A. Trampe.*



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December 27, 2022 at 08:15 PM