



Eric Shawn McElroy

August 18, 1982 - December 2, 2023

Eric Shawn McElroy, 41, of Manteno, passed away on Saturday, December 2, 2023, after a long and courageous battle with cancer. He was born on August 18, 1982, the son of John and Susan McElroy of Gilman.

Eric married Jami (Wilken) McElroy in 2005 and together they have three beautiful children, Mason (16), Olivia (12) and Samuel (10). Eric loved his family fiercely and was very proud of his children. He was a valued member of the Manteno community and was always seen with a smile on his face.

To say that Eric had a passion for health and fitness would be an understatement. Eric coached and mentored athletes from around the area and helped them strive to be the best versions of themselves. He went above and beyond for his family, friends and clients. His larger-than-life presence will be greatly missed.

Besides his wife and children, Eric is survived by his parents, John and Sue McElroy of Gilman; brother, Aron McElroy of Arizona; sister, Laura (Ben) Redenius of Gilman; father and mother-in-law, Mack and Brenda Wilken of Onarga; sister-in-law, Staci Wilken of Manteno; sister-in-law, Kyli Markley of Danforth; brother-in-law, Cody Wilken of Gilman; nieces and nephews, Natalie, Trinity, Cole, Easton and Kolby.

He is preceded in death by maternal grandparents Fredrick Thomas and Beverly Harwood; and paternal grandfather Francis McElroy.

There will be a Celebration of Life on Saturday, January 13, from 10:30am-3pm at Gathering Point Church in Bourbonnais, Illinois. A private service for family will be the same day. We would like to encourage those attending the Celebration to wear your favorite Eric-inspired t-shirt and your favorite Nike shoe. #BeCool

Previous Events

Celebration of Life

JAN 13. 10:30 AM - 3:00 PM (CT)

Gathering Point Church
897 W Bourbonnais Pkwy
Bourbonnais, IL 60914

Tribute Wall

AM

“ For the remainder of my life a piece of my heart will always be missing. The love I have for my brother is immeasurable. He was a beacon of light and hope and hoofs light will forever burn. Hoods memory will live on in the hearts of all of us privileged enough to know him. May Jami, Mason, Olivia and Mason all know that we will always be here for them. God please take care of my brother until we can all see him again. ❤️



Aron McElroy - January 13, 2024 at 03:52 PM

AM

Hoofs & Hoods=His
Emotional typing

Aron McElroy - January 13, 2024 at 03:55 PM

TR

“ Thomas R. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Eric Shawn McElroy.

Thomas R. - January 13, 2024 at 07:45 AM

BK

“ I will forever remember that smile, him calling me "B" my calling him "E". E, was truly one of the good guys who cared about people. He will be missed. My sincerest condolences to his family and friends. May E. forever rest easy.

Barbara Knott - December 15, 2023 at 08:58 PM

MC

“ *My condolences to his family, I always remember him as a very good person, I never forget all his support when I worked at la cabana. I always admire his straight because hi never gives up, May God receive him with so much love, my prayers for him and his family. Maria Cortes (La Cabana, Manteno)*

Maria Cortes - December 09, 2023 at 10:52 AM

MM

“ My friend, Eric McElroy, passed away last night. I’ve recommended so many people to go see Eric in Manteno, and I have always struggled to describe him and what he did to help people. I never knew an official title of his profession. A personal athletic trainer barely scratched the surface, but that’s the basic description I would say. Or I might say, “I have a guy,” and share his number with someone who trusted me and didn’t need a lot of explanation. Eric knew so much and was so specialized about how the body works. It was fascinating to learn from him!

Eric made such an impact in our community. Just last week I had a delightful conversation with a stranger because we both had on our BE COOL t-shirts. I think these conversations will continue to happen for years to come, and I look forward to talking to others about the impact Eric has had on their lives as well. I feel so honored to have known him.

I’ve seen Eric on and off over the past few years. It doesn’t take much time with to be impacted by his unique expertise and passion. Within minutes of my first evaluation, he told me that I have one leg shorter than the other. I now wear a small lift in one of my shoes which has made a significantly positive difference for me in managing my years of back issues. I also went to Eric for help with knee and shoulder pain. I was never just a paying customer. I was a friend and I knew he cared and wanted to help me overcome weaknesses in my body (and mind) and to be at my best in every way.

I sobbed one time after he challenge to take all grains out of my diet. I was tired of managing pain and having to continue to restrict food and tests were my response. He shared from his personal experience and strict diet to challenge me to view food as fuel and nutrition and a way to reach my goals.

Caleb and many of his friends have worked out with Eric and learned from his masterful teaching. They implement the workouts day to day and week to week together or on their own. Caleb has so many workouts from Eric (pre season, post season, in season, strength training, recovery, throwing etc...).

Eric fought his cancer so hard and so bravely and made a positive

*impact everywhere he went.
I feel like now I would describe Eric as a healer. He imparted knowledge and expertise and experience to bring healing in people's lives.
I know Eric finally has his physical healing. I wish it had been here on earth. I'm sad. I also take comfort believing Eric is in Heaven in a new body that works perfectly.
Thank you, Eric McElroy.
BE COOL*

Marsha McBurnie - December 08, 2023 at 08:13 PM

EF

“ *My parents live across the street from Jami and Eric. When visiting my parents, no matter how busy he was or how many kids were in that garage, he would always take time to smile and wave. Beautiful family. Neighbors that come around once in a lifetime. I hope that gym where he is at now is well equipped.*



equipped. Jim Fatima - December 08, 2023 at 03:38 PM

BH

“ *Bryan & Joelene Hays lit a candle in memory of Eric Shawn McElroy*



Bryan & Joelene Hays - December 08, 2023 at 02:16 PM

JE

Prayers for Eric's families @ all his many friends. He touched so many lives bringing happiness to everyone!

Jennefer Eldert - December 08, 2023 at 02:48 PM

JE

Prayers for Eric's families & all his many friends. He touched so many lives bringing happiness to each one.

Jennefer Eldert - December 08, 2023 at 02:50 PM