



Arno Niemand  
May 1934 to November 2022

Arno was born in New York City (NYC) and grew up in Douglaston, Queens. He was introduced to wrestling at Mercersburg Academy in Pennsylvania and then wrestled at Phillips Academy in Andover, Massachusetts, where he captained his team in senior year. He was a varsity starter at Cornell University, graduating in 1956. Then after graduating from University of Virginia's Darden Business School and serving two years in the military, Arno joined and ultimately ran his family's manufacturing company in NYC.

He met his wife, Brenda, on a blind date in NYC. They were married in 1964 and lived in Manhattan for the next 28 years. Their son, Kurt, was born in 1970 and died tragically at age 24. Arno had just sold his company, and the family moved to New Lebanon, NY. Arno started a fitness products company, Body Bar Systems.

After visiting good friends in Boulder, Colorado, Arno and Brenda decided in 1996 to start a new life there. They involved themselves in volunteer work with local nonprofits, and Arno moved his Body Bar business to Colorado. Body Bar sponsored USA Wrestling's first national women's team in the 2004 Olympics; Arno sold the company in 2009. He was elected to the National Wrestling Hall of Fame for his significant contributions to the sport. His 2010 book, *The Dream Team of 1947*, chronicles how Iowa's small Cornell College won the NCAA Wrestling Championship in a major upset. Arno was working on a second book about American wrestler Henry Wittenberg, a gold medalist in the 1948 Olympics.

Arno was a competitive runner for years. He and his wife both enjoyed golf, movies and travel. They came to SRC in 2021 and soon joined the wine group. Arno was serving on the Resident's Council when he passed away in November 2022.