



Kathy Lynn Hammock

February 16, 1953 - June 22, 2015

Kathy Lynn Hammock passed away on Monday, June 22, 2015, at her home in Tulsa, Oklahoma, with her family by her side. Kathy was born on February 16, 1953, to the late Harold Lynford and Marie Jo Skidmore in Broken Arrow, OK. She graduated from Claremore High School in 1971. A loving wife, mother, daughter, sister, and racewalker, Kathy touched so many lives in her sweet and quiet way whether it was through spending time in her garden or hitting the pavement to train for an upcoming marathon. She was a best friend and supportive mother to her two daughters. She provided a loving home for her husband, daughters, cats and opened her heart and home to all. Kathy is survived by her husband of 37 years, John Hammock; daughters, Lauren and Sarah Hammock; sisters, Peggy Vaught, Terri Fletcher, and Vicky Parish; and many relatives, friends, and her fellow racewalkers. Graveside service will be held at 10:00am on Thursday, June 25 at Floral Haven Memorial Gardens, 6500 S 129th E Ave, Broken Arrow, OK 74012; 918-252-2518.

Comments



“ I had the opportunity to work with the Hammocks, teaching the girls to ride horses. It was a great time in my life, and Kathy was a supportive and helpful Mom to the girls. My most treasured memory of Kathy was looking at her wonderful needlework art she created for her house. There was so much love in each and every one of them. My condolences to John, Sarah and Lauren, you are in my heart today. Love Jenny

Jenny Paisley - June 25, 2015 at 07:26 PM



“ I had the privilege to work with the Hammocks helping the girls ride horses. Kathy was always a supportive and helpful Mom to Lauren and Sarah. My most special memory of Kathy was looking at all her beautiful needle work pictures she made for her house. A true gift of love in every work! My condolences to John, Sarah and Lauren, I wish I could have been at the service in person. Love Jenny

Jenny Paisley - June 25, 2015 at 07:21 PM



“ Sweet Kathy. She worked out with me twice a week for 15 years, never missed a workout, never late, never sick. She was a trainer's dream, always pushing deeper, working harder, reaching for more. It was a joy to see her find a passion in racing, coaching and competing. Behind that quiet and unassuming demeanor lived a fierce and determined spirit. She deeply loved her daughters and her family, and she spoke of them with pride and unwavering love. She leaves us too soon. Rest in peace, dear friend. Susan Fuller

Susan Palmer - June 25, 2015 at 06:11 PM



“ Lit a candle in memory of Kathy Lynn Hammock

Beverly Jane Weaver - June 25, 2015 at 02:49 PM



“ Sent a gift in memory of Kathy Lynn Hammock

Gata Pasmore - June 24, 2015 at 10:22 PM