



Catherine Elizabeth Popp

May 1, 1961 - September 26, 2025

It is with profound sadness that I announce the passing of my beautiful, athletic, and loving mother, Catherine Elizabeth Popp. She left this world on September 26, 2025 at the age of 64, after an eleven-year battle with early-onset Alzheimer's. My mother faced her Alzheimer's with both determination and grace. She taught me never to give up, no matter how hard the challenge. She was amazing.

My mother was born on May 1, 1961 in New Albany, Indiana to Barbara (Colvin) Popp and George Thomas Popp. She grew up in Jeffersonville, Indiana, the fourth of five children. In 1979, my mother graduated from Our Lady of Providence High School. It just so happens that 1979 was also the year I was born. Like many young women in the 1970s, my mother did not receive comprehensive sex education. My mother was not a fan of abstinence-only education, and, if she could, she would tell you to talk to your teenagers and teach them about all of their options. Teen pregnancies destroy dreams.

Right out of high school, my mother was forced to figure out how to balance working and raising a child on her own. She worked hard at retail stores and tried her best to provide a good life for me. I may have been unintended, but I never felt unwanted. In 1990, my mother married Richard (Rick) Schweitzer. Sadly, two months after they married, Rick learned that he had lung cancer,

which metastasized to his brain. He died in 1991.

In the wake of Rick's death, my mother was once again a single mother and a new widow. But she faced this new period of her life with resilience and perseverance. Instead of hanging her head, my mother quit her job at Victoria's Secret, and she went back to college, starting at Indiana University-Southeast the same year that I started high school. She graduated in five years in 1998 and later worked at the Transportation Security Administration (TSA) before Alzheimer's forced her to retire in 2014.

My mother was an incredible athlete. After being widowed, she channeled her grief into running. Over the years that followed, she ran 83 marathons, including one in all 50 states and DC; she ran either an ultra-marathon, a marathon, or a half marathon on all seven continents and at least a half-marathon in 35 countries; and she raced triathlons of all lengths, including both the Ironman and Half-Ironman distances. She did her last Half-Ironman in 2019, 5 years after being diagnosed with Alzheimer's.

My mother was quite pretty, and she left many a broken heart. Her own heart, though, was captured by her life partner of more than 25 years, Anthony (Tony) Copeland-Parker. Over the past eleven years, they traveled the world and ran many marathons together. Tony cared for her through sickness and in health, and he was the finest partner a person could want. She was so lucky.

My mother is survived by so many people who will always treasure her memory, including: her loving partner Tony; her only child, Christie Popp (Greg Bullman); her three grandchildren, Aaron, Adam, and Ada Bullman; her bonus children, Aaron (Kelsie), Shawn (Cassie), and Mariah (Paul), as well as her bonus grandchildren, Lily, Luca, Aesop, and Roman. She is also survived by her mother, Barbara; her siblings Tom (Lili), Teri (Frank), Larry (Eliana), and Greg (Sara), as well her bonus siblings; her many nieces, nephews, and

great-nieces; and her large collection of friends from all over the world. She was predeceased by her father, Tom, and husband, Rick. While we are choosing not to have a funeral service at this time, we will have a party in her memory at a later date.

My mom chose to donate her brain for Alzheimer's research. She would have been furious to learn that the Trump Administration recently made significant cuts to Alzheimer's and aging research. In lieu of flowers, please write your Senators and Representatives and demand that this important research continues, and please consider donating in her memory to the Alzheimer's Association (alz.org).

Tribute Wall

CW

“ I had the pleasure of meeting Cat while she and Tony were living here in Roswell GA. I remember her beautiful blue eyes and her physical strength. I remember her in her cat mobile and her determination to keep moving. Meeting her and Tony is a highlight of my life. May she rest in peace. Sincerely, Carolyn Winney

Carolyn Winney - November 05, 2025 at 10:04 AM

KS

“ Kathryn S. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Catherine Elizabeth Popp.

Kathryn S. - October 05, 2025 at 08:08 PM

VC

“ Cathy was a beautiful woman and greatly admired here. Have many wonderful memories of her.

Vicki Conlin - October 05, 2025 at 02:06 PM

CP

Thank you, Vicki.

Christie Popp - October 08, 2025 at 12:32 PM

KB

“ I was saddened to hear of Catherine Popp's passing. I never had the pleasure of meeting Catherine, but read Tony Parker's journal updates as he and Catherine ran all over the world (I know Tony through my career in FAA ATC in Louisville). I later purchased the book he wrote "Running All Over The World, which is a testament of his love and commitment to this wonderful woman as they lived out her last few years together doing what she enjoyed. My sincerest condolences to all of Catherine's loved ones, whom I will be praying for during this difficult time...

Keith Buckner - October 05, 2025 at 12:00 PM

CP

Thank you.

Christie Popp - October 08, 2025 at 12:31 PM

MA

“ As a former Louisvillian and avid genealogist, I skim the local obits nearly every day, reading ones that catch my attention for various reasons. I happened upon this one by chance and read it, despite having no obvious connection to anyone in the family. In 30 years, this is one of the most well-written, moving, and inspirational tributes I've seen - and the only that's has compelled me to write anything. Deepest condolences to you, your family, and to all who knew her. - Matt

matt - October 05, 2025 at 10:50 AM



I agree Matt.

Greta Johnson - October 05, 2025 at 08:48 PM

CP

Thank you so very much for your condolences. I am moved that you felt compelled to write us. I am happy that my mother can live on as an inspiration to many.

Christie Popp - October 08, 2025 at 12:31 PM

SK

“ *Sincerely - Jacqui Kaufman purchased the Simply Elegant Spathiphyllum for the family of Catherine Elizabeth Popp.*



Sincerely - Jacqui Kaufman - October 02, 2025 at 02:20 PM

SK

“ *Sincerely - Jacqui Kaufman planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Catherine Elizabeth Popp.*

Sincerely - Jacqui Kaufman - October 02, 2025 at 02:20 PM

MH

“ I sa Cat, Tony & the Catmobile many years ago at a Mainly Marathon event. Since then I followed the postings of Cat by Tony, received his first book and passed it on to my niece whose father is afflicted with Alzheimer’s.

Because of Cat’s travels and runs via Tony’s guidance, and Tony’s participation - I developed a strong interest in Cat & Tony and their struggles.

My sincere condolences, over your mother’s passing, at such a young age.



Maxine Hopewell

Maxine Hopewell - September 30, 2025 at 10:27 PM

CP

Thank you. And thank you for sharing your story of how you knew my mother.

Christie Popp - October 08, 2025 at 12:33 PM

LP

“ 2 files added to the tribute wall



Larry Popp - September 30, 2025 at 02:03 PM

EM

“ I only knew Cat after her diagnosis with dementia. We met through her husband Tony who attended a caregiver support program with me and shared his story on my podcast - *Happy Healthy Caregiver*. Since Cat and Tony lived not far from me, I was able to visit them in Roswell, GA. Cat's passion for moving and kindness was evident. I'm grateful to have known Cat and hope all who loved her will continue to support Tony who has been a relentless and compassionate caregiver by her side. Their love story is a unique one that will always remain. - Elizabeth Miller

Elizabeth Miller - September 30, 2025 at 10:36 AM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Catherine Elizabeth Popp.

September 29, 2025 at 03:47 PM

“*Cat was someone whose spirit never stopped shining. Even as dementia changed her world, it couldn't take away her humor, her strength, or the love she carried so deeply in her heart.*

I first met Cat when I was hired to be part of her care team. She was never able to verbally communicate with me, but that never stopped us from connecting. I got to know her through her smiles, her laughter, her looks, and all the little ways she expressed herself. Over time—and especially through traveling together—I learned her personality, her spunk, and her spirit. What started as a job became a true friendship, and one of the greatest blessings of my life.

From the start, Cat showed me her unstoppable energy. Walking with her and Tony, I quickly realized I'd need running shoes—she moved with the stride of a marathon runner. I used to joke that I'd have to start training just to keep up. That determination was so much a part of her—strong, steady, and full of life.

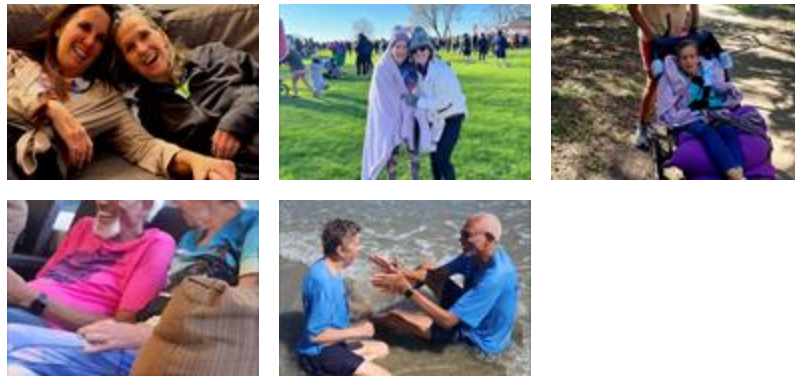
But Cat wasn't just strong—she was also funny and full of mischief. Some of my favorite memories are of us joking about sneaking into the liquor closet for mimosas, or the time she looked right at me, grinned, and called me a “punk”—something she also loved to tease Tony with. Even without words, her humor always found its way through, lighting up the space around her.

Traveling with Cat gave me some of the most special memories. I'll never forget the way her eyes lit up when her feet touched the sand, or when she took in new sights with joy and wonder. She didn't need words—she spoke through her spirit, her expressions, and the way she embraced life's little moments.

And of course, there was her love for Tony. That love was obvious to anyone who saw them together, but it shone brightest when their song came on. The way she looked at him in those moments said it all: devotion, happiness, and a bond that could withstand anything.

Being part of Cat's life taught me so much about resilience, about laughter, and about love that endures. She showed me that even when words fade, presence speaks louder than anything. Even when memory shifts, love holds steady. And even in silence, the soul still sings.

Cat, thank you for the laughs, the adventures, and the friendship. You'll always be remembered, always cherished, and always deeply loved.



Tammy - September 29, 2025 at 02:25 PM

CP

Thank you for sharing your story and these photos, Tammy. And thank you also for all of the kindness and love you showed to my mother.

Christie Popp - October 08, 2025 at 12:33 PM



“ *Comfort & Sweetness Gift Crate was purchased for the family of Catherine Elizabeth Popp.*



September 29, 2025 at 08:50 AM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Catherine Elizabeth Popp.

September 29, 2025 at 08:50 AM



“ Catherine was a lover. She loved Tony, their children, fellow marathoners, other people, and animals. I remember her coming over and she enraptured my pup, Betty -- and Betty was beyond enraptured with Catherine.

As was anyone who entered her orbit. She had a wonderful smile and incredible smarts -- not just books smarts, but street smarts too -- arguably more important -- she knew people. What makes us tick. What makes us laugh. She knew how to work with us and shine.

I will forever remember her laughter, so easy to come, and really, a great way to deal with life -- all the cards it dealt her. I will take that as a wonderful guidance from Cat, and aspire to the same attitude.

With love and laughter (through some tears),

Wendy West

Wendy West - September 28, 2025 at 08:09 PM

GP

“ I shared so many adventures and so much fun with Catherine-from cruises to marathons across the country and around the world. One of my favorite memories of Cat is her crawling (with a broken foot) up and down the stairs of a Windstar and being carried down the gangplank by one of the larger deck hands when we landed in ports. The cruise expected Tony and Cat would leave the excursion after her injury - no way! They made the best of the trip squeezing every ounce of fun out of it, and that was Cat till the end.

Cat fought the good fight against a terrible disease and kept her radiant smile and fighting spirit for as long as she could. She and Tony spent the last few months in St Kitts enjoying the warm sunshine and dips in the Caribbean before returning to Atlanta toward the end. I was lucky to visit them in St Kitts and shared a wonderful week with them in our beautiful island home. We went into every body of water we could.

Catherine's daughter Christie and son in law Greg and Tony's daughter Mariah were there with Tony for the last few days. They all saw a beautiful owl just as Cat passed peacefully - Tony had taken her out for their last walk together.

I will forever cherish my time with Cat.

Gwendolyn Parker - September 27, 2025 at 10:01 AM

AC

“ I have many pictures, videos, articles written about her, two books I wrote about her, a website in her name, and many memories that I will cherish forever. I am honored to have been her partner. She will be missed but never forgotten.



Anthony Copeland-Parker - September 27, 2025 at 06:21 AM

GP

“ 2 files added to the tribute wall



Greg Popp - September 26, 2025 at 07:12 PM