



Richard "Rich" Paul Milot

May 28, 1957 - August 13, 2021

Richard "Rich" Paul Milot, 64, of Haymarket, Virginia, passed away on August 13, 2021. Rich was born on May 28, 1957, in Coaldale, Pennsylvania, to John and Anita (Theresa) Milot.

Rich grew up in Brockton and Pittsburgh, Pennsylvania and loved spending time in the beautiful outdoors and getting into mischief. He was an incredible athlete from a young age, and he chose to focus on Football and Track & Field in high school. A force to be reckoned with in Track, he smashed multiple records at Moon Township High School and specialized in the 330-yard intermediate hurdles, but his offensive and defensive football prowess drew attention from NCAA D1 football powerhouses nationally. He was recruited by Joe Paterno and ultimately joined Pennsylvania State University's football program in 1975 as a running back.

At Penn State, Rich transitioned from running back to the Hero linebacker position during his junior year. He finished his senior year with three interceptions, including one in the 1979 Sugar Bowl versus the #2 Alabama Crimson Tide. He was drafted as a 7th round pick by the Washington Redskins from Penn State in the 1979 draft and is recognized by many as the best seventh-round pick in franchise history.

Rich spent nine years in the NFL with the Washington Redskins as a

linebacker, appearing in three Super Bowls and winning two Championships in 1983 and 1988. A key member of the Joe Gibbs era franchise, Rich played in 121 NFL games for the 'Skins and started in 91 of them after winning the starting job in his rookie year. Rich still holds the club's post-season record of 3.5 sacks in a game, which he achieved vs. the Bears in 1984. He retired from the Redskins after Super Bowl XXII in the 1987 season.

During the off seasons of his NFL career, Rich worked for the Sandoz pharmaceutical office in Washington, DC. In his role, he worked on the staff of Utah Senator Orrin Hatch where he attended political hearings and met with congressional staff. Always a good student, Rich put his math skills to work following his retirement from the NFL and worked as a Senior Tax Advisor at H&R Block in Manassas, Virginia.

Rich will be remembered as an incredible father, friend, and significant other. He fiercely loved his two daughters and wanted them to achieve their dreams. Rich was so proud when they both went to the University of Virginia for undergraduate studies. He was their biggest cheerleader at their track & field, cross country, and soccer events in high school and college. He also loved bringing them to Penn State football games to tailgate with his former Nittany Lion teammates.

Rich was humble despite his incredible achievements and had the ability to light up a room with his hilarious jokes and stories. In addition to spending time with his two daughters, he loved spending time with his girlfriend, her family, and his friends. He adored all animals, especially his two dogs, who he could be seen driving around Haymarket daily. Rich enjoyed golf, debates (especially about politics), meticulously maintaining his lawn, McDonald's Diet Cokes, and the occasional Dewar's with friends.

Rich is survived by his children, Kristin and Courtney Milot; life partner

Kimberly Lincoln and her children Stephen and Brooke Lincoln; and brothers Ronald Milot (wife, Lori) and John Milot (wife, Patricia). He was pre-deceased by his mother, Theresa Milot, and father, John Milot.

A celebration of life will be held for Rich on Thursday, August 26, 2021, from 4:00-6:00 PM ET at Stonewall Golf Club, 15601 Turtle Point Dr, Gainesville, Virginia, 20155. Rich's family warmly encourages all attending to wear Penn State and Redskins colors in celebration of his football career.

In lieu of flowers, donations may be made in loving memory of Richard "Rich" Milot by mail to ALSAC/St. Jude Children's Research Hospital 501 St. Jude Place Memphis, TN 38105 or online at stjude.org or https://www.stjude.org/donate/donate-to-st-jude.html?sc_icid=wtg-mm-btn-donate-now

Condolences may be sent to www.piercefh.com

Previous Events

Celebration of Life

AUG **26**. 4:00 PM - 6:00 PM (ET)

Stonewall Golf Club
15601 Turtle Point Dr
Gainesville, VA 20155-3200
(703) 753-5101

Tribute Wall



“ Rich was a neighbor of mine when I was a child. We lived near Redskins Park in VA on Mountain View Court. I was the annoying kid ringing their doorbell just to get a glance. He even came to a summer neighborhood grilling party once. Rich and his wife were always so nice to us kids. Clint Didier and Rich Milot which were neighbors during football season always took time to say hi to all of us as kids. I still think of Rich from time to time. Not only as a player, but as such a nice person. RIP Rich!

John Ledford - March 20, 2025 at 05:53 PM

AH

“ I tutored Rich in Math at Moon High School, my father (Dr. Hepp) was head of the Math Curriculum for Moon Schools. Rich was serious about succeeding in the classroom as well as the football field and track & field. I was always proud of Rich's success in the NFL and life. God Bless Rich and his fine family. (Dr.) Aloysius F. Hepp (Retired from the NASA Glenn Research Center, CLV, OH)

Aloysius F. Hepp - January 20, 2024 at 08:21 AM

TL

“ Simply... "The Best". !!!!!!! No one else in the world could work the tax magic quite like you. For over 25 years we've been your clients and friends. You will be missed. I guess we will have to become Washington Football Fans now instead of Cowboys Fans. Much love and blessings to all the family. I will stop in CVS one day to meet you Kim. Hugs to you all.Greg, Teresa and Taylor Franklin



Tif - September 21, 2021 at 01:05 PM

DD

“ To his family, friends & loved ones, I remember playing with Rich in HS. He was a year behind, but had skills beyond his years. Prayers for comfort, strength & courage sent for all. Sincerely, Doug Danko

Doug Danko - August 26, 2021 at 09:43 PM

TL

“ Dear Milot Family,
It's hard to put words the feelings, I'm sure you know. Many of my fondest childhood memories involve growing up so close with you all and it helped to define what it meant to be family for me. Rich was one of the coolest uncles one could hope for. He was larger than life to little me and he'll always have a giant place in my heart. My deepest condolences to Riches family and friends for this loss. I can't be there to celebrate Rich's life with you today, but I'll be raising a glass from California with all the love in my heart.



Talia Lipskind - August 26, 2021 at 06:07 PM



“ Beautiful Dreams was purchased for the family of Richard "Rich" Paul Milot.



August 25, 2021 at 07:06 PM

WF

“ Wanda Miller and Family purchased the Peaceful White Lilies Basket for the family of Richard "Rich" Paul Milot.



Wanda Miller and Family - August 25, 2021 at 06:19 PM

GT

“ Goldman Sachs Macro Sales \$ Trading purchased the Peaceful White Lilies Basket for the family of Richard "Rich" Paul Milot.



Goldman Sachs Macro Sales \$ Trading - August 25, 2021 at 02:51 PM



“ Divine Peace Bouquet was purchased for the family of Richard "Rich" Paul Milot.



August 25, 2021 at 11:39 AM

GJ

“Wherever a beautiful soul has been, there is a trail of beautiful memories created by those he loved, and those that loved him so much.” Loosing someone like Rich suddenly and at such a young age is one of life’s greatest sadness. He touched so many of our lives with his love, kindness, wit, intellect, and great sense of humor. His drive and passion for the things that he loved in life was inspiring. To all of his family and friends, may you always find and feel his presence in in your thoughts, words, and hearts. To our dear nieces Kristin and Courtney, never forget the love, joy, and pride that you brought to his life. Praying you find comfort and peace, and courage to face the many days ahead. May loving memories of your dad be forever held in your hearts. God bless you Rich....We are so grateful for the opportunity to have have had you in our lives. We will always love and miss you. Gina and Jay

Gina and Jay - August 25, 2021 at 11:33 AM



“ Simply Elegant Spathiphyllum was purchased for the family of Richard "Rich" Paul Milot.



August 25, 2021 at 10:58 AM

MG

“ To Kimberly her family and Kristin and Courtney,

Please accept our deepest sympathies on the passing of Rich. He was a teammate and friend at Penn state and a competitor with the Redskins when I was with the Rams. I'll always remember how gifted he was as an athlete but he was an even better person and teammate. You and your families are in our thoughts and prayers in this difficult time and I know he's in a better place now. May God Bless you all.

Mike and Karen Guman

Michael Guman - August 25, 2021 at 09:19 AM

TB

“ We both admired Rich for years with his awesome career with the Redskins but in the past 5 years we got to know the man behind the uniform. He was a loving and caring man to Kim and always up for a good conversation with friends. He still enjoyed a little competition in ping pong or cornhole. We will miss him greatly. May God give Kim and the family comfort at this time knowing he is in a better place.
Love, Dave & Tammy

Tammy Bryan - August 25, 2021 at 08:09 AM

CC

“ *Rich was a first-class man. He was humble, an incredibly gifted athlete, and an even better teammate and friend. I always thought of him as a gazelle because of his speed and smooth movements- whether running the ball or making a great tackle.*

He will be missed and we send our very best to his two girls and his partner's family- many good thoughts and prayers coming your way.

*All the Best,
Craig Coder, '79*

Craig Coder - August 24, 2021 at 05:44 PM



“ *Tranquil Seas was purchased for the family of Richard "Rich" Paul Milot.*



August 24, 2021 at 03:35 PM



“ *Strength & Solace Spray was purchased for the family of Richard "Rich" Paul Milot.*



August 24, 2021 at 02:16 PM



“ *Country Basket Blooms was purchased for the family of Richard "Rich" Paul Milot.*



August 24, 2021 at 01:01 PM



“ *Our warmest condolences & deepest sympathies. Rich, you will be sincerely missed by your Jimbo's Grill family.*

Jim & the Jimbo's crew.

James K - August 23, 2021 at 03:43 PM



“ *Beautiful in Blue was purchased for the family of Richard "Rich" Paul Milot.*



August 23, 2021 at 03:35 PM



“ *With Distinction was purchased for the family of Richard "Rich" Paul Milot.*



August 23, 2021 at 11:51 AM

BS

“ *Bernie and Mary Shalvey purchased the Beautiful in Blue for the family of Richard "Rich" Paul Milot.*



Bernie and Mary Shalvey - August 23, 2021 at 11:37 AM

TM

“ *Steve remembers the day he and Rich we're watching the state track meet -Kristins sophomore year-she was all state for her race. Rich commented to Steve that it was one of the greatest days in his life. Love and prayers to you all. Terri and Steve Morris*

Terri Morris - August 22, 2021 at 09:12 PM

SL

Rich was a great guy. He's the uncle to my children Talia and Shane Lipskind. We all had many good times together. Sharing part of his life with him was an honor and a pleasure. I miss him. Stuart Lipskind

Stuart Lipskind - August 24, 2021 at 08:53 PM

JP

“ *To the Milot family,
I am so sorry your loss. Rich will be remembered for his football prowess on the field and for being genuinely human. I admired his strength on the field and then got to know him as real person when he did my taxes. He was very genuine and will be missed. My sympathies go out to the family.*

Jo Ellen Peters - August 22, 2021 at 03:40 PM



“ *Peaceful White Lilies Basket was purchased for the family of Richard "Rich" Paul Milot.*



August 22, 2021 at 09:41 AM



“ *Ronald Price lit a candle in memory of Richard "Rich" Paul Milot*



Ronald price - August 22, 2021 at 07:08 AM



We are sorry for your loss

Ronald price - August 22, 2021 at 07:09 AM



“ *Sentiments of Serenity Spray was purchased for the family of Richard "Rich" Paul Milot.*



August 21, 2021 at 10:31 PM

JM

“ Dearest Kristin, Courtney Milot and Kimberly and family,

Sending my thoughts, prayers and sympathies to everyone on your loss. Rich was a good friend and high school classmate. I will truly miss him. He was a great and true gentleman as well as an friend and and athlete. He is someone that I will never forget. May God Bless him and all of you. Rest In Peace my friend.

Joe “Mav” Marek - August 21, 2021 at 06:05 PM