

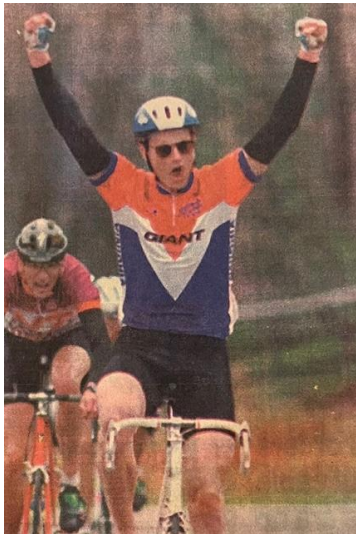
Ralph “R” Muoio passed away suddenly on February 25, 2026, at the age of 58 from a cardiac condition.

R grew up in Washington, DC, where he attended St. Anselm’s Abbey School. After graduating from Columbia University, he spent several years in Paris as a professional cyclist and deepened his love of French literature at the Sorbonne. R then went to law school at the University of Virginia, where he met his wife, Wray. After a clerkship, R joined Covington & Burling and became an insurance coverage practitioner. During his nearly 30 years at the firm, colleagues and clients described him as thoughtful, able, and brilliant, but also unfailingly kind and considerate. He was known to be unusually adept at turning what looked like lost causes into winning ones.

R was well known in the DC-area cycling community as an accomplished racer, competing in road races for decades. Later in life, he developed a love of mountain biking and completed many 100-mile races that took his family from Leadville, CO, to Cascades, OR, and he rode annually in the Shenandoah 100. Many of his happiest hours were riding through the woods to mountaintops.

R also had a lifelong love of music and played bass in numerous bands in DC and New York City. As one friend noted, he may be the only person to have played at CBGB and read all of Proust in French.

He is survived by his wife of 28 years, Wray, and his three children, Will, Weston, and Adele; his sister Anna Muoio (Zeke Brown); his brother Reid Muoio; his parents-in-law Jim and Mary Ann Johnson; his brother-in-law Hal Johnson (Carson); and his beloved nieces and nephews: Jack and Sarah Muoio, Lainey and Ava Brown, and Edward and Charlie Johnson.



*Memorial gifts may be given in memory of R Muoio to: St. Anselm’s Abbey School, [www.saintanselms.org](http://www.saintanselms.org) or the R Muoio Fund, which will support cycling events and trails. You can Venmo @The-R-Muoio-Fund or send checks to:*

*The R Muoio Fund  
Furey, Doolan & Abell, LLP  
c/o Charles Abell  
7600 Wisconsin Avenue, Suite 600  
Bethesda, MD 20814*

## A Service of Witness to the Resurrection and Celebration of the Life of

**Ralph Montgomery Muoio**  
August 14, 1967 – February 25, 2026



*“I lift my eyes to the hills- from where will my help come?  
My help comes from the LORD, who made heaven and earth.”  
Psalm 121:1-2*

Thursday, March 12, 2026  
1:00 p.m.  
Sanctuary  
National Presbyterian Church  
Washington, DC

