

Task Karate June 2007 Newsletter

Task Karate School
1100 Kane St.
La Crosse, WI. 54603
608-781-TASK (8275)
E-Mail: Taskkarate@msn.com
Website: www.taskkarateschool.com

Interesting Time of Year

*"Those schoolgirl days of telling tales and biting nails are gone;
But in my mind I know they will still live on and on.*

Schools out! Many students are graduating (like my niece from high school and my sister from college!) and moving on to the next faze of their lives. Congratulations and good luck everyone! Summer can be a very busy time. I look forward to spending a lot of time swimming, fishing, and hanging out with my sons Trevin and Mason. Sometimes attendances dips a little in the summer, and that's alright, there is a lot going on! If possible, try to make it to at least one or two classes per week. Then you will stay in the habit of training and exercising, and keep all the skills you've developed sharp!

Chileda Classic!

Saturday, July 7th is the 27th annual Chileda Classic. This will be the 5th year that Task Karate has had a team in the event! Most of our members run or walk in the 5k (3.1 mile) race, but there is also a 10k if you are a little more ambitious, and the ultra exciting kids race around the park to choose from! My goal is to run the 5k in 24 minutes, 48 seconds or less! The race is a part of the Riverfest celebration and is very exciting to be a part of. The flyers aren't out yet, but you can get more information here; <http://www.chileda.org/happenings/events.htm>

The Chileda Classic is a Gold Star Event, and can also be the fitness challenge stripe for Brown Belts!

Gold Star Event!

Saturday, June 23rd we will hike the mountain bike trails on top of Granddads bluff. We can meet at the karate school to car pool at 3 PM, or just meet at the trail head at 3:15. The trail starts by the National Weather service office. Go up the hill past the Granddads bluff turn off and take a left on FA, then it's a half a mile or so from there. The hike will probably take an hour or less, and can be steep in some places. Make sure to consider bug spray for skeeters or ticks!



June Birthdays!

4th **Gabby Schubert**

7th **Lance Baumgarter**

11th **Heather DesRocher**

13th **Alyssa White**

14th **Allan Mach**

Lucas Stromberg-Windau

15th **Brad Shulte**

Trevor Peden

17th **Michael Kelbel**

18th **Megan Richason**

19th **Alisyn Dovenberg**

20th **Jeanette Smith**

Klyer Chafer

22nd **Moriah Harter**

Cory Schubert

23rd **Dru Ricci**

25th **Thor Larson**

28th **Jordan Hotchkiss**

29th **Jim Warsinske**



Rank Promotions!

Dragon Gold

Alex Tofstad

Aaron Klinge

Gold Belt

Andy Klinge

Shirley Koepke

Orange Belt

Kurt Schuldtes

Green Belt

Carter Davis

Lauren Gerke

Purple Belt

Zach Harter

Heather Des Rocher

Fourth Degree Black Belt

Randy Thomson 😊

