

# Task Karate September 2010 Newsletter

Task Karate School

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spooky!





## Bike Trail Tunnel Hike/Gold Star Event!

We will be leaving the Karate school after classes on Saturday, Sept. 11th, (3 pm) and driving to the 3rd tunnel on the Sparta Elroy bike trail. The tunnel is about 3/4 mile long! It's a good idea to bring a flashlight, and some people like rain jackets as there is some dripping from a natural spring! If possible we should car pool as it's easier to keep together on the ride up (45 minutes), it saves gas, and you can meet and chat with others on the Task Karate team! (In case you are separated from the group, take I-90 to the second Sparta exit then take hwy 71 south to the point the bike trail goes under the road. Take a left on Kenya, there is a private parking area there. (\$1 donation suggested). If you get to Norwalk you went too far!





## Oktoberfest Road Races

We will be closed on September 25th for the road races and the Maple Leaf parade. You can get a gold star for the 5k walk, the 5 mile run (I am doing that one!) or the half marathon! A link for the registration form is below!

<http://oktoberfestusa.com/LinkClick.aspx?fileticket=CuwNKACC-1A%3d&tabid=73>

## Tournaments/Diamond Nationals!

We will be closed (unless we can get some black belt volunteers to help out) for the Diamond Nationals on October 8th and 9th.

(I have been asked to be a judge!) The Diamonds is the biggest tournament of the year.

<http://www.diamondnationals.com/> Some of the top competitors in the Country, even in the world, will be there and it's very inspirational to watch.

The Saturday "night show" is always amazing.

The first tournament of the regional season is the Twin Cities open on Sept. 19th.

Several of our students are planning on attending these events! Train hard and Good luck!

## Sheraton Bloomington Hotel

**7800 Normandale Blvd, Bloomington, MN 55439**

**(952) 835-7800 FREE PARKING!**

## Gold Star Event~ Bradys Bluff Hike October 2nd

We will leave the school at 3 pm after classes on Saturday the 2nd. A state park sticker (day passes are available) is required. We should try to car pool if possible.



Trempealeau Mountain from Bradys bluff

## Eye Update

I've had a nasty virus in my left eye for about a week now. It doesn't seem much better this weekend, so I am going to get it checked out again on Tuesday. Hopefully we can get it knocked out and be back to normal soon!

## Quote of the Week

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.

**William Ellery Channing**

# Rank Promotions

Dragon Green Belt

**Abe Osley**

Gold Belt

**McKaela McElhiney**

**Drake Bell**

Brown Belt

**Evan Pericak**

**Trevor Theurer**

**Lauren Gerke**

Black Stripe Brown Belt

**Austin Thompson**

**Janielle Antony**

**Myranda Antony**

**Paul Cassem**

**Cole Alberts**

**Alex Thompson**

**Colin McAllister**

