



Katherine Desayles Novak

March 14, 1990 - January 18, 2022

In lieu of flowers, memorials are preferred to GoFundMe/Katie Novak Memorial. Proceeds will go toward Nolan's education and to an organization that Katie was very involved in, AFSP (American Foundation for Suicide Prevention) for which she raised thousands of dollars over the years.

GoFundMe link:

<https://www.gofundme.com/f/katie-novak-memorial?qid=3d55cf3a0cf56407196660461a411fa2>

Katherine D. Novak age 31 of St. Louis Park, died of heart-/Covid-related causes 1/18/2022. The indescribable pain of losing this beautiful soul is tempered by the knowledge that during her short life she touched and changed so many lives as a daughter, niece, cousin, sister, grandchild, mother, and, most recently, the lead trainer at Burn Boot Camp. She was incredibly intelligent, intuitive, creative, sharp witted, kind, and encouraging. She was a powerhouse, with great physical and internal strength. Everyone who knew her was better for it. Survived by her son, Nolan; parents Barry and Beth; brother Joseph (Meghan), co-parent Chris Kuker, and an amazing group of grandparents, aunts and uncles, cousins, and countless dear friends, including her family at Burn Boot Camp. Like many, it took Katie some time to find her calling. When Burn Bootcamp presented the opportunity for Katie to

combine exercise science, physical training, mentoring, and culture building, she jumped in with both feet. Too few of us experience the joy of our vocation, ability, heart, and passion intersecting fully. Burn Boot Camp provided exactly that intersection for Katie. Sadly, it was all too-brief a time. The wonderful family at Burn introduced us to a part of Katie we were just getting to know. They nurtured her (and vice-versa) and helped her to grow and then soar in an incredibly short timeframe. Words alone cannot express our gratitude to Burn for helping Katie fully realize her true potential. Katie's son Nolan was her world. Her hilarious Facebook posts and texts about him were a daily occurrence. Katie was reminded with some regularity about how her stubbornness and high energy level as a child was passed on to Nolan. Thankfully, in her case, stubbornness became determination, which she demonstrated in spades. Katie was a wonderful mom, raising Nolan with humor, fair boundaries, compassion and intelligence. In lieu of flowers, memorials are preferred to GoFundMe/Katie Novak Memorial. Proceeds will go toward Nolan's education and to an organization that Katie was very involved in, AFSP (American Foundation for Suicide Prevention) for which she raised thousands of dollars over the years. Please help us curate stories about Katie! We want to preserve as many stories or memories of Katie for Nolan as he gets older. If you feel so inclined, please send a favorite story or memory of Katie, addressed to Nolan. It doesn't have to be profound, but all our stories, put together in book form, will help give Nolan a more full picture of who his mom was (and is) to us! RememberKatieNovak@gmail.com Memorial services will be held at 11 am on Wednesday, January 26, with visitation one hour prior, all at Westwood Lutheran Church, 9001 Cedar Lake Rd., St. Louis Park. Live stream will be available.

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Previous Events

Visitation

JAN **26**. 10:00 AM - 11:00 AM (CT)

Westwood Lutheran Church
9001 Cedar Lake Road South
St. Louis Park, MN 55426

Church Service

JAN **26**. 11:00 AM - 12:00 PM (CT)

Westwood Lutheran Church
9001 Cedar Lake Road South
St. Louis Park, MN 55426

Tribute Wall



“ *My heart goes out to Katie’s family - especially Nolan. While my time of knowing Katie was brief, she made a huge impact on me. Her enthusiasm & energy radiated and lit up the whole gym. Her presence at Burn is definitely missed.*

Josie Parkhurst - January 24, 2022 at 05:05 PM