

RACE WALK COMMITTEE

The following are the Officers for the 2005-2006 term:

Chair Person -- Bob Cella

Vice-Chair – Juanita Rogillio

Secretary – Loiza Vosta

Treasurer – Dave Gwyn

COACHING

Race Walk technique and speed training. Coached by Bob Cella. Held weekly, every Tuesday evening at 7 PM to 8 PM. Come ½ hour early to stretch and warm-up. Class held at Memorial Park track, across from the Tennis Center.

RACE WALK CALENDAR

The first couple of months of 2005 is attached (enclosed); updates will be sent periodically! We are hoping to rejuvenate the Race Walk program in the Gulf area. Come to the races as a participant or as a volunteer. We are always in need of assistance!

JUDGING

Join the ranks as a Race Walk judge. Clinics will be held periodically! Future newsletters will provide details!

USAT&F MEMBERSHIP

We very strongly urge all those interested in this wonderful sport and activity to join the association. Membership forms are enclosed! Memberships are also accepted on-line at www.usatf.org.

RACE DIRECTORS –

We need volunteers to assist in organizing Race Walk competitions. No experience is necessary! Assistance and direction will be provided to help with the program.

E-MAIL ADDRESSES

Recipients of this announcement will receive it via U.S. Postal Service or via e-mail. Those with an e-mail address, please send your e-mail address to Byron Rogillio, e-mail is byronrogillio@att.net for maintenance reasons. We would rather communicate via e-mail for cost and convenience reasons!

Those without e-mail address, may we suggest securing one of your own choice, or may we suggest the following FREE services; www.walla.com OR www.myownemail.com. If no computer is accessible, please forward your complete mailing address including telephone, fax and mobile number. Please send to Byron Rogillio, 4946 Wigton, Houston, TX. 77096. Those with e-mail, please also send to Byron the same address and telephone information.

YOUTH ACTIVITIES

Our growth, as we all know, is with the development of the youth program. We, all must take the initiative to encourage any youth to take a look at Race Walking as an activity for health, competition and sport. Our positive attitude will show through to parents and their children! A subsequent announcement will be sent to advise dates and times for youth clinics. We are also seeking volunteers to work with youths, either with or without experience; all we require is DESIRE!

COMMITTEE CONTACTS

Bob Cella (Chair Person)

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Juanita Rogillio (Vice Chair)

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E-Mail: byron.rogillio@att.net

Loiza Vosta (Secretary)

2337 Auston, Pearland, TX. 77581

Tele: 281 389 0454

Dave Gwyn (Treasurer)

6502 Briar Bayou, Houston, TX. 77072

Tele: 281 498 0027 Fax: 281 544 7512 E-Mail: jesfine@houston.rr.com

CONTACT any one of the Committee members for further information and advice. We ask for your support, recommendations, encouragement and assistance!!!!

HAPPY AND HEALTHY RACE WALKING!

BOB CELLA, Chair Person

GULF ASSOCIATION, USATF - RACE WALKING SCHEDULE 2005

RW = Race Walk; CW = competitive walk; R = run; TF = track & field. t = tentative information; a = changed from earlier information.

d = director, r = registration, g = Gulf RW contact 1/12/2005

Every Tue 7:00pm Coached track workout Memorial Park: 440 track dBob

Cella h713-838-1692

Every Wed 6:15pm Free track workout Stratford HS dSteve Kimmel h281-558-3036

Every Thu 6:30pm Free all-paces walk Terry Hershey N gazebo dDave Gwyn h(281)498-0027

Every Sun 8:00am Free track workout Pearland: Resner Stad. dLoiza Vosta h(281)389-0454

8-Jan-05 Sat 8:30am Gulf Association USATF meeting Judson Robinson Center d713-666-8133

8-Jan-05 Sat 8:30am Officials certification Judson Robinson Center dEmmitt Griggs h713-741-7493

8-Jan-05 Sat 5:00pm Judging Clinic Omni West Houston dBruce MacDonald

8-Jan-05 Sat 6:00pm Officials certification Omni West Houston dEmmitt Griggs h713-741-7493

9-Jan-05 Sun 7:00am John Evans 50. 5,20,50km RW Bear Creek Park dDave Gwyn h(281)498-0027

9-Jan-05 Sun Jackson Day 9km R & RW New Orleans LA rNOTC (504)482-6682

22-Jan-05 Sat Chinese New Year's 5km RW with run New Orleans LA rNOTC (504)482-6682

a 23-Jan-05 Sun National 30km RW Championships Chula Vista CA

28-Jan-05 Fri thru 1/30 Dave's World Class Race Walking Clinic Ashford United Methodist dSteve Kimmel h281-558-3036

29-Jan-05 Sat Sooner State Games indoor TF. Incl. 3000mRW Shawnee OK

30-Jan-05 Sun The Wall 30km and 10km RWs with runs Destrehan LA rNOTC (504)482-6682

4-Feb-05 Fri National Men's Mile RW Championships New York, NY

12-Feb-05 Mon thru 3/6 Harahan Senior Games Harahan LA d(504) 737-9657

13-Feb-05 Sun National 50km RW Clermont FL

13-Feb-05 Sun 8:00am Elmwood Classic 5km & 10km R & RW Harahan LA rNOTC (504)482-6682

19-Feb-05 Sat River Run, incl. 5km CW San Marcos, TX

25-Feb-05 Fri thru 2/27 National Indoor Track & Field Championships. Boston, MA

25-Feb-05 Fri thru 2/27 AAU South Indoor Track & Field Championships Knoxville TN

26-Feb-05 Sat Mardi Gras Sugar Bowl 5km R & RW New Orleans LA

26-Feb-00 Sat 8:02am Alamo 5K Racewalk Alamo TX

r(956)686-2337
 27-Feb-05 Sun Youth Athletics East Regional Indoor
 Championships New York, NY
 5-Mar-05 Sat 8:00am Run on the Bayou 2mi & 10km R & RW
 Westwego LA rNOTC (504)482-6682
 5-Mar-05 Sat thru 3/12 Southwest Louisians Senior Games Lake
 Charles LA d(318) 475-5936
 6-Mar-05 Sun Silver Classic 5km R & CW Killeen TX
 12-Mar-05 Sat 5km R & CW Corpus Christi TX
 12-Mar-05 Sat Rio Grande Valley Border Senior Games Edinburg
 TX d(956)973-1673
 19-Mar-05 Sat TSU Relays 1 mi RW Texas Southern Univ.
 gDave Gwyn h(281)498-0027
20-Mar-05 Sun 8:00a Gulf Championship 20km RW & 2mi/20km W
Bear Creek Park dDave Gwyn h(281)498-0027
 26-Mar-05 Sat 3:00pm Worthing Relays. Incl. open 1500m RW
 Barnett Stadium gDave Gwyn h(281)498-0027
15-May-05 Sun 8:00am Gulf Championship 5000m RW tMemorial
HS dDave Gwyn h(281)498-0027
t 15-Jul-05 Fri 6:00pm Gulf Championship Mile RW Rice U. gDave
Gwyn h(281)498-0027
26-Sep-05 Sun 8:00am How Fast Can You Walk 10km CW Bear
Creek Park dDave Gwyn h(281)498-0027
20-Nov-05 Sun 8:00am How Fast Can You Walk 5000m CW League
City: CCHS dDave Gwyn h(281)498-0027
 20-Nov-05 Sun 1:00pm Annual Meeting, RW Committee, Gulf Assoc.
 USATF League City: CCHS dBob Cella h713-838-1692

LONG STUFF (No RW or CW divisions unless noted)

1-Jan-05 Sat Texas Marathon Kingwood
 2-Jan-05 Sun First Light Marathon & Half Marathon incl. RWs
 Mobile AL
 16-Jan-05 Sun Hewlett Packard Houston Marathon Herman
 Brown Conv Ctr
 12-Feb-05 Sat Rocky Raccoon Runs Huntsville
 12-Feb-05 Sat Surfside Marathon Surfside
 26-Feb-05 Sat 37 Mile Walk Hillsboro, NM
 27-Feb-00 Sun 7:00am Mardi Gras Marathon incl. Mar & Half Mar.
 RWs New Orleans LA rNOTC (504)482-6682

ROAD RELAYS (No RW or CW divisions)

30-Jan-05 Sun 3M Half Marathon & Relays Austin TX
 26-Feb-05 Sat Cowtown Marathon and Relay. No RW. Fort
 Worth TX

t 6-Mar-05 Sun
Antonio TX

Medcom Marathon & Relays. No RW. San