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RACQUETBALL TODAY

Yellen and McKay Take Over No. 1



Mike Yellen



Heather McKay (left) defeats Marci Greer.

Ektelon's Yellen Wins Omaha

By PHIL SIMBORG

For the first time in over four years, Marty Hogan no longer holds the No. 1 ranking in professional racquetball. Mike Yellen has finally pulled ahead after knocking on the champ's door all last season. Yellen, the 20-year-old Southfield, Mich., native, sponsored by Ektelon, won his third victory in the last five starts by defeating Don Thomas in the finals of the Omaha tourney, October 8-12.

In that same tourney, Hogan was knocked out in the quarters by 17-year-old Gregg Peck of El Paso, Texas, who had taken out no less than Davey Bledsoe and Craig McCoy before squeezing past Hogan (11-10 in the tie-breaker) and going down to Don Thomas in the semi's.

Yellen's record over the past five NRC

tournaments include three wins, a semifinal, and a final . . . just barely better than Hogan, but point-wise, clearly ahead.

YELLEN JOINED the pro circuit at age 16, signed with Ektelon in 1977, was the 1978 Rookie of the Year, and finally beat Hogan twice last season after losing to him in four previous tie-breakers. He's considered to be one of the game's most consistent players and is the possessor of one of the finest backhand pinch shots in the game. It is clear, at least to this reporter, that while Marty Hogan is still a major force in the sport, the tournaments are much more "up for grabs" than ever before.

In addition to Yellen, two other players

(Continued on Page 5)

. . . McKay Takes Escondido

By CAROLE CHARFAUROS GEORGE

The Women's Professional Racquetball association's second season continued with its second pro stop at the Escondido Athletic club in California September 25 through 28. The tournament was made possible by the efforts of pro Marci Greer who wanted to see the WPRA come to San Diego county, where she now lives. "I also wanted to see if I could put on a women's pro stop with all the trimmings," commented Greer.

"I told Dan (Seaton, WPRA commissioner) that one of the conditions would be that I'd get to be in the finals of my own tournament," joked Greer. But as it turned out, it wasn't a joke after all! Greer played super all weekend, defeating Sarah Green in the quarters 21-8, 21-13, and upsetting top seeded Shannon Wright in the tie-breaker of the semi's. But in the finals Heather McKay, former squash champion, was more than a match for Marci.

In fact, McKay dominated the field of women *without losing a single game*, reminiscent of her 18-year reign as the queen of squash. After winning her first Australian National Squash title in 1960 McKay lost a total of two games to women without ever surrendering a match. Her record in racquetball so far dates back

one year to the 1979 Nationals where she won the amateur title and finished in the quarters of the pro division. Now she is the current pro champion.

IN THE FINALS McKay displayed her usual cool disposition and warm personality, along with some hot serves and blazing kill shots. This was only the second time that McKay and Greer have met in tournament competition. The first time was the 1979-80 season opener for the NRC at Tempe, Arizona. (It was the first pro stop which McKay won.)

"Marci and I had a very nice match, very few hinders or appeals. Marci is much more consistent now. I thought before she was much more hot or cold; either she had a good game or a bad game, but this time I felt she had good steady games and that's what got her to the finals."

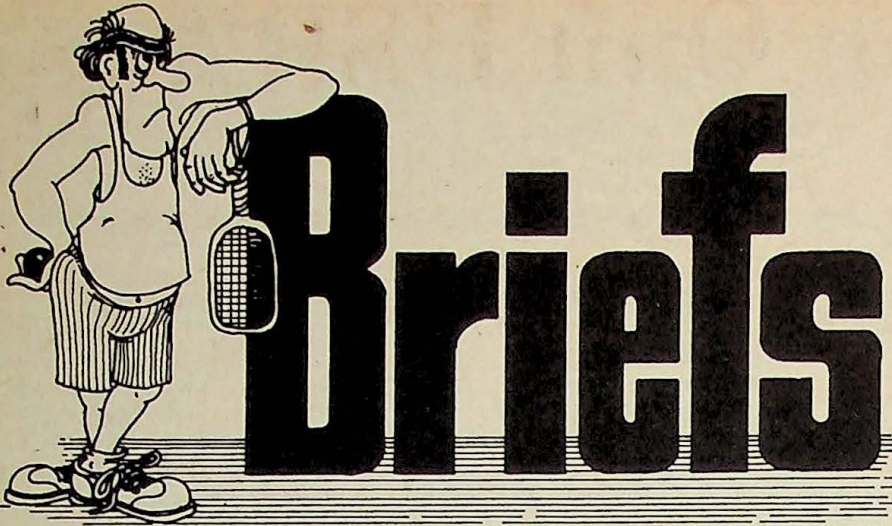
McKay also has a lot of respect for Lynn Adams, who she met for their usual semifinal battle. In both games Adams trailed by only one point at 11-10. But in both games McKay was able to keep her practically scoreless from that point on, winning 21-10, 21-12. "Lynn's sick of me in the semi's. I can tell you that," laughed Heather.

(Continued on Page 5)

Illinois, Michigan Quit USRA

Story on page 3

We Get Letters . . .

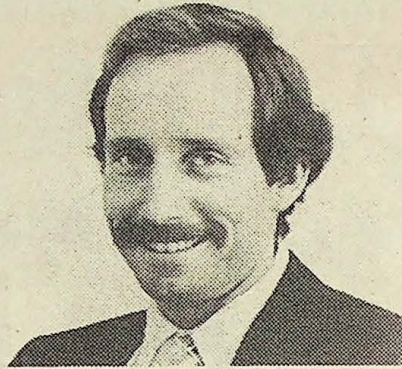


New Pro Racquetball Association — PWMB

In order to see that all pro players are fairly represented, a new group of pros have formed the PWMB (Pros Who Missed the Boat), which is open to players ranked 17-63, odd-numbers only; are sponsored by companies beginning with the letters "E," "L," or "X"; are under 5 ft. 8 inches, and like peanut butter. Further, membership will be closed for nine years to give the group time to establish their goals which a spokesman says include the following: "Asking politely for more money; requesting better refereeing; pleading for slower balls, and grovelling for larger towels. If our demands are not met we intend to act very hurt!"

Bob Keenan Resigns as USRA Director

Bob Keenan has resigned as director of United States Racquetball Association, effective immediately. His duties will be handled by Dan Bertolucci, who is also director of the NRC. Bob will remain in Wisconsin and looks forward to participating once again as simply another amateur participant.



Norm Peck

Ektelon Names Norm Peck New Player Manager

Norm Peck has been named the new racquetball player manager for Ektelon and will travel to the tournaments and work with the pros and junior players alike.

Ektelon sponsors a host of top players including No. 1 ranked Mike Yellen, Dave Peck, Jennifer Harding and Scott Hawkins.

Norm Peck was formerly squash and tennis coach at Princeton university; is 31, married, and resides in San Diego.

Dear Phil,

May I take the time to write an article about a sport that is the best ever created? This is my sixteenth year in the sport, and I would like to drop all of the associations, clubs, and any affiliations and talk about some of the good old days if I could.

Remember: When you could go to a tournament and Ron Rubenstein was the top player in Illinois.

When the glass court at Lake Forest College was "IT."

WHEN NOBODY GAVE a damn about what ball or racquet was used, but played the game for the sake of the game.

When shirts were given and you thanked the person that gave it to you, and didn't say, "is this all I get" and "why doesn't it have a collar on it?"

When cold cuts and water were the best hospitality in the world, not yogurt, special sandwiches, and drinks, etc. Better yet, when you had to buy your own food and all you got was friendship and a great game of racquetball.

When it was two games out of three to 21 points, and the three hour match.

WHEN THE POLITICAL part of the game did not exist. It was great!!

When the Metro League was something special and nobody ever forfeited.

When Sam Rizzio and Jim D'Vito played in the open division.

The first Illinois Open ever in Champaign. I do. I drew a young fellow by the name of Hogan, first round. Marty, you were 14 or 15 then. He won 21-14, 21-14, but I was sure I had won.

There are many other things I could remember, but it would take forever. To all of you that have played the game, I hope your memories are as fond as mine.

R — is for remembering the happy things of this great game

A — is for the attitude that sometimes needs a change

C — is for the comradery that I hope will never fade

Q — is for queer things that individuals have us made

U — is for the understanding needed when you fail to make the grade

E — is for the excitement you feel just before you play

T — is for the time you've spent to practice every day

B — is for the bad call we always seem to get

A — is for the ace that some of us haven't seen just yet

L — is for the love of the game that some of us have to hold

L — is for "Long Live Racquetball" and may it never grow too old

Thanks for the Memories
Clyde Senters

Dear Clyde,

Thank you for helping to make them.

Dear Phil,

Thanks for sending me copies of your articles and ideas on various rule changes. I was particularly impressed with the "Automatic Appeal" idea and I think that will be a great improvement. I also like and agree with your ideas on using linesmen to call fault serves, and I'd even go a step farther. Why not station an official at the front wall, looking back into the court, and let him be responsible for calling double bounces? Just as you propose, racquetball should take a lesson from tennis and should delegate the specific calls to the official in the best vantage point to make the call, with an overall referee to co-ordinate and overrule when there is a flagrant error.

The points you brought up in your article about the receiving line violations I think apply more to the amateurs than to the pros, but I do agree with you that if the new USRA rules are what you say they are, they will be terrible for pro racquetball. With regard to narrowing the service zone to the center of the court to eliminate screen serves, while I think that would work, I don't think it's necessary to go to such extremes as changing the lines on the court for a problem that I don't believe is quite that great. There were about five or six other ideas you had concerning changes in wording and procedure, all of which look fine to me.

The main thing you've got to realize is that you are not going to get the people who make the rules to adopt your ideas simply because you're right. They have made very few changes over the years, and then, only if they were their own ideas (ego), and most of them, like that stupid time-out rule, hurt more than they helped. So forget about trying to reason with them and concentrate on convincing the players themselves of the need for changes in the rules. I hope that the PRA will take a long

look at your ideas, and a lot of other new ideas, and maybe they will be able to get some of them instituted. In the meantime, keep up the good work and keep the ideas flowing.

I would prefer you not print this letter, or if you do, leave my name off as I like playing on a glass court occasionally.

Name withheld upon request

Dear R.T.:

In the October issue of the Wright Answer, the question of the WPRA's screen serve rule: Does the screen serve rule apply to men's pro, or only to WPRA? The uncontrolled anger article from "Professor Schatz" hit home for me. At times I lose my cool and I can attest to the physical and mental toll. Thank you, Jim.

Jon Lamb
Dinuba, Calif.

Dear Jon,

The WPRA is the only group we know of that currently considers a screen serve to be a "fault." Unless you are told otherwise, consider a screen serve to be a "dead ball" serve, as per AARA and USRA rules (serve goes over without penalty).

Ed.

Dear People,

In the racquetball puzzle on page 18 of RACQUETBALL TODAY there is no word "Bledsoe." Unless I am mistaken there is only a word spelled Bledseo. I enjoy your publication very much. Keep up the great work.

Ronald Simonson
Elgin, Illinois

Dear Ronald,

It's Bledseo's fault! He should spell his name our way!

Ed.

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Illinois and Michigan Quit USRA

Urge Other States to Follow

The Illinois State Racquetball Association (ISRA), by an overwhelming majority vote of both its Board of Directors and general membership voted to "disaffiliate" completely with the United States Racquetball Association (USRA). At about the same time, the Michigan Racquetball Association (MRA) under its president, Dennis Wood, also disaffiliated "for primarily the same reasons" as the Illinois group. Upon becoming independent, the ISRA immediately moved to an "open ball" policy and reduced its membership fee to \$3 per year (it was \$12, of which \$10 went to the USRA/NRC).

The ISRA is in the "home state" of the Skokie-based USRA, and has long been the USRA's most active and supportive affiliate. Founded in August, 1971, the ISRA was the first state organization in the country, and affiliated with the USRA in 1975. We think the reasons for the ISRA's becoming independent are important to the entire racquetball community, and should be known and considered by members of racquetball associations all over the country. Further, we believe that after an objective look at those reasons, other states will realize both the moral and pragmatic need to become independent as well. Here is a summary of those reasons:

1. We do not believe it proper to support a national organization that is not "answerable and responsible" to its membership (or to the public). Since the leadership of the USRA is not elected and policy, rules and programs are entirely "dictated" by the leadership, there is no way to insure that the organization will be responsive to the needs and wishes of the players. Further, we believe that AT LEAST an occasional turnover of leadership is essential to guarantee that the individuals work to serve the interests of the organization, and not the other way around. A nonprofit organization which purports to represent the needs of its members, by definition, must be a democratic organization with elected leaders.

2. WE BELIEVE that the attitudes and programs of the USRA, particularly in recent times, have not kept pace with the changing needs and desires of the racquetball community. In particular, we believe the USRA has fallen short in its programs to encourage juniors, intercollegiate and children's activities; in promoting increased involvement and equality for women and minority groups; in making improvements and refinements in the rules and officiating; in separating personnel and programs that deal with professional racquetball and privately-owned organizations from that of amateur racquetball and nonprofit organizations; and finally, for failing to deal in good faith with other racquetball interest groups and individuals for the overall benefit of the sport (AARA, WPRA and NARP in particular). Since we had no democratic means to influence or change policy in these areas, and since the personal efforts of our leaders to help and encourage improvement met with little or no success, we were left with no way to work within the framework of the USRA.

3. We do not believe it proper or productive for a volunteer, nonprofit association, the ISRA, to solicit funds for an organization which uses a good portion of its income to support a privately-owned and controlled publication, "National Racquetball Magazine." We further object to the fact that a major portion of the magazine is dedicated to promoting professional racquetball. We believe the money supplied by the amateur players should be totally spent to benefit those players, as well as the overall promotion of the sport, and in no event should it be used or controlled by any privately held, owned or operated corporations.

4. We do not believe it proper or beneficial for a nonprofit organization to promote the exclusive use of a single manufacturer's product: ie. the Seamco ball. Though we believe Seamco makes extremely high quality products and deserves a tremendous amount of thanks and credit for their part in the development and growth of the sport, there are many other fine companies who make high quality balls, and those companies, too, have shown their commitment to "put something back" into the sport and support the amateur associations. A completely free market is clearly in the best interests of the players and the future of the sport.

5. In our discussions with leaders of other racquetball associations, club owners, manufacturers, etc., we have been shown very dramatically that the benefits our players and programs will derive from not being affiliated with the USRA far outweigh the very minimal benefits we were previously, supposedly receiving.

WE HAVE SEEN very little of the \$10 per player that went to the USRA come back to our state and our players in the form of benefits and aid. With the collective buying power and contacts of a national organization, for every \$10 that goes in, the players should be getting back \$15 or more in the way of benefits, but though the public has no way to know exactly how the USRA uses their income, its easy to see what does and does not come out. The kind of benefits that SHOULD HAVE BEEN procured and organized for the juniors programs, leagues, insurance programs, and other things that would help the players and the growth of the sport were simply not put together by the USRA. Virtually the only "fringe" benefits resulted from dealings with companies and organizations that agreed to advertise in their magazine, paid royalties on their products or related products to either the USRA or NRC, or offered other, direct benefits to the national headquarters.

One thing is certain: the receiving of a monthly magazine, even if it didn't primarily serve professional racquetball and other privately run and operated institutions; a few free trips to the nationals for some selected top area players; and some free balls and ball discounts that are more readily available directly from the manufacturers, is hardly worth the \$10 per person it cost. With a membership fee of \$3 per person, and not paying anyone any salaries, and not supporting any private magazine or publication, and seeing that all the money is put directly back into benefits, and by using our powers of collective buying and the support received by private corporations who have a vested interest in seeing the sport grow, we will be able to give the players 10 times the benefits they were paying three times as much for!

To be totally honest, we believe we must disclose to the public that the leaders of the ISRA, Al Shetzer, president, Phil Simborg, executive vice-president, and Tom Street, immediate past president, also have personal, or at least "philosophical" differences with Bob Kendler and the people at the USRA, but we believe the logic and truth of the above five points stand on their own for all to judge and see for themselves, and we believe those reasons transcend any personal or private considerations.

We would also be remiss if we did not add that in spite of all of the above, we continue to

have a tremendous amount of respect for what Mr. Robert W. Kendler has done for the sport of racquetball. We even believe that many of the policies and practices we now object to were totally justified and necessary at some point in the past in order to get the sport recognized and established, and we supported Mr. Kendler and those policies at that time.

But times have changed, and people and organizations must change with them. WE HEREBY CHARGE EVERY STATE ASSOCIATION AND INDIVIDUAL affiliated with the USRA to consider the reasons Illinois and Michigan (and others) have determined to opt for independence, and we believe if looked at honestly and objectively, they will come to the same conclusions we did. We have been in contact with many of the USRA State Chairmen (they are all appointed, by the way, not elected), and we know that many states will be following shortly.

If you want more information, give us a call. We will be happy to show you the tremendous benefits that players in your state will receive in the way of aid from racquetball manufacturing companies and income from increased membership once you are disaffiliated from the USRA. For the sake of the future of the sport and the immediate benefit of the players, we urge you all to consider this matter seriously and quickly.

Al Shetzer, ISRA President
Phil Simborg, Exec. V.P.
Tom Street, Past Pres.

ISRA



Al Shetzer

ILLINOIS STATE RACQUETBALL ASSOCIATION

An Open Letter to the Players

By ALAN SHETZER, President ISRA

Shortly after our Board of Directors voted (19-1) to disaffiliate, and prior to the general membership meeting, the USRA sent a letter to our membership telling the members why they should not follow the leadership and advice of their board. In that letter, which is available for public scrutiny, they suggested that there are people involved in the association that "everyone knows is in it for the bucks" or are just after "a piece of the pie."

We resent these inferences and innuendos and stand proudly on our record of service to the ISRA and amateur racquetball. Our officers and board have always been elected; our books are open for public inspection by anyone at anytime and we make complete records available and reports to the membership as to all use of funds; and the individuals who have led the ISRA over the years haven't come close to being reimbursed for their out-of-pocket expenses on behalf of the organization. Can the USRA make those statements about themselves and their organizations?

The letter also contained statements that were simply untrue. They claimed that Bob Kendler and Joe Ardito formed the Illinois Racquetball Association in 1974 and indicated that they got things going for the sport at that time and turned it over to us later. That is totally false. Chuck Leve, Ron Solomon and Ron Gonsky founded the ISRA on August 20, 1971, two years before there was even a USRA, and it has been a totally democratic organization ever since it started.

THEY ALSO SUGGESTED that the USRA has contributed much to the ISRA, when in fact, it is just the opposite. One need only read their own report in the September 1977 and March 1978 issues of "National Racquetball Magazine" (which they publish) to see what the ISRA has done for the USRA: (1) The fee-splitting arrangement was our idea; (2) The shirt program with Leach was devised by us in 1976 and later adopted by the USRA; (3) The free-ball program with Seamco was devised by us in 1976; (4) We helped them rewrite their rule book; (5) We gave them their computer processing; (6) We devised the standards for bracket play.

In more recent times, we again helped them rewrite their rule book; we devised the first comprehensive referee quiz; we revised, updated and improved the referee guide; we set up and implemented the first truly successful and all-encompassing referee committee; we devised the first (and only) set of rules for play when there is no referee; we developed a "flow system" for amateur tournaments to insure a better availability of referees; and we've provided more skilled personnel to help them run major regional and national tournaments than any place else in the country.

What have they done for us? We haven't even seen a rule book in seven months! Their magazine does little to help our local players. When we consider what our organization could do for the sport with that \$10 per member they receive, it boggles the mind!

The final blow came in a second letter from Mr. Kendler and Mr. Bertolucci which arrived right before our membership vote of 121-21 to disaffiliate, and after the board vote of 19-1, and after weeks of my talking to people telling them why we should get out of the USRA, and the letter informed me that they didn't think I could continue being their USRA State Chairman any longer! How perceptive!

I wish to thank the Board of Directors and membership for their overwhelming support and vote of confidence. Further, I wish to thank the many manufacturing companies, including Seamco and others who have supported amateur racquetball associations and programs in Illinois and throughout the country and have consistently demonstrated their commitment to aiding those associations regardless of the politics and affiliations.

Jerry Hilecher Goes it Alone

By LEN ZIEHM

Jerry Hilecher has been a recognizable name to racquetball players for several years, but now he is a focus of attention in the sport for a reason other than his playing skills.

Hilecher is the first of the game's top players to lose his job with a major equipment manufacturer in these changing economic times. He doesn't figure to be the last.

Splits between players and sponsors are commonplace in all sports. They happen for any number of reasons. The player wants too much money. The company doesn't feel the athlete's skills are as good as they once were. There can be personality clashes.

IN HILECHER'S case the reasons are more far-reaching. There was no turmoil between Jerry and Ektelon company, the California racquet manufacturer he had been associated with for eight years.

"First let me say," said Ektelon Vice-President Ron Grimes, "that Jerry Hilecher is a heckuva guy. His contract was just up."

Hilecher wasn't mad at Ektelon, either. "It was just a bad situation," he said. "Sales aren't what they wanted them to be. I'm not bitter, but I do have a moral feeling. I feel that after being with a company as long as I had been, the company also has ties with you. I had developed ties with Ektelon. I would rather work for them than anyone else."

Like it or not, racquetball's touring players have not paid off in sales for most equipment companies — not just Ektelon.

"I'VE BEEN MORE disappointed in the lack of growth of the professional level of the sport than in anything else," said Frank Pace, a key marketing and public relations man for Ektelon. "They were playing for purses of \$10,000 to \$15,000 two or three years ago, and they're still playing for the same amount. There's not even been increases with the cost of living."

"I'm more convinced than ever that, from a marketing standpoint, racquetball needs exposure. The pros could be a great way to get exposure, but . . ."

But the racquetball tour is still not on



Jerry Hilecher

television with any regularity. The major newspapers and magazines haven't picked up on it much. The tour players aren't easily recognizable. Until they are, equipment companies will be moving slowly.

"I feel sorry for the young player coming into racquetball today," said Randy Floyd of Leach Industries, another racquet manufacturer. "Five years ago a player ranked 32nd in the nation would have companies hungry for him. Now, unless a player has the money to support himself for a year or two, he'll have a hard time making it. It's been our company's total marketing philosophy to sign professionals and we've sponsored more than the others. Now we are not in the market for new ones."

WILSON Sporting Goods has Shannon Wright and Davey Bledsoe on its advisory staff. Gene Buwick of Wilson terms that staff "as big as necessary now."

"At the present time," added Jim Messenger of Vittert, "it isn't worth it to give a Marty Hogan or somebody like him a fancy contract. Their names just don't mean that much."

In Hilecher's case, Ektelon also has Mike Yellen, now the game's top-ranked player, and Dave Peck on its staff. Last year Yellen, Peck and Hilecher were ranked higher than every other player except Leach's national champion, Marty Hogan.

Hilecher learned how to play racquetball 16 years ago in St. Louis, attended the University of Missouri and is now living near San Diego. He's 26-years-old, married and the father of one-year-old child. Though he no longer has a sponsor's help, he plans to continue on the tour.

HE HAS AN agent calling on other equipment manufacturers, too. "I'm ranked third now, and as a player I feel I'd be valuable to a company. I'd hope a company would see the long-range value of that," he said.

In addition to being a constant tournament threat, Hilecher wrote and instructional column that was syndicated in 12 publications and did about two clinics a month. "I probably do more clinics and camps than all the pros but (Steve) Strandemo," he said.

"The only difference now is that I have to pay my own expenses," he said. "But what I make in the tournaments goes to pay them. I'm not going to get rich that way, that's for sure, but I've got enough in savings that I can go on this way for a long time. It's just a question of missed opportunity. Now is my optimum earning time as an athlete."

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Player Feedback on Rule Changes

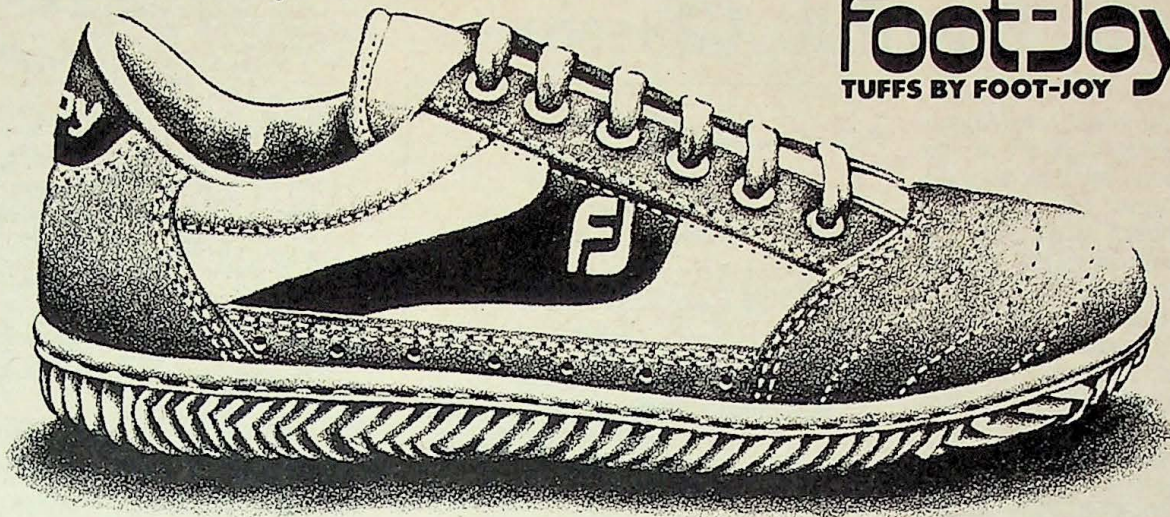
By PHIL SIMBORG

After many articles in this and other publications on the subject of changing various of the basic rules of the game, it seems to me, that as much as is possible in the highly debatable world of competitive racquetball, there is a *general consensus* of acceptance of some of these new ideas. In literally hours of discussion, experimentation, and letters from players from all over the country, it has become obvious to me that most everyone agrees that the current rules of racquetball are not satisfactory and could be greatly improved, but in particular, there are three changes that are gaining tremendously in acceptance: **shorter games, one serve, and a slower ball.**

SHORTER GAMES are beginning to be used in tournaments and exhibitions all over the country with positive response from players and spectators alike. The **games** are much more exciting, *whether the matches are close or not.* The players play with more intensity, because each point is more *critical.* In a recent tournament which played best of seven games to seven points each, many spectators reported that even the most lopsided matches were exciting because each player started with a "new slate" every seven points. As we all know, 21, or even 15 point games are often boring for quite a while, **even when the game is close,** and until the score gets within about three or four points of game, they really aren't too critical, and therefore aren't so exciting.

ONE SERVE offers three great advantages over the current rules (which allow two serves). First, and most obvious: it saves a lot of dead time on the court. After a short serve the ball must be retrieved, and then the server is allowed another 10 seconds to put the ball into play. Added up, this can often, in and of itself, turn what should be an exciting match into a long, drawn-out affair. Secondly, by taking away the server's "free shot" at an ace, we remove a large degree of the server's advantage, which is **already** overwhelming. The game is hurt anytime too much emphasis, or advantage, is placed on a single aspect of the game, and as it is now, a *great* serve is so dominating that a player can actually win with far inferior all-around racquet skills, but simply a good, hard, consistent serve. Thirdly, when a player has the luxury of a free shot at an ace, the receiver's only hope is to gamble for a winner-return, as the chances of playing a reasonably good,

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Foot-Joy, Inc., Brockton, MA 02403. (617)586-2233.

defensive return are poor. This has caused the game to evolve into a drive/kill/pass game, with few rallies, and short, unstrategic, all-power points. With one serve, if the server wants to gamble for the crack just over the short line and he misses, his failure is rewarded commensurate with his success if he does execute properly; in effect . . . no "free lunch."

SLOWER BALL: The old timers like Charlie Brumfield will tell you how much more interesting the game used to be when the balls were slower. It wasn't because they didn't have a power game in the old days . . . people like Brumfield and Keeley and Schmidtke have proven they can hit hard with the best of them; it's because the ball itself was slower, and therefore *rewarded* the player for his patience and strategy. Since you couldn't "zing" the ball past your opponent at 150 MPH, you had to rely on pinpoint placement and patience. That made for a game with more shots per rally, more interesting rallies, a greater variety of shots, and most of all, there was time for anticipation and drama to build *during* the point; and that makes the game more interesting to play and to watch. Further, the slower the ball moves, the easier it will be for television audiences to follow the ball, and this will greatly advance the future of the sport.

Of course, in addition to the above there have been many other suggestions, with regards to rule changes, and they have their following as well, but from where I sit, getting a tremendous amount of feedback and input from players and spectators from all over the country, I think the above three are quickly becoming accepted, and it's just a matter of time before the "hierarchy" of the sport has to give in to the logic and popularity of these revisions.

By the way, there is one very important by-product that results from using any one, and more particularly, all three of the above changes . . . **you get a much better workout!** With shorter games, you play with greater intensity. You play

much harder when your opponent is two or three points from game point, or when you are close to game point, and this occurs more often when you play more short games. With one serve, you eliminate a lot of drag time, and this keeps your heart beating and your body moving. With a slower ball and longer rallies, you spend more time actually playing the rally, instead of between rallies. In a given hour, you'll burn more calories, keep your heart beating faster, and get a better total workout.

Why don't you give these suggested changes a try and then drop us a note on your reactions. And you might also drop your local or national racquetball association a note, too. That's how changes are made!

Ektelon's Yellen Wins Omaha

(Continued from Page 1)

So far Adams has never beaten McKay, but that doesn't mean that McKay will not take her seriously or let up. In fact, McKay won't let up against anyone. "If someone doesn't get any points, then they didn't deserve any, did they?" asked McKay. "I would rather have someone beat me very easily rather than be condescending and give me points. Then if I get a point I know I deserved it."

None of the quarterfinal matches were as closely matched or intense as the later rounds. Wright defeated Rita Hoff 21-16, 21-8. Fourth seeded Greer handled fifth seeded Sarah Green as if she was a qualifier, winning 21-8, 21-13. Adams took out the newest comer to the top ten, Bonnie

Stoll, in two games. McKay didn't give Fran Davis 6 and 13 — Davis earned them.

In the amateurs 18-year-old Brenda Poe of Florida traveled cross-country to win the amateur division by defeating San Diego's Vicki Rossi in the tie-breaker of the finals. (Both Poe and Rossi qualified in the pro division.)

The men's open division was also exciting, climaxing with a finals match between Larry Meyers, who at 20 years of age is a seasoned pro player, and Ed Andrews, 24, who is just beginning his pro career after winning the AARA Nationals and taking second in the USRA Amateur Nationals. Andrews swept past Meyers in the first game, only to lose the match in the tie-breaker.

. . . McKay Takes Escondido

(Continued from Page 1)

have been coming on very strong and winning tournaments: Dave Peck and Jerry Hilecher. Don Thomas has been a consistently tough performer; Rich Wagner is making quite a comeback after a short rest; and youngsters like Gregg Peck, Scott Hawkins, Brett Harnett, Bruce Christensen, Mike Levine, Doug Cohen, Beaver Wickham and John Egerman all play well enough, on any given day, to beat anyone.

Aside from them, on a good day, you can't count out people like Brumfield, McCoy, Strandemo, Fleetwood, Koltun and many others. But the fact remains that Yellen is now No. 1, and he's not there strictly because the entire field is catching up with Hogan, but because **he**, at least for the time being, has outplayed Hogan.

The Omaha tournament, itself, offered a lot of excitement aside from Yellen's win and Hogan's loss. For the results, see the tournament report page.

The Wright Answer

By
SHANNON
WRIGHT



QUESTION: Do you like the slower ball? Do you think the slower ball will help make the game better for TV? What changes do you think are needed?

ANSWER: Yes, I like the slower balls a great deal! It's excellent for TV because it makes it much easier for the TV audience to follow the ball and it prolongs the rallies which generate a great deal more audience interest. The basic two changes, I think, that the game needs right now are the slower ball and a different game for-

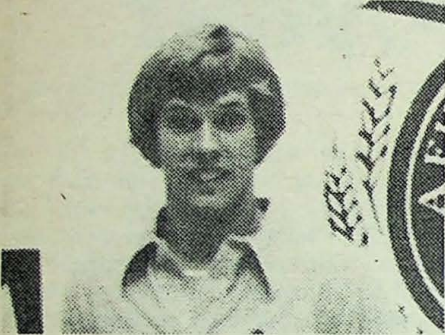
mat. Lately we've been trying our games to seven points, two out of three games is a set, and two out of three sets is a match. I think this is an excellent format, generally lasting anywhere from thirty minutes to an hour and a half which is a good match time, plus it also gives a lot of short breaks which television could use for commercials. But I think that the ball and the different scoring system is all that's really needed right now because the game of racquetball itself is very exciting.

TOURNAMENT NEWS

Vittert's Dennis McDowell Takes the Sawmill Classic

Over 300 entrants from 13 states competed in the Sawmill White Rose Classic at the Sawmill Club in York, Penn., the weekend of September 28, 1980, with Illinois' Dennis McDowell taking the \$500 first prize in the tough Men's Semi-Pro Division. McDowell defeated George Vierra of Brockton, Mass., 21-11, 21-9, in the finals. In the semi's, McDowell had his toughest match against Reuben Gonzales of New York, winning 21-10, 18-21, 11-8, while Vierra bested Mike McDonough of Boston, 21-15, 21-13.

Other division winners were: Men's A — Jim Cascio; Men's B — Tom Adams; Men's C — Mark Heckman; Men's Seniors — Harold Powell; Women's A — Dot Fischl; Women's B — J. Stadler; Women's C — Dawn Baxter.



Dennis McDowell

RESULTS

First Annual Downstate Classic
Champaign Court Club
Champaign, Illinois
September 19-21, 1980

Men's Open: 1st: Dennis McDowell; 2nd: Dave Negrete
Men's Open Doubles: 1st: Dennis & Jeff McDowell
2nd: Don Webb & Bill Williamson
Men's B: 1st: Mack Turner; 2nd: Mike Irwin
Men's C: 1st: Tim Dulstman; 2nd: Dale Morrissy
Men's D: 1st: Marty Herman; 2nd: Jeff Fike
Women's B: 1st: Louise Wulf; 2nd: Mary Dennis
Women's C: 1st: Laurel Baille; 2nd: Mary Lou VonMatre
Women's D: 1st: Becky McKee; 2nd: Julie Mattam
Men's Open Consolation: 1st: Steve Watts (forfeit)
Men's B Cons.: 1st: Jeff Bennett; 2nd: D. Perkowski
Men's C Cons.: 1st: Bob Gutschmiedle; 2nd: Jeff Impens
Men's D Cons.: 1st: Dave Bales
Women's C Cons.: 1st: Cindy Impens; 2nd: Mindy Gramm



Dave Negrete

Attention Tournament Directors

SEND US THE RESULTS OF YOUR TOURNAMENTS, ALONG WITH BLACK AND WHITE (non-returnable) PICTURES, AND WE'LL DO OUR BEST TO GET THEM IN!

RESULTS

The Election Open
Capitol Court Club
Washington, D.C.
November 2, 3 & 4, 1980

Men's Open Finals: R. Reagan over J. Carter, 37-13
Men's B Finals: T. Kennedy over Muddy Rivers
Men's Novice: Billy Carter over a barrel

RESULTS

First Annual Westmont October Classic
Oakbrook Racquetball Club
Westmont, Illinois
October 10-12, 1980

Men's Open: 1st: Mike Frintner; 2nd: Tom Joy
Men's B: 1st: Mike O'Hare; 2nd: Tim Cena
Men's C: 1st: Fred Barnick; 2nd: Joe Assise
Men's Novice: 1st: Barry Hardek; 2nd: Dave Cihon
Women's B: 1st: Diane Wilkinson; 2nd: Marlese Hartlisy
Women's C: 1st: Sandy Soltis; 2nd: Carol Zaccari
Women's Novice: 1st: Diane Brown; 2nd: Cathy Wertz

RESULTS

Third Annual Men's
Southwest Side Shootout
Tinley Park Racquetball Club
Tinley Park, Illinois
October 10-12, 1980

Men's Open: 1st: John Amatulli; 2nd: Andy Witt
Men's Senior: 1st: Mike Mason; 2nd: Don Cipriani
Men's A: 1st: Andy Simpson; 2nd: Neal Scheyer
Men's B: 1st: Larry Wackowski; 2nd: John Ness
Men's C: 1st: Jeff Arnold; 2nd: Tom Miller
Men's D: 1st: Vernon Jackson; 2nd: Brad Mizgate
Men's C Doubles: 1st: Ron Berquist/Steve Person;
2nd: Larry Denz/John Leahy

RESULTS

Muscular Dystrophy Open
Downtown Athletic Club
Milwaukee, Wisconsin
September 27-29, 1980

Men's Open: 1st: Gari Tate; 2nd: Roy Bohl
Men's B: 1st: Sam Vitacar; 2nd: Jerry Stollman
Men's C: 1st: Bo Bergstrom; 2nd: Jeff Bakken
Women's B: 1st: Celeste Horvath; 2nd: Shirley Preikstas
Mixed Doubles: 1st: Shirley Preikstas/Craig Steichen
2nd: Sue Otto/Andy Gutierrez

RESULTS

Second Annual Bolingbrook Open
Bolingbrook Racquet & Health Club
Bolingbrook, Illinois
September 26-28, 1980

Men's Open/A: 1st: Don Grigas; 2nd: Rich Barry
Men's B: 1st: Gall Filter; 2nd: Bob Dalpos
Men's C: 1st: Rowland Davies; 2nd: Jim Carmody
Men's D: 1st: Steve Soehrman; 2nd: David Rossel
Women's B: 1st: Pam Ziegart; 2nd: Kim Cooling
Women's D: 1st: Jain Householder; 2nd: Anne Coleman

RESULTS

New Jersey Racquetball Assn.
USRA State Championships
Hopewell Valley Racquetball Club
Pennington, New Jersey
October 10-12, 1980

Men's Open: Doug Clark
Men's B: Klein
Men's C: Solomon
Men's Novice: Ousouljoglou
Men's Vet. Open: Wang
Men's Seniors: Letter
Men's Masters: Talbot
Men's Golden Masters: Madam
Men's Open Doubles: Bierman/Horne
Boy's 17 & Under: Marshall
Boy's 15 & Under: Vaccaro
Women's Open: Karen Borga
Women's B: Lacey
Women's C: Vavolo
Women's Novice: Austad
Women's Vet. Open: Lacey
Women's Open Doubles: Nickerson/Bednarski

RESULTS

Omaha Pro Stop
October 8-12, 1980

FINALS: Mike Yellen d. Don Thomas, 21-13, 21-7
SEMI'S Thomas d. Gregg Peck, 21-10, 21-3; Yellen d. Rich Wagner, 21-18, 21-13
QUARTER'S: G. Peck d. Marty Hogan, 21-14, 20-21, 11-10; Thomas d. Bobby Bolan, 21-19, 18-21, 11-8; Wagner d. Jerry Hillecher, 3-21, 21-10, 11-2; Yellen d. Steve Strandemo, 21-14, 21-15
18'S: Hogan d. Keith Dunlap, 21-13, 21-14; G. Peck d. Craig McCoy, 21-13, 21-17; Thomas d. Kyle Kamalu, 12-21, 21-20, 11-4; Bolan d. Gary Berberet, 21-20, 11-21, 11-9; Hillecher d. Bruce Christensen, 21-8, 21-3; Wagner d. Scott Hawkins, 21-15, 18-21, 11-10; Strandemo d. John Eggerman, 21-15, 21-11; Yellen d. Ben Koltun, 17-21, 21-8, 11-6
32'S: Hogan d. Dave Fleetwood, 20-21, 21-8, 11-5; Dunlap d. Mark Morrow, 20-21, 21-11, 11-4; G. Peck d. Davey Bledsoe, 21-9, 21-12; McCoy d. Jerry Zuckerman, 12-21, 21-14, 11-2; Thomas d. Ross Harvey, 21-12, 21-15; Kamalu d. Steve Serot, 21-9, 21-8; Bolan d. Charlie Brumfield, 21-8, 21-16; Berberet d. Dave Peck, 17-21, 21-5, 11-4; Hillecher d. Larry Meyers, 21-8, 21-15; Christensen d. Beaver Wickham, 21-7, 21-13; Wagner d. Dan Factor, 21-5, 19-21, 11-6; Hawkins d. Lindsay Myers, 6-21, 21-20, 11-7; Eggerman d. Doug Cohen, 21-10, 16-21, 11-6; Strandemo d. Dennis McDowell, 21-15, 16-21, 11-5; Koltun d. Ken Kaihlanen, 21-19, 21-18; Yellen d. Mike Levine, 21-6, 21-15

Men's Open: Ed Andrews, San Diego, def. Kenny Kalahen, San Antonio, 21-7, 21-14
Women's Open: Lydia Emerick, Denver, def. Lauri Ogden, Lincoln, Neb., 21-16, 21-17



Bonnie Stoll

October Puzzle Winners

The following people have won our October Puzzle Drawing and have been awarded a prize (shirts, racquetballs or racquetball key tag): Eileen Katzenburg, Lake Geneva, Wis.; Patricia Kennedy, Warren, Ohio; Ronald Simonson, Elgin, Ill.; Martha Adams, Gainesville, Georgia; John O'Donovan, San Jose, Calif.; Flip Franks, Wheat Ridge, Colo.; Joey Lichtenstein, Dallas, Texas; Joan Jakobi, Pompano Beach, Fla.; David R. Cowan, Bangor, Maine; Tim Turner, Arnold, Missouri, and Bobbie Carlson, Pittsburgh Penn.



Sarah Green

Racquetball Today Readers Respond to October Survey

Thanks, readers, for filling out and sending in the questionnaire which appeared in last month's issue. The following people have been sent a can of Seamco Assassin racquetballs or a tournament T-shirt as a result of the drawing from the surveys: Sheryl Corbit, Houston, Texas; Sharlene Klimo, Medina, Ohio; Rita Christian, Alton, Ill.; Gregory Buck, Holbrook, N.Y.; Alan F. Smith, Pittsburgh, Penn.; Monika Metzger, Bensenville, Ill.; Dr. S.H. Kovarsky, Filer, Idaho; Nelson Goodman, Richmond, Calif.; Goose Guzik, Houston, Texas; Judy Carpenter, Fort Lauderdale, Fla., and Devah Turner, Fairfax, Va.

As for the survey itself, the favorite ball was Penn, followed by Voit and

Seamco. Ektelon got the most votes for racquets, by far, followed again by Voit. And, Nike and Adidas were the most popular shoes by far.

The people responding played an average of 3.2 times per week, and about two-thirds had played in a tournament.

As for the content of our paper, instructional articles held the most interest. After that, readers showed greatest interest in articles on the rules, humorous articles and articles on health and fitness.

We will continue to emphasize those areas to satisfy your demands, and we'll have more surveys from time to time to get your opinions. In the meantime, if you have any comments about our paper, please drop us a note.

Lite Beer/Penn Super Racquetball Championship Series for Multiple Sclerosis Circuit Plans Announced

This series of eleven amateur tournaments is designed to raise money for the National Multiple Sclerosis Society. The tournaments will be sanctioned for national amateur rankings at a grade level three by the AARA.

The participating club listed below should be contacted for further information.

Perfect Racquet
405 Camino Del Rio South
San Diego, CA 92108 714/297-6062
November 7, 8 & 9

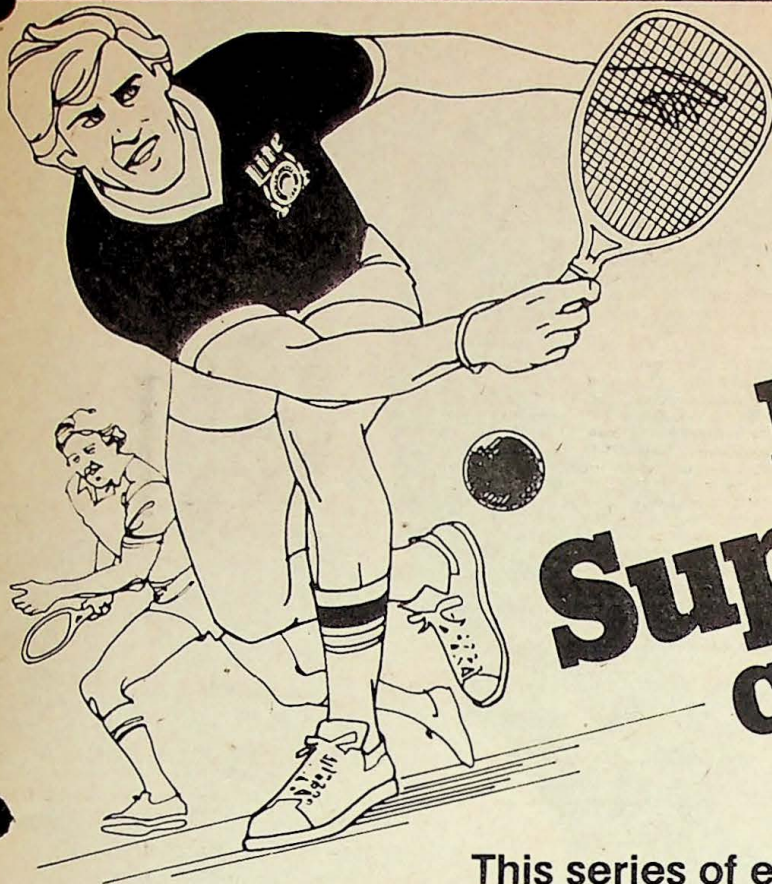
Denver International Athletic Club
1630 Welton Street
Denver, CO 80202 303/623-2100
November 11-16

Towson Court Club
8757 Mylander Lane
Towson, MD 21204 301/821-0160
November 21, 22 & 23

Louisiana Racquetball and Health Club
2121 38th Street
Kenner, LA 70062 504/443-4512
December 5, 6 & 7

Sporting House
1515 Sheridan Road
Atlanta, GA 30324 404/325-2700
December 5, 6 & 7

Supreme Court 5
3033 Alvarado Street
San Leandro, CA 94577 415/351-5323
January 15, 16 & 17



Lite Beer/Penn Super Racquetball Championship Series for Multiple Sclerosis

This series of eleven amateur tournaments is designed to raise money for the National Multiple Sclerosis Society. These tournaments will be sanctioned for national amateur rankings at a grade level three by the AARA.

OFFICIAL ENTRY

- ENTRY DEADLINE:** All entry blanks and corresponding entree fees must be in the possession of the club post marked the Friday before the tournament date.
- ENTRY FEE:** \$20.00 per entry; \$12.00 for second entry.
- OFFICIAL BALL:** Penn Ultra blue.
- RULES OF SANCTION PLAY:** All current AARA rules will govern play.
- AWARDS:** Trophies to 1st, 2nd & 3rd in all events, and 1st place consolation.
- PAYMENT:** Make checks payable to the club.
- STARTING TIME:** Contact Club by phone.
- CONSOLATION:** All division-first-round losers must sign up.
- HOSPITALITY:** Food and beverage will be provided free to all tournament participants.
- SHIRTS:** A souvenir tournament shirt will be provided to all participants.

Please enter me in the event(s) checked below. Players may enter two events.

- WOMEN'S DIVISIONS:** Open B C N Seniors 35+
- MEN'S DIVISIONS:** Open B C N Seniors 35+ Masters 45+





Mr./Ms. _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Business Phone _____

Shirt Size _____ Small _____ Medium _____ Large _____ X-Large

WAIVER: I hereby for myself, my heirs, executors, agents and administrator, waive and release any and all rights and claims for damages I may have against the Miller Brewing Company, Penn Athletic Products Company, AARA, the National MS Society and the racquetball club, its affiliated clubs, and their respective agents, representatives, successors and assigners for any and all injuries which may be suffered by me in connection with my participation.

Date _____ Signature _____

Parent or Guardian (Under 18) _____

For club and tournament dates, see page 6.

All entrants receive a free introductory membership into the American Amateur Racquetball Association. This membership includes three issues of Racquetball Magazine, membership card, official rule book, voice in all AARA policies, special product and service discounts.

A portion of the entry fee will be donated to the National Multiple Sclerosis Society.

All entrants will be eligible to win one of the 150 door prizes that will be awarded on Friday night. These prizes are valued at over \$1000.00

Mickey Mantle.
Famous ex-Miller Lite
drinker.

Look who switched to Natural Light.

Mickey Mantle switched to Natural Light because he prefers the taste.

He had no idea that Natural Light's great taste comes from using only the finest natural ingredients.

Or that there are no artificial ingredients in Natural Light, unlike

some other light beers he had tried.

We don't think he even noticed the ingredients listed right on the label: Water, Barley malt, Rice, Hops, Yeast.

What counts for Mickey is taste. And on that score, we've both made a hit.

Natural Light. Taste is why you'll switch.



ANHEUSER-BUSCH, INC. • ST. LOUIS, MO

AMF HEAD — Backing Winners

By Ralph Moil

Editor's Note: There are many companies manufacturing racquetball products, but only a few of them have really made a conscientious effort to "put something back" into the sport by sponsoring players, running free clinics, supporting nonprofit racquetball associations, and sponsoring tournaments and programs for the players.

RACQUETBALL TODAY thinks the public would like to know about those companies, and has invited the major manufacturers, through articles and interviews, to tell their story.

AMF Head entered the racquet sports business in 1969 and has since developed

a full line of quality products. But their overall approach to racquetball has included more than just product development, and in their many endeavors they have truly come up WINNERS.

Head "struck it rich" in their association with Steve Strandemo, as Steve has not only been consistently ranked as a player, he is considered to be one of the finest instructors in the game. Literally hundreds of teaching pros and players have attended Steve's clinics and camps, and his book, "The Racquetball Book," is one of the biggest sellers in the industry. Head has signed one other pro, just last year, 17-year-old Doug Cohen of St. Louis,

and Doug won the title of 1980 Rookie of the Year and has quickly jumped into the top 16.

Head helps and sponsors a great many more players around the country, many of them quite young, and many who have already shown tremendous potential for the future. Most notable is Michigan's Stacey Fletcher, the No. 1 ranked 17 and Under and one of the top amateurs in the country. Also sponsored by Head is Dave Simonette, of Baltimore, a top ranked 12 and Under; Jeff Plazak of Michigan, highly ranked 14 and Under; and Jimmy Floyd of Michigan, this year's AARA 10 and Under champion. Many of these younger players have done so well largely

because of Head's help, or as Stacey has testified, because of the advice she has received from Strandemo.

OF COURSE, Head has proven its commitment to helping the sport at all levels by supporting amateur racquetball associations and sponsoring tournaments around the country, but they've also gotten directly involved at the club level, with the day-to-day player who is in the game not so much for the competition, but also for the fun of it. Head has recently developed a new concept of club play called "Matchplay" which encourages a round-robin format of play for all skill levels within a club in a manner which rewards the players on the basis of participation rather than on pure performance.

Clubs interested in setting up such a program will be provided all the tools from Head, free of charge, including posters, charts, special T-shirts for the winners and complete instructions. Head also provides a beautiful assortment of instructional posters featuring Steve Strandemo, as well as product catalogs, all at no charge to the clubs. (For Matchplay information, posters and catalogs, write AMF Head — Racquetball, 4801 North 63rd street, Boulder, Colorado 80301)

Like the other companies we've featured in recent months, Wilson and Ektelon, Head has shown that they have their own, individual approach to the advancement of the sport, and their approach includes a strong commitment to putting something back into the sport to help it grow at all levels. We find their approach to be highly successful and commendable, and are proud to give them recognition for their efforts on behalf of the racquetball community.

Ask the Doctor

By Jerrold Shapiro, M.D., F.A.C.C.

QUESTION: I just warm up by playing. Is a warm-up really necessary?

ANSWER: It sure is! The warm-up increases blood flow and temperature of the muscles. Its purpose is to improve performance and decrease injuries.

Muscles contract and relax faster, blood vessels dilate to bring more flow to muscles where it is needed, and oxygen consumption increases to improve endurance. The warm-up should be both *passive* and *active*. Muscles of the legs and back should be stretched passively. The whirlpool, sauna and massage are good relaxers. (Sauna and whirlpool are not advisable for heart and high blood pressure patients without their doctor's approval.) In fact they are much more valuable (in small doses) before a match than afterwards.

The active part of the warm-up should use the *whole body*. Hitting the ball around is one method, but don't overdo it and tire yourself before the match. Once you start to sweat, you're ready to play.

QUESTION: I am 34-years-old and play tournament racquetball. I get painful leg cramps in the middle of and after intense matches. What can I do?

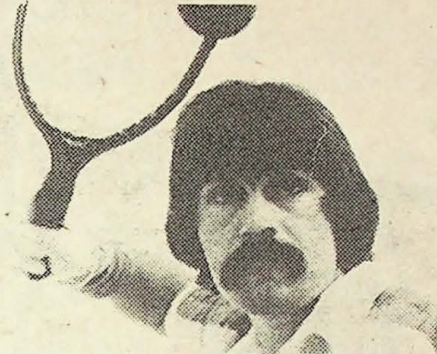
ANSWER: Most cramps occurring during extreme exertion are probably due to salt imbalance in the fluids in and around the cramped muscle. These salts, mostly sodium, potassium, calcium and chlor-

ides, usually exist in well regulated amounts either within or just outside the muscle fibers. Cramps are thought to be spastic contractions due to disruption of this delicate salt balance. No one knows for sure since they are brief and difficult to study.

Occasionally an overused muscle swells within its rigid covering. This is called a "compartment syndrome." The swollen muscle is trapped and prolonged pain and injury can occur. Fortunately permanent relief results from simply opening the covering with a surgical incision.

Rarely, a hereditary muscle enzyme deficiency is first uncovered by vigorous activity during adulthood. As I said, this is rare.

The best treatment for these extremely painful cramps is adequate stretching both before and after exercise — in other words — prevention. Each major muscle group should be stretched for at least 30 seconds. Remember, a stretch should begin slowly and gradually reach maximum. This tends to interrupt or suppress the local reflexes involved in muscle cramps. Massage and stretching of the cramped muscle may also help. Keeping in good general condition is also very important. I have not seen the various electrolyte drinks help in this situation. This is because the salt imbalance is a local muscle problem and not a true deficiency.



Steve Strandemo



Doug Cohen

Preparing for the Match

By TOM GROBMISI

I always eat a banana before a big match (it would be rude, if not illegal, to eat one *during* the match). Some people believe in the banana because they say it helps prevent muscle cramps; others laugh at the banana saying it's a "frivolous" fruit; while others shy away from the banana, attributing all kinds of sexual connotations to eating it. Most people just say, "A banana, who cares?"

I like to eat the sweet, creamy fruit before a match because it relaxes me — it helps me take my mind off the match and become calm. First you have to get your mind to accept the fact that, in the midst of all the tumult going on, you're actually going to sit down and consume a banana. Then you have to concentrate on peeling it, locating and removing brown spots, then chewing and swallowing. If someone comes by and tries to break my concentration, I say something like, "Can't you see I'm in the middle of eating my banana?" and they usually leave me alone.

Eating a banana sounds quite simple, but there's a few things pros forget to mention when they recommend them:

- 1) They're often in short supply at tournaments, so bring your own;
- 2) Never pack your banana in the same compartment as your racquet;
- 3) Don't get frustrated if you have trouble peeling your banana . . . get help from one of the more experienced players or a pro.

- 4) Don't allow yourself to become dependent on the banana. If you find yourself *needing* a banana the first thing in the morning when you get up, and several times during the day, that's banana abuse. **Get help!**

NOTE: The banana has been erroneously singled-out as one of our most serious littering problems. The classic stereotype of the poor, innocent nice-person slipping on the banana peel, is nothing more than part of a major anti-banana propaganda campaign by the federal government and "the establishment" designed to make the banana look harmful and dangerous. In fact, there is no clinical or statistical evidence which substantiates the large numbers of deaths and injuries attributed to the banana peel. My personal experiments leaving banana peels in the center of racquetball courts and women's locker rooms clearly show that most people are able to avoid them easily due to their high visibility and the pungent odor that develops after several hours.

Editor's Note: RACQUETBALL TODAY is sorry to announce that writer, Tom Grobmisi was recently admitted to the psychiatric ward of one of Chicago's leading mental institutions. Arms restrained, behaviour unbalanced and deranged. Diagnosis: Wild and crazy . . . as in having gone bananas.

Quotes . . .

You can't appreciate how great Hogan really is until you've seen me play!

Al Shetzer

The bigger they are, the harder they hit.

Tom Grobmisi

The player that realizes that the referee is a person too, and sympathizes with the ref's difficult task, lives in Tokyo and sends his regards.

Phil Simborg



WPRA News

By JANELL MARRIOTT, President

Women's Professional Racquetball Association

The WPRA will experiment with a new scoring system at their upcoming Boise Pro/Am, for the professional division only: points will be scored by both server and receiver; a game is to 11 points; a set is three of five games; a match is two sets; if the first two sets are split, a tie-breaker game determines the winner. There are no timeouts; one minute between games and five minutes between sets.

PBS will be televising 90 minutes of the event, so watch your television sets and write them a letter letting them know you watched and want to see more!

CURRENT RANKINGS:

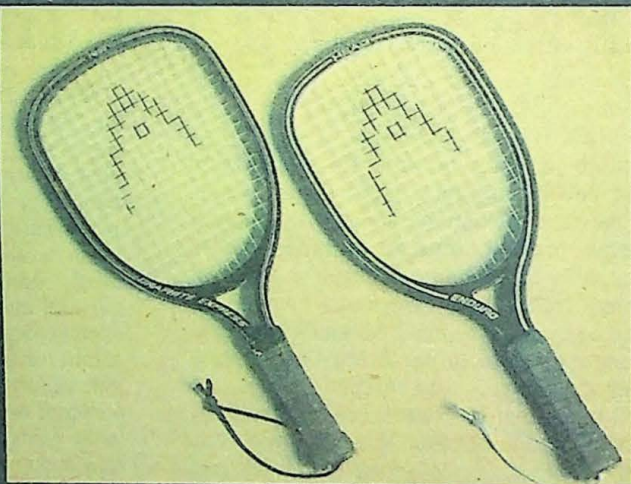
1. Heather McKay
2. Shannon Wright
3. Lynn Adams
4. Marci Greer
5. Sarah Green
6. Bonnie Stoll
7. Janell Marriott
8. Elaine Lee
9. Martha McDonald
9. Fran Davis
11. Linda Prefontaine
12. Rita Hoff
13. Karen Walton-Trent
14. Sheryl Ambler
15. Vicki Panzeri
16. Joyce Jackson

**"If you want
the best
in Racquetball...
Head has it all!"**

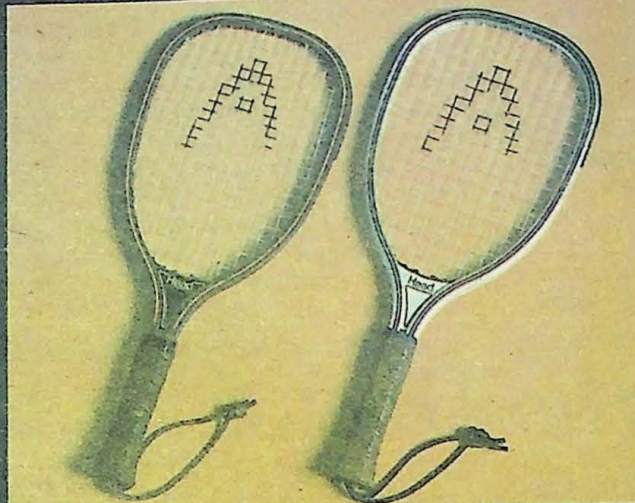
Steve Strandemo



Steve Strandemo, Head Racquetball Touring Professional/Instructor, says, "Pick the racquet that suits your game and let Head quality engineering do the rest."



HEAD® COMPOSITE RACQUETS. The GRAPHITE EXPRESS® racquet combines graphite and fiberglass for strength, lightness, and unbelievable power. The ENDURO® has an aluminum reinforced fiberglass core construction for power and durability. Both feature the open throat design that reduces twisting.



HEAD METAL RACQUETS. The PROFESSIONAL® is used by more Head Touring Pros for its outstanding power and control. It uses high-strength aluminum for devastating power. The MASTER® is made with a lighter, more flexible aluminum extrusion for superior racquet control and quickness.



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Penn Athletic Products Company, 200 Mall Boulevard, Monroeville, PA 15146.



RACQUETBALL TODAY

Tournament Schedule

November 6-9, 1980

Kansas City Follies
Site: Linden Oaks Racquetball Club
Prairie Village, Kansas
Contact: Debbie Herr
913-432-3904

November 7, 8 & 9, 1980

21st Point/Rubicon Open
Site: 21st Point Racquetball
Mountain View, Calif.
Contact: Don Davies
415-969-1783

November 7, 8 & 9, 1980

MRA-3
Site: Michigan Racquetball & Fitness
Lansing, Michigan
Contact: Match Point Enterprises
517-372-2886

November 7, 8 & 9, 1980

All-Women's Turkey Tournament
Site: Spaulding Racquetball Club
2702 Brooktree Lane
Gladstone, Missouri 64119
Contact: Kay Yarnell
816-452-1516

November 7, 8 & 9, 1980

3rd Annual Women's Sharpshooter Open
Site: Tinley Park Racquetball Club
Tinley Park, Illinois
Contact: Mike Bazzo
312-532-7900

November 7, 8 & 9, 1980

Lite Beer/Penn Super Racquetball
Championship Series for Multiple Sclerosis
Site: Perfect Racquet
405 Camino Del Rio South
San Diego, Calif.
Contact: Bud Muehleisen
714-297-6062

November 7, 8 & 9, 1980

Foot-Joy Racquetball Open
Site: Brockton Racquetball Club
85 Liberty Street
Brockton, Mass.
Contact: Gerry Cassidy
617-588-3444

November 11-16, 1980

Lite Beer/Penn Super Racquetball
Championship Series for Multiple Sclerosis
Site: Denver International Athletic Club
1630 Welton Street
Denver, Colorado
Contact: 303-623-2100

November 14, 15 & 16, 1980

Midwest Invitational
Site: Metro Clubs
Contact: Lynne Farmer
312-441-6700

November 14, 15 & 16, 1980

Yogi Berra/Lite Beer Grand Prix
Site: Yogi Berra's Hall of Fame
333 Gothic Plaza
Fairfield, New Jersey
Contact: 201-227-4000

November 14, 15 & 16, 1980

WLS Radio SMASH MS Tournament
Site: Lehmann Courts
Chicago, Illinois
Contact: 312-871-8300

November 14, 15 & 16, 1980

1980 Boise Pro/Am WPRM Tournament
Site: The Courthouse, Inc.
Boise, Idaho
Contact: 208-377-0040

November 14, 15 & 16, 1980

March of Dimes 1980 Open
Site: Windsor Racquet Club
Connecticut
Contact: Bruce McKellen

November 21, 22 & 23, 1980

Thanksgiving Classic
Site: To be announced
Contact: S/S/S Promotions
312-371-2555

November 21, 22 & 23, 1980

Lite Beer/Penn Super Racquetball
Championship Series for Multiple Sclerosis
Site: Towson Court Club
8757 Mylander Lane
Towson, Maryland
Contact: 301-821-0160

November 21, 22 & 23, 1980

Tennessee Turkey Shoot
Site: Supreme Courts
4633 Trousdale
Nashville, Tenn.
Contact: Dorothy Dixon
615-832-7529

November 21, 22 & 23, 1980

Lancaster Osteopathic Hospital
Benefit Open
Site: Lancaster County Racquetball
and Health Club
Route 1, Box 362 A
Reedsville, Penn.
Contact: Bernie Howard
717-667-2209

November 28, 29 & 30, 1980

Burn Off the Turkey Tournament
Site: Rollout Racquetball Club
Rocky Hill, Connecticut
Contact: Jeff Coyle

November 28, 29 & 30, 1980

Lakeview Hills Turkey Shoot Open
Site: Lakeview Hills Racquetball Club
Antioch, Illinois
Contact: Art Meyer
312-395-8788

November 28, 29 & 30, 1980

Highlander Junior Open
Site: Highlander Racquet Club
Brookfield, Wisconsin
Contact: Chris Pasbrig
414-786-0880

December 5, 6 & 7, 1980

Miller Lite Holiday Open March of Dimes
Site: Court Club
New Haven, Connecticut
Contact: Wayne Bruno

December 5, 6 & 7, 1980

2nd Annual BackWall Holiday Open
Site: Backwall Racquetball Club
Route 2, Box 521 A
Altoona, Penn.
Contact: Beth Haller
841-946-1668

December 5, 6 & 7, 1980

Blue Point Tournament
Site: Blue Point Racquetball Club
9 A Montauk
Blue Point, New York
Contact: Garrett Jones
516-363-2882

December 11, 12 & 13, 1980

Leukemia Racquetball Classic
Site: At various clubs
Fountain Valley, Santa Ana,
Buena Park, Newport Beach,
and Laguna Hills, Calif.
Contact: Leukemia Society
714-539-9511

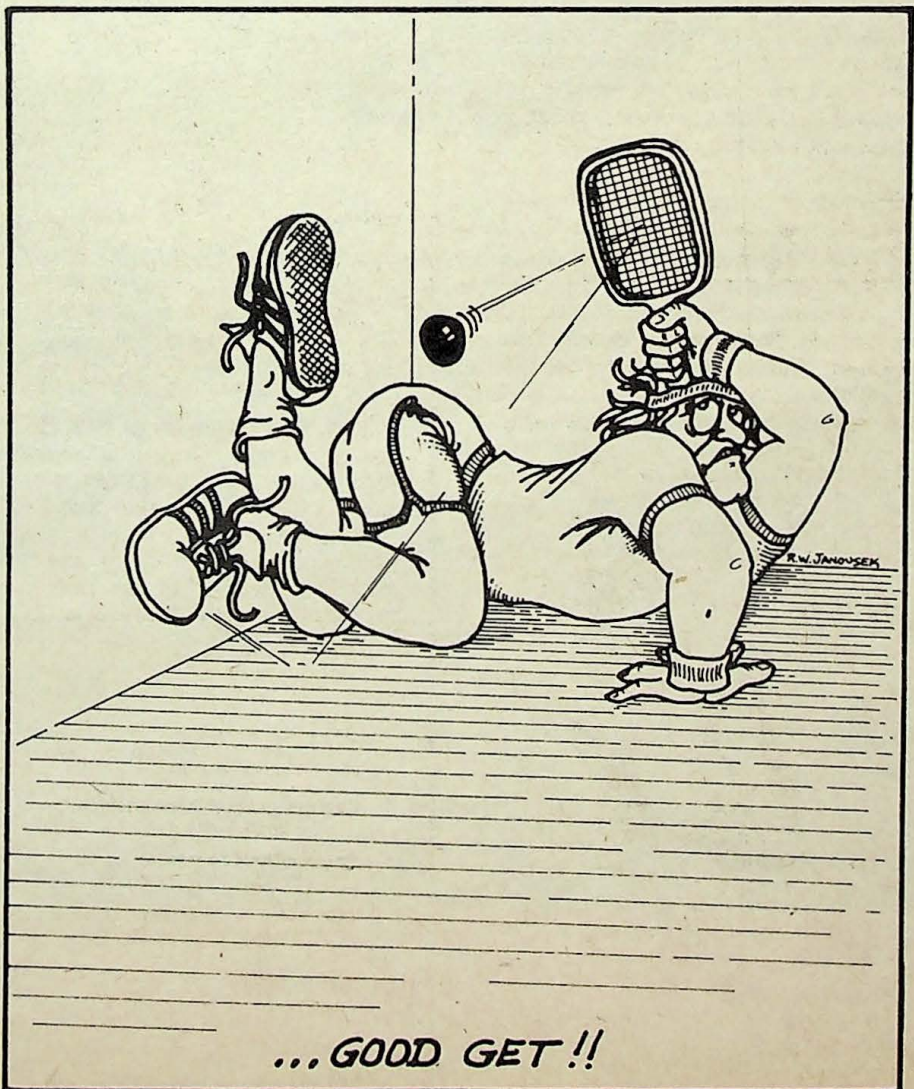
December 12, 13 & 14, 1980

1980 Sporting House Holiday Open
Site: Sporting House
Enfield, Connecticut
Contact: Ken Navarro

December 19, 20 & 21, 1980

2nd Annual Tinley Park Open Doubles
Site: Tinley Park Racquetball Club
Tinley Park, Illinois
Contact: Mike Bazzo
312-532-7900

THE FUN • FUNDAMENTALS OF RACQUETBALL by R.W. JANOUSEK



ISRA Referee Clinic
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Site: Mayer Kaplan JCC
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Contact: Mitch Bernstein
312-675-2200, Ext. 234

How to Play Power Racquetball

By MARTY HOGAN and CHARLIE BRUMFIELD

Editor's Note: Marty Hogan, the current national champ and the guy known as the hardest hitting racquetball player alive, has teamed up with Charlie Brumfield, five times national champ and known as the smartest player alive, to produce a book based on the "power" style of racquetball. With permission of the authors and publisher, RACQUETBALL TODAY will reprint portions of that book.

It's All in the Wrist . . .

Charlie Brumfield feels that the proper use of the wrist constitutes about 50 per cent of the game of racquetball. Marty Hogan feels that, numerically, the wrist weighs in at 70 per cent of his game! Coach Carl Loveday calls the wrist's power "the most important" of the six elements needed for the production of racquetball power.

The wrist? That slenderest of all the elements. Slender like a cobra, if used properly. The wrist's action is also the hardest to explain. Both Hogan and Brumfield like to practice throwing racquetballs at the wall when they feel that their wrists are a bit too tight. The racquetball stroke, in terms of the wrist, uses the same cocking and snapping motion that the good infielder uses in a baseball throw, be it overhand, sidearm, or underhand.

To practice the proper wrist position, grip your racquet normally, as in the classic handshake, and then lift it upward until you are carrying the racquet as you would a short flagpole: straight up.

THIS IS THE wrist-cocked position. It is the wrist position, forehand and backhand, that Hogan uses to a "carry" position, that is, a ready position. When he unleashes, or uncocks, that wrist at the moment of impact, if everything else goes right, the player projects as much of his or her body power to the ball as it is possible to transmit. The ability to cock and uncock the wrist is the reason why some small, thin racquetballers — or golfers — can clobber the ball out of all seeming proportion to their size or strength. (Golf great Ben Hogan weighed 125, and because of his fantastic wrist motion, he could drive 280 yards!) Marty Hogan has big, strong wrists that he develops with wrist curls, some weight lifting, and a big, plastic device that offers wrist resistance and builds wrist strength.

Bud Muehleisen, who was Charlie Brumfield's mentor, is described by Steve Keeley in his fine book, "The Complete Book of Racquetball," as demonstrating the wrist's importance in the following way. Students "drop a ball off the front foot and hit it, using only a full wrist cock and very little follow-through." Muehleisen does not permit students to raise the racquet high for a back swing or to step into the ball. The ball should "steam off the racquet."

Of course, adding the other five elements of the power swing to the wrist action, all with proper timing, will result in really good, hard hitting. Muehleisen uses this technique to win most of the Masters tournaments he enters and whip players half his age who haven't learned to unlock the power in the wrist.

The way to practice the wrist cock-and-snap is to drop balls and hit them with a fairly locked wrist at first; then gradually start snapping your wrist at the moment the ball strikes the racquet. You soon will feel the difference between stiff-wristed hitting and supple unhooking at impact with the ball.

IF YOU STILL FEEL that your wrist isn't giving you all the power you have, spend ten minutes of each practice session throwing the ball at different spots on the wall as hard as you can. This should be done with sidearm throws from down low and from waist height and then with overhead throws. Racquetball shots with good wrist action must be made from all heights. Throwing exercise also will help point your feet in the right direction.

Sportsman of the Month

In an effort to encourage and reward good sportsmanship, **RACQUETBALL TODAY** each month features: *Sportsman of the Month*. Each month we will feature a person selected for his/her high sportsmanship demonstrated in and around the racquetball court. The winner will be selected from letters sent in by readers. If you know of someone deserving of recognition for demonstrating good sportsmanship, send us a note about it (a picture, if available, would also be good).

Dear RACQUETBALL TODAY,

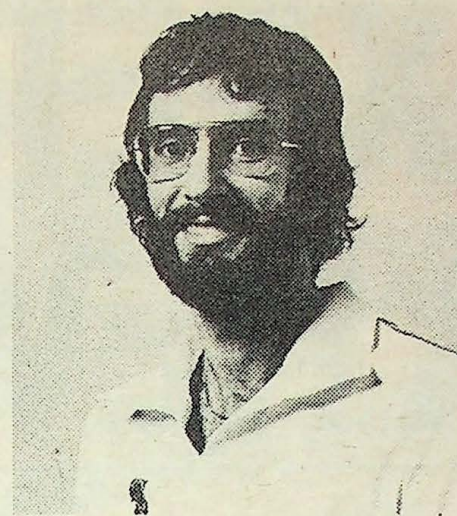
I would like to nominate Marci Greer for "sportsperson" of the month. She's not only a terrific player and sport on the court, but she's a true sport off the court as well. At a tournament last year where I was in charge of tickets at the exhibition court, I refused to let Marci in because she didn't have a ticket (I didn't know who she was). She smiled and explained that she was the next participant; and I let her in. Some people would have acted insulted or offended, but she was really sweet and understanding that I was just

doing my job. She went on to win that tournament, with me pulling for her all the way!

Ileen Vesci



Marci Greer



Charlie Brumfield



Marty Hogan

Remember, it is the up and down dimension that is crucial in racquetball. If you get the ball to the wall hard and hit the wall an inch above the ground, it's probably a winner. The sidearm motion is, therefore, the best all-around motion to practice for the kill shot in throwing practice and in practice with the racquet. The classic rule is that racquetball is a "sideways" game, that is, you're facing the right wall to hit a good forehand and the left wall to hit a good backhand (lefties know how to reverse these instructions). The front foot always points at your aiming spot.

Some old handball players, especially one-wall players from New York or Florida, where that strange sport flourishes, have perfected an underhand swing, which they bring to racquetball. They try to work this into a dump shot but end up pitty-patting the ball into a set-up for their opponent. That is because an underhand swing can hardly employ any wrist snap.

Sidearm swingers in handball, on the other hand, find it easy to escalate their good side-arm handball swings into fine racquetball kill shots.

Remember, you can throw to that first baseperson from any height, and it will be a good throw if you get that wrist into it. So it is when that "throw" is transformed into a good, snapping racquetball swing. You simply add the racquet to the throwing motion.

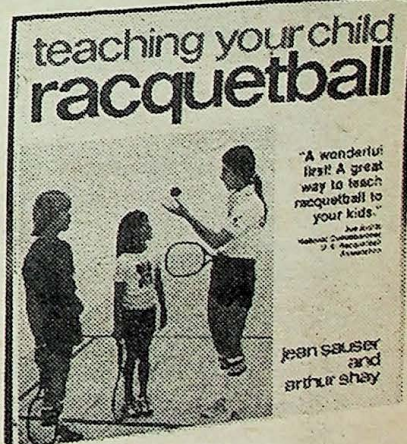
TEACHING YOUR CHILD RACQUETBALL

Designed as a do-it-yourself manual for anyone who wants to teach a child how to play one of America's fastest growing sports, *Teaching Your Child Racquetball* gives the prospective "teacher" everything he needs to know to help a youngster learn to play and enjoy the game.

Recognizing the importance of a child's early development of good habits, the authors concentrate on the areas in which that development comes easiest. This book includes instruction in everything from grips and serving to court etiquette, gearing skill development to the particular advantages and limitations a child brings to the learning situation. *Teaching Your Child Racquetball* is arranged in an easy-to-use format and spelled out in clear words and large detailed photographs, facilitating both the teaching and the learning of this increasingly popular game that can be played by every member of the family.

Jean Sauser ranks in the top ten of the National Racquetball Association's pro tour, and is a teaching pro with few peers. U.S. Racquetball Association President Robert W. Kendler has called Ms. Sauser "the best woman teacher I've ever watched."

Arthur Shay, one of the country's top sports photojournalists and the official photographer for the National Racquetball Association, is the author-photographer of some 38 books.



Racquetball Today
P. O. Box D
Posen, Ill. 60469

Please send me the book(s) indicated below. I enclose the correct amount for each book, plus \$1 per book postage and handling charge. Illinois and California residents add 6% sales tax. No cash or C.O.D.'s.

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Marty Hogan' Power Racquetball
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City _____ State _____ Zip _____

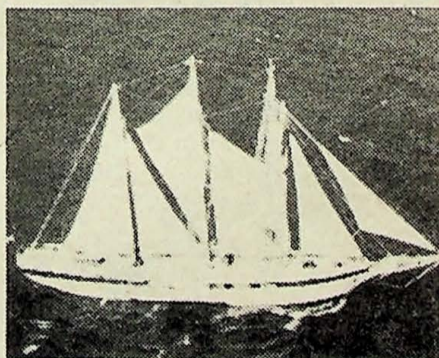
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Court Talk

The Masochist



By BOB GURA

I'M A MASOCHIST! There, I said it and I feel better. It took a while to figure it out but now that I know what's wrong I can live with it. I can even tell you about it, since I'm probably not the only one with the problem.

Each week I look forward to a regularly scheduled racquetball game with a friend of mine. I enjoy the guy's company and usually have a beer or two at the bar before playing. Well waxed and not a bit inebriated I boldly enter the court and proceed to play my heart and stomach and legs out. No matter how hard I try though, the outcome is always the same. Despite every effort on my part to play well (I also cheat sometimes) I'm always slaughtered. Not just beaten mind you, but slaughtered.

The routine goes like this. All the while we're in the bar and during our warmup he's mister congeniality. As soon as the first service begins something clicks and he becomes a four-walled Marquis De-Sade. Smiling all the while he fires drive serves, pinch shots, kills and even a roll-out or two by me.

WHEN I TRY to answer in kind the ball either flutters towards the front wall or barrels into the floorboards. Unwilling to admit defeat I try my best to chip away at the weaknesses in his game. The only hitch with this strategy is he doesn't seem to have any. Whether stroking away from

the forehand or backhand side he can control both the location and speed of the shot. I try to exploit center court position but find he's usually standing there first.

One time I fell prey to a truly evil thought and considered intimidating him. Since I stand well less than six-feet tall and my friend measures up to 6-2 and 200 pounds there was only one way to go.

I debated the idea brewing in my head, considered the score (it was 17-4) and said why not? The next time he served I was going to deliberately hit him with the ball. Yes, I know how rotten it is, but I tried it. As his drive serve sped toward my backhand I reved up and sent a bullet hurtling toward his spine. With any luck I figured he'd be branded with the word Seamco on his hide forever. At the very least he'd have to slow up the pace for a while.

Can you guess what happened? Despite my best effort to momentarily maim my fellowman I missed the shot. The ball zipped by his shoulder and smacked the front wall. He put the plum away with a pinch shot and said something I'll never forget. "If you want a tip," he chimed, "stay away from a middle wall return. It's masochistic on your part."

HUMBLED AT having missed my chance to wound him and angered by the criticism, I nodded glumly. I went home and checked out the word masochism. As I assumed, Webster defined it as pleasure

in being dominated or abused. At that moment it came to me, I understood why I was a racquetball masochist.

Somewhere deep within the competitive fires were burning. Playing each week against a much better opponent I was learning to hate defeat. While I enjoyed trying my best I lusted for the day I could walk off a winner.

From that point on I began to reserve extra practice time and compete with more top-notch players. I've finally got my game down to where it's noticeably better.

I had called off the weekly games during this period and only recently reinstated them. I'm working on a new goal now, it's called tactical sadism. I can't think of anything more worthwhile than cruelly defeating my old buddy on the racquetball court.

My Hero

By TOM GROBMISI

*His wife sat in the stands
Along with all the other fans
As she watched him win the trophy
"For the Club."*

*And she thought: "It's really queer,
He performs so well in here,
While in bed, he's really, truly
Such a flub."*

*Now I know he's in good shape,
He's built just like an ape,
And my girlfriends tell me
How I am so lucky.*

*But it's hard to get excited
When at night I am invited
To play with him
And his little rubber duckie.*

*So kill the ball, my dear,
You won't lose, I have no fear;
'Cause you always were a winner
On the court.*

*Be the big man on the ladder,
Even though it makes me sadder,
'Cause at home, my dear,
You really come up short.*

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New Products

By ALAN SHETZER

I had an interesting telephone conversation the other day with "Moose" Detty. Moose was the trainer for the Philadelphia Eagles for 30 years and during that time he developed a number of different kinds of braces and supports (ankle, knee, elbow).

Upon retiring from the Eagles he formed a company called PRO Orthopedic Devices, Inc., to sell his products to the general public.

What's this got to do with racquetball? Plenty! The products are designed to give elastic support, increased circulation and heat retention to problem areas.

I PERSONALLY have had lower back problems for the last several years and have found that wearing a rubberized waist band kept heat on my lower back and prevented my back muscles from tightening up when I played racquetball. I tried one of Detty's Pro Exercise Trunks which includes a waistband but also extends around the buttocks and upper thighs. You can't beat it for heat retention and support. It might even help you lose some weight. At a suggested retail price of \$29.95, the product is a bargain.

PLAYING RACQUETBALL requires specialized equipment and shoes are no exception. PATRICK ATHLETIC SHOE COMPANY was one of the first to come out with a racquetball shoe. Called the Copenhagen, it has the following features:

1. Unique wrap-around construction to hold the foot firmly in place; particularly

important during lateral movement.

2. Nylon mesh and suede uppers — reinforced on the side to withstand additional pressure and torque. Also adds comfort and breathability.

3. High back to protect the achilles area.

4. Multi-stitched side stitching for reinforcement and strength.

5. Hexagonal shaped tread pattern for maximum effectiveness on a wood floor.

This shoe is available in low or high cuts at your pro shop or sporting goods store.

TO PROVIDE the flexibility many women players prefer, EKTELON has introduced the new BlueLite racquet.

Built for exceptional mobility and a faster swing, the BlueLite is constructed of fiberglass in a nylon matrix and weighs only 250 grams.

The BlueLite is the first Ektelon non-aluminum racquet specifically designed for women. It will be the most flexible racquet in the Ektelon line.

Ektelon is a San Diego-based manufacturer of racquetball racquets and accessories. It is a division of the Browning Corporation of Morgan, Utah.

Put a hero sandwich and a beer on the table and next thing you know, you'll have a racquetball player on the table.

Tom Grobmisl

The toughest call is home to say you'll be late for dinner.

Phil Simborg

Nobody builds a racquetball shoe like the Copenhagen



When it comes to Racquetball shoes the Copenhagen by Patrick stands alone. We were the first



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ENTRY FEE: \$20.00 per person Singles - \$5.00 per person additional doubles. \$10.00 per person Doubles only.
ENTRY DEADLINE: All entry blanks and corresponding entry fees must be in the possession of the club post marked no later than Monday, November 10th.
CONSOLATION: All division-first-round losers must sign up.
RULES: I.S.R.A. Sanctioned
OFFICIAL BALL: Seamco 600
STARTING TIMES: Call Lehmann Cts. Wednesday, Nov. 12th after 6 p.m. 871-8300
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SHIRTS: A souvenir "WLS SMASH MS" shirt will be provided to all single event participants.
HOSPITALITY: Gatorade and snack foods will be provided to all entrants.
LIMITATIONS: Standard limitations.
GENERAL INFORMATION: We reserve the right to change players brackets and or combine some divisions in cases where draws are not sufficient. Winners must referee. 15 minute forfeit. No refunds.

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MEN'S DIVISION Open A B C D (Novice) Seniors 35 +
DOUBLES: Open A B C D (Novice) Masters 45 +
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An Interview with the A.P.R.O.

By PHIL SIMBORG

APRO stands for American Professional Racquetball Organization. It was founded in 1977 by Chuck Sheftel who was "disillusioned by the way racquetball was being taught — some people were calling themselves teachers and they really weren't. So I felt I should do something about it. I contacted 12 top teachers from around the United States and invited them to come to Chicago to talk about this new organization." Seven of the 12 showed up, including Paul Ikier, Joe Wirkus, Jean Sauser and Fernando Velasco from the U.S. Professional Tennis Association (USPTA) who helped them structure the organization. They set up a nonprofit, democratic organization which has been certifying racquetball teachers, about 600 total, since their inception.

Chuck has been re-elected president every year, and they have just hired their first paid employee, Nancy Taylor, to act as national co-ordinator. Because of some recent help from some very active and dynamic directors, and associate memberships from companies which donate \$250 each to help the organization, they're starting to become much more active than in the past and you'll be hearing a lot more about them. After a thorough investigation, RACQUETBALL TODAY was quite impressed with Sheftel, the organization and its goals, and will donate space each month for a column entitled "APRO

Report" so that they can better reach the public.

AT 33, Chuck works fulltime in the Chicago area as both a tennis and racquetball instructor and club manager, and has recently published articles stating a very strong case for why you can mix the two sports without damaging your game at all, and he's living proof of that, himself, as he, personally, is a high-level player in both sports and switches often in the course of a single day! He's been teaching tennis for 17 years, and is still involved with the USPTA (the organization that does for tennis what APRO is doing for racquetball). He's bright, knowledgeable, enthusiastic and personable, and we're truly lucky to have such a person working as a volunteer on behalf of the sport of racquetball.

Chuck estimates that less than 10 percent of the people who "claim" to be racquetball instructors have been properly certified, and while many of those may be excellent teachers, it's not until they are tested carefully and objectively that you have any assurance that they can do a reasonable job. By setting up testing personnel and clinics continually in all areas of the country, and with the help and support of club owners, racquetball organizations, private companies, and publications (such as this) he hopes some day that proper certification will be a standard re-

quirement insisted upon by the club owners and players alike.

There's no question that APRO is good for the sport, sorely needed and on the right track. Next time you take a lesson,

why not ask if your "pro" has been certified, and if not, why not.

For more information contact APRO, 730 Pine Street, Deerfield, Illinois 60015 (312/945-4678)

The A.P.R.O. Report

By CHUCK SHEFTEL, President

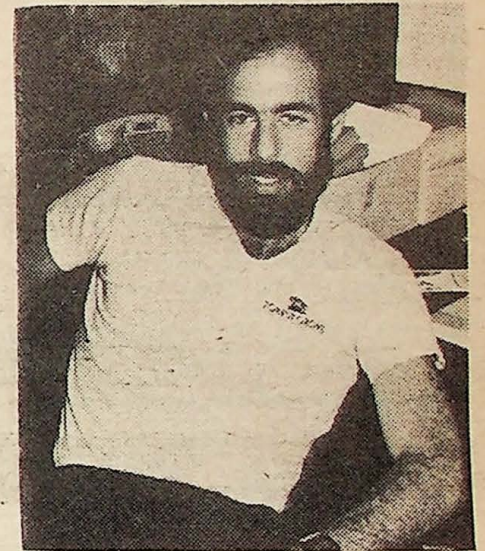
The American Professional Racquetball Organization, this country's only racquetball teachers organization, is extremely thankful to RACQUETBALL TODAY for allowing us this space to keep the country aware of our activities. In this first month's report, I would like to thank and acknowledge the elected, volunteer committee chairmen and board members for their efforts on behalf of APRO. Phil Klintworth (Mich.) is heading a committee to set up a new, national ranking system. Marc Auerbach (Texas) and Wayne Franke (Wis.) have been working on and improving the teacher's manual. Jim Winterton (New York) and Camille McCarthy (Ind.) are setting up a speakers list and agenda for the APRO National Convention the end of July, 1981.

Recent clinics have been run by Fred Acee (New York), Sam DeCrispano (Maryland), Bill Polopek (New Hampshire), Marc Auerbach, Jim Austin and Randy Stafford (Texas), and Lou Fabian (Penn.). Clinics and certification tests are currently scheduled by Jim Pruitt (Penn.), Fred Blaess and Terry Fancher (Fla.), Ron Meek (Calif.) and Jim Entler (Idaho).

The U.S. Professional Tennis Associa-

tion/APRO workshop is set for Long Beach, Calif., January 24 and 25. Key speakers will be Ed Martin, Ron Meek and yours truly, Chuck Sheftel.

For additional information on our clinics, testing and programs, contact our new National Co-ordinator Nancy Taylor at APRO, 730 Pine Street, Deerfield, Illinois 60015 (312/991-4646).



Chuck Sheftel



Life-enrichment through sports

By Laurence Korwin, Director, Sports Training Institute

Does Running Build Character?

We are told running builds character. I'm skeptical. So many other cures have failed.

Latin, math, hard labor, cold showers, and fasting were once touted as character builders. Fads change. In Japan children have their character built by being forced to squat for several hours without twitching a muscle.

Tying running to character building is a bad way to encourage more people to run. After logging lots of painful miles and finding their character unchanged, people are bound to get disappointed—even angry.

"Character building" means doing something disagreeable that you'll be thankful for later. The reason it's wrong to tie running to "character building" is that running need not ever be painful.

The heaven of the "euphoric threshold" need not be entered through the hell of the "pain threshold."

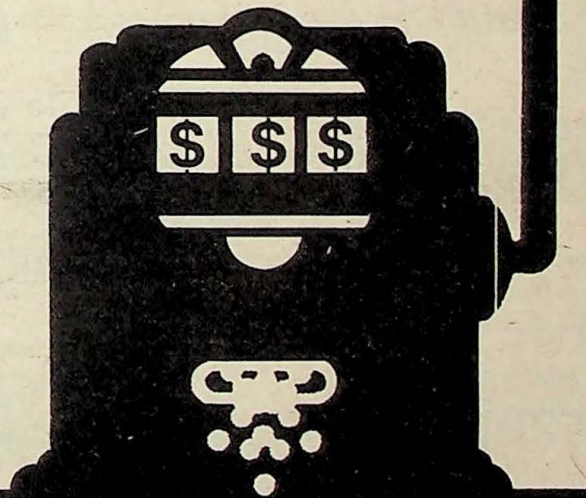
Running can and should be a delight from the first step to the last—to receive pleasure, not to build character.

Copyright © 1979, Sports Training Institute

1

Laurence Korwin is the author of "You can be good at sports!" To order the book write: Sports Training Institute, 333 North Michigan Avenue, Chicago, Illinois 60601. The book is available for \$14.95, plus \$1.55 postage and handling. The book is hardcover and richly illustrated in full color. The editor and publishers of RACQUETBALL TODAY recommend it to help you play better and enjoy it more. It is with permission of the author and publisher that portions of the book are reprinted.

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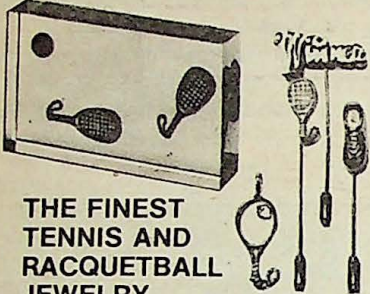


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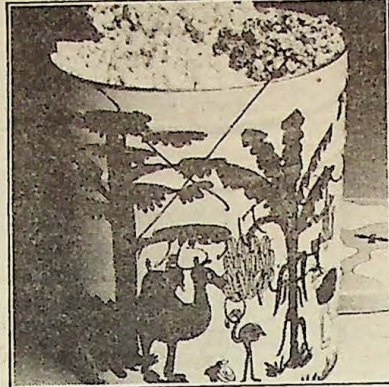


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CLUB GUIDE

ILLINOIS

THE RIGHT CLUB

2330 N. Hammond Drive, Schaumburg, Ill. 397-3300. 8 racquetball courts featuring 4 new glass backwall courts, complete Nautilus-aerobics fitness center with supervised programs and exercise classes; 5 tennis courts featuring indirect lighting providing the highest ceiling in Chicago; cocktail lounge with viewing gallery; attended nursery, whirlpools, saunas, traveling teams, instructional and advanced leagues, sanctioned tournaments, match arranging, social events and parties.

PRO RACQUETBALL AND FITNESS CENTER

1055 Lake Avenue, Woodstock, Ill. (815) 338-8222. 8 climate controlled racquetball/handball courts. Fully carpeted locker rooms including saunas and whirlpools. Nautilus fitness center for extensive exercise programs. Spacious lounge with championship court viewing. A place for everyone to see.

SUPREME COURT

One Virginia Road, Crystal Lake, Ill. (815) 455-3330. 10 air-conditioned racquetball courts, saunas, whirlpools, carpeted locker rooms, attended nursery, fully equipped pro shop. Manager/Pro: John Isaacson.

OAK LAWN RACQUET CLUB

10444 South Central Avenue, Oak Lawn, Ill. 499-3626. 5 racquetball/handball courts, 8 tennis courts, saunas, whirlpools, exercise room, carpeted locker rooms, attended nursery, T.V. lounge.

KILLSHOT, LTD

321 Edgewater Drive, Bloomingdale, Ill. 893-9575. 15 climate controlled racquetball/handball courts, fully carpeted locker rooms, large co-ed whirlpool, separate saunas, and massage rooms, extensive exercise room, fully equipped pro shop, attended nursery, spacious lounge with viewing gallery. Horseshoe-shaped bar with 2 way fireplace. Private and group lessons. General Manager/Head Pro: Don Jenkins. Manager/Pro: Sue Sulli.

SILVER LAKE COUNTRY CLUB

147th Street and 82nd Avenue, Orland Park, Ill. 349-8947. 9 racquetball/handball courts (1 glass walled court for viewing), saunas, free attended nursery, exercise rooms, full length lockers, extensive bar and lounge. Private and group lessons available.

TINLEY PARK RACQUETBALL CLUB

17500 Duvan Drive, Tinley Park, Ill. 532-7900. Open 7 days, 8 a.m. to 12 a.m. 15 regulation racquetball/handball courts with unique use of glass for uninterrupted playing and viewing. Luxurious health facilities including saunas, steam bath, whirlpools, Universal exercise areas. Free attended nursery. Pro shop, racquet rental, complete lessons program. Temperature controlled for comfortable year-round play. Home of the plush Prime Time Lounge. Managed by Five Stars International Enterprises, Inc.

THE RACQUET HOUSES

1. O'HARE RACQUET HOUSE: 951 East Touhy Ave., Des Plaines, Ill. 298-6144. Club Pro: Shirley Schelthe.
2. THORNDALE RACQUET HOUSE: 1220 Mark St., Bensenville, Ill. 595-2020. Club Pro: Colleen Shields.
3. HILLSIDE RACQUET HOUSE: 4401 W. Roosevelt Road, Hillside, Ill. 449-2255. Club Pro: Crystal Durdil.
4. HARLEM IRVING RACQUET HOUSE: 4203 North Harlem, Norridge, Ill. 457-2040. Club Pro: Sam Rizzio.
5. ELMHURST RACQUET HOUSE: 233 West Grand Avenue, Bensenville, Ill. 595-5060. Club Pro: Rose Magliano.

All clubs have racquetball/handball on 8 regulation courts. Carpeted locker rooms, saunas, whirlpools, steamrooms, exercise facilities, free attended nursery, pro shop, racquet rental, group and private lessons, instructional and non-instructional leagues. Open 7 days a week. Director of all club operations: Carol Armstrong. Program Director/Public Relations: Mary Lou Burny.

TREBORSHIRE HEALTH AND RACQUET CLUB

195th Street and Glenwood Road, Glenwood, Ill. 60425. 754-8400. Four racquetball, 7 tennis regulation courts. Whirlpool, sauna, complete bar and health facilities under construction. LOWEST COURT RATES IN THE AREA. Charter memberships now available. Tennis and Racquetball Pros. Tom Karas and Frank Johnson, your new owner/manager/racquetball pros.

CONTINENTAL CLUB

1701 Golf Road, Rolling Meadows, Ill. 981-7777. Ten racquetball/handball courts, two squash courts, indoor swimming pool and whirlpool, indoor running track. Nautilus equipment, basketball, volleyball, judo, karate, golf driving. Separate Paramount equipment workout rooms for men and women. Carpeted locker rooms for men and women with sauna, steam, sun rooms. Color TV in lounges, towels & toiletries, massages. Free attended nursery, pro shop, group and private lessons available. Open 7 days a week. This club is built in conjunction with restaurants, Deli, shops and three twelve story office towers. Individual and Corporate memberships available; Charter membership available until June 1; call Debbie Engle, Director of Membership, 312-981-7777. General Manager: Norb Duba.

CHALET SPORTS CORE

8300 South Wolf Road, Willow Springs, Ill. 246-4030. Conveniently located 1 mile from the Tri-State and Stevenson expressways. 22 racquetball/handball courts, indoor swimming pool, indoor running track, exercise room, saunas, whirlpools, steamroom, sunroom, free attended nursery, pro shop, cocktail lounge and disco.

SPAULDING RACQUETBALL CLUBS:

- HIGHLAND PARK CLUB: 2699 Skokie Valley Road, Highland Park, Ill. 60035. 433-6000.
- NORTHBROOK CLUB: 2175 Commercial Avenue, Northbrook, Ill. 60062. 498-9890.
- LINCOLN PARK CLUB: 220 West North Avenue, Chicago, Ill. 60610. 943-2266.

All clubs have 12 air-conditioned racquetball/handball courts, carpeted locker rooms, saunas, whirlpools, nursery school program available, pro shop, racquet rentals, group and private lessons, leagues, programs and parties. Open 7 days a week.

WHEATON SPORT CENTER

1000 Prairie Avenue, Wheaton, Ill. (312) 690-0887. Featuring 12 indoor racquetball courts, three with back wall glass for viewing; six indoor tennis courts; two outdoor tennis courts; 25-yard, six-lane, indoor pool; free attended nursery; dance studio; indoor running track; complete pro shop; steam, saunas and whirlpools; racquetball and tennis lessons available; other outdoor activities including golf driving range for members.

MICHIGAN

SPORTS ILLUSTRATED COURT CLUB No. 1

2111 Golfside Road, Ypsilanti, Mich. (313) 434-2111. 10 courts, Nautilus fitness center, free nursery, saunas, lounge, racquetball instruction, pro shop and much more!

FLINT RACQUETBALL AND FITNESS CENTER

G-3237 Beecher Road, Flint, Mich. (313) 733-3000. 10 regulation courts (1 glass), 2 saunas, co-ed whirlpool, fully-equipped pro shop, leagues, lessons and parties. Aerobic Dance classes. Group discounts available. Club manager: Terry Graham.

SPORTS ILLUSTRATED COURT CLUB No. 7

2717 Schust Road, Saginaw, Mich. (517) 790-0150. 15 regulation courts, Swedish sauna, whirlpool, free nursery from 9 a.m. to 5 p.m. Monday-Friday, Universal fitness center with jogging area, and pro shop.

SPORTS ILLUSTRATED COURT CLUB No. 12

42140 Van Dyke, Sterling Heights, Mich. (313) 254-1012. 8 regulation courts, 2 saunas, 2 whirlpools, 1 badminton court. Special women's programs, free nursery, men's and women's traveling leagues. Aerobic dance classes. 2 professional instructors (APRO). Manager: Kathleen Zale. Program director: Debbie Fultz.

FLINT RACQUETBALL AND FITNESS CENTER

G-5219 W. Pierson Road, Flushing, MI. (313) 733-7730. 15 regulation courts, Swedish sauna, whirlpool, free attended nursery from 9 a.m. to 5 p.m. Monday-Friday. Universal fitness center with jogging area. Pro shop. Located 1 mile west of I-75 on Pierson Road. Club Manager: Al Nuechterlein.

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 Contact: Mitch Bernstein. 312/675-2200, Extension 234

APRO and USpra will be holding a racquetball/tennis clinic Saturday and Sunday, January 24 & 25, at the Long Beach Convention hall, Long Beach, Calif. The clinic will be aimed at teaching the sport of racquetball. Speakers are Chuck Sheftel, Ed Martin and Ron Meek. For tickets, write or call APRO, 730 Pine Street, Deerfield, Ill. 60015 (312/945-4678)

Heard a good, humorous racquetball story or joke lately? Send it to our Comic Editor, Tom Grobmisi, and if we use it in the paper we'll send you a gift. Write R.T.

OPEN player looking for occasional weekend game in Holland, Mich., area. Write R.T. Box 102.

A message for Ellen Newburger: Jimmy loves you! We'll talk of marriage later.

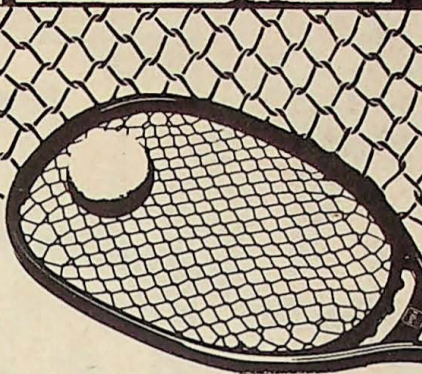
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WE'RE LOOKING FOR PEOPLE to help RACQUETBALL TODAY in a few, specific metropolitan areas where we currently have no representative. We need people to help give us reports on major tournaments when they are in the area, help us run our tournaments around the country, and help establish the club guide. We currently need people in Atlanta, Boston, Denver, Houston, Seattle and St. Louis.

ATTENTION CLUB OWNERS: You can get in to our club guide for only \$220 a year. What a great way to let everyone in the country know where to play when they come to your city, as well as everyone in your area! See the club guide page for more information.

Help! Our classified ads section is brand new and we need ads. Do you want to find someone looking for a game at 6 a.m. in Waco, Texas? Do you want to congratulate a friend for winning? Looking for someone to share a room at the upcoming pro stop? Here's the place to put the ad. See order form below.

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