

National Racquetball

Vol. 13 • No. 10
October, 1984
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On the cover . . .

Jean Sauser, racquetball pro, club owner/manager, and fitness expert introduces National Racquetball's fitness section this month (page 21). The section will become a standard feature in each issue, complementing our regular instructional section. Worry not! We won't reduce by a single page any of the top flight coverage you've come to expect.

—Photo by Arthur Shay

Next month . . .

November brings our annual gifts and accessories guide to help you in finding that "just right" holiday gift for your special racquetballer. We'll also have a feature on Jay Schwartz, winner of virtually every title for the 35+ set, along with all our regular features.

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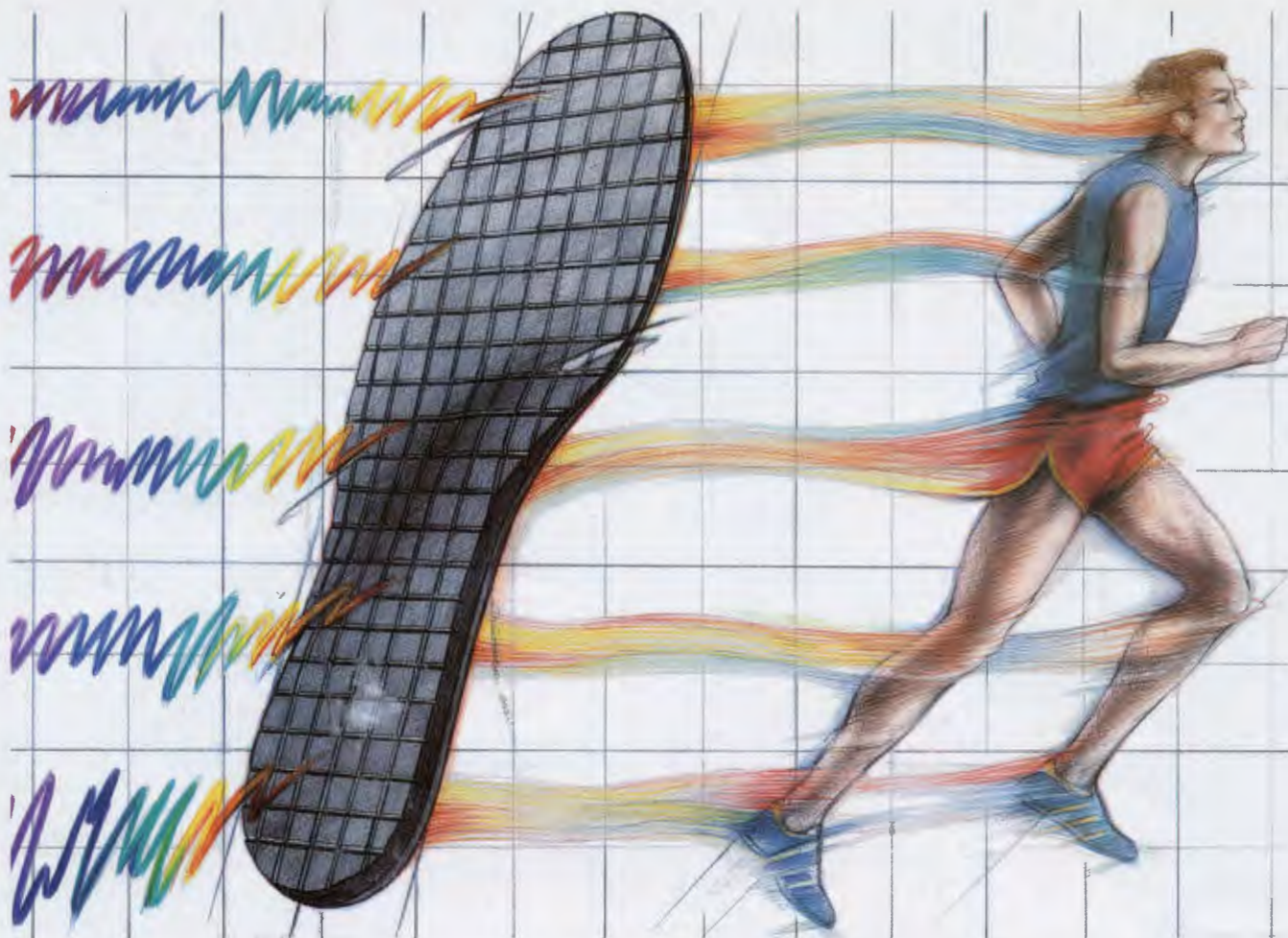
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From The Editor . . .

I Appeal And Appeal

And Appeal
And Appeal
And Appeal . . .



Even the greatest of inventions or concepts eventually run their course. Look what happened to the ice box, for example. Or the idea that the world is flat. Or wooden framed racquetball racquets.

Well, I think that today's appeal rule in racquetball tournaments has finally run its course—at least in its present form.

Today's racquetball tournament players have a severe case of appealitis.

Locker room jabber isn't about kill shots or the cute blonde in the fourth row—it's about how many appeals were made. Players are challenging each other to see who can appeal more within the space of one match.

I heard that Dave Peck recently broke Jerry Hilecher's "Most Appeals In A Match" record in *one game!* By the time the match was over, the host club was shut down for running a nursing home without a license.

Unfortunately, I must take a lot of the credit/blame for the appeal situation because I initiated the concept in the early days of pro racquetball. My motives were purely selfish. As the tour's chief referee I was making more mistakes than I or the players liked. I needed help and knew it. So I added the linesmen and instituted appeals.

For a long time the system worked marvelously. The referee would make his rare mistake, the player would appeal, the linesmen would make their call and the match would continue. Every once in a while a player would think the referee made a mistake and appeal. Of course, the line judges would uphold the referee and play would continue.

Ah, but they learn fast. Pretty soon the players figured out that if they couldn't see Marty Hogan's 142 mph bullets, then neither could the referee. Assuming the referee was just guessing (I was always amazed that it took the players so long to figure this out) they began appealing everything in sight.

And they still do.

They not only appeal every rally, but they appeal everything about every rally. I appeal the shot. *The shot was good.* I appeal the get. *The get was good.* I appeal the serve. *The serve was good.* I

appeal the third shot before the backhand V-pass to the right. *The third shot before the backhand V-pass to the right was good.*

And so it goes.

But I have a solution (you didn't think I'd let you come this far without giving you a solution, did you?). Racquetball needs a rule change to eliminate the unnecessary, annoying, time consuming, match disrupting appeals. So here's my new rule (it has three parts):

- Each player is allowed three appeals per game; these appeals can be made within a single rally or in three separate rallies or in any combination.

- Whenever an appeal is made *and upheld* by the linesmen (the call reversed) the appealing player does not lose that appeal. In other words, if you appeal and win the appeal, you still have that appeal left.

- On any rally which ends a game, the winning shot is automatically appealed. The shot is made, the referee makes his call, the referee appeals his own call to the linesmen, the linesmen give their signal, and the game is over (if the referee was right).

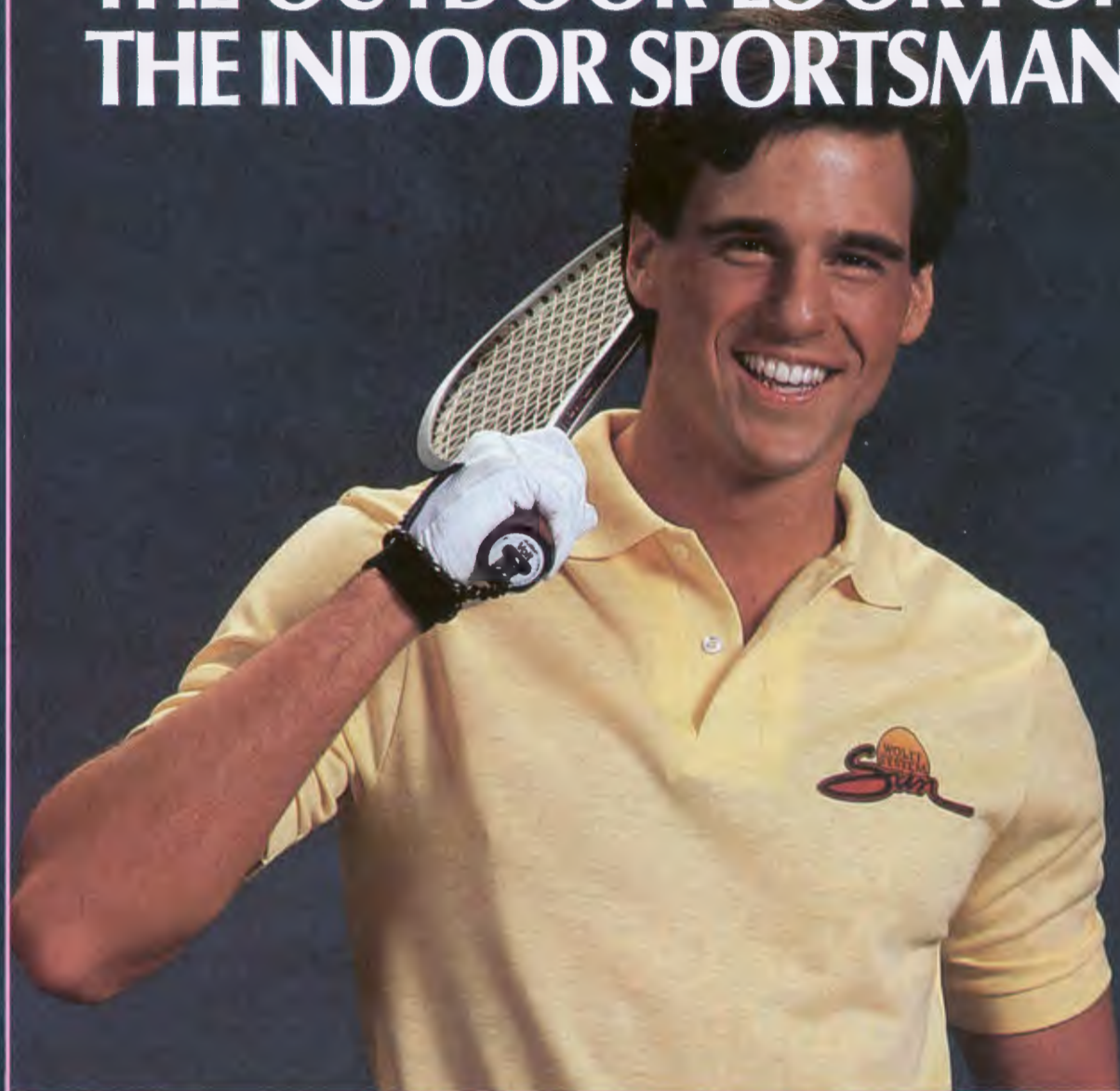
The system will allow players to continue to appeal, but they'll have to be a little more careful about when and how often they appeal. And they'll have the comfort of knowing that every game-winning shot will be appealed, so they won't have to "save up" an appeal to use at the end.

I don't mind telling you that some of the people around here disagree with this idea. And since brilliance is in the eye of the beholder (pardon my paraphrasing), I'd like to get some additional opinions.

What do you think? •

Chuck Lane

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E V E R Y D A Y I S S U N D A Y

Letters

Corrected We Stand

Dear Editor:

I would appreciate it if you or your proof-reader would check a little more carefully. Your article about "J.J." Jones and the Deaf Racquetball Tournament (*July issue*, page 2) had an error.

In the fourth paragraph the article says Jones was "*practicing five hours a day*" developing fundamentals. This is a wrong statement. Days, not hours, would be accurate.

Thanks, from the guy who practices five days a week developing fundamentals.

J.J. Jones
Shawnee Missions, KS

We Like What We Hear!

Dear Editor:

We have just concluded the 1984 Toyota-Lite Beer East Coast Classic here in Baltimore and we feel an obligation to publicly comment on the deportment of the professional players who participated in our event.

Gerry Price, Ed Andrews, John Egerman, Rueben Gonzalez, Corey Brysman, the Gross brothers and Jack Newman were cooperative and helpful throughout the entire weekend. They met every starting time and were respectful of the amateur referees that we supplied.

However, the real purpose of this letter is to commend Marty Hogan. A lot has been said about Marty, both pro and con. We must admit to being extremely concerned about his attitude at our tournament, since we, like others, had heard about his supposed "bad" reputation. Without question, Marty Hogan was cooperative, understanding and available at all times.

The media in Baltimore were constantly putting themselves upon him for newspaper interviews, "live" TV cut-ins to newscasts, special requests that meant he had to be available at the club two hours before his starting time, and in general, constantly after him.

Hogan handled himself as the consummate professional. Every request for autographs was honored. On the court he displayed professionalism with the amateur referees and was sportsman-like toward his opponents. We know we speak for the Baltimore/Washington/-

Pennsylvania people who attended this tournament. . . . Thanks Marty, for setting an example for racquetball players to follow!

A final note has to include Gregg Peck and his championship match with Hogan. Although they were playing for a \$10,000 prize (a 4x4 Toyota truck) they exhibited racquetball at its finest, both in playing and deportment. It was exhilarating to see two of the top players, playing for big money, play a match without the crying and complaining that unfortunately has come to be "expected" of our sport. Hats off to Gregg as well!

We hope you will print this letter because we truly feel these players and the sport need more of this type of publicity. Thanks for your consideration.

Dave Pivec
Joe Larson
Tournament Directors
Baltimore, MD

We're happy to publish the letter. — Ed.

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When a shoe comes apart on the side, where the uppers and the bottoms come together, it's called a blow out.

Other companies don't talk about blow outs because, frankly, they can't do much about them.

We're bringing it up here because we've developed a special bonding process that helps prevent blow outs in our Yamaha Asahi court shoes.

Like other companies, we start out by buffing the areas that are going to be joined.

But next we use an exclusive chemical etching process that greatly increases the surface area of the leather and rubber that's going to be bonded.

Then we use a unique bonding compound that was developed by our

own Asahi chemical engineers.

The result is a bond that's so tough, blow outs are all but eliminated.

Of course, there's a lot more going for Asahi court shoes than the way we put the uppers and the bottoms together. There's the uppers and the bottoms.

Our high-grade leather uppers give you lateral support. So your feet won't roll over on you when they get tired.

And our bottoms are actually composites of two kinds of rubber. Tough synthetic rubber in the high wear areas—the heel, ball of the foot and toes. And lightweight natural gum rubber everywhere else. Because nothing beats gum rubber for traction and shock absorption.

Our shoes also have two layers of EVA cushion in the midsole. A soft layer next to your foot for comfort. A firm layer next to the sole for shock absorption.

If you want tough, comfortable shoes that will help you get the most out of your game, get a pair of Asahis.

Should you completely forget about blow outs?

You don't worry about tongues falling out, do you?

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National Racquetball's Annual Shoe Guide

Uppers, lowers, outer soles, inner soles . . . do you know enough about these features of a shoe to enable you to pick out the best product for racquetball?

With the help of shoe manufacturers, we are able to present you with a comprehensive shoe guide. Our thanks go to the manufacturers who provided us with information about their products.

And now you'll be able to pick out the shoe that's right for you.



CT 550 by New Balance

The New Balance CT550 is constructed with a full-grain supple leather upper, perforated for breathability. The outsole is made of high grade, two-color rubber and is stitched to the upper for added longevity. The outsole features a unique tread design for excellent traction on all court surfaces.

The leather flex tip allows forefoot stability and provides extra durability for toe draggers. Other features include a two-density frelonic insert with memory foam that molds itself to the shape of the foot, speedlacing for a better fit, a strong surllyn heel counter which provides rear foot stability and prevents heel slippage, and a white cambrelle vamp lining that wicks away moisture from the foot.

Available in men's sizes 6-13, in B,D, and EE widths. Suggested retail price; \$54.95



X-Celerator by Brooks

Brooks introduces a court shoe innovation to the U.S. with the X-Celerator.

A stirrup design is built into the rear of the shoe which wraps the ankle for exceptional support that is unrestricted due to the cutaway design of the shoe back. This unique system allows freedom of movement around the achilles area while still supporting the ankle.

Brooks has designed a cut-away shell sole to reduce weight and increase flexibility. Borrowing from Brooks running shoe technology, the X-Celerator has an EVA insert at the midsole for extra cushioning and shock absorption. A new outsole pattern allows for traction and flexibility while a new Brook Court last makes the fit more snug in the heel and roomier in the forepart.

The upper is soft, strong full grain leather in two different tempers: softer in the forepart for greater flexibility and stronger in the rear for additional support. Suggested retail price: \$53.95



PM-1 by Asahi/Yamaha

Asahi introduces a new court shoe — a three-quarter high, all purpose PM-1, specifically engineered to provide the support, shock absorption, and cushioning needed by tennis, racquetball, squash, volleyball, and basketball players.

Extremely lightweight, the PM-1 features a padded ankle collar designed to provide added support and protection. It is composed of Asahi-designed dual density outsole of natural rubber bonded to synthetic rubber which gives maximum traction without sacrificing durability. Pivot points on the ball of the foot and heel add to the shoes' playability and durability.

Combined with double-weave cotton and nylon mesh, the PM-1's upper of split leather promotes breathability. A removable and washable terry cloth EVA footbed adds to further its comfort.

PM-1 features a locking speed lacing system which gives security where needed, yet provides continual adjustments at flex points. Available in white, in sizes 7 to 13. Suggested retail price: \$59.95.



Men's Challenge Court by Nike

Designed to provide excellent traction on any court surface, and the comfort to go with it, the Challenge Court features a padded, extended ankle collar design.

With an upper constructed of lightweight mesh, together with full-grain leather reinforcements, the Challenge Court promoted increased stability while utilizing a non-marking two-color cupsole cemented and stitched to the upper.

The hobnail outsole provides the required traction while Variable Width Lacing assures a comfortable fit.

Available in sizes 3-15. Suggested retail price: not available.



Court Force by Nike

The Court Force employs an extended suede toe piece, together with non-stretch nylon in the upper, to provide total forefoot protection and durability.

A full-length midsole and partially cupped outsole combine to provide both cushioning and lateral stability. The outsole design provides excellent traction on wood surfaces.

Available in sizes 3-15. Suggested retail price: not available.



Dominator by Adidas Indoor Court by Adidas

Adidas presents two racquetball shoes, the Indoor Court and the Dominator.

The Indoor Court has nylon uppers with velour reinforcement. A two-density rubber outsole is also available. Suggested retail price: \$29.95.

Leather uppers with nylon mesh are one of the features of the Dominator. Rubber outsole is especially designed for indoor racquet sports with leather reinforced at the heel and toe. Suggested retail price: \$43.00



Phase I by Reebok

Phase I introduces advanced technical design to provide lightness and cushioning found in high-performance running shoes. It features all garment leather upper which assures light-weight and snug fit.

The Hytrel Heel Stabilizer provides lateral court movement and added protection. An high abrasion solid rubber outsole with reinforced thickness at key areas, and a variable lacing system aid in proper fit.

The midsole DI-TEX 107 protects and cushions at all stress areas. A slit-forepart innersole boards provides for proper flex at the forefoot. The removable, cupped, terrycloth sockliner aids in proper fit and support.

A fully-padded terry collar lining for snug heel fit and control, and sway bars with flex dips for forefoot support, comfort and flexibility are two more features of the Phase I.

Available in Men's sizes 6½ - 12 and Women's 5½ - 10. Suggested retail price: not available.



Women's Challenge Court by Nike

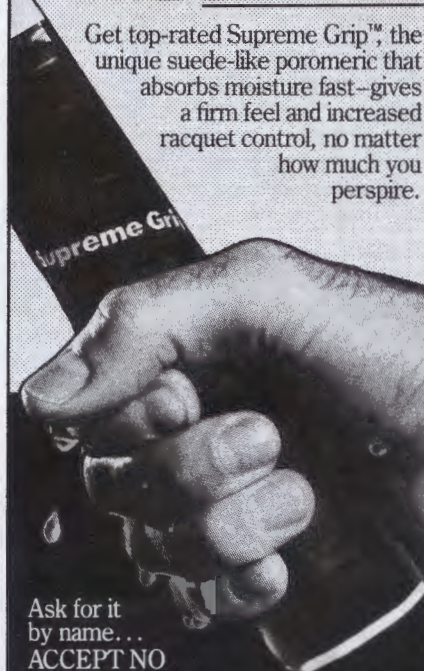
Featuring a three-quarter height upper to minimize motion within the shoe, combined with a Variable Lacing system, the Women's Challenge Court offers excellent support and stability for the serious player.

For light weight, the Challenge Court utilizes a nylon mesh upper, reinforced with full-grain leather trim for long-wear. Excellent traction on a variety of surfaces is provided by the shoe's single level hobnail outsole design.

Available in sizes 4-12. Suggested retail price: not available.

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For further information on any of the shoes in this guide, feel free to contact the appropriate manufacturer:

Adidas USA, Inc. 1122 Route 22, Mountainside, NJ 07092; (201) 233-8030.

Asahi/Yamaha International Corp., 6600 Orangethorpe Ave., Buena Park, CA; (714) 533-9228 or (213) 621-1503.

Brooks Shoe, Inc., 131 Factory St., Hanover, PA 17331; (717) 632-1755 or (616) 874-8448.

New Balance Athletic Shoe, Inc., 38 Everett St., Boston, MA 02134; (617) 783-4000.

Nike, 3900 S.W. Murray Blvd., Beaverton, OR 97005; (503) 641-6453.

Reebok USA Limited, Inc., 500 Bodwell St., Extension, Avon, MA 02322; (1-800) 343-5658. ●

Eliminate Agony In Your Feet!

by Michael Cahlin

"The art of life is the avoiding of pain."
—Thomas Jefferson

WATCH YOUR STEP! Your racquetball shoes may be killing your game *and* destroying your feet. But help is on the way. Recent scientific discoveries have led to a vast array of new products designed to get both your game and your feet back on firm footing!

At the very least, the wrong shoes will throw off your balance and cut down your reaction time and speed to the ball. They can cause bruises, blisters and calluses, while leading to more debilitating shock injuries such as shin splints, bone spurs, sprained ankles, Achilles tendon problems, damaged ligaments, back aches, as well as fatiguing knee, ankle and hip movement problems.

And no matter what your running and tennis friends say, racquetball with its savage sudden stops, quick starts, fast turns, back and forth and side to side motions is tied with basketball as the sports toughest on your feet.

As a matter of fact the *worst* thing you can do, according to Dr. Allen Selner, Co-chairman of the Department of Sports Medicine for the Southern California Podiatric Medicine Center, is play racquetball in running shoes.

"A running shoe has neither the support nor the cushioning required to absorb the rugged stop and go shock-action of racquetball," says Dr. Selner. That's because running is a heel-to-toe sport while racquetball is a lateral or side-to-side sport.

Most major sports companies now market shoes specifically for racquetball. However, there are several key factors to consider *before* you buy them, plus a host of new products designed to put into the shoes *after* you buy 'em.

Flexibility

According to Dr. Selner, your shoes must not only be flexible enough to bend when your foot bends, but more importantly, they must be flexible at just the right point. Otherwise, your foot can't push off the ground properly.

A simple flexibility test is to take the heel of the shoe in one hand, the toe in the other and bend the shoe. The shoe should flex easily approximately one-third of the way back from the front.

The Toe Box

The shoe's toe box (the front part of the shoe covering the toes) is also critical to good racquetball play because if your toes are too cramped, they can't grab the floor, and you won't get the proper balance to make your shots.

Aside from hindering your balance, a cramped toe box also causes the muscles in the feet not to fire as quickly, which cuts down a player's reaction time and speed to the ball. With not enough room to move, the toes generate extra friction causing blisters and corn formation, plus extra perspiration that eventually leads to athlete's foot.

According to Dr. Chris Smith, one of the world's leading podiatric specialists in preventative sports medicine, the actual control of your foot emanates from the heel. That's why your heel counter (the back ridge of the shoe where the heel sits) should be stiff. If your heel is solid and doesn't slide around, the rest of your foot will follow. Weak heel counters allow the foot to slide out of the shoe, causing blisters, ankle and leg injuries, excessive strain, shin splints and stress injuries.

In the past, racquetballers attached a one-quarter inch piece of sponge rubber padding underneath the tongue of the shoe. The padded tongue forced the foot back into the heel while acting as a cushion against tying your laces too tight and hindering blood circulation to the toes and causing foot swelling.

Shock Absorption

The most critical part of any shoe is its ability to absorb shock. Think about it: every time you take a stride approximately 17 G's of force travels through your foot and leg. This "torque pressure" is about equal to a car smashing into a wall at about 60 mph or three to five times your *entire* body weight slamming down on your feet, according to veteran podiatrist Roger Herrin.

To test for resiliency, press down on the shoe's inner lining. The padding must not only be soft, but the material should rebound when you release the pressure to insure your shoe will absorb the shock of impact and "bounce back." The problem with most shoes is no matter how thick the padding is, it just isn't resilient enough, and extra padding does nothing to actually support your feet, according to Dr. Smith.

One top woman player had so much trouble with heel bruises caused by her shoes' inadequate shock absorbing padding that she started wearing basketball sneakers to play racquetball!

This painful problem has been addressed by recent biomechanical discoveries and technological advances which have led to revolutionary improvements in shock absorbing products. They are designed not only to absorb shock, but to reduce the possibility of injuries as well as improve an athlete's overall foot performance.

These insoles, inserts, foot pads, Inshoe System™ foototics, sporthotics and more range in price from approximately \$5 to \$35. They can be purchased at most sporting goods stores, and account for an entirely new market in preventative sports medicine.

But what's more important is they work! Granted some work better than others, and most are based upon individual preference. But extra shock absorption is better than none. Which is why industry officials estimate 80 percent of all running, tennis and athleisure shoes have standardized removable insoles to accommodate these orthotic-like products.

The following represents some of the more biomechanically advanced shock absorbing products. To know which one is right for you will take some investigation on your part because there is no standard test or evaluation process currently accepted by the sporting goods industry. This is by no means a complete list—your podiatrist can make additions to it.

And while each company will be more than happy to send you product literature including "White Papers" written by podiatrists, everybody's feet are different. And what works for your friends may not work for you.

So don't be afraid to ask questions or to try several different products. It's a small price to pay when you consider the painful alternative. Just remember: if you have *serious* foot problems *consult your podiatrist*. It could be the best step you ever take.

—Photo by Steve Shay



Hawk

Four different models of molded inserts are designed to fit the specific requirements of various sports. Ranging in price from \$5 to \$8, the company recommends the XK 1000 for racquetballers because of the product's enhanced rear foot control, shock absorption and resiliency. The product slips into most shoes, though they may require minor trimming, and molds to the shape of your foot. Contact: Gem Laminating Corporation, P.O. Box 398, Beverly, Massachusetts 01915.

Softstride

Softstride heel cushions are designed as an insert for athletic shoes to protect the heel bone from the impact of running or walking. According to the company, the product is molded with a recessed area on the top so the shock impact spreads away from the heel's

center. Pencil-thin tunnels across the width of the heel on the lower edge allows air to circulate. The product sells for \$9.95, plus \$1.50 for mailing. Include shoe size when ordering. Contact: Softstride Foot Products Company, Dept. 103, 4542 Emerson Ave., Parkersbury, WV 26101.

Sorbothane

Sorbothane manufactures several products for racquetballers including a full sole insert at \$15.95; a 40% lighter sport sole insert at \$13.95; a heel insert at \$9.95; and even a grip strengthener at \$6.50 to build up fingers and wrists. According to the company, each product is composed of a modified polyurethane (plastic) and protects the ball of the foot as well as the heel by actually absorbing the energy created by foot strike. Contact: Spectrum Sports, 2069 Midway Dr., Twinsburg, OH 44087.

Spenco

Spenco Medical Corporation manufactures an entire line of shock-absorbing insoles, inserts, arch supports, heel pads, heel cushions, halfsoles, and more to suit virtually any racquetballer's needs. Ranging in price from \$3.95 to \$17.95, these products help prevent blisters and calluses. The company also markets a protective skin dressing called 2nd Skin, composed of a synthetic polyethylene oxide that actually friction-proofs the skin, protecting it better than a Band-Aid. Contact: Spenco Medical Corporation, P.O. Box 2501, Waco, TX 76702.

Superfeet

Unlike any other insole, insert or foot pad, Superfeet markets the only two-piece Inshoe System™ footthotic biomechanically designed to act like a prescription orthotic. With extended use the full length polyethylene pre-shaped orthotic molds to the wearer's feet, while the patented heel cup stabilizer enhances the product's shock absorbing qualities. Retailing for \$15.95, The Superfeet/Sport also reduces pronation, improves foot position and performance. They can be worn in practically any athletic shoe or boot.

For extra shock absorption, the company recommends their custom molded product called The Superfeet/Custom Sport for \$34.95. Contact: The Sports Research Group, P.O. Box 8241, Medford, OR 97504.

Dr. Scholl's

The acknowledged giant among feet supporters is Dr. Scholl's, whose new "Eliminator" is a super shock absorbing shoe insert reputed to absorb up to 97 percent of foot shock at heel strike, thereby reducing common foot and leg injuries.

Made from "Wingfoot XL," an advanced rubber polymer developed by Goodyear, the Eliminator retails for \$15.95 (full shoe insert) and \$9.95 (heel inserts). For further information contact The Public Relations Board, Inc., 150 East Huron St., Chicago, IL 60611. ●

Reader Survey Results

What You Told Us About Your Shoes

You like 'em with laces, please.

You don't particularly care whether they're made of leather or man-made products, or whether they're constructed of gum or natural rubber. But they'd better be comfortable because for the \$24-\$35 bucks you spend on your racquetball shoes, comfort as well as quality counts.

These were the primary findings of our June survey, *Tell Us About Your Shoes*. Over 100 readers, 66% male and 34% female, took the time to tell us about the shoes they wear on the court.

Once again, it was those readers who take the game very seriously, purchasing any apparel or supplies that might go with the game, who responded to our survey. Sixty-five percent of our respondents play three or more times a week followed by 22% who play twice or once a week.

The playing level, too, was consistent with 35% of our surveys filled out by intermediate level players, 38% coming from advanced players.

Twenty-three percent of our respondents report that they've been playing racquetball five years or more. The rest of the responses were from 13% who've been playing four years or less, 20% three years or less, and 15% two years or less.

Twenty-five to 44-year-olds made up the age group most likely to answer the shoe survey with 74% of our respondents falling into that age bracket.

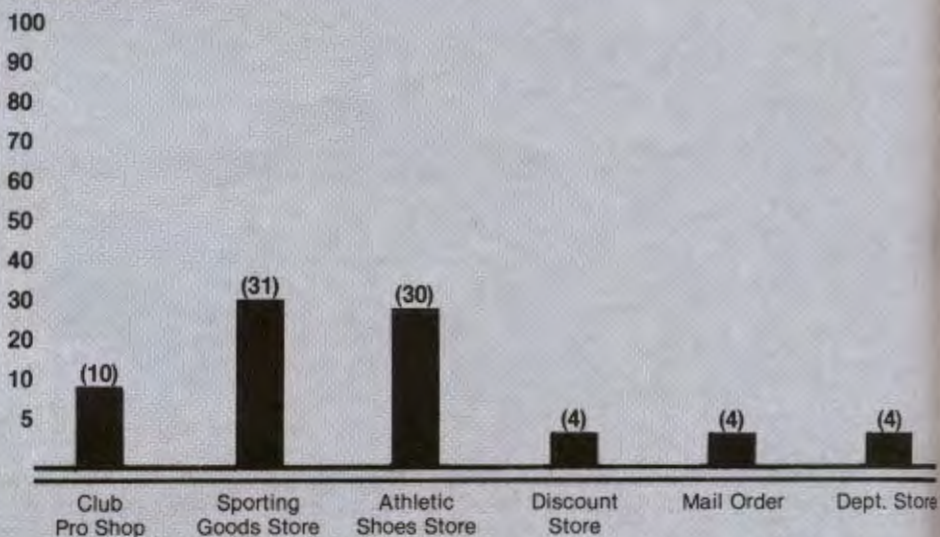
When it came down to the type of shoes the average player prefers, it was no surprise that comfort took top priority. Obviously, racquetball is a lot more enjoyable when one doesn't have to worry about aching feet.

Quality was the next biggest factor taken into consideration when purchasing shoes.

Bill Roberts, San Diego, wrote, "I believe that if nobody purchased another shoe that doesn't live up to standards maybe the Blue Suits that try to save the extra half-cent per shoe using vinyl trim instead of leather will start taking us athletes more seriously."

Where do you buy your shoes?

Responses

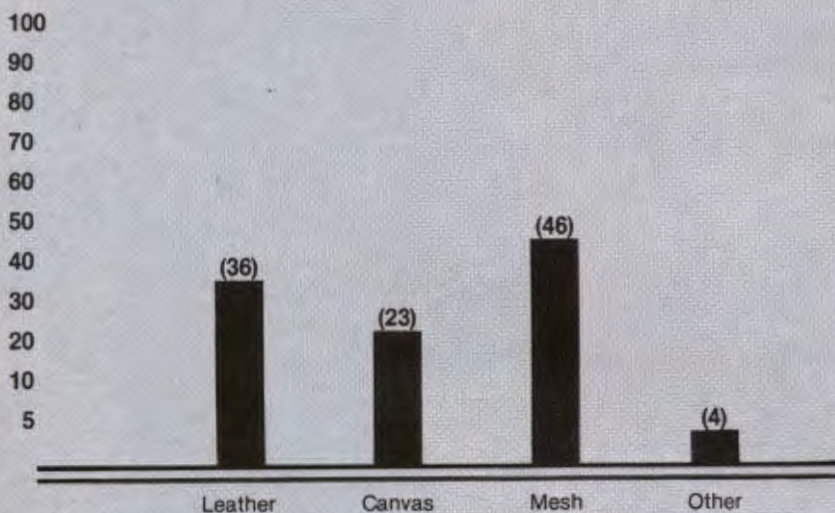


What was the most important buying influence in choosing your shoes?

Responses

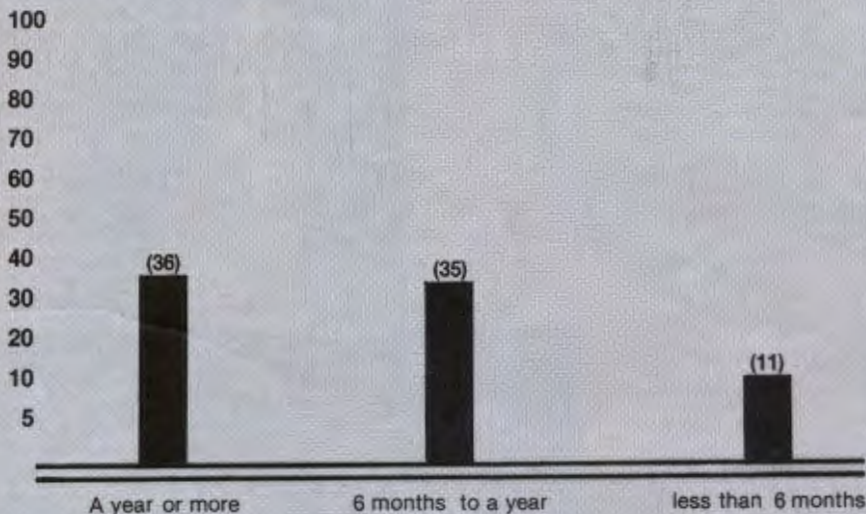


What material are your shoes made of?



How long do you expect your shoes to last?

Responses



Money doesn't seem to matter to the average respondent. No one bothered writing a comment about the cost of their shoe, but since 46% of our responses stated that they'd spent \$24-\$35 on their last pair, you can bet that a racquetballer will buy what he/she thinks is best.

But do people truly understand that they need the *right* shoe for a court sport as well as one that's affordable, looks nice, and feels good?

"I teach beginning lessons at our YMCA and notice a lot of people don't know what a court shoe is," wrote Brad Bolz, Hannibal, MO. "You could save a lot of twisted ankles by explaining that running shoes provide no support for lateral movement."

For more information about the kind of shoe right for your feet, read Michael Cahlin's article, age 10.

Another fact our survey revealed: More women are uphappy with their shoes than men.

"Women have great difficulty getting a true racquetball shoe—one that isn't cut on a wide lath," wrote Shirley R. Rose, Mansfield, OH. "Two pairs of socks just don't do it!"

The "two pairs of socks" trick seems to be universal, as many women noted at the bottom of their survey that they wore two socks to make that B-fit adhere to their narrow foot. That's dangerous, and speaks of a need in the industry.

We also asked if you preferred high-top shoes over low (regular shoes) and if you liked velcro closures over standard lacings. Although teenagers seem to prefer high-top shoes (is it a fad?), 57% of our respondents indicated that they do not like high-tops. As for laces, 70% of our readers wanted a standard-laced shoe. A few people wrote that they'd never tried velcro closures.

As the sport grows, as manufacturers bring out more diversified racquets, balls, and gloves, you can bet that there will be more shoes for you to choose from to find that proper fit. ●

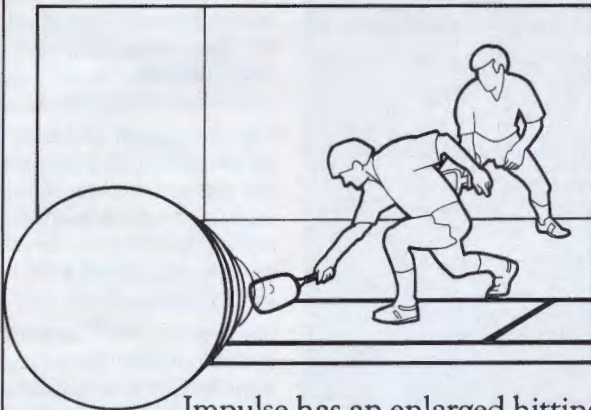
"I'D LIKE TO INTRO I'LL PROBABLY REG

You know what really separates somebody who plays racquetball from somebody who wins? Power plus control, that's what. And now Head has designed this new racquet to help you put it all together. It's got built-in power. And it's engineered to give you that all-important control.

It's called the Impulse, and it's a high-performance racquet that'll help you give somebody like me a run for my money.

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OVERSIZED FACE TO HELP YOU
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SHOTS, POWERFULLY.**

As you move into the big league you're going to find that the really good players are full of surprises. But Head's



Impulse has an enlarged hitting surface so you get a bigger sweet spot. That means you can get a piece of even the meanest shots. And once your opponent knows you're committed to getting your racquet on absolutely everything he's gonna start to sweat. Believe me, I know.

**HEAD'S IMPULSE HAS A
SLIM PROFILE THAT'LL HELP YOU
CUT THE BALL OFF AGGRESSIVELY.**

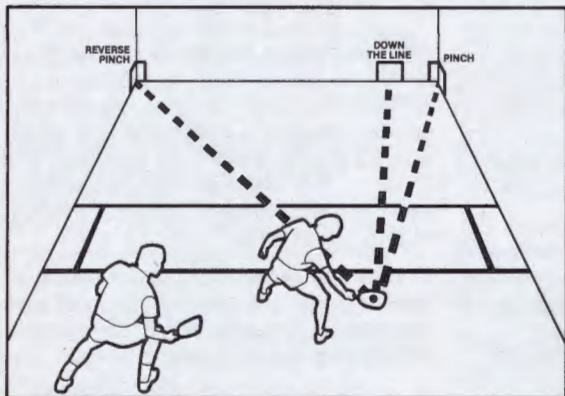
In the competitive world of advanced racquetball, you have to be aggressive to



Steve
Strandemo,
racquetball
professional,
teacher, and
author of
Advanced
Racquetball.

DUCE A RACQUET RET INTRODUCING"

win. And the Impulse is designed to help with the most aggressive shot of all—the cut-off. The Impulse's aerodynamically slick profile gives you really quick response



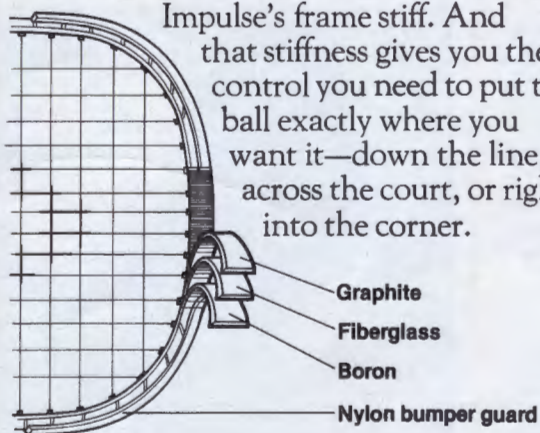
Be aggressive. Cut off a "left-up" shot with a quick racquet like the Impulse. You'll have a lot of offensive options and control of center court.

and great maneuverability. So as soon as you see a chance to cut off a shot, your racquet is in position to get the job done.

HEAD'S NEW BORON/GRAPHITE IMPULSE HAS A STIFF FRAME TO HELP YOU RUN ME ALL OVER THE COURT.

The tougher the opponent, the more important it is to keep him on the move, off-balance, and out of center court. And the Impulse is designed to help. You see, Head uses a unique combination of boron, graphite and fiberglass to make

Impulse's frame stiff. And that stiffness gives you the control you need to put the ball exactly where you want it—down the line, across the court, or right into the corner.



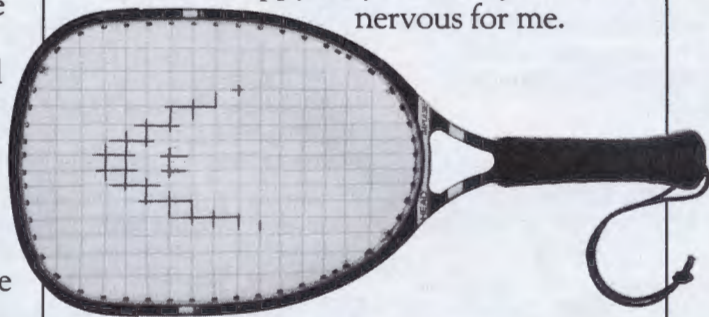
HEAD'S NEW IMPULSE CAN HELP KEEP YOU ALIVE, EVEN WHEN I HIT A KILLER.

When you've scrambled to get a piece of a tough cross-court pass, the last thing you need is a racquet that twists on impact. That's why the Impulse gives you

built-in reinforcement *against* twisting with its special integrated throat design. So even when you catch the ball off-center, you have the control and the power to keep it alive. (And that gives you one more chance to go for a winner.)

THE BORON/GRAPHITE IMPULSE IS NOT EXPENSIVE EITHER. SO YOU INTERMEDIATE PLAYERS CAN AFFORD TO IMPROVE YOUR CHANCES OF BEATING ME, IMMEDIATELY.

Now that you see how the Impulse can help you take the next steps in improving your game, you probably understand why I'm so happy for you. And just a little nervous for me.



We want you to win.

For free product information write: AMF Head, P.O. Box CN-5227, Princeton, NJ 08540

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Dee-lightful

Mary Dee!



by Michael Arnolt

One racquetball professional said she had the worst stroke in the world. Another gave up teaching her.

She hits the ball so slowly that a freshly painted fence will dry before her backcourt shot can make it to the front wall.

Ace serves are as frequent as the appearance of Halley's comet.

Twenty-nine-year-old Mary Dee figured to be an alternate on Team USA competing against 11 other countries in the International Amateur Racquetball Federation (IARF) World Championships in mid July.

However, her third place finish in the 1984 AARA Nationals proved once again she can play, so it was on to Sacramento and the IARF Championships.

Well, color the plucky New Hampshire resident very lucky. Not for winning the women's individual title in the IARF Championships, but just for getting the chance to play.

National juniors champ Toni Bevelock suffered an ankle injury in her tie-breaker win over Dee during team qualifications two days prior to the beginning of The Event. A round robin format determined which three of five U.S. women would be able to play and the injury crippled Bevelock severely enough for the determining point spread to go in favor of Dee.

Because of the strength in the bottom bracket of the IARF Championships, even Nick the Greek would have made Dee a decided underdog to place, let alone win. A show ticket looked like the best bet.

After a first round bye and easy second round win, she defeated Canada's No. 1 player, Carol Duput, 15-14, 15-8 to reach the semi's. Next came Marci Drexler, the left-hander from North Hollywood, CA who hits the ball hard enough it ought to be a moving violation. Her serve was timed at 106 miles per hour three days earlier during a speed contest at the world event.

That wasn't good news for Dee, whose medium speed serve allows even the nearsighted to read the Penn label on the ball from the 12th row of the bleachers. Her best serve registered 81 mph. A faulty reading, maybe? No, says Dee. It's accurate. However, she has blistered it 88 mph with the backhand, she offers.

There also was history. Dee had played Drexler, the U.S. National titleholder, three times since late May. Three times she lost. But that was before.

Dee emerged the winner this time in a 15-8 tie-breaker and jinx-breaker.

In the finals there was Cindy Baxter, the Team USA captain who has been known to take no prisoners on the racquetball court. Surely Custer would stand a better chance in an instant replay of the Battle of Little Big Horn than Dee against former national champion and 1984 runnerup Baxter.

Remember, Dee is the girl Jerry Hilecher described having "*the worst stroke in the world.*" Don Thomas tried to improve her stroke. He gave up.

After wrist tendinitis, a hip pointer, knee problems and back problems—all caused from various forms of that stroke—Dee might have taken a lead from Thomas. Instead she used videotape to view her game and make the necessary changes.

On to the finals.

Dee lost the first game 15-9. After that she countered Baxter's power and speed with consistency and two (that's right, two) ace serves (both cracked-out drives).

Numerous Baxter attempts to kill or pinch stayed up and were answered with precisely placed backhand and forehand passes. Dee won the second game 15-12 and captured the tie-breaker convincingly, 15-5.

Yes, Mary Dee can play.

★ ★ ★

After four years on the Women's Professional Racquetball Association (WPRA) tour, Dee opted to regain her amateur status in 1982. The four years was a penniless exercise in futility and it wasn't fun. Her best finishes were second round losses. She just wanted to play more often.

"*I couldn't afford the pros,*" Dee says inferring that the mental stress of losing was as great as the strain of contemplating the next meal.

Now she seems settled, satisfied to play in an occasional pro stop, but putting most of her energy in teaching racquetball, playing in weekend tournaments and competing on the U.S. team here and abroad. "*I enjoy the exposure,*" she says, allowing herself the slightest bit of self-indulgence.

She started a new job September at a Manchester, NH club. The folksy, curly-haired brunette talks of teaching racquetball overseas, should the opportunity present itself. (Her friendliness made her a favorite of the non-English speaking participants in the championships.)

★ ★ ★

What a Dee-light! Calling home with the good news!



Dee is all concentration as she gets ready to rip a backhand back wall set up against Cindy Baxter in the World Games finals.

The sixth of eight children, Dee hails, appropriately enough, from St. Louis, an early Mecca of racquetball. Her parents still reside there. And though she was raised in an athletic atmosphere among six brothers, Dee "never even heard of racquetball" until just prior to attending college in 1973.

She jokes that her first semester class in racquetball at the University of Vermont is "the only time I ever got an A plus in a course."

Dee became conspicuous by her presence at a Montreal pro-am in 1977, where she upset a touring pro in the first round. Though the moment should be the kind one relates to the grandkids, Dee doesn't even remember the name of her opponent. She recalls only that Hilecher, then ranked fourth in the world, passed the word from his perch in the stands that he wanted to see her.

At Hilecher's urging, she left her coaching position in Vermont and returned to St. Louis to work on her game. There she played often at the Jewish Community Centers Association (JCCA) with Doug Cohen and David Gross, constantly surrounded by the likes of Steve Serot, Jerry Zuckerman, Ben Koltun and Marty Hogan. Occasionally she played them. She watched them regularly.

For a real job, Dee coached basketball, field hockey and softball at her alma mater, John Burroughs High School. Between coaching, teaching racquetball, training for the tour and generally "Doing too many things," she succumbed to the fever to follow the racquetball sun to the Kingdom of Rollout—San Diego.

What she calls "my little California trip" that everyone who worships racquetball must take, lasted more than a year, time spent studying the game more than playing because of a knee injury. A call from a New Hampshire club in search of a pro and assistant manager took her East.

★ ★ ★

Dee reflects on her IARF championship with humility. "Just me getting in there was close," she said, flashing what seems to be a perpetual grin. "Both Toni and Kathy could have been there as easily as me."

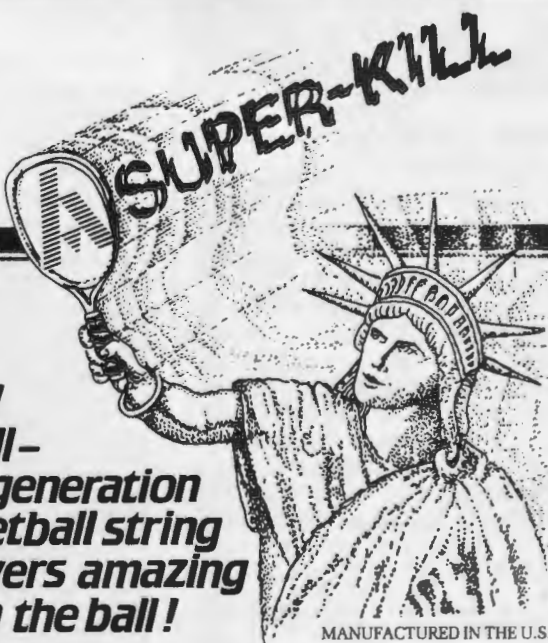


The thrills have just kept coming for this 5'6, 132-pound racquetballer who has now earned a berth in the 1985 World Games in London.

She spoke of making the team, winning the team competition and finally, the individual championship. "It means more when you're doing it for some

reason other than yourself." There is the United States, her mom and dad who continually encourage her to pursue her desire. And yes, herself, too.

That win means a lot to her. After all, Dee said with grin in full force, "I knew I wasn't going to get many more chances." ●



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RACKET STRINGS

Top 10 Women of All Time

by Charlie Garfinkel

Ranking the top 10 women of all time wasn't an easy task, especially in the upper echelons of the women's game. Heather McKay, Lynn Adams, Shannon Wright, and Peggy Steding, all have credentials that merit consideration for the number one ranking. However, after 15 years of watching the women pros and having done considerable research, I have taken my knowledge of each player's abilities and career national rankings, to arrive at the following numerical rankings.



Heather McKay

1. Heather McKay: Age 43, Toronto, Canada

McKay, who barely edged out Lynn Adams for the number one ranking, is a three time Women's Professional Racquetball Association (WPRA) Champion. Having won the recent WPRA Nationals she is the recognized number one player in the world. To play at the continuous high level that she has, in fact—to be the top ranked player at age 43, is a truly remarkable accomplishment. When one realizes that she had won 17 consecutive world squash championships before taking up racquetball in 1979 at the age of 38, her accomplishments are even more amazing!

McKay, who reached the quarter-finals of the women's professional championships in 1979, defeated Lynn Adams in the finals of the National Women's Amateur Championships that same year. This was their first meeting in what has become a rivalry that closely resembles the Martina Navratilova Chris Evert Lloyd tennis encounters, when both players were at their peak.

In addition to having reached at least the semi-finals of every professional tournament she has ever entered, McKay's repertoire of serves and shot-making is superb. Her drive and Z-serves constantly handcuff her opponents in deep court. When the ball is returned to the front wall, McKay's array of straight in kills, pinch shots, reverse corners, and overheads is remarkable.

And, we haven't even mentioned her passing game. McKay can literally pass her opponent shot after shot, without hitting the side wall. Her control of front court is unequalled in women's racquetball.

As for her mental game, McKay is like a computer. She *always* seems to hit the right shot. Other players say that she plays racquetball as if she's playing chess.

When McKay was asked what her secret for consistently winning is, especially against the deepest array of talent ever assembled in women's professional racquetball, she said, *"I still teach squash four to six hours a day. I only have time to play three times a week, against three top Canadian pros: Brian Valin, Hayden Jones, and Gus Komerlarus. Once in awhile I might practice by myself, if I get a chance. And, running four to five miles a day, five times a week, keeps me in excellent shape."*



Lynn Adams

2. Lynn Adams: Age 27, Anaheim, California

Adams, whose ability, both physical and mental, on any given day, is the equal of McKay's, has one minor flaw that has kept her from the number one ranking. However, it isn't a mechanical

one flaw; rather it is the pressure that she puts on herself, especially in tournaments, such as the Ektelon Championships, which have been held at her own "home" club.

A perfect "gentlewoman," both on and off the court, it is evident in certain matches that she is trying too hard. So hard, in fact, that it affects her game. But, when she is relaxed and confident, she plays as well, if not better, than any woman who has ever played racquetball.

After losing a heartbreaking five game match to McKay in the finals of the recent WPRA Nationals, Adams defeated her three straight in the DP National finals, with a display of unerring racquetball. Her determination and skill was a joy to behold. Considering that she was admittedly at one of the lowest ebbs of her racquetball career mentally going into the tournament, her win was even more astounding. Jim Carson, her husband and coach, said, *"She really surprised me. She performed as well in the finals as I've ever seen her play."*

Adams, an extremely well conditioned athlete, is a fiery competitor, who wins an extremely high percentage of close matches. When she is playing at her peak, she seemingly rolls out shot after shot. Her serves, which are many and varied, are hit from different areas in the service box. This causes great uneasiness on her opponent's part. As for her shot selection she is adept in all aspects.



Shannon Wright-Hamilton

3. Shannon Wright-Hamilton: Age 27, Las Vegas, Nevada

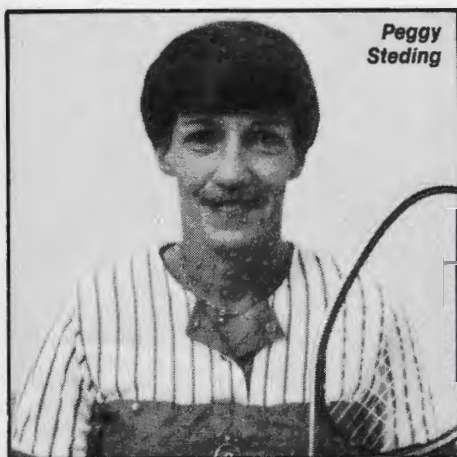
Ranking Shannon Wright-Hamilton as low as number three on the all-time list

is a difficult thing to do, when one considers that she still holds the career record for most tournament victories and is near the top on the all-time list of women's prize money winners.

Wright-Hamilton, who won the national championship in 1977 and 1978 almost made it three straight in 1979, barely losing 21-20, 21-19, in the semi-finals in an incredible upset, to eventual winner, Karin Walton (Trent). And, she came even closer to another national championship in 1982, when she lost 15-14 in the fifth game of the finals to Adams.

Wright-Hamilton, who has ranked consistently in the top three of women's racquetball for over 10 years, finished third in the 1981 Women's Superstars. Her general game style has always been to serve and shoot. Her deep court kills, ceiling game, and determination to win, have always been outstanding.

She has been known to be vocal about her career, racquetball and some of her opponents. It is too bad that she may have played her last professional match — she is currently enrolled in the pre-med program at the University of Las Vegas, where she is an honor student. Married to James Hamilton, a minister, we know that Shannon has made the "Wright" career choice. But, she will be greatly missed. She's a real credit to the game.



Peggy Steding

4. Peggy Steding: Age 48, Odessa, Texas

From 1973-1976 Peggy Steding won four consecutive national championships. Perhaps, equally as remarkable, is the fact that she won over 200 consecutive matches, a record that will never be broken.

Steding, a tremendous lady as well as a great player, had a devastating drive serve that she could serve to either side equally as well. Her forehand was also an awesome weapon. But, it was her deadly fly kill shot that enabled her to take the ball out of mid-air and bury it in either corner, that amazed spectators and fellow competitors.

Steding, who is also a fine tennis player, dominated women's racquetball in the mid-1970's so completely, that arguments never occurred as to who would defeat her; only as to how many points her opponents would score.

What Peggy Steding did that put her above virtually all else is change the face of women's racquetball. Coming from absolutely nowhere in 1973 she totally changed the game from soft, "pitty-pat" to blistering power, drives and aggressive, offensive play. Her mark still stands.

For these reasons, some people believe that Steding should be ranked even higher, perhaps number one. It's a valid point.

However, there are two main reasons for her not getting a higher ranking from me. First, through no fault of her own, the competitive level of play in the women's division was limited during her reign. Second, although she had a serve and forehand that ranked with the all-time greats, her backhand was just slightly above average. This isn't to demean Steding. She was so talented that she could win with a mediocre backhand in the 70's. However, it wouldn't have been good enough against some of the present day players.



Janell Marriott

5. Janell Marriott: Age 31, Providence, Rhode Island

Marriott, a consistent semi-finalist in the 1970's, slipped badly in the early 1980's, falling to as low as number 14

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in the rankings. But, she has made a remarkable comeback. Presently ranked number four on the tour, she was the first player to ever defeat McKay in a pro tournament, accomplishing the feat in two close games in the quarter-finals of the 1979 Nationals.

Marriott's general style of play is serve and shoot. Possessor of a wonderful court demeanor that is a role model for the other pros, she hits the ball extremely hard and has a good ceiling game. Her current ranking on the pro tour is a tribute to her stick-to-it-ness and belief in her own ability.



6. Jennifer Harding: Age 33, Milwaukie, Oregon

Harding, the smooth-stroking left-hander, is still a force to be reckoned with, as her scintillating, five-game, quarter-final finish against Wright-Hamilton in the DP Nationals showed.

Like Wright-Hamilton and Marriott, Harding has been a consistent performer for over 10 years. An excellent server and deadly shooter off the forehand side, she is extremely quick and retrieves many shots that seem unreturnable. The owner of her own club in Milwaukie, she is also an excellent teacher, businesswoman and leader of women's racquetball.

7. Marci Greer: Age 29, San Antonio, Texas

Greer has been bothered by nagging injuries the past couple of seasons. However, prior to that she was consistently ranked number four behind McKay, Adams, and Wright-Hamilton.



Marci Greer

Known as a streak player she has one of the hardest serves in the history of women's racquetball. Combining her serve with deadly accurate kill shots and an ebullient personality, both on and off the court, Greer could've been ranked ever higher, except for her occasional lapses in concentration.



Karin Walton-Trent

8. Karin Walton-Trent: Age 28, San Diego, California

In 1979 Shannon Wright was the undisputed "Queen of Racquetball," and odds-on favorite to win her third straight national championship. But, 23-year-old Karin Walton had other ideas. In a match amazingly similar to Davey Bledsoe's 21-19, 21-20 shocker over Marty Hogan in 1977 Nationals final, Walton defeated Wright 21-20, 21-19, in the semi-finals. The next day she beat Marriott 21-20, 21-15, to win the title.

Although many thought it was a fluke win, they had forgotten that Walton had barely lost (21-18, 21-18) in the 1978 semi-finals to Harding. She had proved that she was an all-time great.



Jan Pasternak

9. Jan Pasternak: Age 30, Dallas, Texas

Pasternak, who was a two-time national champion in the early 1970's, was a very reserved person, both on and off the court. However, she let her racquet do the talking. After winning the nationals two years in a row (at ages 18 and 19) she only played into the mid-1970's. However, her ceiling game, court positioning, and forehand shooting prowess were outstanding.



Kathy Williams

10. Kathy Williams: Age 36, Denver, Colorado

Williams was ranked in the top four for five years when playing professionally in the mid-1970's. The possessor of one of the smoothest strokes ever seen on both the forehand and backhand, she is well known as an author, athlete (third in Superstars competition in 1979), and teacher, having participated in clinics, camps and exhibitions throughout the United States.

★ ★ ★

I know that many, talented players have been left out of this list. And I'm sure that there are many, if not most, people who disagree with one or more of my choices. If you do disagree, write a letter to the editor and let us know who you think should have been included; or why you don't think some of my choices were proper. ●

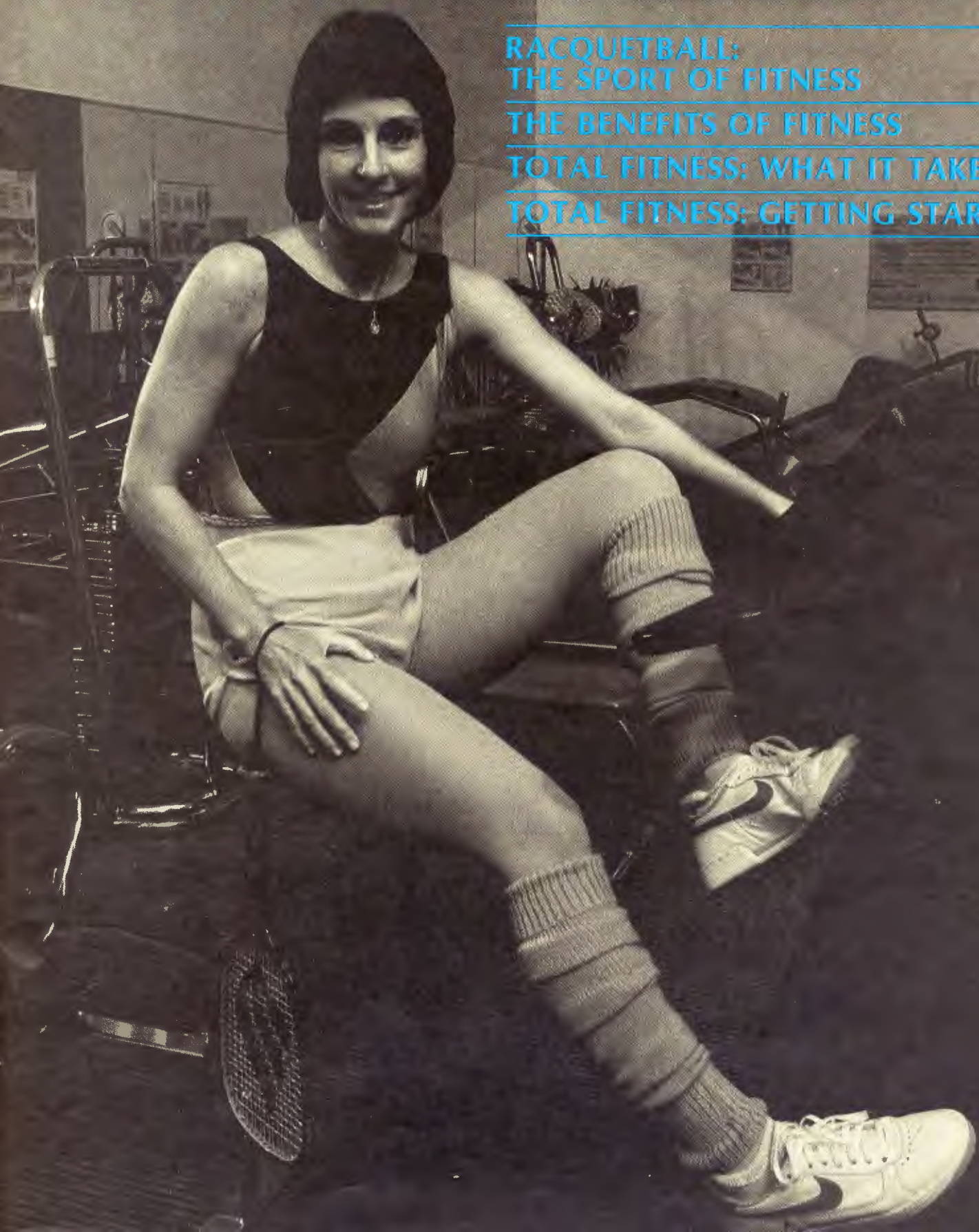
The Fitness Center

RACQUETBALL:
THE SPORT OF FITNESS

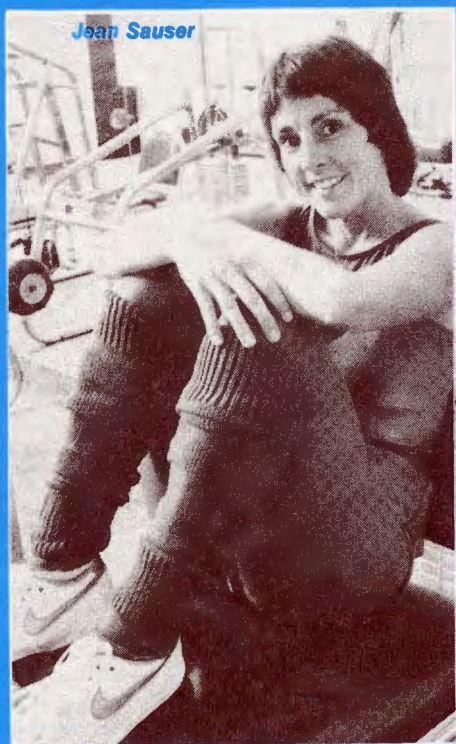
THE BENEFITS OF FITNESS

TOTAL FITNESS: WHAT IT TAKES

TOTAL FITNESS: GETTING STARTED



Racquetball: The Sport Of Fitness



For three decades now there's been a "Fitness Evolution" in the United States. It began in the early '60's with the President's Physical Fitness programs and grew through the '70's as millions of Americans took up racquetball, tennis, running, swimming and biking for recreation.

Today, America wants more than just recreation from these activities, it wants *real* fitness as well. In fact, the last five years of the "Fitness Evolution" have exploded into a "Fitness Revolution." Everyone who is actively participating in exercise programs on a regular basis appreciates the recreational value of fitness, but is more concerned with the practical applications of fitness to health, good looks and good feelings. So, the "Fitness Boom" is not a fad; it is instead, a fact of life in the '80's.

Racquetball has developed through the last three decades as the primary racquet sport of fitness. Health clubs nationwide feature racquetball over any other court sport. Hand-in-hand with fitness, racquetball has surpassed the fad stage into a lifetime activity. Among participators, racquetball is the main racquet sport being used as

part of an overall fitness program. Among competitors, racquetball is respected as a sport you must train for to play well.

This new section of *National Racquetball* is dedicated to the fact that fitness and racquetball need and complement each other! It will show players how to utilize their off-court time in effective fitness activities that can be directly related to improving the quality of their on-court time.

It will provide a racquetball life extension through the introduction of fitness techniques that prevent injuries. Last but not least, the recreational aspects of this section will return players to the court mentally excited and well-prepared to play.

Upcoming issues will feature in-depth articles about aerobic exercise, weight training and flexibility techniques. It will directly relate these activities to your game and your health. You'll gain an overall fitness education about nutrition and exercise that will keep you playing longer and better, looking good and feeling great while you do it.

In short, we'll help you improve your racquetball game by being fit! ●

The Benefits

Why get fit?

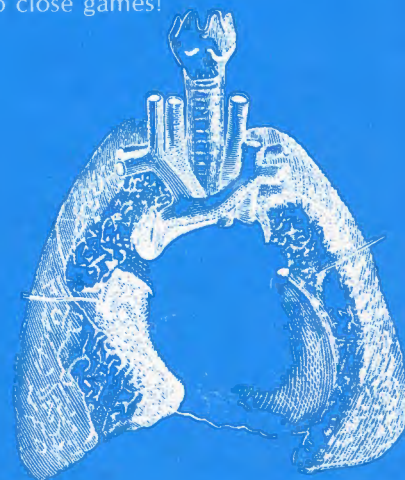
What are the benefits?

These are two very good questions that go beyond the current fashion of the issue.

The best and obvious reason to get fit is to increase the longevity and improve the quality of life. When a person achieves real fitness and maintains it all through his life, stress is eliminated and the quality of sleep increases. It is now known that the aging process is slowed down among those who achieve and maintain fitness over a long period of years.

The following general health considerations are also greatly improved through a regular fitness program:

Lung Capacity. The efficiency of your lungs to process more oxygen with less effort is increased when you work out properly on a regular basis. The properly conditioned person can process twice as much air per minute as can a "unconditioned" person, thus providing his body with more oxygen — the flame for the energy-producing process. Think of this benefit to a player going into a tie-breaker after two close games!

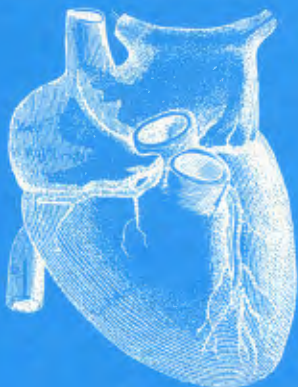


Heart Strength. Your heart will actually get stronger when you work out properly. It will start to pump more blood with each beat, thereby reducing the number of beats necessary to move blood around your body. The less work your heart has to do, the longer it will last.

A well-conditioned athlete will save as many as 10,000 beats in one

Of Fitness

night's sleep. In terms of racquetball, the well conditioned player can rise to the occasion of a physically gruelling match without a dangerous rise in his heart rate. The unconditioned player is flirting with danger if the tone of the match is more physical than he can handle.

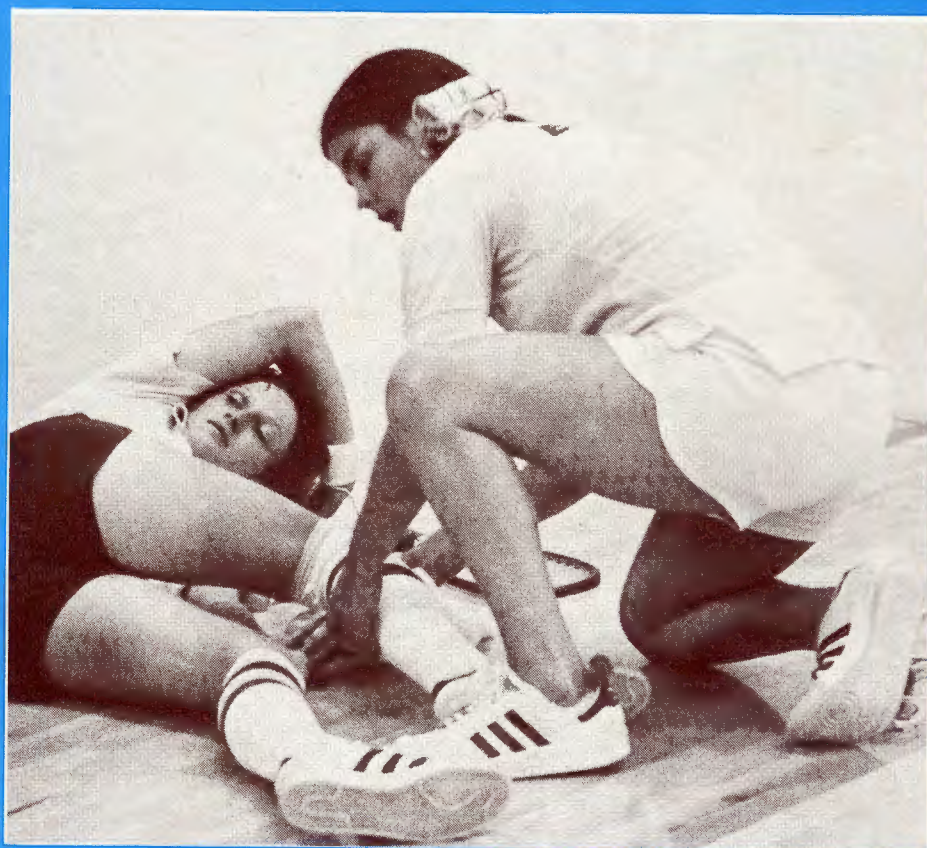


Blood Vessels. The size of your blood vessels increases with exercise. Blood vessels that have not been used previously, open up with a fitness program, filling the most remote body tissues with energy producing oxygen. A racquetball player with a maximum number of blood vessels open and operating to their fullest extent is a tireless competitor.

Blood Volume. Blood volume going to the muscles is actually increased in the physically fit person. Increased heart strength forces more blood around your body, thereby getting more oxygen to your muscles faster. This results in more energy on and off the court.

Muscle Tone. As your muscle tone improves through fitness, your muscles get stronger, more flexible and your blood pressure is normalized. The well-conditioned player is stronger on the court and less injury prone than his unconditioned opponents.

Body Fat Reduction. Fat weight changes to lean muscle weight in the process of achieving real fitness. When that happens, you may weigh the same or more, but your body will actually be smaller, leaner, stronger and tougher. You'll be that way on the court too!



Healthy Appearance. Like it or not, we are a narcissistic society. Much of our success in life is based on if we like what we see in the mirror. If we like the way we look, we tend to have more self confidence in everything we set out to accomplish. It's not so amazing, then, that studies indicate physically fit people not only look and feel better than their unconditioned associates, they accomplish more in life!

Prevention Of Injury/Illness. When oxygen consumption is maximized through fitness, circulation is in-

creased and a better all-around body is built. The conditioned athlete resists illness, disease and injury more effectively than the unconditioned person. Emotional stress that causes injury or illness is also reduced significantly among the ranks of the physically fit.

These general benefits of fitness add up to a healthy body that contributes to a mental toughness and positive attitude. This is the winning combination for life as well as racquetball. ●

Total Fitness: What It Takes

Most Americans have an understanding of the benefits of fitness, but very few really know how to work out properly. In fact, thousands of us are exercising on a regular basis, doing it improperly and actually failing to get fit!

If you fall into this category of "fitness failures" it may not be *what* you are doing, but *how* you are doing it that is keeping you from obtaining the results you want.

To become physically fit in the total sense of the word and actually reap the benefits of fitness, you must first know what the components of fitness are and what training methods will improve those components. There are four components of fitness: cardiovascular strength, muscular strength and endurance, flexibility, and body composition.

Cardiovascular Strength. This means how strong and efficient your heart is. Cardiovascular strength is determined by your heart rate at rest. The fewer beats per minute your heart has to make to pump blood around your body, the stronger your heart is and the longer it is likely to last. Cardiovascular strength helps prevent heart attacks.

Muscular Strength. This component means how much physical work your muscles can do before you tire out or fail completely. Athletes with superior muscle strength and endurance move more weight with more power at less exertion to their hearts and muscles over a longer period of time than those athletes who don't have that quality.

In racquetball, it is known that the players with superior muscle strength and endurance can hit the ball harder over a longer period of time in a match to over-power and defeat their weaker opponents.

Maximum muscle strength and endurance is important in fitness and racquetball also because it minimizes strain to your body, thereby preventing injuries. In short, more physical work can be done at less physical cost when you improve your muscular strength and endurance.

Flexibility. The ability to flex and extend your muscles to their fullest capacity is known as flexibility. Without flexibility, exercise can tighten muscles to the point of tearing when those muscles are called upon to stretch suddenly or change direction quickly.

The sudden stop and start of racquetball can place muscles, joints, tendons and ligaments in jeopardy. The flexible racquetball player can move around the court with little or no worry about straining muscles, joints, tendons or ligaments.

Body Composition. Last, but not least, among the components of fitness is body composition. This means the percentage of muscle versus the percentage of fat you have in your body.

The less body fat percentage you have, the leaner and stronger your muscles tend to be. Most doctors, fitness specialists or fitness instructors can measure your general body fat percentage by using skin fold calipers. A more accurate reading can be determined by underwater weighing (because fat floats). Most health clubs and fitness testing centers offer both types of testing.

Athletes with lower body fat percentages have a better chance of reaching their true potential in the sports they compete in than those with higher body

fat percentages. This is because muscles unencumbered by excess body fat perform more efficiently.

The average male uninvolved in a total fitness program tends to have 20% body fat content or higher (over the age of 25). The average female uninvolved in total fitness can have as high as 30% body fat or higher (over the age of 25).

In contrast, male athletes on a total fitness program average body fats from five to 15 percent! Women athletes on total fitness programs average from 10 to 20 percent!

Today's top athletes and fitness enthusiasts have discarded their bathroom scales in favor of monitoring their body fat percentages to gain a better perspective on how fit they really are.



Total Fitness: Getting Started

Getting started on a fitness program that will give you your personal best in the components of fitness includes an indispensable first step. That first step is to consult your physician before embarking on your program.

Any new exercise regimen you begin in the name of fitness will involve new sources of stress and strain to your entire body, specifically your heart. Your doctor must be made aware of this change in lifestyle so that he can give you his approval or have you come in for a physical exam.

If you are over 30, ask your physician about taking a stress EKG. This test will tell you how well your heart will function during aerobic exercise and if there is any danger involved in beginning a total fitness program.

Once you've received the go-ahead from your doctor, there are four fitness procedures that you should do on a regular basis to improve your components of fitness.

They are:

- Aerobic Exercise: 3 - 6 days a week.
- Weight Training: 2 - 3 days a week.
- Flexibility Exercises: Before and after workouts.
- Nutrition: Good food as often as you can eat it.

Here's a general understanding of what these procedures are and how they contribute to building the components of fitness:

Aerobic Exercise

The reason that the term "aerobic exercise" is now a household word is because it builds three of the four components of fitness. It makes your heart stronger, thereby improving the cardiovascular component of fitness. It can build muscle strength in the areas that are being used to perform aerobic exercise thereby improving the muscular strength component fitness. And it reduces the percentage of body fat, thereby changing the body composition component toward a more favorable, lean muscle mass.

A general definition of aerobic exercise is any exercise of the muscles that continues uninterrupted over a minimum period of 12 minutes conducted at your training heart rate. The word "aerobic" means in the presence of oxygen.

By exercising your muscles, they demand more oxygen to continue the exercise. Consequently, your heart beats faster to move more blood filled with oxygen to the muscles. When your heart rate is increased to its training rate and held there for a minimum of 12 minutes, body fat is burned away. Also, your heart gets a work out and becomes stronger.

There are three steps to conducting aerobic exercise that not only make it work, but will further explain what it is.

Step one is to know your "resting heart rate." This means how many beats per minute your heart makes when you are at rest (not exercising).



Take your resting heart rate before you begin your aerobic workout by placing your fingers (not your thumb or you'll feel two heartbeats) on the jugular vein in your neck. Then, using a clock with a second hand, count the number of beats your heart makes in 6 seconds. Multiply that figure by 10 for your resting heart rate.

On the national average, American women have an average resting heart rate in the range of 78-84 beats per minute. The national average for American men is 72-78 beats per minute.

Male and female athletes who've trained aerobically have resting heart rates that are much lower than the national average. In fact, it is not uncommon to find trained athletes with resting heart rates of 50 and below!

As you become fit over a period of months, you should discover that your resting heart rate becomes lower. That's a good sign of fitness. Your

heart is now getting stronger, more efficient and able to pump more blood around your body with less strain.

Step two in conducting a legitimate aerobic workout is to begin your exercise slowly. This will gradually elevate your heart rate to its proper training zone. Your training heart rate is defined as 80% of your maximum heart rate. Maximum heart rate is defined as the maximum number of beats your heart can possibly make for the age category you are in (see chart).

So, after gradually exercising for three to five minutes, take your heart rate again to see if it is in the proper training zone. If your heart is beating slower than its proper training rate you must exercise harder or faster to bring it up to the training rate. If it is beating faster than its proper training rate, you must slow down your exercise to bring it down to your training rate.

When you attain your training heart rate, exercise steadily to hold your heart rate in the training zone for a minimum of 12 minutes.

Fitness experts have figured out aerobic exercise heart rate charts that enable you to monitor your aerobic workouts effectively.

Here's a good heart rate chart provided by Covert Bailey in his nationwide bestseller *Fit or Fat*. Notice that three basic training heart rates are given, one for the athlete, one for the average person and one for the heart disease patient (or truly out of shape person).

Bailey also provides a formula to adjust the chart downward should your

resting heart rate be more than 12 beats per minute below the average resting heart rate of 72 beats per minute (men) or 80 beats per minute (women).

That formula is to take your maximum heart rate (as listed on the chart across from your age) and from it subtract your own personal resting heart rate. Multiply that figure by 65%. Then add your own personal resting heart rate to that figure and that will give you your revised training heart rate.

A good example of this would be if your resting heart rate was 60 and you are 20 years old. The formula looks like this:

$$200 - 60 = 140 \times 65\% = 91 + 60 = 151$$

(Your Personal Resting Heart Rate)	(Max. Heart Rate)		(Your Own Personal Resting Heart Rate)	(Your Adjusted Training Heart Rate)
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Recommended Heart Rates During Exercise

Age	Maximum Heart Rate	85% of Max. (Athlete Training Rate)	80% of Max. (Recommended Training Rate)	75% of Max. (Heart Disease History)
				Not to exceed
20	200	170	160	150
22	198	168	158	148
24	196	167	157	147
26	194	165	155	145
28	192	163	154	144
30	190	162	152	143
32	189	161	151	142
34	187	159	150	140
36	186	158	149	140
38	184	156	147	138
40	182	155	146	137
45	179	152	143	134
50	175	149	140	131
55	171	145	137	128
60	160	136	128	120
65+	150	128	120	113

Based on resting heart rates of 72 for males and 80 for females. Men over 40 and people with **any** heart problem should have a stress electrocardiogram before starting an exercise program.

Remember, you don't want your heart to register at its maximum rate during the aerobic phase of exercise. Not only is the maximum rate dangerous, studies have shown that body fat is burned most efficiently when the heart is operating in the training zone.

The *third step* in conducting effective aerobic exercise involves its conclusion. *Never just stop cold.* Instead, slow the exercise down gradually over a three to five minute period. This allows your heart to slow down gradually toward its resting state from its training zone.

Even though your heart may not return immediately to its resting rate, by taking your heart rate after a five-minute cool down period, you can determine that it has dropped significantly enough for you to now stop the aerobic phase of the exercise safely.

In the cases where running or exercise classes are used as aerobic exercise, this period is often followed by flexibility exercises to prevent muscles from tightening up after exercise (more on that later).

Now that you know how an aerobic exercise is conducted, it is important to know what activities you can do to get an aerobic workout. Some of them are:

1. Walking
2. Fast Walking
3. Jogging in Place (on mini tramp or soft surface)
4. Jogging
5. Swimming
6. Stationery Bicycles
7. Cycling
8. Jumping Rope
9. Cross Country Skiing
10. Rowing Machines
11. Rowing
12. Aerobic Exercise Classes
13. Circuit Weight Training
14. Ice Skating
15. Roller Skating
16. Treadmill

These are just a few of the activities you can do for aerobic exercise. They are the most popular and easiest to conduct on a regular basis for most people.

Notice that no competitive sports are listed. This is not a mystery because athletes in competitive sports are primarily concerned with winning, not what their training heart rates are during the competition. They use fitness activities to prepare themselves.

Although you can begin to get into shape by playing racquetball, softball, golf or tennis, you really can't conduct these sports aerobically because you are rightfully more concerned with the aspect of making points and winning the game. You may burn some body fat and shape up your heart and muscles somewhat, but the best way to get fit *all the way* is to train aerobically for the sport you perform.

Weight Training

The second fitness procedure that doubles as a direct complement to aerobic exercise is weight training. Weight training is the best way to

rapidly build muscular strength and endurance (the second component of fitness).

Weight training is the new frontier of fitness. Currently, it seems as if there are as many different types of equipment and training methods as there are athletes getting fit. Future issues will detail which methods and what equipment will give you the type of muscle fitness you desire for your health and racquetball game.

For now, a general explanation of weight training is that it builds muscular strength and endurance by isolating a specific muscle group and placing it under the stress of an added weight load. Then a series of repetitive exercises (known as repetitions or "reps") are performed without pause to move this weight load.

In a very brief period (30 seconds or less) muscle fatigue sets in and the muscles are no longer able to move the weight. Most types of weight

training require the weight load to be heavy enough so that between the eighth repetition and the 15th repetition, muscle failure occurs.

Upon completion of the workout, a 24-48 hour rest period should occur. This is so your muscles can rest and repair muscle fibers that were used and strained during the workout. Those muscle fibers heal to come back stronger than they were. Muscle strength is then increased.

Also, as your muscles become familiar with the weight load, they develop the ability to utilize oxygen more efficiently and consequently can lift the weight load longer (more repetitions can be performed), increasing muscular endurance.

At this point increasing the weight load will begin to build muscular strength and endurance even further, until your maximum muscle strength and endurance is achieved.

The key to effective weight training



for overall fitness is to train two to three times a week and never on consecutive days (remember, your muscles need the rest to come back stronger).

Other guidelines for weight training include not working out with weights on the day of a racquetball game or longer than average aerobic workout. Maximum muscle strength and endurance gains are usually made when you make your weight training the major workout of that day.

There are two basic types of weight training equipment: machines and free weights.

In general, free weights, when combined with specific exercises, isolate certain muscle groups and specific muscles better than machines. Also, with a heavier weight load and lower number of repetitions done to complete muscle failure, free weights will build bulk as well as strength in most athletes (particularly men). Free weights also develop coordination because they are harder to control than machines, but at the same time they can decrease flexibility.

Machines, generally speaking, are safer than free weights (especially for beginners). This is because as your muscles tire and fail, it's impossible to drop the weight load on yourself or someone standing nearby. Most athletes use machines to increase muscle tone, endurance and flexibility.

Many athletes use a combination of free weights and machines to achieve the desirable elements of both. Whatever you choose, the possibilities for building maximum muscle strength and endurance are greatly enhanced with your own personal weight training program.

Flexibility Exercises

The third component of fitness, flexibility, can be improved through slow static stretching movements known as flexibility exercises.

Flexibility exercises should be conducted before and after you begin an aerobic workout, weight training session or racquetball game.

When flexibility exercises are conducted before activity begins, muscles

actually get warm as they stretch. The result is that they will stretch farther faster once activity begins.

Flexibility exercises upon the completion of activity insure that your muscles will not contract back to a totally inflexible state. Failure to end a workout with flexibility exercises may cause an injury in everyday activity or make your warm up harder and less effective the next time out.

Nutrition

Nutrition directly affects the quality of your aerobic workouts, your weight training sessions, and your body fat content. With the other three components of fitness at stake, to ignore the value of nutrition will only keep you from your goal of total fitness.

There are three ways your body gets the calories it needs for energy: through protein, through carbohydrates and through fat.

Until recently, it was thought that consuming large amounts of protein produced health as well as superior athletic performance. Athletes and health fitness enthusiasts alike used to consume large amounts of red meat for maximum protein forgetting that most red meat also contains large amounts of fat. We ate lots of protein in the name of health and fitness unknowingly keeping our body fat contents abnormally high at the same time.

It has now been established that our bodies don't need as much protein as we once thought (12-15 percent gives us all the energy from protein that our bodies can possibly use). Also, a higher quality of protein comes from fish and fowl (they contain less fat). These two factors alone have destroyed the myth of eating steak to be strong and healthy.

Instead of eating vast quantities of protein to improve fitness and athletic performance, nutritionists are now recommending programs that make complex carbohydrates 60-65 percent

of one's daily caloric intake. Whole grain, bread, potatoes, cereals and vegetables are some of the complex carbohydrates that are now enjoying the popularity that protein once had. This is because they produce energy for the body to use faster than protein and for a longer period of time than simple carbohydrates (sugar).

Finally, today's nutrition program calls for fat to be minimized from its average figure in most American diets of 45 percent down to a figure of 20-23 percent. This is because when fat enters the body a small percentage of it is used for synthesis in cells. The rest of it is stored directly as body fat.

Keeping your nutrition program along the lines of a high complex carbohydrate intake mixed with lower percentages of protein and fat will assure that your fitness and racquetball performances increase in quality.

A Fitness Equation For The 80's

If there is a summary equation for what we'll be covering in future issues, it would go like this:

aerobic exercise + weight training + flexibility exercises + good nutrition = improved components and benefits of fitness

Upcoming issues will help you balance this equation to achieve total fitness and a higher level of racquetball performance as well. ●

Photo 1. Wrist cock.



wall. A special note for beginners: court awareness and a consistent kill shot stroke may take a year to develop even with proper instruction. Do not become discouraged!

Diagram 2 is a floor plan for the racquetball court. The lines will help beginning players with correct position at the beginning and during the rally. The lines which originate in the service box (1,2,3) represent the beginning of each serve. These lines are extended to the setup position in center court following the serve.

The dotted lines (4,5) which extend the length of the court form an imaginary alley to guide the ball down the lines. The player should stand outside the dotted line and swing the racquet inside the dotted line. This action will develop spacial awareness between the player, the wall, the racquet, and the ball.

Photo 2. Backswing and set up.



The two boxes in back court (6,7) represent serve targets. All serves should finish in or near these boxes.

The two lines in the center near the back wall (8) are the return of serve position. Start on these two lines if you are the receiver. Do not cheat left or right or in front of or behind this spot. A good server will ace you if you wander.

Diagram 3 is the side wall. The tape is used primarily as a guideline to develop stroke mechanics for a kill shot, pass shot, or ceiling ball. The horizontal lines (A,B,C) on the side wall represent the contact point between the ball and the racquet for these shots.

Frisbee For The Backhand

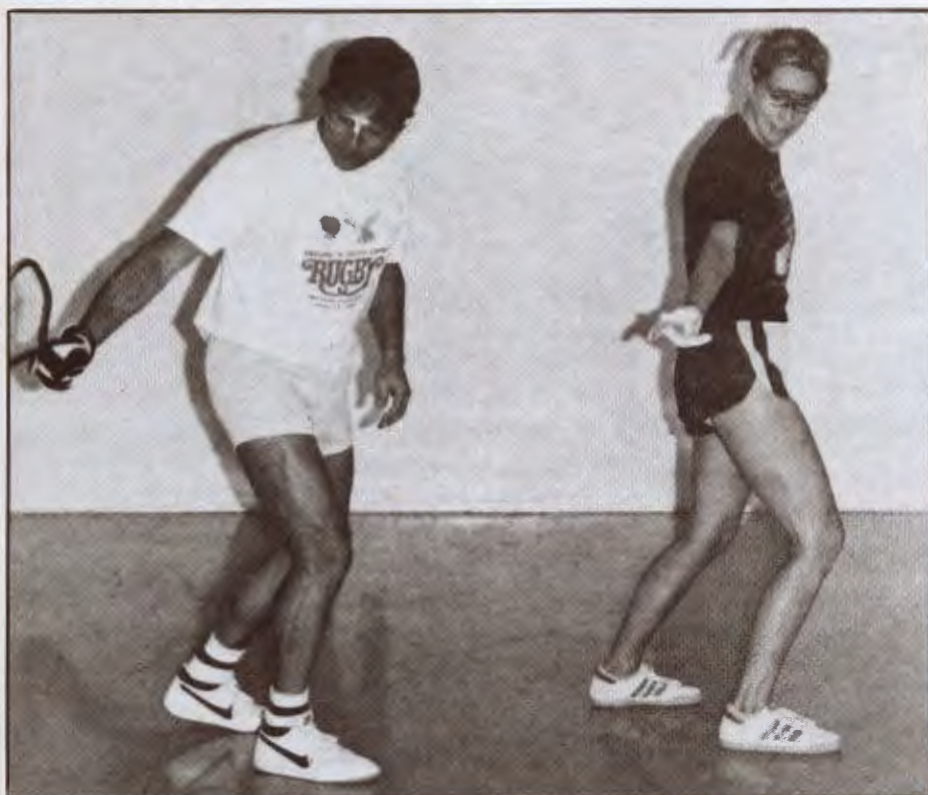
The backhand is more difficult to learn than any other skill in racquetball. The arm motion is unnatural, and the grip and body position differ from the forehand. The backhand does not generate as much power as the forehand so it is easier for the opponent to control.

An excellent teaching aid for the backhand is a frisbee. The throwing motion of a frisbee is similar to that of the backhand, and the wrist action will add power to the shot. The beginner also will learn the motor-nurial pathways necessary for execution of the backhand stroke, Photos 1-4 illustrate the similarities.

Photo 3. Arm swing, shoulder rotation and contact point.



Photo 4. Follow through.



- Photo 1 is the wrist cock.
- Photo 2 is the backswing and setup.
- Photo 3 is the arm swing, shoulder rotation, and contact point.
- Photo 4 is the follow through.

Beginners should play frisbee off the court as often as possible. More important, however, is to practice the backhand with a racquet on the court. Relax while so doing and think of playing frisbee in the park. ●

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In A Pinch? Pinch!

by Steve Mondry



Steve Mondry, a top touring pro for six years, author of numerous articles on racquetball, conditioning, and weight training, and director of the Mondry/DPI/Penn Clinic Series, is an instructor with the East Bank Club, Chicago.

One of the first things people notice when watching top amateur or professional players is the abundance of straight-in kill shots. The reason the best players hit their kills down-the-line is because it's a safeguard against a kill left up. If a straight-in, down-the-line kill is left up three feet, it becomes a down-the-line pass.

The pinch shot, generally just as available to the player in a kill situation, does not have the same cushion. A pinch left up three feet will travel its side wall-front wall path and carom out toward center court, becoming a perfect sitting duck for your opponent (Diagram 1).

So it's no surprise that many players prefer straight-in kills to pinches—they're merely keeping the percentages in their favor. There are, however, two sides to every story, and the pinch definitely has its proponents. In fact, when used properly and at the right time, the pinch is a guaranteed winner. As such it is a mandatory element in a racquetball arsenal of shots.

During the many clinics and exhibitions I've done, three common, basic questions have emerged relating to pinches. I'll raise, and answer those questions.

When Should I Hit A Pinch Shot?

While you can hit a pinch shot at almost any time from nearly any position during any rally, some situations are better than others. Your use of pinches should be similar to a baseball pitcher's use of a curve ball. Once you've established your fastball (straight-in kills) it's time to mix in the curve (pinches).

After you have hit (about) five, solid straight-in kill attempts, your opponent will start leaning toward covering this down-the-line shot (Diagram 2). You can see that his coverage is toward the side wall or back wall. Now is the time to hit the pinch, the coverage for which is toward the front wall.

Similarly, after you establish a cross court passing game, your opponent will begin to stay in the back court and make little or no attempt to secure center court position because he'll be looking for an advantage to cover your passes. Now is the time to hit the pinch (Diagram 3).

Diagram 1. The down-the-line kill/pass and the pinch kill right side wall-front wall.

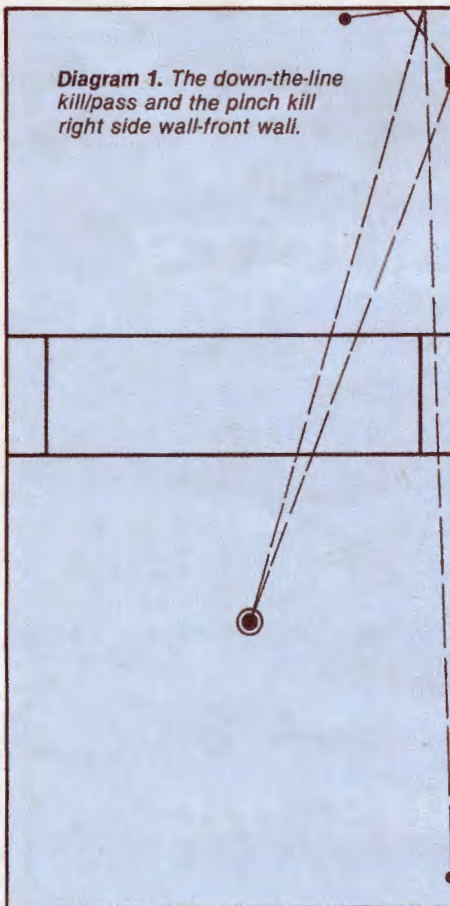


Diagram 2. Note that coverage of the down-the-line shot is toward the side wall or back wall (if the shot comes off the back wall). But the pinch necessitates coverage almost in the opposite direction.

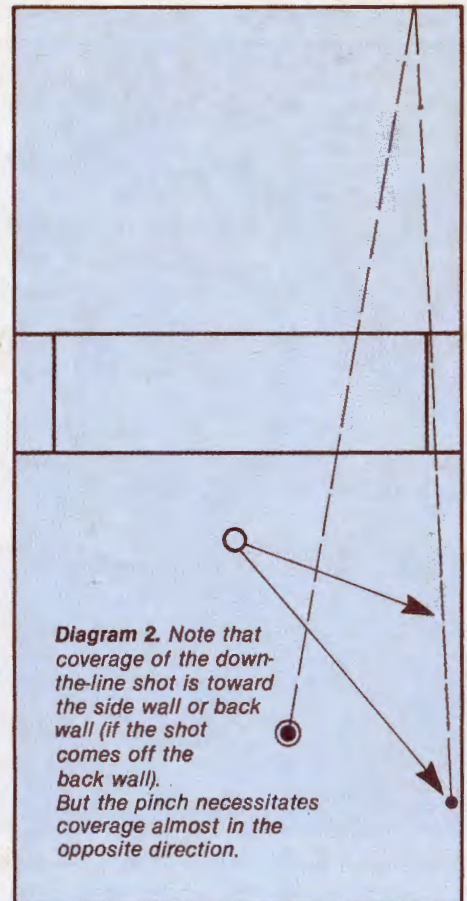
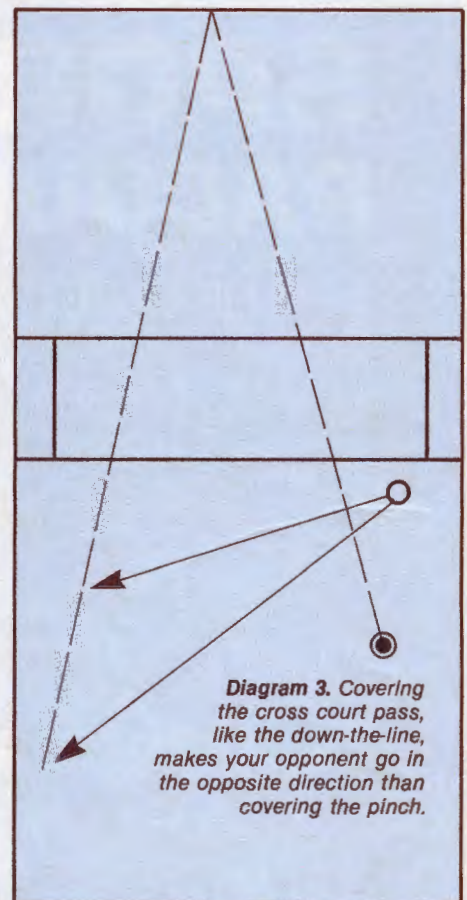


Diagram 3. Covering the cross court pass, like the down-the-line, makes your opponent go in the opposite direction than covering the pinch.



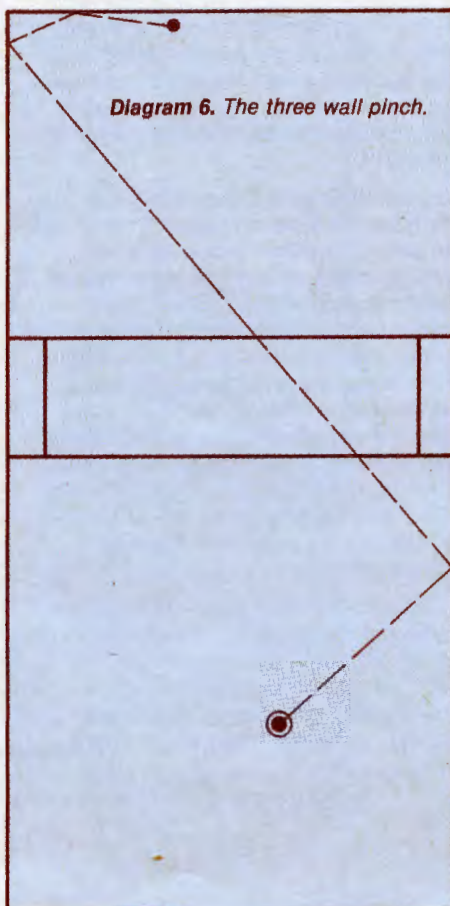
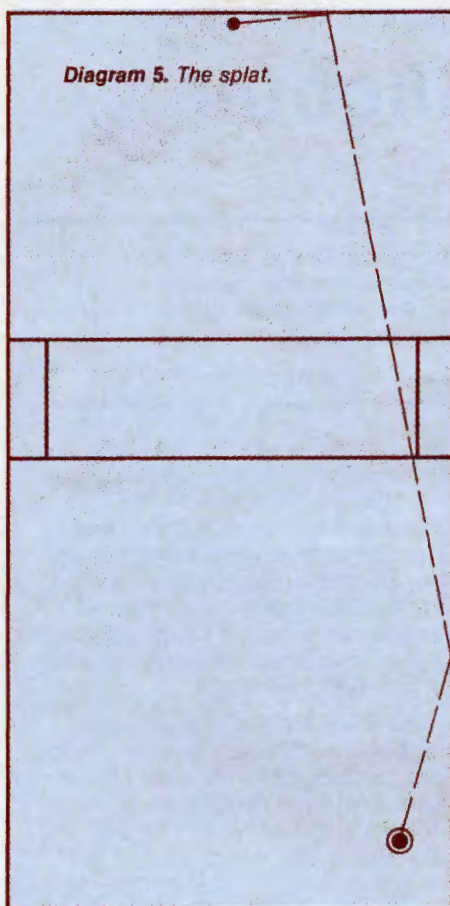
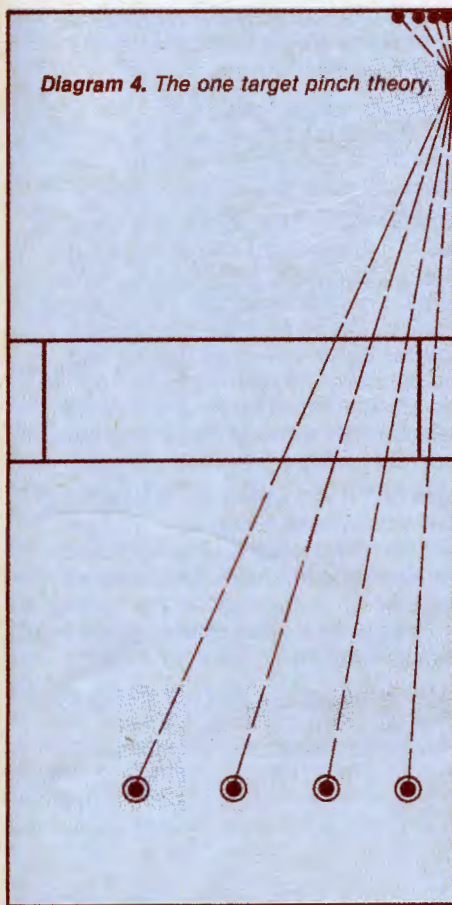
The biggest mistake people make with their pinch shots is attempting them before establishing their down-the-line or passing games. Establish those first and then hit the pinches for greater success.

Where Should The Pinch Shot Hit The Wall?

This is one of my favorite questions because there are so many answers. Variety is definitely the spice of pinch shot life, from the standard corner pinches to the amazing splat and everything in between.

On the basic corner pinches, the fundamental rule to follow has always been (and still is): hit your forehand into the forehand corner and hit your backhand into the backhand corner. The "corner" becomes my "magic triangle" (front wall-side wall-floor) and I aim for that triangle, although about six inches more from the front wall on the side wall.

This spot is actually the same place to hit the standard pinch, hypotenuse pinch or any of the reverse pinches (Diagram 4). This is what many players term the "one target pinch theory," which says that no matter where you are on the court, always aim for the same target to pinch.



There are two exceptions to this theory — the splat, which is a pinch of sorts (Diagram 5) and the three wall pinch which is borrowed largely (Diagram 6) from squash.

The key factor for the splat, explained numerous times, is the power and spin put on the ball as it glances into the side wall. That glancing, fiercely rotating contact, causes the unusual patch of the splat, which is hit when you are close to the side wall.

The three wall pinch is a very difficult shot to hit, but one that is a certain winner when hit properly. Usually hit off of an effective pass shot on the forehand side, the ball is ripped into the side wall in much more of a direct path than the splat. The ball carries cross court to the opposite corner and pinches into the front wall, dying as it does.

What's so nice about this shot is that it can be hit effectively on the run in a situation where your opponent thinks he's hit a winner. As he relaxes and adds one to his point total, you return with the three wall pinch. You win the rally and shake him up at the same time.

How Do I Hit A Pinch?

When setting up for a pinch shot it's best to follow the basic steps involved in proper execution of the normal forehand and backhand shots—with one minor adjustment involving footwork.

As the ball approaches, get your racquet back, turn your body to face the side wall, let the ball drop to below knee level, step in, swing and follow through. The adjustment is a simple, but important one. Instead of lining your body up parallel to the side wall, you should be turned so that your feet line up with the spot and the side wall you're aiming at.

The change is similar to the changes in bowling, where your feet are lined up straight ahead on your first ball. If you should leave the 10 pin (or any pin or pins), you make the necessary adjustment with your feet and approach. So it is with the pinch.

★ ★ ★

In summary, you should hit the pinch when your opponent is out of center court; you should aim for the magic triangles, less six inches; and you should set up with your feet pointing toward the corner. Follow these guides and when you're in a pinch, and you'll pinch to win. ●

Charlie Garfinkel's 'Spot' Racquetball

Playing the Shooter

by Charlie Garfinkel

This article continues a monthly series by former top pro Charlie Garfinkel using the "spot" theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the "spots" on the court occupied by both you and your opponent.



There are many types of players who are extremely difficult for most of us to play against. Perhaps the most difficult of these are the shooters. Seemingly, they roll out every shot when given the opportunity. Their forehands and backhands appear to be equally proficient.

Having played against the shooter as both you and I have, has often proved to be frustrating. My own success ratio against the shooter has ranged from poor to excellent. I'd like to share my ideas with you as to how "Spot Racquetball" can help you to defeat the shooter.

One of my first unfortunate experiences with a tremendous shooter, occurred in the early 1970's against lefthanded Steve Serot, a shooter nonpareil. Even to this day his backhand ranks just behind Marty Hogan's as the greatest of all time. Some experts have even ranked Serot's backhand over Hogan's. And, after playing him for the first time at the Long Beach pro stop in 1973, I saw nothing to dispel this ranking.

Upon arriving at LAX from Buffalo, NY, I called the tournament director, none other than the present editor of this magazine, informing him, that I was supposed to have been picked up. Mr. Leve, being the magnanimous person that he is, apologized profusely. He then told me to take a cab to Ben Agajanian's Long Beach Athletic Club, the site of the tournament.

When I arrived at the club about an hour later I had to play against a local player, whose reputation was so well known, that even his fellow club members didn't know who he was. Suffice it to say, our match started at 6 p.m. Because of jet lag from the flight from Buffalo, and my own poor play, I struggled to a tough, three-game win. All matches were to 21 points in the early 1970's, so my match lasted well over two and a-half hours. My win gave me the right to play Serot, who was then the number two ranked player in the world.

As awesome as his backhand was at the time, his forehand wasn't rated too far behind. It didn't make for a very pretty picture, to say the least. As the match started it was evident that Serot's reputation wouldn't be diminished by our match. Keeping me off balance, shooting at every opportunity, and rolling shot after shot as flat as a pancake, he quickly built up a 20-0 lead. I was looking for a place to hide. But, when you're 6'6, 200 pounds, with size 15 Nike sneakers, and a 10x12 inch mouth, there's not much hope of appearing inconspicuous.

At 20-0, an incident occurred that greatly endeared Serot to me. We collided after he served. The referee said that the point should be played over. Serot demanded that an avoidable hinder should be called. I was really upset.

In fact, I was so infuriated, that Serot wanted to "bagel" me so badly that I was determined to make a comeback. And I did. I lost the first game 21-2. The second game went to Serot 21-6. When he told me that playing me was better than drawing a bye, I really felt miserable.

When the match was over I tried to look at it realistically. Although I was tired from my trip and earlier match, I was completely outplayed by Serot. I had tried to slow Serot down with what I thought were good lob serves. I also hit reasonably good ceiling balls. However, nothing seemed to matter. The occasional few balls that Serot didn't roll out, were hit so hard, that I was constantly off balance. And, the fact that he was a lefthander, didn't help the matter.

About six weeks later, upon arriving at The Milwaukee pro stop, I checked the draw. Sure enough. If I won my first match I'd have to play Serot again.

After Serot and I won our first matches easily, I knew that I had to have a different game plan, or I'd be humiliated again. I remembered that I had used a medium lob serve in my first match against Serot. I realized that he had murdered me by taking the ball out of the air. His return had put me so off balance that my return was very weak. He then simply killed the next shot.

I decided that I would serve a high lob to his backhand, being sure that the ball would hit deep on the right side wall before it bounced. This would force Serot to either go to the ceiling, or to attempt a low percentage kill from shoulder height.

I also remembered that my ceiling balls were hit down the lines. However, they weren't very effective. Therefore, I

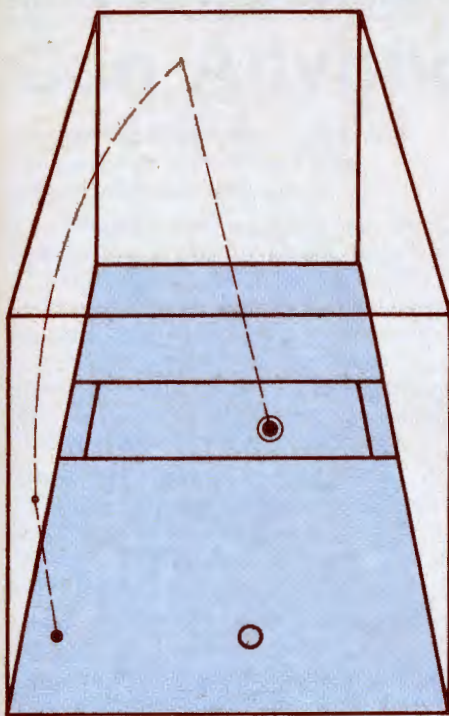


Diagram 1. High lob serve to the backhand. Ball hits high on the front wall one-two feet to the left of center, carries deep and hits the side wall, dropping down in the back left corner.

decided that I would hit my ceiling balls down the middle of the court. Of course, Serot could still shoot the ball if it came off the back wall or came up short. However, he wouldn't be hitting down the lines, where he was so deadly. It would also give me ample room to re-kill any shots that he might leave up.

Finally, I had decided that I would move up to the service line whenever Serot was preparing to shoot the ball. My theory was that Serot, like most shooters, was strictly a shooter and not a passer. By moving up to the service line I would force him to hit a flat rollout to win the rally.

Although I didn't defeat Serot I led 18-15 in the first game, before losing 21-18. The second game score of 21-15 was much closer than the score indicated.

The strategy that I employed can be used by most players at every level of play. First, by using a high lob serve (Diagram 1) you can force your opponent to go to the ceiling as I did against Serot, or to shoot a low percentage kill from shoulder height.

Second, (Diagram 2) by constantly hitting ceiling balls down the middle of the court I frustrated Serot who had no side wall gauge. In addition, I greatly

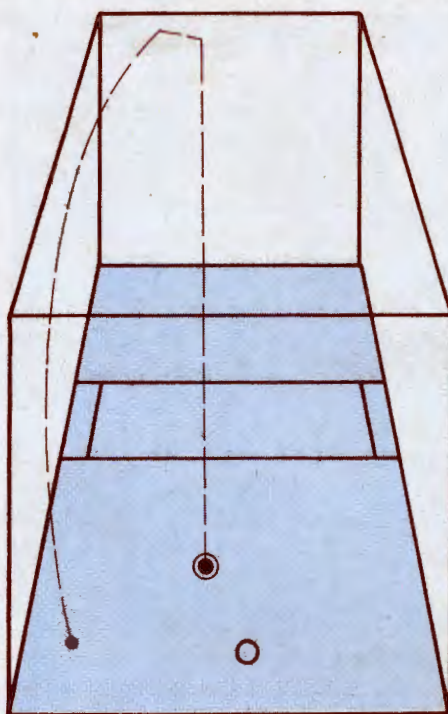


Diagram 2. Ceiling ball in middle court. Ball hits 3-5 feet from the front wall on the ceiling, caroms to front wall, floor and to deep back court.

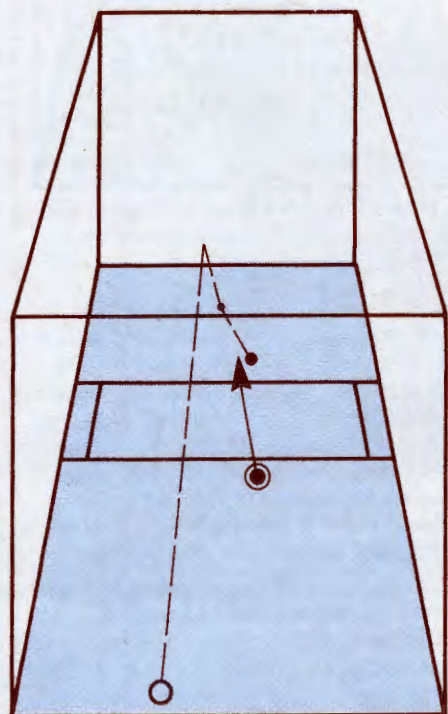


Diagram 3. Re-kill. As the shooter goes for bottom board from deep court you move in to the service line to prepare to re-kill.

limited his range on straight-in kill shots. You can do the same thing when playing against the shooter.

Third (Diagram 3) by moving up to the service line continuously, I was able to re-kill many of Serot's kill attempts that didn't roll out. This strategy will also work well for you.

Some experts advocate shooting before the shooter shoots. Personally, I feel that this puts a great amount of pressure on you, and takes you out of your normal game. I feel that you're wiser to slow the game down, both when serving and when the ball is in play. Not only does this frustrate the shooter, it could also cause him to take shots from positions on the court that he isn't accustomed to. Of course, if you're given the opportunity to put the ball away, or to pass the shooter, by all means, do so.

Because the shooter shoots so well off both the forehand and backhand sides, you must be extremely careful when you have what appears to be a setup. Using excellent court position to your best advantage will be of great help.

For instance, when you are positioned in front of the shooter in the service area, always shoot to the closest corner. If you're on the right side of the court, shoot to the right corner. If you're on the left side of the court, shoot to the left corner. It constantly amazes me how many players shoot straight down the line or pass cross-court when the shooter is stationed directly behind them. If you shoot straight-in and the ball is slightly up, the shooter is entitled to a hinder if you're in his way. If you shoot the ball cross court and the ball is slightly up, the shooter has time to re-kill the ball.

The optimum shots to use against the shooter when you're in center court are the forehand and backhand pinch

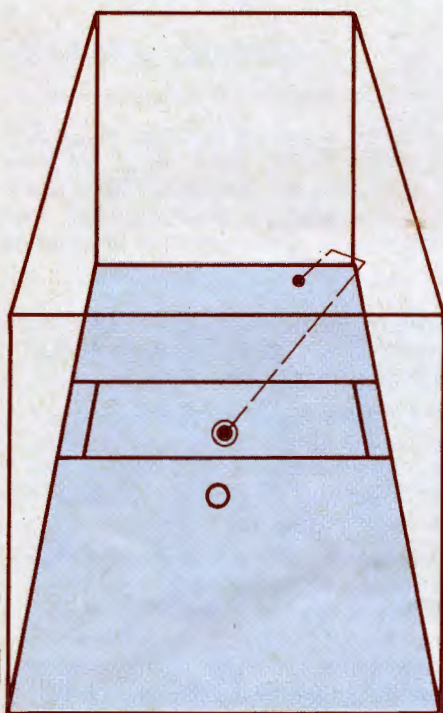


Diagram 4. Forehand pinch kill. Ball should be hit as close to the right side wall-front wall corner as possible.

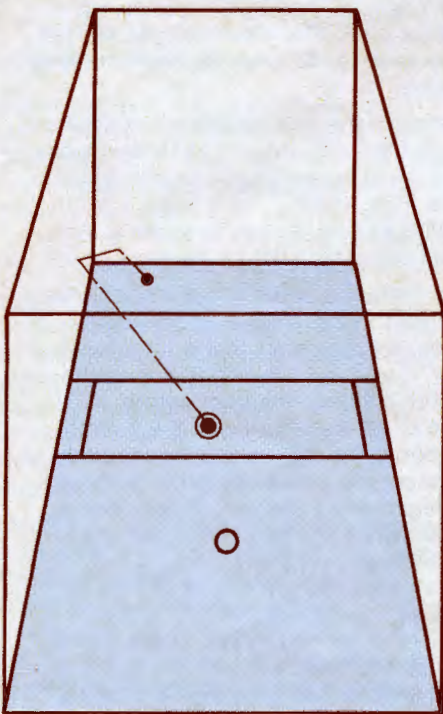


Diagram 5. Backhand pinch kill. Ball should be hit as close to the left side wall-front wall corner as possible.

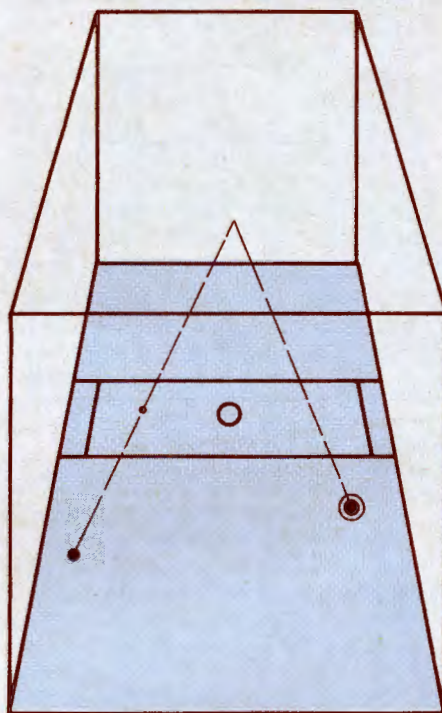


Diagram 6. Forehand cross court pass. Ball is hit 3-5 feet high, about 1-2 feet to the left of center on the front wall.

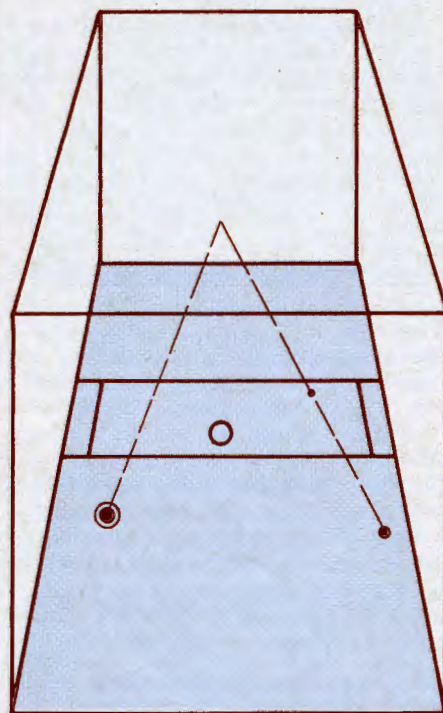


Diagram 7. Backhand cross court pass. Ball is hit 3-5 feet high and about 1-2 feet to the right of center on the front wall.

shots. When hitting either shot (*Diagrams 4 and 5*) it is virtually impossible for the shooter to return if you hit the ball correctly. Be sure to hit as closely as possible to the right or left side wall. Hitting wide angle pinch shots against a shooter is foolish as the shot hits towards the center of the front wall after hitting the side wall. And, if it is slightly up, the shooter will bury it.

When the shooter has position in front of you, he is extremely dangerous. However, by using precise passing shots (*Diagrams 6 and 7*) you can score points outright. At the worst, you'll still have the shooter badly off balance. Having to hit shots that are high, or shots when out of position, greatly limit the effectiveness of the shooter.

A word of caution on passing shots. When hitting them be sure that the shots don't hit the side wall, which causes the ball to slow down. In addition, the ball may carom to the back wall giving the shooter an easy setup.

Finally, when playing the shooter, be patient, wait for your shot, and then "spot" your kill, pass, or pinch depending on the shooter's "spot" on the court. ●

Upcoming Events

AARA National Doubles

Can Anybody Beat The Champs?

They intend to repeat — again. And there doesn't seem to be anyone around who says they won't.

Stan Wright and Steve Trent, the California duo who are Men's Open Doubles Champions of 1982 and 1983, and Carol Frenck and Malia Kamahoahoa, the Virginia team and current Women's Open Doubles titleholders, will be at the 1984 AARA National Doubles Tournament in Boise, ID, Oct. 24-28 to protect their titles.

"Steve and I have been in eight National Doubles tournaments, in seven finals, and we've won five of them," Wright said. "Our goal is to win number six in Boise."

He couldn't be any more psyched for the upcoming contest, presented by Lite Beer from Miller and sponsored by DP and Wilson.

Wright and Trent are coming off a glorious win at the IARF World Championship games held this past July in Sacramento (page 50). There the five time champs defeated the Canadian team of Mark Gilbreath/Bill Birch, 15-13, 15-14 in an exciting finale.

Kamahoahoa/Frenck continued their mastery of the doubles event by defeating the Candian women, 15-13, 15-14 at the IARF Games. They too should be ready for the major doubles event of the year.

As always, there will be teams out to dethrone the champs including Mark Malowitz and Jeff Kwartler, Houston, who last year gave the doubles champs hard competition in the first game of the Men's Open finals. The second game saw the champs overcoming an 8-3 lead before winning 21-13 for the title.

Kamahoahoa/Frenck struggled during their championship match against Floridians Mary Holroyd and Gail Lauteria, winning the first game 21-11, losing the second 21-15, then rallying for 11-2 tie-breaker victory.



Reigning doubles champs Stan Wright (left) and Steve Trent.

Then there are those players coming up from the juniors who are itching for a chance to wrest the title from the champs. Teams like Massachusetts' Scott St. Onge and Mike Coleman, or Ohio's Doug Ganim and Jim Leone, who battled it out in the finals at the National Juniors. Both are strong teams.

On the women's side, doubles teammates Elaine Mardas, Ohio and Dina Pritchett, Indiana, might pose a threat to Kamahoahoa/Frenck, as might Intercollegiate champs Kim Cooling and Theresa Beresford.

Brian Sheldon and Jim Jeffers current men's Intercollegiate champs might be just the threat that Trent/Wright worry about. Collegiate racquetball's quality increases every year.

Perhaps the juniors will make a difference this year; perhaps the college players; or perhaps another pair of players will emerge to give Wright/Trent a run for their title. But don't bet on it. ●

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Racquetball South Of The Border:

Part III

by Carole George and
Steve Keeley

Diary Of A Clinic Series

Aventuras En Latinamerica

Quito, the capitol city of Ecuador, has been called "The City of Eternal Spring." Its refreshing climate is due to a combination of two factors: its proximity to the equator keeps it warm, while its altitude of 9350 feet above sea level keeps it cool.

The vast majority of its 500,000 inhabitants are descended from the Quitus and other Indian tribes who lived contentedly in the altiplano region of Ecuador until 1534 when the Spaniards arrived. Today Quito is a beautiful blend of Indian and Spanish culture. It is also one of the capitol cities of Latin American racquetball.

We hadn't received a response to our clinic proposal from Al Walker, an American who has lived half his life in Ecuador, and built the first racquetball court in the country five years ago. As long as we were there, Keeley decided to give Al a call and go check it out.

Credit for the introduction of racquetball to Quito actually goes to Senora Walker, a Russian emigrant, who designed a circular driveway with a tree in the center to grace the Walker property 15 years ago when the Pan-American Highway was nothing more than a dirt road. The family talked about putting in a tennis court, but Sra. Walker vetoed the idea because it would mean cutting down the tree and losing the circle. The next idea was a squash court, until the Walkers discovered racquetball during one of their trips to the U.S. They were hooked. They went home and began plans and construction on a court in their back yard.

At first, only a few of their friends got into the sport, but with the rapid devaluation of the Ecuadorian sucre, the Walker's meat packing industry was losing profits because of inflation and they considered building another racquetball court and starting a club. The first 100 members didn't even pay membership fees for a while.

"New things are a lot slower to catch on down here," explained Walker. "We practically had to pay people to come to our club and try the sport. But what

we were hoping, and what actually happened, was they got hooked on the sport and started bringing their friends in to join."

Today there are six courts and 300 members, with plans to build an exhibition court for the 1987 Pan-American Games.

There are now 30 racquetball courts in Ecuador, but still only 1,000 players because many of the courts are at private homes. Racquetball is a very expensive sport and only a small percentage of the population can afford to play. It's not like in the U.S. where many people who could not otherwise afford to play in a commercial club given gratis memberships because they are employees at the club.

"You have to realize that this is another world down here," said Walker. "Our members would not want the employees to play. And besides, the employees would not want to play with our members. The classes are very separated."

Besides being upper class, the typical racquetball player in Ecuador is male. Machismo is still alive and well in Quito. Walker said it took them over a year to convince any of their women players to remove their sweat pants on the court because *Latinas* just don't wear shorts. Tournaments are another problem for the women because they usually have to work around the schedules of their husbands and children, while the men enjoy the freedom to play whenever they please on the weekends.

Al apologized for not answering our letter, but because of Ecuador's economic situation he didn't feel he could afford to pay us the dollars we had asked for. In one year the currency in Ecuador devalued three times, so, for example it would be like buying gasoline for \$4 a gallon, bread for \$3 a loaf, racquetballs for \$10 a can just because your money wasn't worth as much, even though you were earning the same amount as before. In many of the other South American countries this phenomenon also occurred, but several years earlier so they've had time to adjust.

Keeley and I tentatively agreed to do a clinic in early June, depending on what happened in Bolivia and what would be happening in Colombia afterwards. Rather than having a set price for the clinic we would set a price per person and just keep whatever the proceeds were. It wasn't the best business deal we'd ever made, since we could very well be working for less than babysitting wages, but the economic crisis in Ecuador isn't our fault or the Walker's and we do enjoy promoting the sport.

With our upcoming racquetball clinics in Bolivia still two and a half weeks away, Keeley and I said *adios* to Ecuador and *hola* to Peru. The border crossing itself was fairly simple since no visa is required, but the adventures started up again when we found out there are no buses from the border to Sullana, the next city because the road is so bad.

Hitchhiking was out for the same reason. In fact, the only traffic along the bumpy, winding, muddy road was trucks and jeeps. The drivers were able to get away with highway robbery, literally, because they knew they could charge whatever they wanted to since there was no alternative except walking.

On this day in late April there were three trucks hanging out on the Peruvian side of the border crossing, none of which appeared to be in a hurry to go anywhere. We asked each driver the usual questions: "Cuanto cuesta?" (How much?), "Cuando sali?" (When does it leave?), "Cuando llega en Sullana?" (when does it arrive in Sullana?), and then hunted down someone to exchange our Ecuadorian *suces* for Peruvian *soles* at the best rate.

When the most ancient of the three trucks eventually started up its engine, and several other passengers threw their packages and themselves into the back, we decided to join them rather than wait for the newer trucks whose drivers were enjoying hot *cafe* and waiting for more passengers.

At first it was hard to believe that a half an inch on our South American map could take five hours by truck, but once we hit the road it was all too clear. This was not a common tourist route and even the natives were sparse. The ones with us had all ridden this route before and seemed amused by the two rookies.

On the average we totalled eight to 10 passengers, but the number kept fluctuating as we passed tiny huts and people either jumped out of the truck or came running toward the truck at the sound of its horn. Everyone was really friendly to us and quite surprised that I could speak Spanish well enough to answer their endless questions.

However, even after five hours, no one ever did manage to learn our names. Instead I was always referred to as *Gringa* and Keeley was called *Meester*. I must admit we were the hit of the party, and everyone enjoyed laughing at us, especially whenever we just barely ducked before overhanging tree branches could sweep us away from our perch.

Keeley, as usual, spent most of the trip sleeping—his limp body was tossed from side to side and into the air at every bump. I also did what I customarily do on long trips—talked. It's no wonder Keeley was always more rested than me, while my Spanish improved much faster than his.

After dark we stopped for dinner at a farm house/restaurant. One old woman protested and waited out in the truck because it was getting late and she wanted us to drive straight through. Everyone else seated themselves at the small tables inside and ate the meat, yucca, pasta, and corn and drank sodas.

We also got delayed when we met up with a truck on its way to Ecuador, which had slid into a muddy dip in the road and its driver was trying to dig it out. Our driver and a few of the men got out and helped until finally, a half hour later, they were on their way and it was our turn to cross the ditch. Our wheels were slipping and sliding and

Keeley prodding his doubles partner in Peru. He kills well.



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—Photos by Carole George

spinning without traction, but fortunately, the old heap managed to keep moving.

It wasn't until 1 a.m. that we finally saw the lights of Sullana approaching. I asked the other passengers where there might be a cheap hotel for myself and "Sleeping Beauty." The old woman told us that none of the hotels were cheap, they were all far too expensive. She insisted we stay at her place instead.

Now, I knew from experience that those terribly expensive hotels might cost all of \$1, possibly \$2 each, and in the rain at 1 a.m. they're well worth it. But then again, I never missed an opportunity to stay with the locals, so I very graciously thanked her and accepted the offer. I woke up *Meester* and told him of our good fortune.

The Morales live three generations in an adobe house which connects to all the other adobe houses around it. The outhouse in back seemed to be shared by other dwellings, but I never saw any strangers in it to verify my hunch. The front room was a living room and the back room was larger, probably 12' x 20' and tripled as a kitchen, dining room, and sleeping area.

Senora Morales put us down on the floor, which I figured was because they didn't have guest beds. Then I realized that almost everyone else was on the floor also. There were two twin beds to accommodate four adults, but there were eight Morales living there: the old woman, a married daughter with her husband and three children, a younger daughter, and a son. The old woman's husband was staying in Ecuador because there was no work in Sullana.

In the morning we washed the dirt road off our face and arms into the kitchen sink, while the daughters prepared breakfast. They served plenty of that typical flat bread that looks like middle eastern *pita* bread, fried eggs, and small pieces of tough, dry meat which I assume was saved for special occasions. With the meal we all sipped a hot gruel which was supposed to resemble coffee that has too much milk and sugar. When we asked what it was made out of they proudly presented a box of Quaker Oats.

I still had some small packets of instant coffee which were from the U.S. Army CARE packages which Barry Stevens had given us in Panama. The Morales were overjoyed to accept the real coffee. Keeley and I searched through our backpacks for other small gifts and took pictures at the breakfast table, promising to mail copies. Senor Morales sent her son with us to find the bus station and told us we always have a place to stay in Sullana.

From Sullana its only an hour by bus through the desert to Piura, a small city which has one of the two racquetball courts in the entire country of Peru. Al Walker had told us about the *Country Club de Piura*, and gave us the name of the *presidente*. He also advised us not to waste our time going to Piura because it was a real pit—a hot, dusty town in the middle of nowhere. So, of course, we decided to check it out.

Walker was right. The Country Club is probably the highlight of Piura. It's an elite club, limited to 300 members, with a waiting list. There's tennis, swimming, badminton, fronton, one squash court, and one racquetball court. Both the squash and racquetball courts are partly subterranean, and open to the outdoors where most American courts open up to the upstairs gallery.

Of the 300 members, each of whom pays \$1,000 a year for club dues, only 70 or 80 ever play racquetball. The Country Club is quite exclusive, which is also obvious by its location—its nowhere near a bus route and far from the center of town. We had to pay 1000 *soles* (35¢) for a taxi from downtown Piura and then we hitched a ride back with a club member. In order to join, the potential member must be approved by the board of directors.

"Just because someone has lots of money doesn't mean they're someone we'd want in our club," revealed the club president over the phone.

Keeley and I had planned to stop in Lima also, and check out the only other racquetball court in Peru, but we had heard many awful things about the capitol city and nothing nice. After meeting up with a knife and two thieves in Panama, I wasn't especially

interested in a replay. Besides, we were more anxious to see Cusco and the Inca ruins at Machu Picchu.

So we took a night bus from Piura to Lima, arriving at seven in the morning. Then we caught an afternoon bus out of town, continuing on south to Arequipa, (where Keeley looked the other way in the bus depot and lost one of his bags to juvenile thieves), then another 20 hour bus ride took us up into the Andean towns of Cusco.

Actually, the bus rides weren't as tortuous as they sound. I almost learned to sleep sitting up. Keeley could probably sleep on his head. And most buses stop often enough, if you know what I mean.

The buses typically pack in as many people as possible so only the lucky get seats. The Indians with their brightly woven blankets of goods or babies strapped to their backs wait alongside the dirt roads and wave the buses down. Sometimes herds of alpacas and llamas cross the road and run into each other trying to dodge the advancing bus. The poorest people who climb aboard generally negotiate the price with the driver's partner who periodically wades through the obstacle course in the aisle to collect fares.

Cusco is the ideal tourist town. The old Spanish style buildings, with their white adobe walls and red-tiled roofs are beautifully backgrounded by the Andes Mountains. Indians line the walkways, enticing the tourists to stop and look at their handwoven alpaca wool sweaters, hats, gloves, and scarves.

Keeley and I asked for the cheapest hotel upon our arrival and we were directed to Residencial Bolivar, which is just up the alley from Plaza de las Armas where all the action is at night. The Bolivar was adequate enough for 50¢ each per night, and even had a hot water switch in the shower and a clothesline on the roof top.

The residents came from all over the world. We met a brother and sister mountain climbing team from Holland, a German woman and her Argentine boyfriend who were going back to Europe together once they figured out how to raise some money, a Brazilian family that travelled by selling earrings on the streets, an Austrian woman who have been travelling around the world for three years on book royalties, and a Korean student on vacation from Stanford.

We kept that hotel room for 10 days while we did a lot of souvenir buying and mailing, caught up on last year's American films which were making their first run in Bolivia, and hiked the famous Inca trail from Kilometer 88 to the ruins at Machu Picchu.

The three-day, 25-mile hike through the Andes Mountains is something I wouldn't be too anxious to do again, still I'm proud that I did it and survived. Keeley made the mistake of listening to the Dutch mountain climbers who said it took them one day. He also ignored the tourist brochure that recommended a five day hike.

Instead Keeley packed a light sleeping bag and enough food for a day and a half. I decided to be more conservative and carry a three-day food supply, my sleeping bag, and an extra blanket from the hotel. I cursed the weight on my back the entire first day, as we slowly ascended a 13,000 foot mountain pass, then thanked God for it that night although I nearly froze to death anyway.

I must have dozed off a few times during the night, but mostly I laid awake shivering and wishing the sun would come up, so at least we could get moving again. We had hiked past dark and risen with the sun, so we were ahead of the three or four groups of Europeans who were attempting the same feat.

Keeley was already totally out of food since his last orange escaped and rolled over a cliff. He favored heading back the way we'd come. I chose to continue forward, partly to see new ruins and scenery and partly to be able to say I'd done it.

Otherwise I'd be telling thousands of racquetball players how I sissied out. Keeley finally decided he would continue forward also, but he'd have the complete it in one day to avoid freezing or starving to death. So, we split up to hike at our own pace.

As it turned out, I got to Machu Picchu a half hour before Keeley in the middle of the third day—a typical case of the tortoise and the hare. Keeley definitely climbs and hikes at a faster pace than I do, but he had to stop more, especially since he was just getting over about with Montezuma's revenge and was still a little weak. I'd find him passed out alongside the path, or refilling his canteen at a brook.

The second night, I sacked out in some Inca ruins along with several other hikers, just as soon as it got dark. The partial shelter provided some protection from the cold and I managed to sleep a little. I couldn't help worrying about Keeley who I'd last seen as I was approaching the campsite. The others told me that he had said he was going on to Machu Picchu even though they told him it was impossible in the dark.

One thing I've learned from traveling with Keeley is you don't tell him something is impossible. Otherwise, that's exactly what he'll want to do: the impossible. So I started out at dawn and sure enough, an hour down the path I found Keeley's body sprawled out in a small Inca ruin. I revived him, forced him to eat and drink something, and then, just like the hare, he shot off ahead of me again. But by this time I knew I'd catch up with him again.

After all that trial and tribulation to reach the ruins, we only had an hour to spend there before the last bus left to go down the hill to the train station. We bought tickets for the local train rather than the tourist train which arrived in Cusco in half the time, but cost five times as much and had nothing but *gringos* inside.

Four hours to Cusco and we never did get into a seat, but at least we worked our way up to floor space in the aisle. This time everyone else had to step over us to check tickets, sell food, detrain, or go to the bathroom. Our 50th hotel room looked like the Hilton when we finally arrived late at night.

As much as we both loved Cusco, we finally had to leave for Bolivia because we had heard rumors that there were national strikes and threats of revolution. Bolivia has had more coups in its history than any other country, so the natives weren't that concerned, but to outsiders it seems scary.

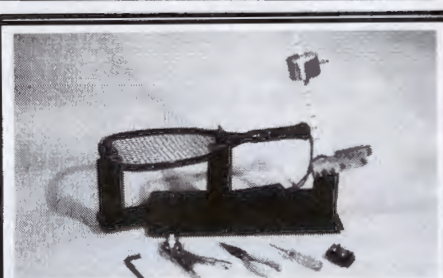
In addition, we hadn't been able to communicate with the racquetball clubs in La Paz, Santa Cruz, and Cochabamba to be sure the clinics were still on for the proposed dates. By then, a two-day journey by train, then bus, then a boat across Lake Titicaca, then buss again was just a short jaunt for us. Besides, after a month without racquetball I was anxious to hit the courts again.

I assume Keeley shared my anticipation, but we never had a chance to speculate together about what might await us in Bolivia—most of the time I was too busy visiting with neighboring passengers while Keeley was—you guessed it—sleeping. ●



Photo by Steve Shay

Authors Steve Keeley and Carole George examine slides from their South of the Border Clinic Series in the offices of National Racquetball upon their return to the U.S. of A.



The RCP-1 (shown above) comes complete with instructions and all accessories: vise grip speed clamp, start clamp, long nose pliers w/cutters, stringer's awl and practice string.

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Feet First: A Guide To Healthy Feet

by Frances Sheridan Goulart

Walking. More than 35 million of us do it daily. Fifteen million more of us do it two times a week or more. And almost five percent of the entire population of San Diego gets to work on foot every day.

Walking, says the President's Council on Physical Fitness and Sports, is the only exercise in which rate of participation does not decline in the middle and later years. In a recent national study, the highest percentage of walkers—39.4 percent—in any group was found among men 65 and older. According to studies by the Pennsylvania College of Podiatric Medicine in Philadelphia, the average American walks over 115,000 miles in a lifetime. (Quite a jump over previous estimates of 65,000 to 70,000 miles.)

If you're a racquetball player, you're even more hot to trot. Bounding around a racquetball court regularly improves the body's ability to consume oxygen, lowers your resting heart rate, reduces your blood pressure and increases the efficiency of your heart and lungs.

According to the American Medical Association, that extra mile or two on court a day can help you take off 10 pounds by year's end provided your caloric intake remains unchanged. If you're impatient, step up your walking pace. Move at speeds faster than three miles per hour (20-minute miles), and you burn an average of 66 calories per each mile, says Carson Conrad, executive director of the President's Council on Physical Fitness and Sports.

But all that locomotion is hard on your feet. What's the best thing you can do for your feet—besides getting them inside a good pair of shoes? Nourish them. As a racquetball player, you need more of some nutrients that non-players don't. Some of those nutrients can even help prevent bunions, brittle toenails, weak ankles and flat feet.

Feet



Here's how to give your athletic toes a helping hand:

1. The more you play, the more stamina you need. Have a few sardines or a slice of cheese before you play. Both supply calcium, a mineral that keeps you on the go.

According to researchers at Old Dominion University in Norfolk, Virginia, "*calcium and exercise increases stamina as a result of (calcium's) effect in prolonging the time before muscle fatigue sets in.*" Two more calcium-rich snacks to mix and pack? Cashew nuts and almonds.

2. "*If you could spend your whole life walking on soft grass, your feet would rarely bother you,*" says orthopedic surgeon John F. Walker, Jr., M.D., consultant to the Institute for Sports Medicine and Athletic Trauma at Lenox Hill Hospital in New York City.

You can't do that, but you can get some soft, healthy grass into your diet, for extra chlorophyll. And what does that do? It protects you from air pollutants such as lead and carbon monoxide. According to the *American Journal of Pharmacy*, chlorophyll is an essential anti-cancer agent and an antioxidant like vitamins C and E. Best sources? Sprouts, spinach and leafy green salads.

3. Three foods that fight athlete's foot?

Apple cider vinegar (use it as a liniment), baking soda (use as a warm water soak), and plenty of B complex. Nutritionist Adelle Davis said she cured her daughter's stubborn case of athlete's foot with Brewer's-yeast-cocktails (a good source of *all* the B vitamins which provides energy). Wearing cotton socks (not nylon) to prevent recurrence helps. So does sprinkling leaves of the antiseptic herb tea Golden-seal inside your socks.

4. "*When your feet hurt,*" advises the American Podiatry Association, "*you hurt all over.*" Nutrition can be external as well as internal. After a hard day's walk, give your feet an Ascorbic Acid (vitamin C) bath. Crush two vitamin C tablets and dissolve in a tub of luke-warm water. Soak 20 minutes.

"*Vitamin C,*" says the author of *The Vitamin Bible*, "*heals bruises, eases muscle strain, prevents sore muscles, and reduces stress, strain and pressure.*" A little C powder in your socks even prevents fungus infections.

5. According to sports podiatrist Rob Roy McGregor, D.P.M., just jogging around a court exerts a force on the feet of approximately three to five times the weight of your body. Are your feet tough enough to take that? They will be if you wear good shoes that don't cramp your toes; do exercises to strengthen your arches; and get more zinc into your diet.

According to Henry A. Schroeder, M.D., of Dartmouth Medical School, the world's leading authority on trace minerals, zinc governs the contractibility of muscles. Most of the zinc available in foods today is lost in processing. For example, 80 percent of the zinc in white bread is destroyed during refining. Whole foods still rich in zinc include raw pumpkin and sunflower seeds, wheat germ, eggs and fish.

6. Mosaic warts on your soles? "They often turn up when you're under stress," says Sheldon Langer, D.P.M., of The Langer Biochanics Group in Deer Park, New York. Check your diet. The five worst stress makers are salt, refined sugar, coffee, nicotine and alcohol. Good stress busters? Fresh fruit, low-fat cheese, nuts, whole grain cereals.

7. What helps besides supports if you have weak feet or first degree flat feet? Vitamins. "We repeatedly prescribe vitamin C and cod-liver oil (vitamins A and D)," says Michael V. Simko, D.P.M., a podiatrist in Bridgeport, CT. How to get all three on your next walk? Pack dried fruit (a good source of vitamins A and C), and walk on the sunny side of the street. (Sunshine is one of the four top sources of vitamin D.)

8. A simple drug-free remedy for ingrown toenails? Apply two or three drops of vitamin E from a capsule on each troubled toe twice a day. Rub it in well. Repeat. Watch for results in less than three weeks. Take vitamin E internally to improve circulation to the feet which diminishes with age.

9. Walking 30 minutes at a brisk pace burns 125 calories. The food energy in a big banana, a handful of prunes or a candy bar. Best bet? The fruit. It not only supplies natural sugar that keeps you energized longer than chocolate (the caffeine and sugar lowers blood sugar so in an hour you'll be hungry again), but pectin, a food fiber found in raw fruits and vegetables, also protects you from common air pollutants such as lead.

10. You need three hours of upright activity a day, says the President's Council on Physical Fitness, just to prevent bones from becoming porous and weak. If you get pooped after you've played only half an hour, a little more potassium in your diet should help.

"This mineral helps cool muscles, and hours of exertion use it up. If it's not replaced, the result is chronic fatigue,"

says Gabe Mirkin, M.D., author of *The Sports Medicine Book* (Little, Brown, 1978).

A good back-pocket potassium-rich snack? Reach for a peach, an orange, banana or carry sun-dried raisins.

Vitamin Ade

- 2 cups water
- 1 cup milk honey
- 3 bags rosehip tea
- 3/4 cup lime juice (about six fruits)

1. In a saucepan, heat water. Stir in honey. Add rosehip tea and steep for one hour.

2. Remove teabags and squeeze well. Stir in juice. Store concentrate in a glass container in the refrigerator.

3. To make limeade (or lemonade), add 1/2 cup base to 3/4 cup water in a tall glass. Stir and add ice.

12 servings. ●



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Will Radical Squash TV Success Bode Well For RB?

Everyone agrees that national TV exposure will result in a true racquetball "explosion." The network sports moguls have consistently shied away from considering the confined 20'x40' fast action, lamenting the mediocrity of previous attempts to capture the game's action.

Now, we are told of a successful squash TV viewing for the 1984 British Open, produced by Cheerleader Productions. The show, heavily edited and post-shown on a prime hour slot, featured one of six cameras mounted vertically overhead, carrying special directional lighting. This was employed in combination with a totally unique, reflective ball designed "to glow on screen and optically ap-

pear to slow down in its traverse of the court." The British thus broke a traditional TV resistance to squash as a broadcast sport.

The special ball was developed secretly and independently by "a group of squash-playing medical and legal professionals who call themselves 'Visiball Projects,' but refuse to provide personal identification because they fear repercussions from the respective professional bodies about self-promotion."

They drilled off the surface of standard squash balls, replacing the rubber with a non-metallic silver compound which reflects light luminously in a manner similar to highway signs. There is no varying in

weight of the ball, the ball plays with almost the same characteristics as the original.

It is important to note that the test TV squash court floor was painted blue, giving maximum visibility to the traveling ball.

Your reporter visited the new Metropolitan Club in London last June and saw such a court set up for TV, with both floor and wall of blue and new white balls manufactured for such courts.

Visiball Projects went to London's Channel 4 following early tests with their reflective ball utilizing local cameras. Cheerleader Productions then guaranteed financing for the last stages of development in time for

use of such a white reflective ball in the British Open's championship match.

It was explained that the directional lighting was mounted on the overhead camera to avoid crossing the eyelines of the players. Derek Brandon, Cheerleader producer-director for the project, explained, "We planned heavy post-production work, cutting in the view from above with the glowing ball for the best rallies."

Commentary and game analysis was done in the post-production phase rather than during the play itself.

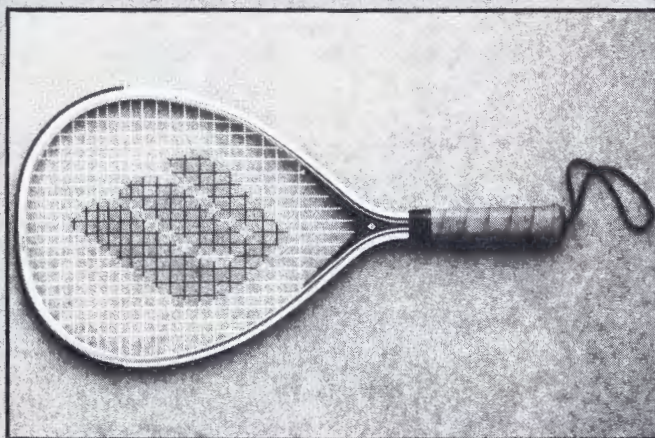
Is this the break-through we've been waiting for?

—Mort Leve

Ektelon's Macro Racquets Receive AARA Approval

Ektelon has received unanimous approval from the Rules Committee of American Amateur Racquetball Association (AARA), sanctioning Ektelon's "over-sized," new "Macro Series" racquets for use on an experimental basis in all AARA sanctioned tournaments, except Regional and National events. This testing period will be from September 1, 1984 through September 1, 1985.

"We are extremely happy and excited about this announcement," said Bob McTear, Vice President and



General Manager of Ektelon. "Our main objective

in the development of the Macro Series is to attract

new participants to racquetball and encourage players to play the sport more frequently. This racquet is designed to broaden the base of racquetball by increasing players enjoyment of the sport."

The new Macro Series, racquetball's first "over-sized" racquets, are 20.5" by 10.5" in length and width, compared to conventional racquets which are approximately 18.5" x 9". The racquet weighs 245 grams, the same weight as Ektelon's CBK.

Bally Buys Lifecycle

Bally Manufacturing Corporation, Chicago, has acquired the assets of Lifecycle, Inc., of Irvine, CA.

Dan Holton, President, and Augie Nieto, Executive Vice President of Lifecycle, Inc., will retain marketing, research and development responsibilities under the firm's new name, Bally Fitness Products Corporation.

The Lifecycle Aerobic Trainer, major product of the firm, was successfully field tested by 1.5 million members of Bally's Health and Tennis Corporation of America prior to the acquisition.

"We believe," stated Robert E. Mullane, President and Chairman of the Board of

Bally Manufacturing Corporation, "that the Lifecycle is the finest, most reliable electronic exercise bike available."

"Affiliation with Bally," said Holton, "will complement our growing impact in the fitness market and will afford us ready access to Bally's expertise in electronic design and manufacturing. This will allow us to rapidly expand the development of new products for the growing fitness marketplace."

"Under this new arrangement, stronger emphasis will be placed on marketing the Lifecycle Aerobic Trainer and the Lifegym Fitness Trainer to health

clubs as well as to the corporate fitness market, rehabilitation centers, hotels and resorts, military bases and other vertical markets," said Nieto. "Lifegym, a new addition to our line of fitness products, represents an innovative concept in multi-station weight resistance equipment."

Bally, a world leader in the leisure-time industry is the largest manufacturer and distributor of coin-operated gaming and amusement equipment. The company owns seven major theme parks through Six Flags Corporation; over 280 health and fitness clubs through Health and Tennis Corporation of America; the

country's largest chain of family amusement centers through Bally's Aladdin's Castle, Inc. and related subsidiaries; Scientific Games, Inc., the leading designer and supplier of instant and weekly lottery games; and Bally's Park Place, a major hotel and casino in Atlantic City, New Jersey, through Bally's Park Place, Inc., its 84% owned subsidiary.

Bally

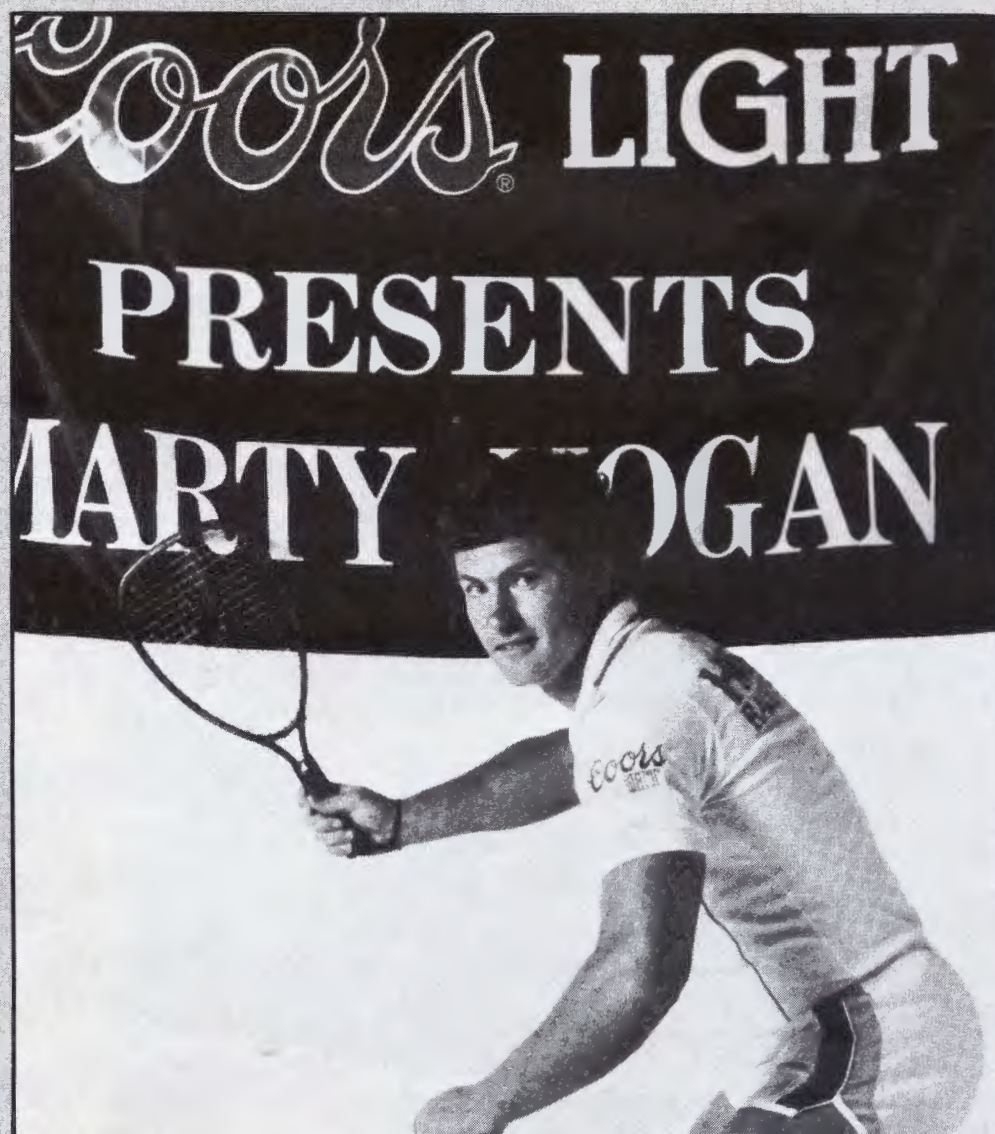
Hogan Signs With Coors For Exhibition Series

Marty Hogan, five-time national professional champion has been signed by Adolph Coors Company for a series of exhibitions and personal appearances throughout Coors 36-state marketing area.

Hogan will represent the Coors Light brand at various exhibitions and tournaments across the country for the Golden, CO-based brewer. Hogan will also make personal appearances on behalf of Coors Light and its distributors through the company's CO-OP Program.

"To have a legend such as Marty Hogan represent our company at various functions around the country is truly a plus for our entire organization, particularly for our nearly 500 distributors," said program manager Jim Hannigan.

Hogan will be attired in Coors Light clothing during his clinics and exhibitions as well as having media kits and other promotional items available at all personal appearances.

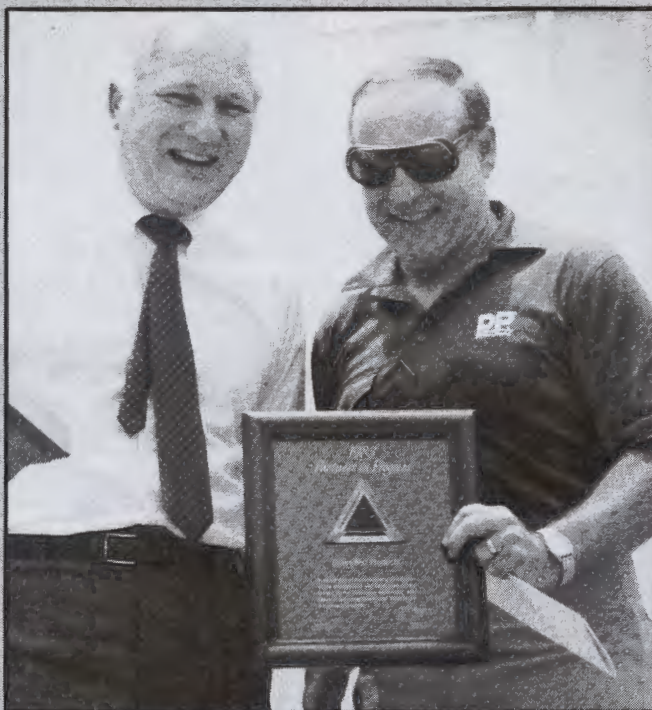


DP Receives Sears Award

The employees and management of Diversified Products were honored recently for their outstanding achievement in the production of physical fitness equipment for the nation's largest retailer.

Representatives of Sears Merchandise Group, which recently awarded DP one of only 75 "Partners In Progress" awards, joined with DP management in a special plant ceremony and luncheon to acknowledge the vital role of workers in the production of quality and lasting goods. DP is one of only 23 suppliers of Sears that has been selected for the Partners In Progress Award for the past three consecutive years.

Representing Sears were Jerry Post, National Merchandise Manager of Sporting Goods, Denny Allen, Senior Buyer, and Larry



Cal James (right), president of Diversified Products, accepts the Partners In Progress Award on behalf of DP from Sears' Larry Witherbee.

Witherbee, Product Buyer. Also on hand for the occasion were Ron Quinn, Scott Harding, Jim Duro, and Herb Kretz of the Sears Merchandise Group.

"We at Sears use over 11,000 manufacturers to meet our product needs," Post noted. "Being selected among the top 75 manufacturers is most significant and a tribute to a company's employees, who put quality, dependability and pride into their daily work."

DP received its Partners In Progress Award after a committee of top Sears Merchandise Group officers reviewed its contribution to the retailer's "quality triangle," which combines extrinsic quality, intrinsic quality and product innovation. Other criteria taken into consideration were service of supply, dependability and marketing.

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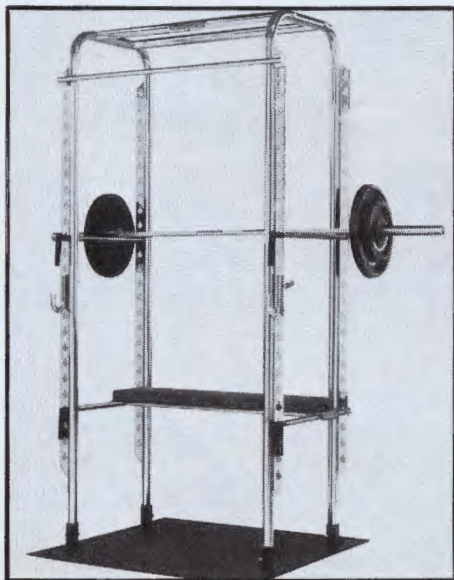


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Relieve tennis elbow pain with Strongren-Scott's new Model 170 Tennis Elbow Support. Machine washable, the support provides comfortable, pinpoint pressure on sore tendon areas in the arm. Made of durable Velcro, with foam lining next to the skin for comfort and foam rubber at the pressure point to hold the tissues in.

Strongren has also introduced supports including Wrist Strap Model 600, Knee Compression Model 164, and Ankle Compression Model 305. All are machine washable.

For information on all these items, contact Terri Snyder, MarketAide, Inc., P.O. Box 600, Salina, Kansas, 67402, 913-825-7161.



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Universal Gym Equipment Inc.'s free weight line includes two models of the Power Rack.

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Constructed of heavy 2" x .120 wall steel tubing, the rack is finished in duplex nickel chrome. Key bars are 1.102" hardened steel with special safety on the ends to hold bars securely in place.

Outside lifting hooks and one set of key bars are included. Optional equipment available include a chin-up bar, additional key bars and padded bench. (Barbell shown is not included.)

Write or call toll free for Universal's free catalogs: Universal Gym Equipment, Inc., P.O. Box 1270, Cedar Rapids, IA 52406, 1-800-553-7901.



Cuffed Cushees Socks Announced

Tennis Togs announces the introduction of their new triple thick socks named Cushees.

Cushees socks are triple thick around the toe and under the foot to the heel. A full terry lining in this area and up the back of the sock includes the entire top of the socks. Cuffed Cushees retail for \$4.50/pair.

The top of the sock, over the instep, is made without a terry lining to eliminate bunching. The thick terry under the foot provides comfort due to extra cushioning.

For more information on a full line of cushees socks, write Tennis Togs, Inc., 2520 NW Second Ave., Boca Raton, FL 33431, or call 800-327-5012.



The Lifeline Gym

The Lifeline is a two-pound gym that can tone and shape all the muscle groups in your body in a quarter of the time required by dead weights or barbells.

The secret is full range resistance supplied by indestructible design that instantly adjusts from zero to hundreds of pounds of resistance. An illustrated exercise booklet tells you how to move from one exercise to another instantly.

Lifeline is endorsed by exercise physiologists and physical therapists across the country. The lifting bar is 27" and breaks down in the middle with stainless steel locking pins. It comes neatly packed in its own carrying case.

For more information, contact Lifeline Production & Marketing, Inc., 1421 S. Park St., Madison, WI 53715. 608-251-4778 or 800-356-9607.

The Glute-Ham Developer

Have you been glute-hammered?

This catchy new phrase, based on the creation of the Polaris Glute-Ham Developer, may become a household term.

This unique, new exercise apparatus was created to end those constant hamstring and lower back injuries occurring in sports and to greatly enhance performance. Presently, it's the only exercise apparatus that works on the lower back, buttocks, and hamstring muscles in one continuous motion.

The Glute-Ham Developer was created by Dr. Michael Yessis, Ph.D., a foremost specialist in biomechanics and sports training and well known author of regular feature articles in many magazines specializing in health, fitness, and athletic training.

For more information contact Polaris, 5334 Banks St., San Diego, CA 92210, 619-297-4349.

Hogan Drives Away With Toyota Title



Hogan accepts the \$10,000 Toyota 4x4 from Joe Burdis, vice-president of Mid-Atlantic Toyota, who donated the vehicle.

The Toyota-Miller Lite East Coast Classic marked the first time for racquetball's touring pros to show their skills in the Mid-Atlantic region, but one and all of them, from tournament winner Marty Hogan on down, vowed they will return if a similar event is offered next year.

The tournament took place July 20-22 at Leroy Merritt's 24-court racquetball palace at Security Boulevard in Baltimore. Hogan, the No. 1 seed, drove away with first prize, a \$10,000 Toyota 4X4 vehicle, but he had no easy road.

All told, 11 of racquetball's top 15 ranked players competed in the tournament. Absent were Mike Yellen, No. 1-ranked, who had said he would appear, but the date conflicted with a European trip. Brett Harnett, No. 4, attempted to enter at a late date, but his entry was refused.

"Turning down someone like Brett Harnett, was not an easy thing to do," said tournament director David Pivec, a former Canadian League and NFL football player, "but we felt the tournament had to preserve its integrity if it was to

be successful. We had already notified the top-seeded players how the tournament was set up, and it wouldn't have been fair to change it."

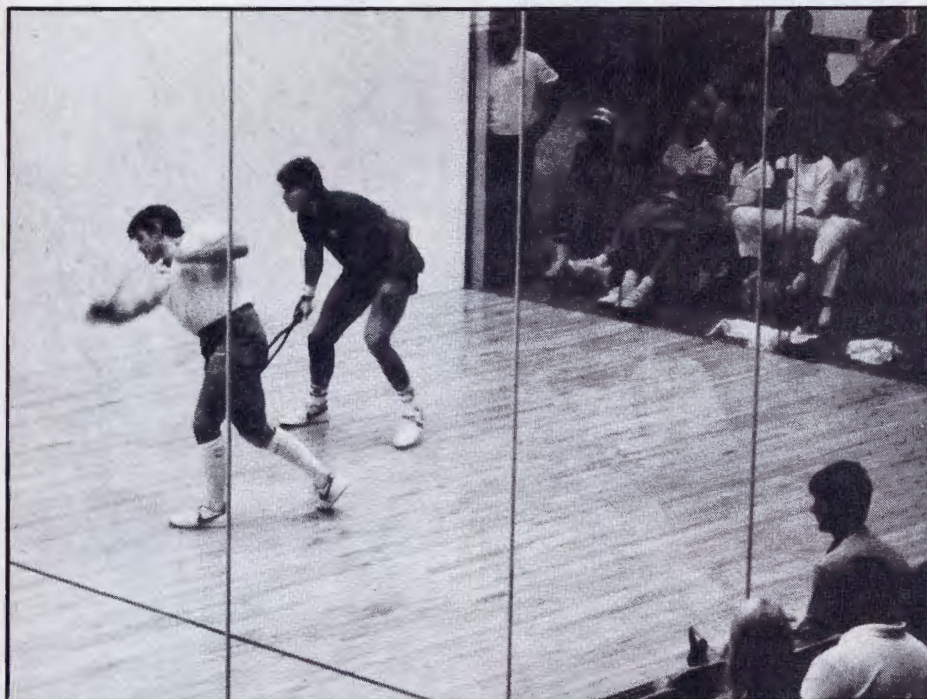
Pivec and other members of the sponsoring organization, the Racquetball Authority of Metro Baltimore, were ecstatic with the tournament's success. Packed galleries of nearly 1,000 were in attendance at each of the tournament's three days. A satellite event for 175 of the area's top amateurs ran concurrently.

The pro players seemed to especially appreciate the glass show courts at Merritt/Security. Two of them are laid end-to-end with a common front wall, thus giving viewers an 80-foot stretch of glass.

"To have a house like this and a gallery like this and then not to have a pro tournament would be a crime," said Pivec, whose RAMB outfit has generated \$35,000 in three years for its charity, Kernan Hospital. "Marty Hogan agrees with me and so do the Peck brothers. All have said they'll come back and we know Mike Yellen will."

by Larry Harris
Assistant Sports Editor,
Baltimore Evening Sun

Dave Peck goes for bottom board against brother Gregg in the semi's.



Hogan defeated Gregg Peck in a four-game final 9-11, 11-4, 11-10, 11-6, but that was one of his easiest matches. He started off with a breeze on Friday, downing Tom Whipple, a local veteran pro who is known as the East Coast's finest teacher, 11-1, 11-6, 11-2.

On Friday night, however, Hogan ran into a skinny little buzzsaw named Cliff Swain, from Braintree, MA. The 18-year-old lefthander took Hogan to the limit before the Master finally won it, 7-11, 11-10, 11-6, 4-11, 11-4.

Things got even tougher in the semi-final. In the tightest match of the tournament, Hogan let veteran Jerry Hilecher have a 2-1 lead in games before coming back to win, 11-4, 4-11, 2-11, 11-4, 11-5. Hogan had beaten another veteran, Richard Wagner, in straight games in the quarter-finals, 11-8, 11-5, 11-8.

In the other side of the draw, Gregg Peck was making his way toward his first pro tournament final ever. He started off with a win against local pro Craig Powell, 11-4, 11-9, 11-2, then moved on to dust Andy Gross of St. Louis, 11-7, 11-4, 11-1.

In the quarters, Peck, the hulking Texan who was easily the sweetheart of the tournament, continued to win in straight games, bumping off Gerry Price, 11-3, 11-8, 11-4. Then came the semi-final: No. 3-seeded Gregg against his big brother, No. 2-seeded Dave. Gregg had never beaten his brother in competition, but this time he did, 11-7, 11-9, 11-3.

Going into the championship match, the 20-year-old Gregg Peck hadn't lost a game and he shocked Hogan by blunting his power serve and winning the first game. After that, however, Hogan changed strategies, going to a high-Z lob serve to the backhand and winning three in a row.

Peck didn't go away empty-handed. He clutched a check for \$2,500 when he promised the crowd he would return. His brother, Dave, and Hilecher split \$1,500 for being semi-finalists. Quarter-finalists got \$400 and losers in the round of 16 received \$200.

"Gregg Peck is obviously going to be a tournament winner," said Hogan magnanimously after it was over. "This is his first pro final, and my experience was just too much for him. Watch out in the future, though."

Toyota dealers offered to buy the truck back from Hogan, if he so desired, but Marty preferred to take the vehicle. "I've got maybe five more years of hard racquetball left," the 26-year-old said. "The younger guys are taking over. Me, I won't be winning too many Toyotas in the next five years."

It would be hard to convince Baltimore fans of that, though. After getting to see The King up close for the first time, they got that feeling he's invincible. Only Mike Yellen and a few more have ever proven he is a mere mortal. ●

Toyota-Lite Beer East Coast Classic Merritt Security Club Baltimore, MD, July 20-22, 1984

Round of 16: Hogan d. Swain 7-11, 11-10, 11-6, 4-11, 11-4; Hilecher d. Klein 11-10, 11-4, 11-8; Wagner d. Newman 9-11, 11-7, 11-5, 11-6; Price d. Cohen 11-8, 11-7, 11-10; Christiansen d. Andrews 8-11, 11-4, 11-7, 11-6; Brysman d. Gonzalez 11-6, 10-11, 11-6, 5-11, 11-7; G. Peck d. A. Gross 11-7, 11-4, 11-1; D. Peck d. Cascio 11-1, 11-7, 11-6.

Quarter-finals: Hogan d. Wagner 11-8, 11-5, 11-8; Hilecher d. Brysman 11-10, 11-6, 11-6; G. Peck d. Price 11-3, 11-8, 11-4; D. Peck d. Christiansen 11-2, 11-2, 8-11, 6-11, 11-0.

Semi-finals: Hogan d. Hilecher 11-4, 4-11, 2-11, 11-4, 11-5; G. Peck d. D. Peck 11-7, 11-9, 11-3.

Finals: Hogan d. G. Peck 9-11, 11-4, 11-10, 11-6.

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Twelve Countries Compete In 2nd World Championships

by Carole George

The jubilant Team USA at the awards ceremony.



"Wunderbar," "Subarashii," "Verrukkelijk," "Fantastico," "The Best" were just a few of the exclamations of praise from the 120 players who represented 12 different countries in the second World Racquetball Championships, July 16-22 at Gleneagles Racquetball Club in Sacramento, CA.

Not since World Games I, also held in California, has there been a world championship for racquetball. At that time, only Japan, the U.S., Mexico, Ireland, Holland, and West Germany sent teams.

This year, more than half of the players who did attend had to pay all or part of their travel and living expenses for the week of competition. Finances kept several other countries (Honduras, Panama, France, Dominican Republic, Trinidad, Australia, England and Switzerland) from competing.

The U.S. Amateur Team, as usual, had all expenses paid by sponsors Lite Beer, Penn Athletic Products, and DP Racquetball. Still, the top two U.S. men chose not to participate. Dan Ferris had conflicts at work and Jim Cascio had an illness in the family. Neither notified their team until days before the playoffs for team position.

"I'm not bitter," said Ed Martin, coach of the U.S. team since early 1983. "I'm just surprised their priorities are where they are. I think they're basically good kids, but this is a team event and they have

responsibilities to their team, the coach, and the people they beat in the Nationals."

Martin still felt confident that his team had what it would take to finish first, even without the top two men's team players. Furthermore, Coach Martin felt that their absence could have pulled the rest of the team closer together than it's ever been.

As it turned out, the U.S. team proved itself still to be number one, but not without learning that the competition is right on its tail. Both the U.S. men's and women's teams finished first, giving the Americans 24 total points.

Canada's debut appearance in international competition was a highly successful one, finishing second in both men's and women's team competition for a total of 22 points. However, this is exactly what everyone had predicted. Canada boasts 2,000 courts and 350,000 players. Most of their team members had five to 10 years experience. Compare that to a country like Costa Rica with only six courts in the entire country—yet able to finish seventh in the world team competition.

Following Canada was Holland whose women finished third and men took fifth, giving them a total of 18 points. The Dutch team also finished third in the world in 1981, behind the U.S. and Mexico.

But while it's the women's team that pulls the most points for the Dutch, it's the "senoritas" which held Mexico back. Their men finished third while the women finished seventh out of nine women's teams.

Of the three women that Mexico brought to the North American Championships in March 1983, the number one is now married and pregnant, the number two has put on weight and quit playing racquetball, and only 16-year-old Monica Inclan returned to represent her country. The Mexican "hombres" realize that they have a lot of work to do, and predict that after some individual coaching, their women's team will come back much stronger.

Japan tied with Mexico for fourth place with 16 points. In the 1981 World Championships they brought only a

men's team, so no one knew what to expect from their women. So it was a surprise to all, including top Japanese men's player Shun Ohyama, when the Japanese women finished fourth. The men were happy to finish sixth. Racquetball in Japan has been booming since the first court was completed five years ago. Now there are 19 clubs with 100 total courts and 15-20,000 players.

In comparison, many other countries are still in infancy stages. West Germany placed sixth with 13 points, followed by Costa Rica with 11. Colombia, the strongest South American country, finished eighth with 10 points. Puerto Rico, another rookie in international competition, was able to finish ninth with only a men's team. But a closer look reveals that all three Puerto Ricans live in the Los Angeles area of California.

Belgium, probably the youngest racquetball country, brought a full team sponsored by Browning which has its headquarters in Belgium and is the parent company of Ektelon. The Belgians accumulated eight points, putting them in tenth place. Eleventh and twelfth places went to Bolivia and Ecuador, each of which was represented by a single player. Gustavo Retamozo, the Bolivian national racquetball champion, was able to compete thanks to backing by the Banco Popular de Peru, and Paul Walker and his father Al had to pay their own way from Quito, Ecuador.

The format of the week was split in half, with the first three days devoted to round-robin competition for the team title. Then on Thursday, July 19, everyone took the day off for a relaxing river raft ride down the Sacramento River, winding up with a picnic afterwards.

The final three days were the individual championships where all the players were put into one big single-elimination draw. While the U.S. women's team was still able to dominate, the Canadian men took the upper hand in the men's division.

Ross Harvey, the Canadian National Champ, got revenge on Andy Roberts of Memphis State and 1984 Inter-collegiate Champ. In a fitting final



Singles champ Ross Harvey shows the gutsy effort that characterized his play as he dives for a return in the finals against Andy Roberts.

match of the tournament, Harvey edged out Roberts 12-15, 15-13, 15-14. Harvey, an eight-year veteran, was all smiles following the finals.

"I've had more fun playing racquetball in this tournament than I've ever had," beamed Harvey who has been invited to teach his skills in Bogota, Colombia. *"I really enjoyed this. It sort of fueled the fire. Now I want to take a couple of languages at least."* Harvey is studying veterinary medicine in Montreal.

In the playoff for third place, it was

also revenge for the Canadians. Roger Harripersad who lost to U.S. Junior National Champ Doug Ganim in the team competition was able to pull the individuals out, 15-4, 11-15, 15-13.

The finals of the women's individual competition ended up being a civil war—American vs. American, Cindy Baxter vs. Mary Dee. Baxter has dominated amateur competition in the U.S., and the women's division in international competition since the first world championships in 1981.

Dee was the underdog in this tournament, having finished third in the team playoffs. This year she lost to Marci Drexler in the semis of the AARA Nationals and lost to Baxter in the semis of the Ektelon/Perrier Nationals, after winning the regionals in both.

"I still can't believe I won," exclaimed Dee. *"It's great to have beaten two people I've never beaten, but I think I'm really high from the whole week. It's so refreshing to be around honest players who are also competitive."*

Dee's words of praise only echoed those of most of the players who felt that the tournament will definitely be a lifetime memory. One of the high points was the Friday night banquet where the team prizes were presented. There was much gift-giving from all the teams, and each country sang a song for the group. A color slide presentation of photos taken during the opening days of the tournament and set to American music, was definitely a big hit. The evening finally finished at 1 a.m. after two hours of dancing to a live band.

Both the finals of the women's doubles and the men's doubles had identical results: USA over Canada, 15-13, 15-14.

Ferris, Cascio No Shows: Valid Absences Or Disservice to Team USA?

Dan Ferris. Jim Cascio.

If not household names in the living room of amateur racquetball, Ferris and Cascio are as close as one gets. Their credentials: Ferris is the 1984 U.S. National Singles champion, a title he also won last year. Cascio was third this year and second in 1983.

Those finishes earned them a place on the U.S. National Racquetball Team which meant competing with Team USA against 11 other nations at the International Amateur Racquetball Federation World Championships (IARF) in Sacramento, CA. It was the Olympics of Racquetball.

As it happened, Ferris and Cascio didn't come. For good reasons, each says. USA Team coach Ed Martin doesn't agree. He removed them from the team and received the blessing of the AARA, the governing body of racquetball, for doing so.

Other officials and players at the IARF World Championships II, though they weren't privy to any direct explanation from Ferris and Cascio, concurred with Martin.

Their timing, rather than their absence, created the most furor. Both men qualified Memorial Day weekend at the Nationals in Houston, nearly seven weeks before the international tournament July 16. Cascio confirmed July 6 he would not attend the games. On Friday, July 13, Ferris verified his absence.

Cascio, of Lancaster, PA in a telephone interview said his schedule went from 28 to 40 hours a week at the club where he is director of racquetball. Also, management expressed displeasure with his frequent and lengthy absences because of tournaments. He missed three weeks from the first of May to mid-June to play in the majors—Ektelon, U.S. Nationals and DP.

More important, the 21-year-old said, about three days before his scheduled departure it was discovered that his father had a growth on his vocal cord. Immediate surgery appeared likely, though it was delayed because of his blood pressure.

Yes, he told Martin he had to "teach clinics" and couldn't get off work. "At

the time I didn't want to make it sound like my parents were keeping me from going," he explained. His father urged him to play the championships.

Additionally, Cascio said, he was uncertain the event would come off as planned until he received his airline tickets. He acknowledged receipt of a letter in mid-June outlining the tournament format.

Cascio confirmed he played in a pro-am in Baltimore the weekend of the IARF World Championship, only because it was just a one and a-half hour drive from his home.

"I felt very privileged about playing," Cascio said of his selection to the U.S. Team. He plans to try again. *"I apologize if I caused anybody any inconvenience. To me I did the right thing and that's what's important. My family comes first."*

About three weeks before the WCII, Ferris left a message for AARA Executive Director Luke St. Onge at national headquarters in Colorado Springs saying "he wouldn't be able to make it" to



Cindy Baxter sets up for a forehand off the back wall against Dee in the finals.

In the women's it was Malia Kamahoa-hoa and Carol Frenck over Suzanne Robert and Monique Parent. Kamahoa-hoa had played number three singles for the U.S. in Costa Rica's Torneo de la Raza last October, but this year she teamed up with Frenck to win the National Doubles.

Steve Trent and Stan Wright teamed up for their third international victory (first in the North American Regionals, then the Torneo de la Raza, and now in the

second World Champs) against Bill Birch and Mark Kilbreath. Holland inched by Puerto Rico 13-15, 15-6, 15-14 for third place in doubles.

Although it didn't count for the team scores, a seniors division was included in the tournament so that the coaches would have a chance to compete. Out of 29 entrants, it was Canada and the USA in the finals as usual. Ron Pawlowski of Canada ousted Van Dubolsky of the USA, 15-10, 15-10.

the tournament. St. Onge was in Michigan preparing for the Junior Nationals.

Business obligations and closing on his new house wouldn't make the trip possible. Ferris, 25, sells insurance and is an investment broker for a Minneapolis firm that was transferring him to his hometown of St. Cloud.

Three days prior to team qualifications, Ferris received his airline tickets. That prompted him to call Martin to verify his earlier telephone message. After a plea from Martin not to let the team down and the rearrangement of his qualifications schedule, on July 12 Ferris agreed to come. The next day he left a message he would not be arriving.

In a telephone interview, Ferris said he decided to "sacrifice the summer" of racquetball in an effort to build an economic cushion and pursue a long-standing plan to try the professional tour. To that end, Ferris, who works on commission, pumped up his insurance sales efforts and also lined up 30 racquetball clinics in a five-state area.

The intense work schedule took its toll, however. Ferris contacted mono-nucleosis and was bedridden the week of the championships.

Ferris said he will continue to support

amateur racquetball, though he was critical of those who criticized him.

"They didn't look at my point of view or my position at all," he said. "You know I'd rather be there (at the championships)."

Coach Ed Martin, basing his judgement on phone conversations with Ferris and Cascio, said neither excuse was valid, nor was the late notice justified. There was no time to select alternates who likely would have been Tim Hansen, Palm Beach, FL, who finished fourth in the Nationals, and Paul Bakken of Minnesota, intercollegiate runnerup.

AARA president Paul Henrickson, who was present at the IARF competition, said the two "did a disservice to themselves as well as their teammates and their country." He concurred there was no option but to suspend them from the team. IARF president Han van der Heijden, of the Netherlands, supported the action.

The issue over and the matter resolved, coach Martin now looks at the incident in a different light. Rather than dwell on who wasn't there, he prefers the conversation center around those "who met their responsibility and performed winning the world championship."

The USA won the team competition.

—Michael Arriolt

A proud, deserving Team Canada celebrating their second place finish.



All in all, it was a very well-run tournament. Language differences proved to be only slight barriers, but once on the court all the players spoke the same language. At one point there was a German playing an American with a Japanese referee and none of them could speak the other's languages, but the match ran smoothly despite. The Gleneagles staff was always cheerful and very helpful throughout the long hours. As in every international tournament, there was much swapping of T-shirts and bartering for pins, and all around good spirits.

"This is really important for the sport," said Dee. "International competition is definitely the direction that racquetball will be growing in the future. I feel very proud and very fortunate to be a part of it."

By virtue of the first and second place finishes, Harvey, Roberts, Dee and Baxter all received automatic invitations to compete in World Games II slated for London in the summer of 1985. ●

2nd IARF World Championships Team Competition

Men's Singles

1. Ross Harvey, Canada
2. Andy Roberts, U.S.A.
3. Roger Harripersad, Canada
4. Doug Ganim, U.S.A.

Women's Singles

1. Mary Dee, U.S.A.
2. Cindy Baxter, U.S.A.
3. Marci Drexler, U.S.A.
4. Carol Duput, Canada

Men's Doubles

1. Steve Trent/Stan Wright, U.S.A.
2. Mark Kilbreath/Bill Birch, Canada
3. Arno Mooyman/Rob van de Kamp, Holland
4. Willie Rodrigue/Claudio Medina, Puerto Rico

Women's Doubles

1. Carol French/Malia Kamahoa-hoa, U.S.A.
2. Suzanne Robert/Monique Parent, Canada
3. Mirjam Wieheesen/Dineke Kook, Holland
4. I. Ohki/P. Hataya, Japan

Tournament Results

New Hampshire

The 4th Annual Salem Exchange Club Open
Salem Racquetball Club
Salem, NH — Mar. 23-25
Tournament Director — Al Parchuck

Women's A
1st — O'Dwyer; 2nd — Ransom; 3rd — Htem; 4th — Wright

Women's B
1st — Parchuck; 2nd — Wright; 3rd — Crowley; 4th — Baddeley

Women's C
1st — Varrette; 2nd — Misiazek; 3rd — Tuttle; 4th — Wrenn

Women's D
1st — Tuttle; 2nd — Wrenn; 3rd — Michaud; 4th — Sullivan

Women's Novice
1st — Ruggieri; 2nd — Smith; 3rd — Goddess; 4th — Torres

Men's Senior C
1st — Silvia; 2nd — Davis; 3rd — Bishoff; 4th — McGahan

Men's Open
1st — Harvey; 2nd — Aceto; 3rd — Freedman; 4th — Coleman

Men's A
1st — Martellini; 2nd — Barrett; 3rd — Lemanski; 4th — Chandronnais

Men's B
1st — Flannagan; 2nd — Chandrannait; 3rd — Wilson; 4th — Porcello

Men's C
1st — Laudendeau; 2nd — Milewski; 3rd — Smith; 4th — Nicosia

Men's D
1st — Gurley; 2nd — Petrosino; 3rd — MacDonald; 4th — Ribaud

Men's Novice
1st — Amott; 2nd — Henderson; 3rd — Morris; 4th — Waldron

Men's D
Finalists — Thoms d. Jarzmik

Veterans
Finalists — Goluke d. Mandell

Seniors
Finalists — Miller d. Waldo

Veteran Seniors
Finalists — Johnson d. Erleben

Masters
Finalists — Retzer d. Kurtz

Golden Masters
Finalists — Dzuik d. Lane

Women's Open
Finalists — Evon-Lawrence d. Robson

Women's A
Finalists — Kulick d. Crowe

Women's B
Finalists — Bentley d. Jennings

Women's C
Finalists — Bender d. Canning

Women's D
Finalists — Mikus d. Sutkay

Women's 30 +
Finalists — Franks d. Kornfeld

Michigan

MRA #7
Racquet Kings Courts
Trenton, MI — Mar. 16-18

Men's Open
Semi-finalists — Teets d. Veziorski; Metav d. Big "Z"
Finalists — Metav d. Teets

Men's A
Semi-finalists — Liggins d. Casey; Oberg d. Dutcher
Finalists — Oberg d. Liggins

Men's B
Semi-finalists — Tranberg d. Turner; Gage d. Geruasi
Finalists — Gage d. Tranberg

Men's C
Semi-finalists — Moloney d. Hamilton; Eshhaki d. Reading
Finalists — Moloney d. Eshhaki

Men's D
Semi-finalists — Pfeffer d. Danford; Meath d. Hlavaty
Finalists — Pfeffer d. Meath

Seniors A
Semi-finalists — Dion d. Jackson; Brownlee d. Slavik
Finalists — Brownlee d. Dion

Seniors B
Semi-finalists — Gutierrez d. Henry; Iwasiw d. Gentile
Finalists — Iwasiw d. Gutierrez

Seniors C
Semi-finalists — Roberts d. Ray; Cook d. Carr
Finalists — Cook d. Roberts

Masters
Semi-finalists — Hahn d. Karhu; Madden d. Matyas
Finalists — Hahn d. Madden

Masters B
Finalists — Biesterfeldt d. Cheolas

Golden Masters
Semi-finalists — Caretti d. Perham; Russell d. LeSage
Finalists — Caretti d. Russell

Juniors 17
Finalists — Larry d. Kundrot

Juniors 15
Finalists — Burt d. Fogler

Juniors 13
Finalists — Hill d. Kummier

Minnesota

Rochester-Pabst Racquetball Tourney
Supreme Court Racquetball & Fitness Center
Rochester, MN — Mar. 16-18

Men's Open
Quarter-finalists — Ikier d. Gorman; Gordon d. Gorman;
French d. Wegner; Wegner d. McGanney
Semi-finalists — Ikier d. Gordon; French d. Wegner
Finalists — Ikier d. French

Men's A
Semi-finalists — Kaschke d. Chidester; Lichty d. Kaufman
Finalists — Lichty d. Kaschke

Men's B
Semi-finalists — Schacht d. Olson; Tyce d. Sims
Finalists — Schacht d. Tyce

Men's C
Semi-finalists — Clemen d. Juffer; Bailey d. Wetter
Finalists — Bailey d. Clemen

Men's Novice
Semi-finalists — Weibusch d. Callender; Butturff d. Zimprich
Finalists — Weibusch d. Butturff

Men's Senior A
Semi-finalists — Carpenter d. Gifer; Ulwelling d. Dittrich
Finalists — Carpenter d. Ulwelling

Men's Senior B
Semi-finalists — Fakler d. Motto; Wermerskircher d. Ianfolla
Finalists — Fakler d. Wermerskircher

Men's A Doubles
Semi-finalists — Gorman/French d. Carpenter/Banfield;
Gorman/Graddy d. Ulwelling/Ramlo
Finalists — Gorman/French d. Gorman/Graddy

Men's B Doubles
Semi-finalists — Wermerskirchen/Bailey d. Stephens/Meeker;
Schacht/Lenn d. Noser/Charno
Finalists — Schacht/Lenn d. Wermerskirchen/Bailey

Women's Open
Semi-finalists — Warfield d. Middlestadt; Trettel d. Heise
Finalists — Warfield d. Trettel

Women's A
Semi-finalists — Meeker d. Hodge; Ruggler d. Fisher
Finalists — Ruggles d. Meeker

Women's B
Semi-finalists — Lura d. Meeker; Kaschke d. Nelson
Finalists — Lura d. Kaschke

Women's C
1st — Grenier; 2nd — Ahmann; 3rd — Straetker

Women's Novice
1st — Keller; 2nd — Nordman; 3rd — Bigalke

Women's A Doubles
Finalists — Hawbaker/Stephens d. Holtan/Fisher

Women's B Doubles
Finalists — Lura/Grosse d. Meeker/Meeker

Pennsylvania

The 2nd Annual American Maaco Classic
American Court & Fitness
Valley Forge, Pennsylvania — Mar. 9-11

Men's Open
1st — Casio; 2nd — Young; 3rd — Simonette; 4th — Montalbano

Men's A
1st — Moritz; 2nd — Nervine; 3rd — Kohut

Men's B
1st — Ruth; 2nd — Hazzori; 3rd — Chase

Men's C
1st — Fisher; 2nd — Radanovick; 3rd — Stoner

Seniors
1st — Duda; 2nd — Lee; 3rd — Pierce

Masters
1st — Ochroch; 2nd — Starunko; 3rd — Riffert

Open Doubles
1st — Costiagh/Teape; 2nd — McAndrews/Mathewson; 3rd — Platas/Vivolo

B Doubles
1st — Dallas/Stigura; 2nd — Johnson/Williams; 3rd — Walls/Polovoy

Open Mixed Doubles
1st — Conley/Vivolo; 2nd — Fischl/Hindo; 3rd — McCloskey/McElhatton

B Mixed Doubles
1st — Hess/Sinicropi; 2nd — DiEnno/Falcone; 3rd — Killgore/Hole

Women's Open
1st — Baxter; 2nd — Fischl; 3rd — Gataraz

Women's A
1st — Lee; 2nd — McCloskey; 3rd — Pitts

Women's B
1st — Walton; 2nd — Mitchell; 3rd — Gillgore

Women's C
1st — Martin; 2nd — Grace; 3rd — Zollers

Women's Doubles
1st — Conforti/Pettinato; 2nd — Kremer; Contu; 3rd — Cassidy/Macklem

Florida

Polk County Indoor Racquetball
Championships
Lakeland Family YMCA
Lakeland, FL — Mar. 17-18

Men's Open
1st — Owen; 2nd — Morrell

Men's A
1st — Roberts; 2nd — Hurgeton

Men's B
1st — Singer; 2nd — Miller

Men's C
1st — Moody; 2nd — Webb

Men's Novice
1st — Elkin; 2nd — Collins

Men's 40 +
1st — Rumsey; 2nd — Wortman

Men's Open Doubles
1st — Owen/Smith; 2nd — Morrell/Koukoulis

Men's B Doubles
1st — Miller/Zinzer; 2nd — Feuling/Bowne

Women's Open
1st — Strain; 2nd — Page

Women's Novice
1st — Chafin; 2nd — Engel

Women's Open Doubles
1st — Cheney/Anderson; 2nd — Schway/Strain

Illinois

1984 Illinois States Singles Racquetball
Championships
Glass Court Swim & Fitness Club
Lombard, IL — March 15-18

Men's Open
1st — Negret; 2nd — Negrete

Men's A
Finalists — Thurber d. Barry

Men's B
Finalists — Fox d. Labeledz

Men's C
Finalists — Bashow d. King

Connecticut

1984 Connecticut State Championship
Cedar Hill Fitness Center
Newington, CT — Mar. 9-11
Tournament Directors — Colleen Linsky & Bruce Barit

Men's Open

1st — Eliason; 2nd — Mirek; 3rd — Thiel; 4th — Hernjak

Men's A

1st — Cola; 2nd — Kane; 3rd — Whalen; 4th — Reynolds

Men's B

1st — Ames; 2nd — Dardon; 3rd — Palozzo; 4th — Siemisbski

Men's C

1st — Dardon; 2nd — Leberman; 3rd — Ryan; 4th — Licinsky

Men's D

1st — Frisbie, Jr.; 2nd — Sisco; 3rd — Hebert; 4th — Hillborn

Men's Novice

1st — Signorello; 2nd — Reid; 3rd — Preckler; 4th — Bankcroft

Men's 30+

1st — Maturah; 2nd — Boccocio; 3rd — Good; 4th — Dzuibina

Men's 35+

1st — Menedez; 2nd — Meltsner; 3rd — Horn; 4th — Leberman

Men's 40+

1st — Menendez; 2nd — Nocera; 3rd — Shelto; 4th — Pachla

Men's 45+

1st — Nocera; 2nd — Hollander; 3rd — Pannarella, Sr.; 4th — Tarracino

Men's 55+

1st — Peco; 2nd — George; 3rd — Jones

Boys 12 & Under

1st — Hogan; 2nd — Graham; 3rd — Zimmerman; 4th — Hogan

Boys 14 & Under

1st — Ryan; 2nd — Travis; 3rd — Broxton; 4th — Frisbie, Jr.

Boys 16 & Under

1st — Cola; 2nd — Peco; 3rd — Tyranski; 4th — DelRosso

Women's Open

1st — Angiolio; 2nd — Adler; 3rd — Morris; 4th — Ramos

Women's A

1st — Hoffmann; 2nd — Ehrogott; 3rd — Burrano; 4th — Curtin

Women's B

1st — Kamyck; 2nd — Burrano; 3rd — Bike; 4th — Drury

Women's C

1st — Evans; 2nd — Ripley; 3rd — Gerich; 4th — Glann

Women's D

1st — Linsky; 2nd — Brown; 3rd — Johnson; 4th — Hamlin

Women's Novice

1st — Brown; 2nd — Galati; 3rd — Kukoski; 4th — Mader

Women's 30+

1st — Adler; 2nd — Ramos; 3rd — Morris; 4th — Bike

Women's 12 & Under

1st — Linsky; 2nd — Adler; 3rd — Camire

Women's 14 & Under

1st — Adler; 2nd — Kamyck; 3rd — Drury; 4th — Cammire

Women's 16 & under

1st — Slater; 2nd — Doherty; 3rd — Abbott

No-Bounce

1st — Lunskey; 2nd — VonAchen; 3rd — Rio; 4th — Farber; 5th — Slusz

Men's Novice

Finalists — Benedick d. Johnson

Men's 35+

Finalists — Russell d. Jackman

Men's Masters

Finalists — Mosier d. Elliot, Sr.

Women's Open

Finalists — Peterson d. Russell

Women's B

Finalists — Stoehr d. Lundberg

Women's C

Finalists — Cudzil d. Keihlmier

Women's Novice

Finalists — Hazeltine d. Russell

Women's 35+

1st — Marilyn McNulty

Women's Open Doubles

Finalists — Russell/Russell d. Iffert/Fontz

Men's Open Doubles

Finalists — Obremski/Kress d. Miller/Wright

Men's B Doubles

Finalists — McCullough/Wray d. Bukovic/Barrett

Men's C Doubles

Finalists — Willis/Krosky d. Davenport/Tonkovich

Mixed Open Doubles

Finalists — Russell/Russell d. Johnson/Iffert

Mixed B Doubles

Finalists — Beck/Mifsud d. Beck/Loesel

Boys 17 & Under

Finalists — Elliot, Jr., d. Ardeno

Pennsylvania

Irish Fun Fest

Racquet Club of Meadville

Meadville, PA — Mar. 16-18

Tournament Directors — Nancy Manning & Jan Peterson

Men's Open

Finalists — Obremski d. Kress

Men's A

Finalists — Chirico d. Khuze

Men's B

Finalists — Elliot, Sr., d. Ardeno

Men's C

Finalists — Bukovi d. Jones

Minnesota

The 1st Annual Coors Light-Draper Beverage
Open Racquetball Tournament

Country Courts

Fairmont, MN — Mar. 9-11

Men's Open

1st — Stead; 2nd — Martens; 3rd — Callstrom

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Men's A
1st — Stuglemeyer; 2nd — Orthel

Men's B
1st — Schwager; 2nd — Christianson; 3rd — Rippentrop

Men's C
1st — Fitzgerald; 2nd — Yeske

Men's Novice
1st — Kleve; 2nd — Jones

Men's Seniors
1st — Ullwelling; 2nd — Lucas

Women's A
1st — Hawbaker; 2nd — Wick; 3rd — Roforth

Women's B
1st — Meeker; 2nd — Martens

Women's C
1st — Moore; 2nd — Illg

Men's Doubles
1st — Ramlo/Ullwelling; 2nd — Thovson/Gormon

Mixed Doubles
1st — Hoppe/Roforth; 2nd — Christianson/Thate

New Hampshire

1984 New Hampshire State Singles
Portsmouth Off The Wall & Fitness Club
Portsmouth, NH — March 2-4
Tournament Directors — Steve Marcott & Sheila Devine

Men's 35 +
1st — Crimm; 2nd — Drouin; 3rd — Smith; 4th — Heguy

Men's Senior C
1st — Lowell; 2nd — Milewski; 3rd — Bishop; 4th — Coker

Men's Open
1st — Bennett; 2nd — Milewski; 3rd — Kuehl; 4th — Ruggeri

Men's A
1st — Proctor; 2nd — Patten; 3rd — Katter; 4th — Marcotte

Men's Masters
1st — Drouin; 2nd — Russo; 3rd — Denyon; 4th — LeCompte

Men's B
1st — Fitzgerald; 2nd — Madden; 3rd — Driscoll; 4th — Provins

Men's C
1st — Martes; 2nd — Barclay; 3rd — Berry; 4th — Benson

Men's D
1st — Marcotte; 2nd — Pickersgill; 3rd — Gurley; 4th — Alden

Men's Novice
1st — Hladick; 2nd — Gutowski; 3rd — Wagner; 4th — Perreault

Women's Open
1st — Beaudoin; 2nd — Wilbur; 3rd — Luscher; 4th — Bloom

Women's A
1st — Luscher; 2nd — Baeder; 3rd — Famley; 4th — Boucher

Women's B
1st — Hain; 2nd — Moline; 3rd — Gainty; 4th — Batson

Women's C
1st — Lee; 2nd — Pearce; 3rd — Morrison; 4th — Copeland

Women's D
1st — Smith; 2nd — Belding; 3rd — Walsh; 4th — Prudhomme

Wyoming

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Rocky Mountain Health Club

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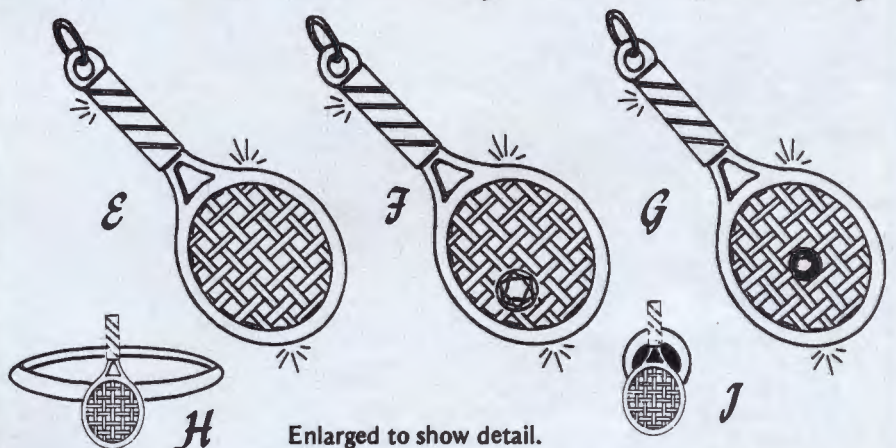
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Cheyenne, WY — Mar. 1-4
Tournament Director — Steve Galassini

Men's Open

Semi-finalists — Hansen d. Battershell, 9-15; 15-5, 12;
Bennett d. Ibarra, 15-14, 14
Finalists — Hansen d. Bennett, 15-7

Men's A

Semi-finalists — Hays d. Kolitch; Terry d. Dominguez
Finalists — Hays d. Terry

Men's B

Semi-finalists — Gillotti d. Peden; Rollins d. Wold
Finalists — Gillotti d. Rolling

Men's C

Semi-finalists — Evans d. Stanosheck; Anderson d. Hawkins
Finalists — Anderson d. Evans

Women's A

Semi-finalists — Powers d. White; Russler d. Wall
Finalists — Powers d. Russler

Women's B

Semi-finalists — Goodwin d. Engelbart; Russler d. Miller
Finalists — Goodwin d. Russler

Women's C

Semi-finalists — Alonzi d. Paulson; Drown d. Commer
Finalists — Alonzi d. Drown

Junior Open

Semi-finalists — Bosica d. Hawkins, Jr.; Alonzi d. O'Connell
Finalists — Bosica d. Alonzi

Women's Open Doubles

Semi-finalists — Wall/Payne d. Swinney/Robertson;
McKinsey/Cohen d. Russler/Russler
Finalists — McKinsey/Cohen d. Wall/Payne

Men's Open Doubles

Semi-finalists — Reinsma/Hays d. Rodriguez/Oberto;
Ibarra/Kieffer d. King/Someone
Finalists — Reinsma/Hays d. Ibarra/Kieffer

Men's B Doubles

Semi-finalists — O'Connell/Alonzi d. Rearik/Paulson;
Hawkins/Bosica d. Hagen/Hancock
Finalists — Hawkins/Bosica d. O'Connell/Alonzi

Georgia

1984 GSRA/AARA State Intercollegiate
Championships
Mory University
George W. Woodruff Physical Education Center
Atlanta, GA — March 16-18
Tournament Director — Dennis Lutz

Men's #1

Finalists — Burnstein d. Throneberry, 15-3, 15-12

Men's #2

Finalists — Goldhagen d. Buckner, 15-5, 15-12

Indiana

The 4th Annual April Fools Open & Beach
Party
Sports Illustrated Court Club
Highland, IN — April 6-8
Tournament Director — Fred Bojrab
Sponsored by Steve Slat, Rick Alvalos, Rich
Lopez, Al Kovera, Ray Villarreal; Mike Arnold;
Andy Simpson, George Walton, Mark Leyva,
Larry Wackowski, and Joe Irak

Men's Open Doubles

Quarter-finalists — Amatulli/Simpson d. Irak/Wackowski, 15-6, 15-3; Ryan/Frank d. Robbin/Phillips, 15-6, 12-15, 11-5;
Lynch/Golluke d. Frisk/Moore, 15-6, 15-8; Broertjes/Massie d. Eagle/Ziles, 15-13, 15-13

Semi-finalists

— Amatulli/Simpson d. Ryan/Frank;
Lynch/Golluke d. Broertjes/Massie

Finalists — Lynch/Golluke d. Amatulli/Simpson, 10-15, 15-11, 11-5

Men's Open

Quarter-finalists — Amatulli d. Talty, Jr.; Buickie d. Phillips, 15-7, 15-6; Lynch d. Baker, 15-1, 15-7; Eagle d. Miller, 15-10, 14-15, 11-7
Semi-finalists — Amatulli d. Buickie; Eagle d. Lynch
Finalists — Eagle d. Amatulli, 6-15, 15-11, 11-7

Men's A Doubles

Quarter-finalists — Arnold/Hutcherson d. Misch/Pace, 15-6, 15-9; Morris/Stengel d. Coppinger/Ryan, 15-6, 15-14; Bojrab/Fallon d. Fisher/Richardson, 15-13, 15-7; Reed/Williams d. Owen/Levy, 15-13, 15-10

Semi-finalists

— Morris/Stengel d. Arnold/Hutcherson;
Bojrab/Fallon d. Reed/Williams
Finalists — Morris/Stengel d. Bojrab/Fallon, 15-10, 4-15, 11-5

Men's A

Quarter-finalists — Massie d. Frank, 15-2, 15-4; Bonnow d. Lasley, 15-14, 15-6; Sondag d. Kallimani; Williams d. Ryan, 15-77, 15, 11-2

Semi-finalists — Massie d. Bonnow, 15-11, 7-15, 11-9; Sondag d. Williams, 15-5, 15-5

Finalists — Sondag d. Massie, 15-12, 15-7

Men's Seniors/Masters

Quarter-finalists — Davis d. Spence, 15-11, 15-4; Pancost d. Kroeger; Fehsel d. Barnett, 15-10, 15-11; Cox d. Slat, 15-6, 15-10
Semi-finalists — Pancost d. Davis; Cox d. Fehsel
Finalists — Pancost d. Cox, 15-5, 15-3

Men's B Doubles

Quarter-finalists — Brown/Marlow d. Esser/Nyenhuys;
Runyan/Peden d. Howard/Kellogg; Denz/Markowicz d. Slat/Lopez; Everett/Gerbasich d. Kovera/Walton
Semi-finalists — Everett/Gerbasich d. Denz/Markowicz;
Brown/Marlow d. Runyan/Peden
Finalists — Everett/Gerbasich d. Brown/Marlow

Men's B

Quarter-finalists — Robledo d. Neely; VanNatter d. Brown;
Morris d. Gerbasich; Ligoeki d. Delor
Semi-finalists — VanNatter d. Robledo; Morris d. Ligoeki
Finalists — Morris d. VanNatter, 15-11, 15-3

Men's C

Quarter-finalists — Raske d. Brownbridge, 11-15, 15-12, 11-4;
Edgar d. Rodino; Maney d. Lytel; Stuzik d. Runyan, 5-15, 15-10, 11-7
Semi-finalists — Edgar d. Raske; Maney d. Stuzik
Finalists — Edgar d. Maney

Men's D

Quarter-finalists — Willis d. Claycomb; Mershon d. Retzlaff;
Deavours d. Parson; Sipe d. Thompson
Semi-finalists — Sipe d. Deavours; Willis d. Mershon
Finalists — Willis d. Sipe, 15-7, 15-9

Women's Open

Quarter-finalists — Kuhfeld d. Lenburg; Olamoye d. Simpson;
Baker d. Withrow; Evon-Lawrence d. Fields

Semi-finalists — Kuhfeld d. Olamoye; Evon-Lawrence d. Baker

Finalists — Kuhfeld d. Evon-Lawrence

Women's B

Quarter-finalists — Withrow d. Nesci; Doyle d. Julian;
Kammer d. Julian; Edwards d. VanderLugt
Semi-finalists — Doyle d. Withrow; Edwards d. Kammer
Finalists — Doyle d. Edwards, 6-15, 15-9, 11-6

Women's C

Quarter-finalists — Szveda d. Campbell; Schulz d. Thomas;
Flynn d. Gerbasich; Rogers d. Zatlakowicz
Semi-finalists — Schulz d. Szveda; Rogers d. Flynn
Finalists — Rogers d. Schulz, 15-14, 15-12

Women's D

Quarter-finalists — Pomeroy d. Glenn, 15-10, 15-9; Broertjes d. Neal; Dewitt d. Sigh; Black d. Milicki
Semi-finalists — Pomeroy d. Broertjes; Black d. Dewitt
Finalists — Black d. Pomeroy

California

The 1st Annual Heavenly Racquetball
Tournament
Sporhaven Health Club
Paradise, CA — April 6-8
Tournament Directors — Frank Vasquez & Rick Herzoff

Men's A

Quarter-finalists — Holland d. Schofield; Lockett d. Sanchez;
Grosso d. Mastellotto; Barnett d. Willmeroth
Semi-finalists — Holland d. Lockett; Grosso d. Barnett
Finalists — Holland d. Grosso

Men's B

Semi-finalists — McKay d. Hill; Winterburn d. Wright
Finalists — McKay d. Winterburn

Men's C

Quarter-finalists — Zimmerman d. Overhoff; Brannen d. Masterson; Huntington d. Gozza; Shuft d. Bateman
Semi-finalists — Brannen d. Zimmerman; Huntington d. Shuft
Finalists — Huntington d. Brannen

Men's D

Quarter-finalists — Mitchell d. Thompson; Thompson d. Chartrand; Smith d. Wilson; Cowan d. Myer
Semi-finalists — Mitchell d. Thompson; Cowan d. Smith
Finalists — Cowan d. Mitchell

Men's Senior A

Semi-finalists — Cook d. Mastellotto; Wilder d. Allen
Finalists — Wilder d. Cook

Men's Senior B

Semi-finalists — Postestio d. Mastellotto
Finalists — Postestio d. Gadbury

Men's B Doubles

Quarter-finalists — Allen/Hill d. Thompson/Foster;
Willmeroth/Mastellotto d. Bateman/Shanner; Killi/Canon d. Lucena/Lucena; Richter/Huntington d. Barona/Davis
Semi-finalists — Allen/Hill d. Willmeroth/Mastellotto;
Richter/Huntington d. Killi/Canon
Finalists — Allen/Hill d. Richter/Huntington

Men's C Doubles

Quarter-finalists — Winterburn/Smith d. Wilson/McKenna;
Garcia/Hester d. Cowan/Pyle; Mitchell/Huston d. Young/Perez;
Johnson/Isiminger d. Anderson/Campbell
Semi-finalists — Winterburn/Smith d. Garcia/Hester;
Johnson/Isiminger d. Mitchell/Huton
Finalists — Johnson/Isiminger d. Winterburn/Smith

Women's A

Semi-finalists — Miller d. McKay; Franzman d. Theis
Finalists — Miller d. Franzman

Women's D

Semi-finalists — Smead d. Vodden; Taylor d. Johnson
Finalists — Smead d. Taylor

Women's C Doubles

Quarter-finalists — Garcia/Lockett d. Vodden/Richard;
Dreis/Sharp d. Johnson/Neil; Morgado/Montgomery d. George/Alwasit; Taylor/Marks d. Early/Van Hove
Semi-finalists — Garcia/Lockett d. Dreiss/Sharp; Taylor/Marks d. Morgado/Montgomery
Finalists — Taylor/Marks d. Garcis/Lockett

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