

Readers Select Players of the Year

RACQUETBALL

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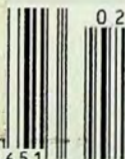
HEART AND SOLE ISSUE

- Shoe Review
- Preventing Foot Injuries
- Getting a Jump on the Ball
- Making Your Heart Stronger

BARBI
BENTON
Has Her
Heart In
The
Game

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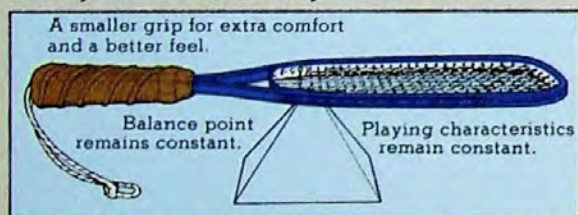


Lady Swinger

Lady's AC-250

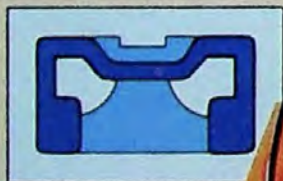
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RACQUETBALL

ILLUSTRATED

February 1981

Vol. 4, No. 2

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Cover photo by David M. King
Outfit courtesy of Geoffrey Beene



The Votes Are In

There were no anxiety attacks or migraine headaches, but there is always a slight concern among the editorial staff when the votes start coming in for *Racquetball Illustrated's* Players of the Year.

When you give the vote to the public—as we have always done—you wonder how realistic the voting will be. The public has a tendency to vote for its favorites as opposed to the best (baseball's All-Star Game is a case in point) and sometimes the most popular is not necessarily the most valuable.

But one supposes we should have greater faith in our readers. They made their choices, and it would be hard to argue with them.

Marty Hogan was voted the outstanding Male Player of the Year for the second consecutive time and Heather McKay took top honors in the female voting. Lynn Adams edged out Doug Cohen and Don Thomas as Most Improved in the closest voting in the two-year history of the honors.

It has always been our intention to involve our readers as much as we can in the magazine. That is one reason we have given the vote to you.

It has been suggested that we pick the winners ourselves, or that we select an impartial board to make the selections or that we let the players vote themselves.

We don't feel the players can make an accurate decision because they usually have an allegiance to the company that sponsors them, and would, therefore, vote for their "teammates."

We could probably find an impartial board but, then again, we don't want to take the chance that one of the board members will be influenced by something completely unrelated to the voting. There is too much of a chance that politics will creep in.

That leaves the decision to us or to you. For now, we have decided on you.

This month we introduce "College Courts," a section devoted to the university scene. To begin with, we will be contacting schools and reporting on results and activities. We hope to provide you with some behind-the-scenes information. But our staff is not big enough to gather information from every school every month. That is why we will be depending on the schools to report to us on their activities/tournaments periodically. If you don't see coverage of your school, don't ask us why it hasn't been included. Ask the racquetball coach why he or she was too lazy to send in or call us with the information.

This issue we also present our annual "Shoe Guide" featuring stories on foot injuries, potential shoe problems and a review of the best bets in racquetball footwear.

Ben Kalb

Ben Kalb

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Nutrition Article

Who is Mike La Bonne? His article on "Eat Right, Win Tonight" (November issue) is filled with inaccuracy and ambiguity.

He exhibits a basic ignorance of the fundamentals of the biochemistry of nutrition. For example, he says, "carbohydrates are simple sugars." This is like saying, "people are men." Simple sugars are carbohydrates and so are hundreds of other chemical compounds such as cellulose, starch, etc.

He states glucose ruins your body but he does not explain that sucrose is digested into glucose in the body. He doesn't explain why refined sucrose is bad. He says, "Refined sugar contributes to heart disease, is high in calories and is non-nutritional." How can it be high in calories and non-nutritional?

He also gives a blanket condemnation of refined flour but nowhere does he explain to the reader what's wrong with refined flour.

Perhaps, most importantly, he does not mention anything about the individuality of the human. What may be one man's meat may be another man's poison. One man's eating habits may be good for him and detrimental to someone else.

D.G. Shlakman
Howard Beach, N.Y.

December Issue

Your December issue was one of the best to date. I enjoyed your articles on the expensive glass court and the changes in the scoring system.

But most of all I was greatly interested in the article on pro sponsorship.

One manufacturer was quoted as saying that "the sport took off but the professional game didn't." This is probably an accurate statement but also one that is very short-sighted.

Give racquetball some time to develop on the pro level. Tennis has been around for a long time but it didn't take off until Bobby Riggs played Billie Jean King.

Frederick Langdon
Minneapolis, Minn.

Game Show

I enjoyed your November issue. I especially liked the article on the possibility of racquetball on television as a game show.

I think once racquetball is viewed on TV nationwide, the game show idea will gain more popularity and become more of a reality.

I also enjoyed the article on Earl Epstein ("The P.T. Barnum Of Racquetball"). This was unique and quite humorous. Keep up the informative and entertaining articles.

Walter Perlman
University of Maine
Orono, Maine

Visual Awareness

Pete Wright may be an excellent instructor when it comes to teaching about visual awareness but he needs to learn how to deal with people awareness.

Are women the only people with visual awareness problems? Don't men have them also? Why didn't he title his story "Visual Awareness for the Novice Player?"

Wake up, Mr. Wright, and you may get more students.

Brenda Barnes
Santa Barbara, Calif.

Advanced Players

I think the article in your November issue on "How To Tell If You Are An Advanced Player" by Lee Pretner is very shallow.

Do you mean to tell me that the only way to tell if you are advanced is to play in a tournament? Hogwash.

Don't you realize that only five percent of the playing public even care about tournaments? Not everybody wants to play in tournaments, yet to tell someone he's not advanced because he won't play in a tournament is stupid.

There are several people in this area alone who I would call advanced and they have never entered a tournament.

Tom March
Cincinnati, Ohio

Player's Contract

Thank you for including the story on "How To Negotiate A Player's Contract" in your November issue.

I am considering a professional racquetball career when I get older and this is one article I plan to save.

My brother is a lawyer. I have made a copy of this for him so he will know what to look for when negotiating my contract.

Billy Donaldson
Anaheim, Calif.

Body Builder

Your cover headline on body building is what attracted me to your December issue and I think I got more than I bargained for when I read the story and saw the photos of Rachel McLish.

She takes a better picture than those Playboy bunnies you had in your "Players" section.

J.P. Katz
Dallas, Tex.

Editor's Note: For more of Rachel McLish, turn to our instruction section in this issue.

Andy Kaufman

Cute story on Andy Kaufman in your December issue. Andy Kaufman is an underground comedian. He's only popular with a certain segment of the comedy community. I don't think too many people care for his brand of humor. But I enjoy watching him, especially his girl-wrestling antics. It was a nice off-beat story on a real off-beat entertainer.

Sandy Sherman
Santa Monica, Calif.

Perfect Ball

I am an avid player, fan and racquet stringer and I am stationed at the air force base here. I thought the article on the "Perfect Ball" in your October issue was super.

I have the task of conducting several classes for personnel here on the base and I know the article will help these classes become a success.

Sgt. Percy Skinner, Jr.
Rantoul, Ill.

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PLAYERS

Actors, singers and sports figures turned out once again to support the National Multiple Sclerosis Society by donating their time to be present at the sixth annual Steve Garvey Celebrity Sports Classic at Warner Center in Woodland Hills, Calif.



Steve Garvey of the Los Angeles Dodgers and Greg Evigan of NBC's *B.J. and the Bear*.



Darrell "The Captain" Dragon with racquet but minus Tennille.



Singer Trini Lopez

Photos by Craig Grimes



Phyllis "Pom Pom Mom," head cheerleader for the Los Angeles Rams.



California Angels star Rod Carew with Steve Garvey and his secretary Judy Ross.

Photo by Milo Muslin



Actor Bo Hopkins



Look Out For Barbi Benton

The days with Hugh Hefner are over. Now it's acting, singing, and a little racquetball.

By Beau Alain Max

Barbi Benton gets out of an average looking blue car with the front license plate slightly lopsided, and she seems to be everything one would expect. She has a sparkling face, outlined by long, brown hair; she has a care-free, uninhibited attitude that glows; and she is, unquestionably, a beautiful woman, not in the glossy, touched-up centerfold sense but as in "woman."

Upon entering the All-Pro Racquetball Club in Arcadia, Calif., everyone stops to focus their attention on Barbi. You can tell from her eyes, almost immediately, that she enjoys the attention even though she is used to it.

Attention for Barbi today is unlike the attention she received several years ago. For example, there was the time she was seen in a 1973 *Playboy* magazine pictorial walking a pair of Hugh Hefner's woolly monkeys around the grounds of Playboy Mansion West wearing only a leash in one hand.

Those were the days when she was Hefner's most intimate companion (nine years) and came the closest of any modern-day girlfriend to becoming Mrs. Hefner. But about a year ago Barbi married George Gradow—a real estate millionaire who annexed his business activities with that of guiding Barbi's career. The two live happily on a six-acre estate in nearby Pasadena.

Barbi's biography does not reveal much about her *Playboy* past, preferring, of course, to expand on her current singing and acting activities. But, if you think that Barbi's major achievement in the entertainment industry has been walking pet monkeys or sliding down a banister into Hef's arms, you are terribly wrong. This woman has some untapped talent.

The interview is set at a small table overlooking one of the courts. Barbi sits at the table and her publicity man pulls up a chair. A man and woman are playing racquetball below. A ball hits close to Barbi and she flinches.

"I've been playing racquetball for about



BARBI BENTON

four years and I love it," says Barbi. "It is good for wearing off calories, much better than tennis. If I play an hour of racquetball and an hour of tennis, I am dripping wet from racquetball, whereas I haven't sparkled at all from tennis."

Sparkled?

"You know the old saying," Barbi replies. "Horses sweat, men perspire and women sparkle."

Barbi is not one of those weekend athletes. She adheres to an extreme fitness program. She runs four miles, lifts weights, plays tennis, swims, and, of course, plays racquetball.

"When I was living in Beverly Hills I played racquetball everyday for about a year and a half," she says. "Now I play with my husband whenever we go out of town because we find the weather varies so much in other parts of the country you can't play tennis most of the time. It's either raining or it's too cold, so we find the nearest racquetball court and play."

"We try all different things to make the



"I don't think I really made it as a result of anything Hef did."

game even. Generally, he gives me a few points. My husband is a hell of a racquetball player.

"I don't play in Beverly Hills much any more because I have a hard time finding other girl players, and my husband would go crazy if I keep driving from Pasadena to play racquetball with another man. He used to think I was crazy for doing that before."

Barbi's career now is equally divided between singing and acting. She was a regular on the *Hee-Haw* series and has cut a country-western album. Her album sales in the United States weren't as good as in the Scandinavian countries (she has seven gold records there) and in Japan.

Television is where she is well known in this country. Besides *Hee-Haw* and *Playboy After Dark*, she has appeared in *Fantasy Island*, *Love Boat* and *McCloud*, among other shows. She was co-star of a series, *Sugar Time*, which didn't last long. Some people question her acting talent because they seem to associate her with sex as opposed to drama but, in her *McCloud* debut, she portrayed the role of a rock singer and received a notice from a reviewer that "her performance, not contrived, made the character she portrayed more than believable."

But despite all creditable acting performances, people still associate her with *Playboy* pictorials, an image she would seemingly like to leave behind.

"There are two things that I specialize in... one is singing and one is acting. But I have gotten very serious about the acting now because I find that as a singer... even though I sing country music... I have to compete with a Fleetwood Mac. But in acting, it is just me

"I've been playing racquetball for four years. It is good for wearing off calories, much better than tennis," says Barbi Benton.

against a few girls, and there aren't that many girls in my category that have had experience. So, if I concentrate on becoming a much better actress, I have a better shot at becoming an actress rather than a singer.

"The more I have gotten into acting, the more difficult I find it is. I realize now that I wish I had taken acting lessons before ever taking a part on television. Now, sometimes I spend five hours a night in class, not to mention preparing for a scene."

Then why, striving to become a serious actress, did she take a part in the *ABC Movie of the Week*, *For The Love Of It*. Even though the part was small, she was exploited and "very one-dimensional" in her performance.

"Because Hal Kanter was doing it and also because there were about eight different people who were doing cameo roles. It was kind of like *Airplane*. I decided that I was in very good company, so why not do it? There is an old saying... and I don't really know who to quote... but 'there are no small parts, only small actors.' The thing is that you try to make something out of a nothing part. It's better to have exposure than no exposure."

"Stanley Ralph Ross was the writer of the movie. He asked me to do it, and this city is based on favors, so, I feel that if a friend asks for a favor, do it for your friend unless it is really, really going to hurt you. Likewise I may ask Stanley Ralph Ross to write something



In a recent episode of *Fantasy Island*, Barbi Benton played opposite actor Gary Burghoff in a segment titled "Pleasure Palace." Benton portrayed a maid in a San Francisco's bawdy house owned by Burghoff's grandmother.

Photo courtesy ABC

for me one day. This way I know he'll remember this. Some of the people in the industry have memories like elephants. They're rare but they're there. Marty Paccetta is one. I've done some favors for him and he's turned around and done some things for me ... putting me on some shows where I'm certainly one of the smallest names on the show. I mean, to be on the same stage with somebody like Juliet Prowse. If somebody puts you in a show where you are right next to these people you consider your peers, it's very exciting. I think it's one of the nicer things about this town ... the people that will help you and that will come to you for a favor."

But question marks keep looming regarding Barbi Benton's future: Is she going to be able to shake her image? Will anyone ever take her career seriously? Has Hollywood's "T & A" (portions of the anatomy for which Playboy bunnies are famous) identification card become her only permanent credit?

What about Hugh Hefner and Barbi Benton?

"... For a racquetball magazine?" she asks with some contempt as her publicity man sits up in his chair and rubs his chin. "I had my chance to be declared (married) by Hef. I turned it down because I didn't foresee having children with him. But we spent nine years living together, and I don't think I would've done that for publicity in any stretch of the imagination. For starters, I don't want to toot my own horn, but Hef has dated many, many girls and I'm the only one who got publicity because I'm the only one who pursued a career. I don't think that I really made it as a result of anything that Hef did. He never paid for my lessons. He didn't even pay for my apartment which I kept the entire time I was

living with him. I think that the only way to make it in this business is to work at it; and to try and become talented. I had a very difficult time breaking into the business because people knew that I was Hugh Hefner's girlfriend, and therefore, they concluded that since I had some publicity I'll try acting ... without a portfolio.

"Also, I did lots of commercials," Barbi says, now becoming very serious. "I was very successful for about a year before that but when the publicity started getting thick with Hefner, I couldn't get another commercial for my life. It took me out of the genre of 'girl next door,' and people knew my name and recognized my face from all the pictures in *Playboy* and the *Playboy After Dark* shows and newspaper stories and (they) decided that it wasn't the right image for any commercials. I mean, Proctor and Gamble? Forget about it! And nobody wanted that image."

She stops. It seems, now, that she is realizing that it is going to be one hell of a job shaking that image—that is, if she can at all.

Barbi gets up to change clothes for the photo session.

The first part of the session is going well, even though she is constantly worrying whether or not she looks good. She does, did, and probably will for a long time to come. The second part of the session is for action shots, and Barbi is playing an actual game for this. Now, she forgets about the way she looks and is playing the game well. In fact, so well, it makes one wonder about how good she was when playing everyday. Also, it can make one wonder about her acting career. How good could she be if she concentrated on it?



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His Job Is On The Line

As a pro football lineman, an NFL line judge and a racquetball instructor, Ron Botchan says he has things under control.

By Barry Janoff

For a man whose job is constantly on the line, Ron Botchan has become the epitome of total self-confidence. Sitting amidst the posh surroundings of the Mid-Valley Racquetball Club in Reseda, Calif., where he serves as the club pro between outings as an official in the National Football League and an instructor at Los Angeles City College, Botchan talks of himself in such terms as "self-assured," "collected," and "under control." He has managed to combine what he considers the best of all possible worlds, parlaying a strong interest in athletics into a career with such diversifications as teaching, officiating, coaching, playing pro and collegiate football and, more recently, participating in Masters and Seniors racquetball tournaments.

It may sound too good to be true, but Botchan leaves no doubt that physically, mentally and emotionally he is exactly where he wants to be.

"My life is under control," he says. "I enjoy my work. I'm doing what I want to be doing, I'm meeting people and learning things about the world and about myself. Hell, I couldn't have planned it any better if I had tried to."

In fact, the flawlessness of the situation comes when you learn exactly how Botchan has allocated his time, with one event ("my avocations, not my vocations") seemingly tied in and leading directly to another in a neat progression. Weekday mornings he teaches racquetball at L.A. City College, having already been a physical education teacher and head football coach there; weekday

afternoons and evenings he can be found giving instruction or playing at the Mid-Valley Racquetball Club; and on weekends, having jetted to some NFL-based city, he dons a black and white "zebra" suit, confronts a group of large athletes and proceeds to help officiate a professional football game as a line judge.

"I've always been involved with sports and athletic programs, especially since my days in high school," says the Brooklyn, New York-born but Los Angeles-raised athlete. "I wasn't very big in high school—about 165 pounds—so I didn't even consider football at that time. Baseball was my main sport and I wanted to pursue that as a career."

"I continued playing baseball when I attended Occidental College (Calif.) but I also started playing football there as I grew in size. At one point during my career I was up to 260 pounds, although I'm much thinner now, mostly due to racquetball."

Owing mainly to his new-found size and continued athletic prowess, Botchan was selected to All-League and Little All-American during his four years at Occidental. In 1957, he was drafted by the Pittsburgh Steelers ("This was not the World Champion Steelers," Botchan clarifies, "This was the 1-13 Steelers") but instead chose to join the Marines. While in the service, he maintained his ties with football by joining his base team in Quantico, Va. and playing against such universities as Boston, Detroit and Holy Cross.

In 1960, having risen to the rank of captain, Botchan left the Marines and was "turned on to a new pro football league" by a scout named Fido Murphy. "Murphy told me that if I was serious about playing pro ball, I would have a much better chance of making it in the American Football League," Botchan recalls. "So, that year I signed with the Los Angeles Chargers as a linebacker. I also snapped the ball for the extra points and field goals because they had no one else willing to do that."

"I felt the team was really first class that year.

My salary was peanuts compared to today's standards. I think it was about \$7,500 for the season—but, hell, I thought it was fair. Sid Gillman was coaching and we went 10-4 and finished first in the West (at that time, the eight-team AFL consisted of four Eastern Division franchises and four Western Division franchises). We went to the championship game where we lost to the Houston Oilers, 24-16."

Botchan was a starter during the first part of the 1960 season, but a knee injury gave him trouble for the remainder of the season. He opened the 1961 exhibition season with the Chargers, who had relocated to San Diego, but soon received signs that a change was imminent. "Our last exhibition game was in Hawaii against Houston. The Oiler coaches came over to talk to me, asking me if I owned a home in California, if my family would mind relocating, that type of thing. I saw the handwriting on the wall."

What the handwriting said, as Botchan had predicted, was a trade to the Oilers ("myself and Freddie Glick for draft choices"), where he remained a starting lineman for a team that went 10-3-1, won the Eastern Division and advanced to the championship game, his second in as many years. Ironically, Houston's opponents were the Sid Gillman-led Chargers, with the Oilers again defeating them for the title, this time by a 10-3 margin. As a reminder, Botchan still wears a championship ring from the 1961 AFL season.

Because his knee still hampered his on-field movement, Botchan began to fulfill his football interests in other areas. "I think I've always been a teacher and I've always loved football," he says. "I think it was natural that my career went in the direction it did." Where his career went was to North Hollywood High School (in the San Fernando Valley) where he was head football and baseball coach through 1964, and then to L.A. City College, where he was head football coach through 1971 and where he still instructs racquetball classes.

Botchan's career as an official started in

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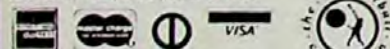
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1971 when he refereed high school games. "I had played and coached the game for so long I didn't want to get out completely," he says. In the ten ensuing years, he has officiated high school, community college and Pac-10 games, finally applying to and being accepted as an NFL official for the 1980-1981 season.

"This is the most interesting job I've ever had," says the 45-year-old Botchan of his first season as an NFL referee. "Having been a player and a coach, it's easier for me to view the game from this position (as an official). I'm not over-officious and I'm not awed by being around big athletes as some officials are at first. After all, having been six feet and 260 pounds, I was once a big oaf myself."

With his present involvements in racquetball and football, a typical weekend for Botchan has included a Thursday night exhibition match against Dave Peck or some other pro-racquetball player, two days of traveling and preparing for the football game and then a Sunday of officiating. In the 20 games he has worked this year as a line judge (watching for illegal motion on the line of scrimmage, holds, shifts, ineligible receivers downfield and recording time-outs), Botchan figures he has seen every team in the NFL. "The players are all great now," he adds without hesitation, "much better than when I was playing." Presumably, that includes the unnamed lineman who inadvertently stood on Botchan's flag after being called for holding. "I had to go over and ask him to move," he recalls. "He didn't even realize that he was standing on it, but before he moved, he said

to me, 'Was I really holding?' 'Yes,' I answered. 'What hand?' he asked. 'Left,' I immediately replied. 'Oh,' he said as he returned the flag. 'I just wanted to know.'"

Botchan's association with racquetball began about 20 years ago, not surprisingly as a direct result of his playing football. "Sid Gillman was the one who introduced me to the game," he says. "He wanted us to use the game as a training device, as a way of helping our agility. He took us over to the Westside Jewish Community Center (in Los Angeles) and showed us a game that was actually paddleball, using oversized wooden paddles and pink balls." But even with the relatively antique equipment, Botchan says, "I credit much of my agility to playing the game for so long. That's why I still move so fast."

"However, I've learned that quickness is less important to playing racquetball than technique is. I know a lot of former and current football players are using racquetball as a training technique. But most of them are just club players. They're not agile enough and don't have enough technique for any real competition on the professional level." What Botchan also discovered was a disadvantage in playing racquetball to the degree that he pursues it. "Injuries to your body don't heal as you think they should," he says. "I've had a lot of joint problems—tennis elbow, mainly—that just won't clear up. I've been to a doctor and his only solution is for me to stop playing the game. I know I won't do that, so some of these problems will probably never go away."

After his initial introduction to the game, Botchan followed what became a natural progression for him into teaching and instructing, ultimately writing a racquetball curriculum for the Los Angeles community college system that is now in use. As a player, he has won the Masters and Seniors Division in California (in 1978 and 1979) and still competes in an occasional tournament, "although my stamina isn't like it used to be. In a three-day tournament, I can only keep up with the younger players for the first day." Among others, Botchan has instructed actress Farrah Fawcett on the finer points of racquetball. Botchan says she "is a very good athlete, a very hard worker. She could be a good player, but tennis is her game and she puts her time into that."

And what does he make of all his success?

"Looking back, I'm very pleased with the things I've done and with the things I'm now involved in," says Botchan. "I couldn't have planned things any better. I've learned things as a player, coach and teacher, and each aspect has helped me. Now, as a referee, I'm really back to being a rookie again. These guys (the NFL officials) are serious about their work and I'm really in awe of the job they do. Everyone in the world makes mistakes, even machines, but these guys are cool, collected and really professional about the job they have to do. And, as far as officiating is concerned, they've helped me to become a total professional as well."



"A lot of football players are using racquetball as a training technique."

Older, Wiser and Tougher

At 32, Steve Strandemo is still going strong on the pro tour.

Strandemo and his wife Terry jog along the beach in San Diego.



By Mike Hogan

Pity the guy with the razor blade concession on the pro tour this year. The big money to be made is in Clearasil.

Crowding into the pro racquetball field is a bumper crop of fresh young faces, all ruddy

and wet with perspiration and with scarcely a whisker on them.

You have your John Egermans and your Mike Levines, your Doug Cohens, Bret Harnetts and Greg Pecks all jostling for a spot in the rankings.

They are disgustingly healthy, annoyingly

Photos by Mike Hogan and David M. King
nimble and limber, frighteningly powerful and adept at putting that little rubber orb exactly where they want it. Their average age is 16 or 17 and they all look lean and hungry.

What they have in mind is to unseat a few of the grizzled hold-overs from the sport's last decade—guys such as Steve Keeley, Charlie

STEVE STRANDEMO



Top: Strandemo sits at interview with wife Terry. Bottom: Strandemo loses to Jerry Hillecher in quarterfinals of 1980 Nationals. Strandemo lost in the quarters in seven tournaments last season.

Brumfield and Jerry Hillecher. Another one of their targets is Mr. Senior Citizen himself, Steve Strandemo.

Strandy is chairman of the new Professional Racquetball Association (PRA), that group of top pros known to the new teeny-bopper qualifiers as the Gerito-For-Lunch-Bunch.

Strandemo is 32. Surely, he would be more comfortable collecting Social Security and boring his children with tales about the good old days of 19 and 73.

But this is 1981 and the days are long gone when racquetball was a game played by two old coots running around a handball court until one of their pacemakers gave out. Today the game belongs to the young and powerful. Somehow, Strandemo fits in there somewhere.

Strandemo persists in kicking over the sand castles of the sport's young aspirants.

Not even high school grads such as Hogan, Yellen or Peck are entirely safe with this old warhorse on the court.

Moss-covered and hoary, a survivor of years on the glass, it is probably too late for Standy to snatch the National Championship away from the younger and quicker contenders. But he's had a death grip on the number five ranking for years. Occasionally he moves up to fourth or slips down to sixth, but he's always there in the way of the young and upwardly mobile.

He's too smart to overpower, too well-conditioned to run down. The typical Strandemo match lasts for 2½ hours, leaving you a wet dishrag for your next opponent if you happen to beat him.

As far as the young pro qualifiers are concerned, he's a real stumbling block on the

road to progress. Ask John Egerman of Boise, Ida.

Young Johnny was gaily cutting a swath through the veterans at the Coors Racquetball Classic in Denver last season when he ran into Strandemo. Having qualified for the first pro berth of his career, the new wonder-kind quickly dispensed of Jerry Zuckerman and Davey Bledsoe. He then had Strandy down one game and was ahead midway through the second game of their quarterfinals match when the old bull hunkered down and stopped the Egerman Express dead in its tracks.

"He had just played too many matches," said Strandemo magnanimously after their meeting.

Yeah, one too many. Strandemo began to take the kid apart like he has been doing to the other pros for years: In small bites.

He is the first to admit that he doesn't match the physical skills of most of the other pros with whom he shares the upper crags of the racquetball heap. But he hustles, sweats, strains and manages to hang on until the other guy loses.

In this way, Strandy has been spoiling other people's fun for years, and there isn't a player on the tour whom he hasn't managed to send home disappointed at least once, including Hogan.

Many players no doubt consider the court their private fiefdom going into a match with Strandemo. A few have even remarked publicly on his obstinacy and unwillingness to roll over even when hopelessly behind in points.

Brumfield refers to him as "The Rat" because playing him, says Charlie, "is like living in a tenement and when you go to swing, you feel this thing crawling around your shirt, ostensibly trying to get out of the way."

Ah well, you can't please everybody, and truthfully, Strandemo doesn't try very hard.

Strandemo grew up in Minneapolis, Minn., going on to college at St. Cloud State in the northern part of Minnesota. In high school and college, he played baseball and basketball.

"My long-term goal was really to play baseball," he says, "but I just didn't have the skill."

At 5-foot-8 and 160 pounds, he didn't have the size to be a basketball player either. But he still had a passion for sports, so he got a job coaching a high school basketball team and teaching math. It was about that time his roommate started him off in racquetball.

"It was fun," Strandemo recalls. "I had never really played an individual sport before and I found that I liked competing on my own."

The key word here is "competing." While competitiveness may be a trait commonly found in all successful athletes, Strandemo exhibits it to an inordinate degree.

It was inevitable that he should be attracted to racquetball and quickly establish himself at the state and regional levels.

By 1973 he was in his first nationals and while he didn't set the world on fire, he saw enough to know that racquetball was what he wanted to do with his life for the next several years.

That summer Strandemo quit his teaching

job and moved to San Diego to start training.

"I came out here because that's where all the top guys were," he says, "I just wanted to see if I could compete with those guys."

Those were the years before the pro tour started with its big money sponsorships and endorsements. Strandemo came to play racquetball and was looking for little else.

The following season, though, the pro tour took off and he carved out a ranking for himself. He made all of \$1,700 in prize money that first year but did gain the attention of Ektelon, which became his sponsor.

Ektelon named a racquet after him (if you have one, it's a collector's item now) and he quickly developed into one of the company's most visible and active teaching professionals. Two years ago—a year after leaving Ektelon—he became the principal spokesman for Head Racquets.

His financial arrangements with Head "were as good as he could have gotten anywhere in the industry," says Dan Seaton of Las Vegas who negotiated the contract on Strandemo's behalf.

But Strandemo's real concern, says Seaton, who now is commissioner of the Women's Professional Racquetball Association (WPRA), was to be with a sponsor who would support him with clinics, articles, books, and exhibition activities.

Strandemo's first book, published in 1977, is one of racquetball's biggest sellers, and he is now deep into his second, entitled *Advanced Racquetball*, which will be published by Simon and Schuster, Inc. later this year. He also is one of the most frequent contributors of instruction articles to the racquetball magazines.

Not surprisingly, considering his background, Strandemo is also one of the most active teachers in the sport.

"Head has always been a quality outfit with expensive racquets and clothes, and when we were negotiating, we saw them handling people like Arthur Ashe and others who have that image of a low-key intellectual who is ready to give back to the sport. Steve fits that mold," says Seaton.

In recent years, Strandemo's writing and teaching activities have increased markedly. He now holds seven racquetball camps a year and numerous clinics. His personal training regimen is probably the most rigorous of the tour.

He runs three fast miles a day (for on-court quickness), lifts weights (numerous repetitions for endurance rather than bulk), does stretching exercises, practices and plays two or three matches.

"He could probably be considered a workaholic," says Seaton. "He never seems to stop or even slow down."

"I think a lot of people see him as too intense. They see only the harder side of Steve. But there is a fun-loving and enjoyable side as well."

"He is a multi-faceted person who has a lot of interests and who likes to have a good time as much as anyone. He tends to develop deep friendships and is one of the nicest and most enjoyable people to be around for any period of time."

Strandemo isn't much fun for his racquetball opponents, though. Once on the court, he has "total concentration" and "total desire to win," says Seaton.

"He has a unique awareness of what an opponent's capabilities are and he utilizes that to beat him. There is never even a momentary let-up with Steve."

In days gone by, when two-hour matches were the rule rather than the exception, Strandemo was able to play a control game and simply run his opponents into the ground.

"In the past couple of years, though, we've changed to power," says Steve, "and I've had to adapt my strokes."

"Before the guys who hit with power weren't that accurate, whereas Marty and the guys coming in today hit the ball so hard and so accurately that if you play defensively and let them set up, you'll lose every time."

But Strandemo has learned to adapt, and it is his ability to bend without breaking and then come back which has kept him at the upper levels of the sport.

Of the nine tournaments he played in during 1979-80, he reached the quarters in seven, the semis in one and went down in the round of 16 in the other. In his first tournament this season, he lost to Yellen in the quarters.

"What I need now and needed last year," he says, "is better execution of shots in a stress situation, namely the quarterfinals. I haven't gotten cold, I just haven't gotten hot enough."

Typically, Strandemo falters against Hogan, Hilecher, Yellen or Peck, the players who hold the rankings immediately above his. His record, though, suggests a solid competitor who always threatens to break out.

One of his finest moments came under the most adverse circumstances. He spent most of the 1977-78 season with a severe kidney ailment which doctors at the Mayo Clinic first told him would probably take him out of competitive racquetball for keeps.

As soon as he was back on his feet, though, he was training harder than ever. He built himself up during the summer break and came back to win the first stop of the 1978-79 tour in St. Louis, beating both Hogan and Hilecher.

"He was really motivated that time," says his wife Terry. "He hated hearing people say that it was all over for him."

"Because of my age, they're always looking for every excuse to write me off," says Steve. "I never said I could win every tournament. I just say that I can compete and I can."

One advantage to age is that, with it, comes experience.

"Experience really makes a difference when you play against some of the younger players," notes Strandemo. "An inexperienced player doesn't always play the good percentages because he isn't familiar with the correct shot for every given situation."

"He will go for a low percentage shot during a stage of a match when he should be playing it safe and he will go to the ceiling when he should be ripping the ball."

What keeps Strandemo where he is, then, is guts, an ability to adapt and an analytical mind.

Many people would be happy to have his



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STEVE STRANDEMO

record. Naturally, he isn't. He doesn't like losing in the quarters and he isn't satisfied with anything short of Hogan's record.

"You can never rationalize that there is anything good about losing, regardless of what stage of the tournament it is," says Strandemo.

"In sports, victory is a higher state of living than your normal existence, but losing is an emptiness you can't even describe. You put yourself into it and it wasn't good enough, and it takes a little while to recover from that emptiness."

Between the highs and lows, being married to a racquetball pro is anything but dull, says Terry. She and Steve met three years ago at a San Diego racquetball club, and they were married in 1980.

A part-time interior decorator and an open player herself, Terry gives Steve considerable support in putting together racquetball camps and clinics as well as managing his finances and busy schedule. Her antidote to depression after a loss is to send him to the racquetball club to work out.

"It's important that, when you lose, you don't go too low," says Steve. "You can't stay depressed, but it does have its advantages. When you feel badly about losing, it just motivates you to go out and work harder."

Truthfully, Strandemo doesn't have that much time to devote to depression now that

he has added the responsibilities of the PRA chairmanship to his other activities.

The successor of the now-defunct National Association of Racquetball Professionals (NARP), the new organization is comprised of the top 16 professionals. Yellen and Brumfield are also on its executive steering committee and the other pros, says Strandemo, are all divided into various committees working on ways "to improve the sport." Their numbers will grow once the new organization gets on its feet, he adds.

What the PRA has that the NARP didn't is participation by the Leach-sponsored players and the support of Leach executive Charlie Drake who reportedly had a hand in bankrolling the new organization. The NARP was the latest casualty in the long-standing battle for control of professional racquetball.

Strandemo has always remained above the politics and in that sense, perhaps, he is a good choice—maybe, the only choice—to unify the players. Strandemo downplays his own role, saying only that he intends to work hard with the other players to improve various aspects of the pro tour.

Of the genesis of the PRA, he says, "I think there was a need for a group to which everyone belonged. I saw two groups going separate ways and sponsors not being able to go to one group or the other and expect to get all

the players for a tournament.

"I think we all need to be under one roof so that we can express our feelings and common interests and try to attract more sponsors to racquetball and upgrade conditions for players."

As for his own future in racquetball, Strandemo says that will continue to revolve around competition. He has no use for the senior statesman role, at least not at this point.

"Individual competition is my motivation," he says. "It's what keeps me going."

How long can he continue to play?

"I think I can continue to play, even against the younger guys, for as long as my mind is keen to play, for as long as I really want it and for as long as I stay in shape and free from injury," says Strandemo.

"I don't think there is a specified cut-off age for a professional athlete as has been proven in many other sports. At the top level, racquetball is a game of quickness and conditioning and mental alertness, and it really doesn't matter whether you're 50 or 20 or 15 as long as you can maintain those things as well as the motivation to go on."

But what about a national championship? Is it out of range or a possibility?

"That's a goal," he says, "and when I lose sight of that goal, I'll lose the keenness I need to play."





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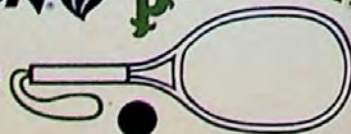


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Championships





By Dr. James Eggold

Editor's note: The author is a podiatrist in private practice in Long Beach, California.

One of the most common and annoying problems encountered by racquetball players is the development of blisters. Separation between superficial layers of the skin occurs as a result of friction between the relatively mobile foot and the shoe, which is fixed more firmly by its tread to the playing surface. In addition, players constantly pivot on the ball

of the foot which accelerates blister formation in this area. If you develop a blister it should be lanced at the edge after you have cleansed the skin and a small needle with alcohol. Release of the fluid in the blister will afford you some immediate relief.

The skin over the blister serves as an adequate dressing and can be left intact until it is shed naturally. If the skin over the blister is pulled off while playing, the area should be cleansed by soaking the foot in warm salt water followed by the application of an antibiotic ointment which will help prevent infec-

tion as well as the drying and cracking of the healing skin. A non-adhering dressing should then be placed over the area to protect it. This regimen should be repeated daily until the blistered area is completely healed.

Measures which can be taken to avoid blisters include: 1) The use of friction-reducing neoprene insoles which are available at most sporting goods stores and 2) The use of a pair of thin hose worn under a pair of thicker cotton athletic socks.

Sesamoiditis is another source of discomfort on the bottom of the foot. This is an inflammation of the covering of one or both of the sesamoid bones located beneath the first metatarsal (Figure 1). These small bones receive more stress in racquetball because the player is up on the ball of the foot a great deal of the time. Individual variations of foot structure will also predispose some players to this injury.

Sesamoiditis occurs more commonly in the player with a high arched foot because this type of foot tends to absorb shock poorly. The pain of sesamoiditis usually comes on gradually and is accentuated by standing on the ball of the foot. An effective way to take the stress off these bones is to fashion a pad which will accommodate this area and in mild cases allow one to continue playing without pain (Figure 2).

A soft yet resilient material such as one-quarter inch thick felt is recommended. This pad will be effective for one or two weeks, depending on your weight and the amount of

**All You Ever
Wanted To
Know About
Foot Injuries
But Were Afraid
To Ask**



FOOT INJURIES

time you normally spend on your feet. The application of ice to the area for six minutes twice a day and two aspirin taken every four hours will help reduce inflammation. Professional help should be sought if 1) The pain comes on suddenly after landing hard on the ball of the foot. This could signal a fracture of either the sesamoids or the metatarsal, both of which require temporary splinting of the toe to limit motion and allow healing or 2) You experience recurrent episodes of pain. Frequent recurrence in a well-conditioned player suggests a structural variation of the foot which predisposes you to this injury. If this turns out to be the case, a permanent accommodative device can be made for the shoe which will reduce the stress on these bones. Occasionally, a player will inadvertently bruise or fracture a toe by jamming the foot into the wall while trying to retrieve a difficult shot. Ice should be applied immediately to limit swelling. If movement of the toe increases the pain, you should seek professional care as you may have fractured one of the small bones in the toe.

Fractured lesser toes (second through fifth) are usually strapped to adjacent toes while fractures of the first toe will require more rigid splinting and elimination of racquetball for four to six weeks. Stress fractures can also occur in the foot and most commonly involve the metatarsal bones. Unlike a break in the bone from a direct blow, these fractures are the result of repetitive stress to the bone which subsequently breaks down faster than it can repair itself. These fractures are seen in the unconditioned novice or in the seasoned player who suddenly increases the intensity of his or her game. Because of its gradual onset, one often can't remember when the pain started but only that it had become increasingly disabling. The pain is most noticeable while standing or playing and diminishes dramatically when the weight is taken off the foot. An area of sharp tenderness can usually be pin-pointed over the involved metatarsal. Stress fractures of the metatarsals respond after four to six weeks of rest while using a wooden soled shoe which limits motion in the foot. A temporary lay off from racquetball is mandatory or you risk a complete break through the bone which requires four to six weeks of casting. Your doctor will be able to tell you by evaluating your x-rays when you can return to playing.

The most important preventive measures you can take include 1) A gradual increase in the amount of time spent on the court and 2) The use of well-cushioned shoes with neoprene insoles if you are a heavier player. Pain in the forefoot or along the arch can also be caused by inflammation of tendons (tendonitis) or their coverings (tenosynovitis). The usual cause is overuse which may be aggravated by 1) A tight Achilles tendon which forces the muscles in front of the leg to work harder, predisposing them to injury or 2) A structural variation in the foot which causes it to flatten out excessively when you put weight on it. This will put a strain on muscles whose

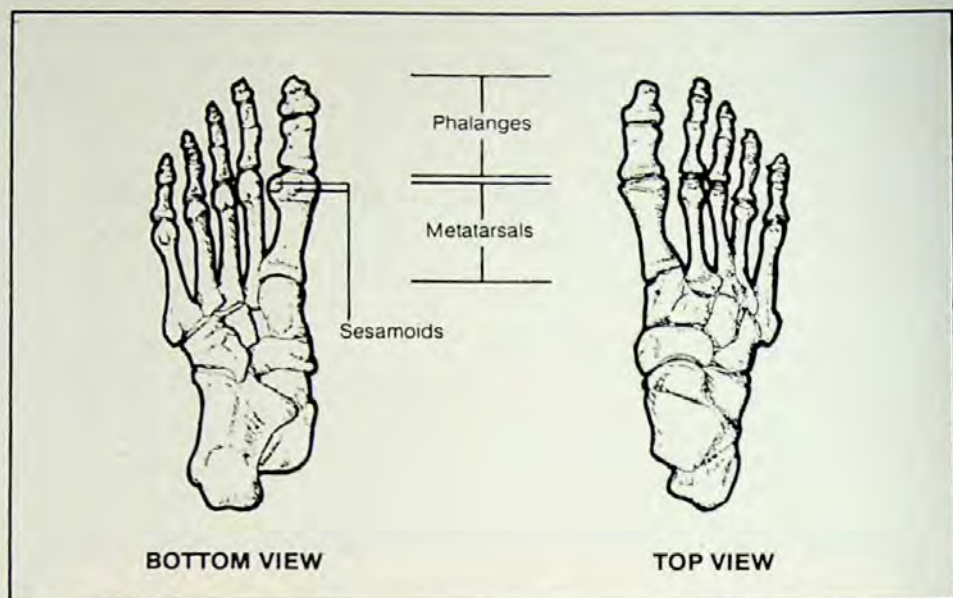


Figure 1



Figure 2

tendons attach to bones along the arch.

Contrary to popular belief, muscles do not "hold the arch up" but they are subject to strain if your foot functions inefficiently. If tendons on the top of the foot are involved, you will be able to reproduce the pain by pulling the foot in a downward direction which stretches these tendons. On the other hand, if the tendons along the arch are involved, turning the foot out will increase the discomfort. Tendonitis in the foot initially responds well to the application of ice which decreases the inflammation. Once the swelling has subsided, hot packs should be applied for 20 minutes, three times a day. Racquetball should be eliminated for at least three weeks as these injuries often recur if play is resumed too early or vigorously. If the pain continues despite these conservative measures, you should consult your doctor, who may find it necessary to temporarily limit motion in the foot with a tape strapping or soft cast. Prevention of muscle strain and tendonitis is directed towards 1) Gradually increasing the intensity of your game 2) Compensating for structural variations in the foot which predispose you to these injuries and 3) Correcting any muscle imbalances which exist. Structural variations of the foot which cause it to flatten out exces-

sively can be compensated for through the use of orthotics.

Orthotics are devices which are worn in the shoe and allow the foot to function more efficiently in much the same way that eye glasses compensate for vision difficulties although neither of these devices will correct the underlying problem. The term "muscle imbalance" refers to the fact that in most athletes the muscles in the back of the leg and thigh are stronger and tighter than the muscles in front of the leg and thigh. The muscles in front of the leg can be strengthened by heel raises or heel walking on a flat well-cushioned surface. An alternate method is to lift a bucket filled with enough sand so that 20 repetitions result in a feeling of mild fatigue in these muscles (Figure 3). As this becomes easier you can add more sand and mark your progress on the bucket. Although somewhat primitive, this method is quite adequate and well-suited for the player who doesn't have access to more sophisticated weight machines.

The calf muscles, on the other hand, require stretching, which is accomplished by placing the feet about one foot from the wall and slowly leaning into the wall keeping the heel on the floor and body straight (Figure 3). This position should be held for 20 seconds and then repeated ten times. This set of stretches should be performed three times daily. These exercises should produce a feeling of mild tightness in the muscles being stretched. If you experience pain in the calf while performing them, start with your feet closer to the wall.

Pain around the heel can be due to a "heel spur," periostitis, bursitis, Achilles tendonitis, or a stress fracture. The pain of a "heel spur" is most commonly caused by a tight plantar fascia, a fibrous band of tissue attached to the heel at one end and the ball of the foot at the other end (Figure 4). Pain occurs in the heel because of the pull of the plantar fascia on its attachment here. If the plantar fascia itself is inflamed (plantar fasciitis), the pain

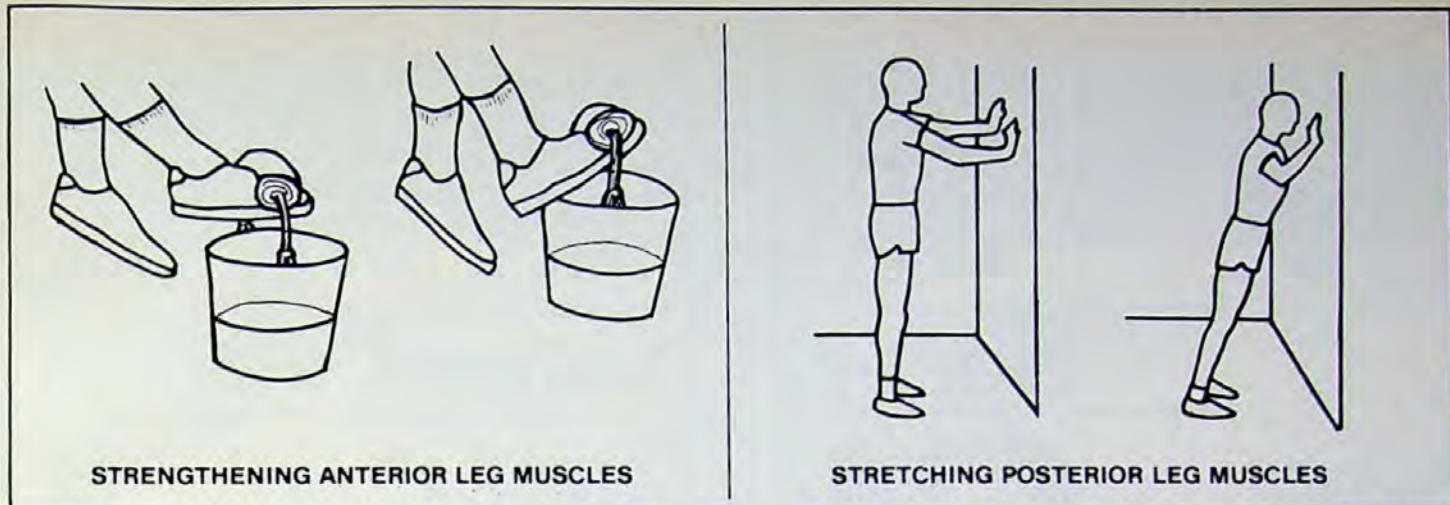


Figure 3

Illustrations by Elizabeth Mullender

may extend into the arch. Because the plantar fasciitis and heel pain are part of the same problem, this injury is usually referred to as a plantar fasciitis-heel spur syndrome. However, the true bone heel spur which may be associated with this condition takes years to develop and is rarely present in young athletes.

Players with highly arched feet tend to be more susceptible to this injury. This condition will result in tenderness on the bottom of the heel which is accentuated by raising up on the toes. This maneuver puts tension on the plantar fascia. You may also notice the pain is worse with the first few steps in the morning as you find yourself trying to "walk it off." Inflammation and discomfort can be relieved with rest, two aspirin every four hours, and ice applied to the area for six minutes, three times a day. In addition, you should purchase a snugly fitting plastic heel cup and line it with a layer of one-quarter inch thick felt. You then simply circle the most painful area on the heel with a felt-tip pen and step into the heel cup. This will leave an impression on the felt which can be cut out to relieve pressure on the most tender area (Figure 4).

In mild cases, the heel cup worn in the shoe may allow you to continue playing without pain. If you can't play without pain, you will simply have to rest the area in addition to taking the above measures. Pain on the bottom of the heel can also be caused by the constant pounding it is subjected to, resulting in an inflammation of the covering of the bone or periostitis. Commonly referred to as "stone bruise," this injury also responds well to the use of a cushioned heel cup.

An often overlooked cause of heel pain is a stress fracture of the heel bone or calcaneus. This injury is most painful when you grasp the heel and squeeze it from side to side while direct pressure on the bottom of the heel, short of putting your full weight on it, often produces little discomfort. If you suspect such an injury, consult a doctor who will institute proper treatment and advise you as to when you can resume playing.

Pain behind the heel is most commonly caused by bursitis or Achilles tendonitis. Bursitis is the inflammation of a protective fluid-filled sac or bursa which forms in areas subject to constant friction. A bursa can develop

behind the heel and become inflamed because of excessive friction between the heel and the shoe. This injury can be the result of 1) Poorly fitting shoes or 2) A foot which tends to flatten out or pronate (turn sideways) excessively. Abnormal pronation is associated with increased motion of the heel in the shoe which will promote the development of a bursa and subsequent bursitis in this area. Rest, ice, and aspirin will usually alleviate the discomfort although a stubborn bursitis may require a local steroid injection if the inflammation persists.

Prevention of bursitis in this area should include the use of orthotics to limit heel motion if your foot tends to pronate excessively. Otherwise, all that may be required is a well-made shoe which cups the heel to prevent an abnormal amount of motion between the heel and shoe.

Pain behind the heel may also be due to a more disabling inflammation of the Achilles tendon (tendonitis) or its covering (paratenonitis). A good test for Achilles tendonitis can be performed by standing on the edge of a stair and raising up on your toes and gradually lowering your heels below the level of the stair. Both of these maneuvers will sharply increase the pain if the tendon is involved. Rest, aspirin, and application of ice to the area twice a day will decrease swelling. Once the swelling is gone, heat in the form of hot packs or a whirlpool for 15 minutes twice a day will promote healing.

Your doctor may also recommend a one-quarter inch heel lift which will relieve tension on the Achilles tendon. You should continue to wear the heel lift in your athletic shoes even after the symptoms of tendonitis have disappeared. Once the pain has subsided for three consecutive weeks, gentle stretching exercises as mentioned earlier (Figure 3) should be initiated. Stretching seems to be the best prevention for this type of injury, so don't wait until you've had an episode of tendonitis before you start performing these exercises. No "bouncing" exercises such as attempting to momentarily touch your palms to the floor should be performed. These forceful rapid movements referred to as "ballistic" stretching create a reflex contraction in the muscles you are trying to stretch and will only increase the

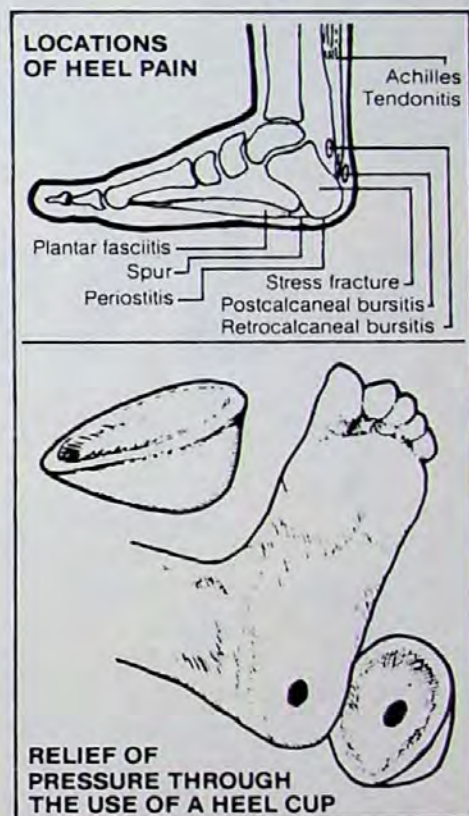


Figure 4

chance of re-injuring the tendon. It is important to add here that if you experience a sharp sudden pain behind the heel or in the calf, especially after coming down hard on the foot from a jump, you may have partially ruptured the tendon. This injury should always be seen by a doctor who can evaluate the extent of the damage and institute appropriate treatment. Failure to adequately rest an injured Achilles tendon can result in chronic pain and severely limit or end your racquetball career.

Most racquetball injuries involving the foot and leg can be avoided if you simply take the time to choose the proper equipment, gradually increase the intensity of your game, and maintain a strength and flexibility program. Taking such preventive measures will go a long way toward keeping you on the racquetball court and out of the doctor's office.



Second Annual

Shoe

Review

This is our second annual review of best bets in racquetball footwear. Last year we had 14 shoe brands in our review. This year we have 16.

Last year we only accepted shoes that were promoted as racquetball shoes. This year we gave companies the option of offering us an "all-court" shoe or "all-purpose" shoe. We were not interested in basketball shoes or running shoes.

In comparing prices from last year's guide, the standard increase seemed to be about three dollars, although some companies raised their prices about six dollars and one company increased its retail value about \$13.

Of course, those increases in prices do not necessarily reflect economics. Some companies actually have produced an entirely new shoe design.

Most shoes come in styles for men and women and in a variety of sizes. They are available at pro shops, sporting good stores, department stores and shoe stores which stock athletic shoes.



Adidas

The Hogan II is a lightweight racquetball shoe made of cotton net and velour. Rubber sole. Padded ankle. Rubber heel counter. **\$19.95.**

Asahi

Promoted as an all-court shoe, the Asahi is made of heavy duty canvas and features heel cup for support and reinforced rubber toe. Grid sole made of natural gum rubber. Heel and toe area on sole made of a tough synthetic rubber. **\$21.95.**

Autry

The Pro Court is promoted as an all-court shoe and is made of washable cotton duck and is lined with terry to absorb perspiration. Includes Achilles tendon pad and extra thick heel. Sole is made of crepe rubber. **\$22.95.**

Bata

The Playoff racquetball shoe is made of durable ballistic nylon mesh and features a fully padded collar and tongue, split leather vamp, a shock absorbent arch cushion and split leather outside counter. Gum rubber sole. **\$22.99.**



Footjoy

The Tufts hi-top racquetball shoe, new to the Footjoy line, is made of white nylon mesh and oyster suede leather. Features "air-flo" sponge cushion intersole and cushioned tongue. Gum rubber sole. **\$33.00.**

New Balance

The all-court shoe is made of ballistic mesh and lined with foam and tricot. Features an all-leather "extended saddle" and leather side reinforcements, and heavy-duty foam pillow. Gum rubber sole encased within a polyurethane core and wall. **\$49.95.**

Head

The Head racquetball shoe is made of four-ply canvas, leather and ballistics mesh. The interior is constructed from a blue, tricot nylon-backed foam. Innersole is made from a two-way stretch nylon that covers a layer of foam. Gum rubber sole. **\$35.00.**

Nike

The Killshot racquetball shoe is made of a light nylon mesh with a suede leather toecap that extends up the side of the shoe. Intershoe is a terry material. Solid rubber cup sole, hobnail style. **\$29.95.**

Shoe Review



Inter-Footwear

The Rollout racquetball shoe is made of white nylon and features a gray suede toe cap and heel counter. Insole is made of Texon with foam padding and cushioned arch support. Gum rubber sole with rolled edges. **\$22.95.**

Patrick

The Copenhagen racquetball shoe is made of nylon mesh and suede and reinforced on the side to withstand pressure and torque. Side stitching. Gum rubber protection on toe. High back for Achilles protection. Wrap-around construction. Black cookie-shaped disc in center of heel. Pre-molded sole. Sole is 100 percent gum rubber with hexagon-shaped tread pattern. **\$41.50.**

Lotto

The Newport racquetball shoe has been redesigned. It is made of basketweave canvas with nylon tricot lining plus leather reinforcements in all stress-wear areas. Lightweight. Built-in arch. Rubber soles are vulcanized and stitched to uppers. Rubber sole comes up higher than original racquetball shoe. **\$27.95.**

Pony

The Indoor Radial racquetball shoe is made of lightweight cushioned nylon and breathable nylon mesh. Lining reinforced with bonded tricot. Suede at points of stress. Padded top line and extended Achilles tendon guard. Foam padded nylon tongue. Porous sock lining with molded latex rubber cushioning. Sole is lightweight molded NR compound. **\$31.95.**



Pro-Keds

The Court King is promoted as an all-court shoe and is made of heavy duck fabric. Collar and nylon tongue are foam padded and the shoes feature tencloth lining with foam cushioned insoles and cushioned arch. Vulcanized construction. Molded rubber outersole and wedge heel. High-tops. **\$25.00.**

Spalding

Manufactured by Bencota, the Killshot racquetball shoe is made of a foam-backed cotton mesh upper with suede reinforcement. Contoured gum rubber sole. **\$34.95.**

Puma

The Court Ace is promoted as a racquetball and tennis shoe and is made of full grain leather with perforated formstrip. Sole is made of Puma bond polyurethane and "hard court" rubber. **\$47.95.**

Tred 2

The "Z" is made of high quality suede combined with breathable nylon mesh. Styrene counters for stability in heel. 100 percent gum rubber sole. **\$27.95.**

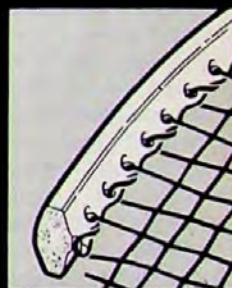
Shoe Review



Olympian introduces the suspension system racquet.

Once again Bud Leach has
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After the innovations
Bud Leach has
brought to racquetball
you'd think
he'd be content.
No way. Once
again this
inventor /
pilot /
skier / racer /
engineer has
advanced the
state of the art.
"Until now



through the frame. The holes weakened it, allowed it to twist.

Now there is the suspension system. An integral flange inside the frame provides the stringing platform. The result is a strengthened frame, and a much stronger game. This new trampoline platform holds the ball longer, allows it to regain an aerodynamic shape, then slings it with added power and control. Even when shots are struck off center.

You'll feel the added control and power immediately. Later, you'll feel less wrist and arm fatigue, because there is less torque action each time the ball is struck."

Of course, pick up any Olympian racquet and you'll sense the perfect simplicity combined with optimum control and power. That's the Bud Leach philosophy. And at Olympian, we're putting it where it'll do the most good! Right in your hand.



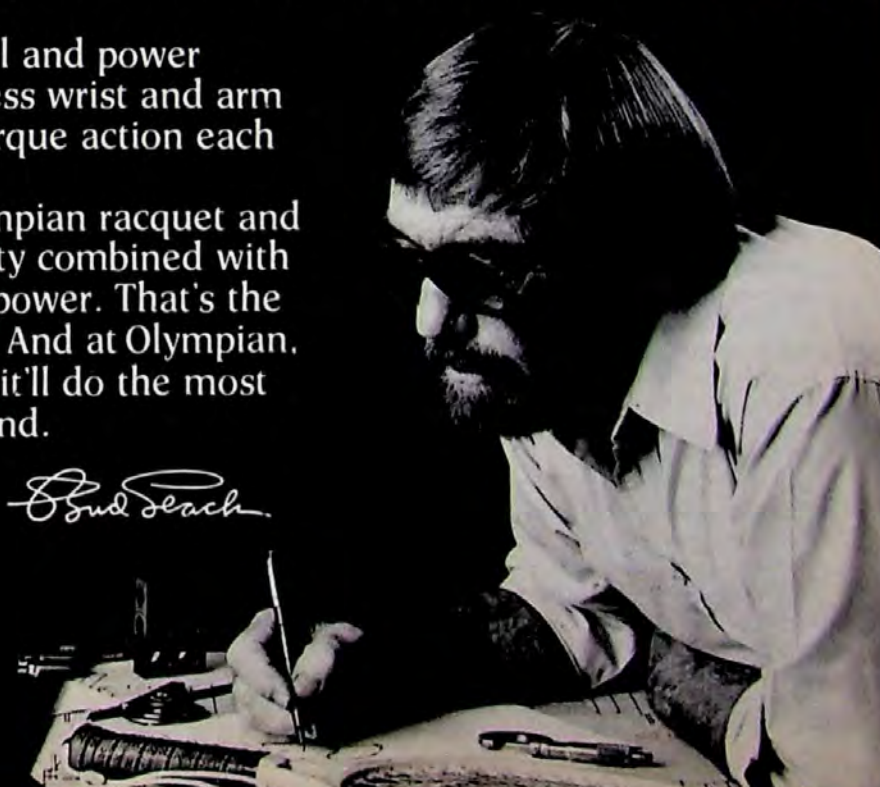
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THE DANCER WHO PLAYS RACQUETBALL

By Sandra Segal

The feet of professional dancers have tapped across Broadway, pirouetted through ballets, and kicked and capered in lavish musical production numbers. Professional feet such as these, however, are rarely seen in the confines of a racquetball court.

Doug Lally's feet are an exception to this rule. Lally, an ambitious twenty-four year old, is a professional dancer and a racquetball pro, using both of these skills in his position as the associate program director of the Houstonian, a prestigious private health club in the southwest part of Houston, Texas.

Unlike most dancers, who avoid racquetball for fear of the bulky muscles which the game supposedly develops, Lally finds that his dancing complements his racquetball. "It's really a fallacy that racquetball is harmful to a dancer. If you have a good total program which works your flexibility, you'll be okay," says Lally.

"Dance can really help you in racquetball. To dance efficiently, you have to have control of your upper body in relationship to your feet. You have to stay on top of your feet, to have a balanced movement and control. Dancing gives you a complete kinesthetic awareness of where your body is at all times. It helps you reach, move, and flow on a racquetball court."

Lally was first introduced to racquetball when a knee injury from high school football kept him away from both the football field and from his first love, the tennis court. He remembers, "I was wearing a special knee brace at the time, and my knee didn't bend right for tennis. It could bend enough for racquetball, so I started playing with friends once or twice a week." Instead of returning to tennis when his knee healed, Lally became excited about this new sport. "I couldn't play tennis as strongly as I could when I was twelve, and racquetball gave me a chance to improve and move up in something new," he says.

Houston club pro Doug Lally can win on the court and on the ballroom floor.



Lally's skills increased, and he became a college racquetball instructor. Now Lally describes himself as a low A player. "I've placed in the top three in open tournaments," he says, "and I took third place in a New York Open in 1978. I've never won a big one, though, I guess because I've been interested in being good in so many sports I never had time to really concentrate on getting to the top in one area."

It soon became evident that the main rival to the racquetball court in Lally's life would be the dance floor. Lally made his debut in this arena when he joined the Cortland College Ballroom Dance Formation Team to fulfill a requirement for a physical education major.

Ballroom dance formation is a unique competitive sport. "Each team has eight couples who dance a four-minute choreographed routine. You're required to use the dance steps from a certain number of dances, but the steps are all choreographed and the couples dance in formation," says Lally. In 1976, Lally's team won the coveted World Championship in Blackpool, England, with their choreographed Latin routine composed of the samba, cha cha, pasa doble, rumba, and jitterbug. The team competed with contestants from all over the world. "There were dancers from Germany, Scotland, Finland, Sweden, and everywhere else. Even Japan sent over a team," he says.

Those uninitiated to formation dancing may wonder why they have never heard of this art form. According to Lally, there's a good reason why these world competitions, which take place twice a year, get so little publicity. He says, "There's a ban on movie cameras or audio visual coverage in the ballroom. People don't want their routines stolen, and it's too easy to steal the moves from a film."

In addition to competing in ballroom dance formation, Lally became involved in more familiar types of dance contests. "Disco competitions put me through my senior year of college," he says. "They had them all over the state and on the East Coast. I won the New York State disco competition in 1979."

After finishing college, Lally followed the lead of many other young people who were too impatient for the staid pace of their home cities, and moved to Houston in the summer of 1979. He explains, "I had decided what my goals were when I was in college, and I felt that New York was too stagnant for me. The people in high positions were all old and reluctant to make any changes. Then I saw statistics on Houston which showed that the average age was very, very young. I didn't know what I would do, but I decided to come here. Now I'm a born-again Texan."

Although Houstonians purportedly despise



"Dancing can help you in racquetball," says Doug Lally, shown here with one of his professional partners. "It helps you reach, move and flow on a court."

New Yorkers, Lally said he had little trouble adjusting. "There is a certain resentment to Yankees here," he admits. "But as you can tell, I don't have a New York accent, and some people have trouble identifying me regionally. Of course, when I tell them I'm from New York they hate me." Lally laughs, "No, actually, there's not that much prejudice against Northerners. I'm careful not to be a drugstore cowboy—I don't have a belt buckle that's too shiny or wear a hat with big feathers."

With the move to Houston, Lally switched from disco to country-western dancing. According to Lally, this dance style has become a craze in Houston. "In the last year probably ten to fifteen new places for country-western dancing opened. I really enjoy it. The people aren't as stuck up as in disco places." Lally has already been a finalist in several country-western dance competitions, where entrants must show off their best polkas, two steps, and waltzes. "The waltz is a country version," Lally explains. "It's not as sophisticated as Fred Astaire."

Lally finds that racquetball helps give him the stamina he needs for these competitions.

"Dancing takes a lot of energy. The energy expenditure of dancing three polkas in a row is equal to one extremely hard drawn-out game. The polkas only take nine minutes, but you feel like you've just played in the finals against Marty Hogan. After I've danced three in a row I know I'm going to be so sweaty that I might as well go home."

Lally found the right place to take advantage of his racquetball skills, his dancing expertise, and his upward mobility at the Houstonian. This gargantuan health club, which styles itself "the center created to a more productive quality of life," caters almost exclusively to wealthy business people and their spouses. The job of keeping the business elite healthy keeps Lally constantly on the run: He teaches racquetball classes five times a week, an aerobic dance class for women six times a week, leads country-western dance workshops, and coordinates other dance and exercise programs.

According to Lally, teaching racquetball is basically the same as teaching dance. "The whole trick of teaching is what a professor of mine once told me, 'You have to reach to

teach.' You have to reach the person as a person, then you can be comfortable dealing with anyone."

Lally considers himself particularly adept at using verbal cues to help students position their bodies correctly. "Rather than analyzing what the person should do, saying, 'Rotate the top of your arm, snap the wrist through, etc.' I use general cues that can express the positioning of the whole body. I'll say things like, 'Move everything you're doing towards the front wall.' I like to teach as much of the whole activity as I can, and then go into the parts. I do the same thing for dance as for racquetball."

Lally tells racquetball players who would like to have a dancer's agility on the racquetball court to practice a dance step called the carioca, or grapevine. He says, "Stand with your feet shoulder width apart. Then step to the right with the right foot. Bring your left foot over the right foot, and down. Then step to the side with your right foot again. Bring your left foot behind your right foot, and down. That's the complete step. Then you just practice it in a continuous line or circle."

The Houstonian offers its members, among its many other services, a complete exercise prescription developed on a highly individualized basis. When devising such a prescription, Lally will first find out if the person enjoys exercising with friends or alone. "If the person is a social person, racquetball is the first sport I'd recommend," he says. "In fifteen minutes, a new player can be content hitting a racquetball around the court. In tennis, if you hit the ball too high it goes out of the court. If you hit it too low, it goes into the net. In racquetball, it just hits the wall. A novice can get as good a workout as a pro. Since he can't kill the shot, the ball stays in play, and he gets continuous exercise."

Lally relaxes from his demanding schedule by playing tennis, waterskiing, ice skating, and, more recently, by playing frisbee. "I started playing frisbee almost every weekend. I'm fascinated by the throws and catches," he says. "Actually, my three strongest releases now are frisbee, racquetball, and dancing. I'll go to a country-western place and I don't have to think or teach, I just dance. It serves the same purpose as playing competitive racquetball. This is the way I get my head together and avoid getting frustrated."

However, Lally seems less interested in relaxing than in speeding ahead with his career. Starting next spring, Lally will begin going to school part-time for an MBA. He explains, "I think I'd like to get into that end of the business. The exercise knowledge I have is good, but in this environment it's important to have a solid business foundation. Maybe eventually I can direct someplace like the Houstonian."

Until then, Lally is satisfied with being a professional dancer, racquetball player, and athletic Jack of all trades. "Right now, I'm enjoying working with people," he says. "I don't want to be competitive in racquetball or dance as I used to be. There's no other place in the world where I could learn more than from being here. And I'll stay as long as they want to keep me."

SQUASH VS. RACQUETBALL—AND HOW TO MAKE THE TRANSITION

With Heather McKay

After 16 unbeaten (that's right, unbeaten) years of squash, Australian-born Heather McKay took up competitive racquetball.

After winning the USRA National amateur title in 1979 and the \$40,000 first prize in the Coors All-Pro tournament, McKay won the 1980 WPRA National Championship last June in Chicago.

McKay and her husband live in Toronto where both are pros at an 18-court squash club. The club has no racquetball facilities. She teaches squash five days a week, which leaves her very little time for racquetball.

"I'm a part-time racquetball player," she says. "I try to play three times a week. I would love to have more time to play racquetball but my job doesn't allow for it."

RBI: Let's talk about the transition you had to make from the squash court to the racquetball court.

HM: When you step onto the racquetball court for the first time after having played squash for a number of years, it's frustrating for the first 10 or 15 minutes. You'll mistime the ball and mishit it. But once you get used to

the shorter length of the racquet, you'll be able to adjust to racquetball more easily. One help is to play squash on a racquetball court. That will get you used to the court.

RBI: What were the advantages of playing squash prior to racquetball?

HM: The fact that both are court games. The only sort of difference is that one court is a little bigger and there's not as many lines. Having learned another court sport is valuable. The ability to take 19 years of competitive squash into a similar sport is one thing you can't gain overnight.

The first two or three tournaments I played in, I basically played squash on a racquetball court. I really didn't know too much about pinches and reverse pinches. I knew what a kill shot was but I couldn't do it. I think what I mainly took from squash was basic down-the-wall passes and cross-court passes. That's still a big part of my game. I found I really had to concentrate on pinch shots and rollouts.

RBI: What about the tin at the bottom of the front wall in squash? Obviously you can't roll

a ball out in squash.

HM: I had to work on that. A squash player has to learn to be patient enough to let the ball drop low enough to hit it. You have to go back on the court and keep practicing. I'm still not really happy with my kill shots, so that is something I will be concentrating on for a long period of time.

RBI: Doesn't a squash player seem to have the habit of cutting off the ball, never letting it go to the back wall?

HM: I used to do that until my Leach teammate Charlie Brumfield told me not to. If a ball is shoulder high or higher, it's going to come off the back wall. I had to stop cutting the ball off. I don't volley very much now unless I think I have my opponent trapped out of position.

RBI: What about the adjustment to ceiling shots?

HM: I'm comfortable with ceiling shots now. Before I wasn't. In squash there is no ceiling. You have to gain confidence in your ceiling shots. Bruce Miatello, a pro from Toronto, and I would go out and play a whole game of ceiling shots. When you play one game to 11

Passing shots (bottom left) is the main piece of strategy McKay took from squash to racquetball but pinch shots (center) and ceiling shots (right) were things that needed to be learned.

Photos by Harry Butler





Serving in racquetball is important because it can put pressure on the opponent. In squash, says McKay, serving is used to put the ball in play.

points of nothing but ceiling shots, you can get very confident with your shots.

RBI: Was there any problem adjusting to the length of the racquetball racquet?

HM: That was no problem. The difference comes in wanting to hit the ball fast or with power. In squash it's a nice easy swing because of the longer length of the racquet. In squash you generate much more racquet speed with less effort.

RBI: Do you use less wrist in squash?

HM: Oh yeah. It's really a very similar stroke to racquetball but because of the shorter length in a racquetball racquet, you need more wrist snap to generate more speed. I find I use my upper body more in racquetball.

RBI: Is the stroke itself the same? Using the whole body? The elbow? Stepping into it, etc.?

HM: Yes. It's the same. The racquet is up and the first movement is the elbow and then the forearm and then the wrist, and follow through. In squash we follow through a little higher, shoulder to shoulder, a nice loopy swing. In racquetball, I used to end up hitting my forehead cross court. Now I'm trying to hit it more off my back foot to give me a little bit more power and also to keep the ball lower. I've heard a lot about how Marty Hogan makes contact with the ball, so now I'm trying to do that as well.

RBI: Can a tournament squash player be expected to do well in a racquetball tournament?

HM: That's difficult to say. A top squash player would have to work really hard to get to the top of the racquetball ladder because the standard in men's racquetball is very high. Just because I made the transition, does not mean others can. That's not blowing my own horn or anything. I think I'm one of the lucky ones that has a lot of racquet ability and I work hard at what I do. There may be others

who can do it but it would take them a longer time. You almost have to leave squash behind to take up competitive racquetball.

RBI: How about serving?

HM: In squash, you serve just to get the ball in play. You try to put as much pressure on the other person but it helps very little as far as winning points. The service in racquetball, on the other hand, is very important. Even if you don't ace it, you try to get a weak return off the opponent.

RBI: How did you make the serving transition?

HM: I talked to Steve Keeley and Brumfield and some of the other women players and I watched them. I think I've had three different types of serving styles to date. I'm pretty happy with the way I'm serving at the moment but I could try something else in another couple of months. I'm still in the learning process of this game. You talk to people, watch people and then go back home and try it yourself.

RBI: Let's talk more about people playing both sports. Can they play both well?

HM: If you want to be a social player, I think you can play both games and enjoy it. You just have to remember what court you're on. But if you want to try to reach a very high level, I think you have to stick with one or the other.

RBI: How about the court sense advantage you learned from squash?

HM: If you take two players who have never played racquetball before and one has a

squash advantage and one has a football advantage, the squash player would probably beat the football player in racquetball. He will have the court experience and know the movements on the court.

RBI: If a tournament is coming up, how do you train for it?

HM: I try not to play squash the day before I go into a racquetball tournament. Going from squash to racquetball is very difficult. It takes a game and a half before you really can play competitive racquetball, and you can't afford to give anybody a game and a half start. Going from racquetball to squash doesn't worry me as much. I feel very comfortable. In squash you are hitting the ball high on the wall and rallying, moving him or her around. It's quite different.

RBI: What about the rest of your workout?

HM: I do stretching exercises, work out on the equipment and light running. You don't want a heavy workout right before playing. You want to come into a tournament really fresh.

RBI: What about using squash or some other sport as a diversion? Some players like to get off the racquetball court completely as part of their tournament training regimen.

HM: I don't use squash as a diversion because I love the game. I don't need to have a diversion from racquetball because racquetball is almost a diversion. It's still a new game to me. I still think I have a lot to learn. I'm still enthusiastic about playing the game. 

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HOW TO GET A JUMP ON THE BALL

(A running program for racquetball)



By Howard Thaler
with Joseph Zohar

Editor's Note: Joseph Zohar is head of the Sports Injury Prevention Center on Glen Cove, Long Island.

After the Cornell University football team worked out on a crisp fall afternoon, the head coach ordered his men to run six times around the quarter-mile track. They all took off at a good pace, except for one huge linesman who lagged far behind. The coach stationed himself by the side of the track, hands on hips, and each time the linesman lumbered by, ponderously sucking wind, he screamed at him: "Come on, Waldo, move! You won't have any fun if you can't run."

The same thing is true of racquetball. Like football, racquetball is a running game. To fully enjoy it, and to play your best, it pays to be quick on your feet. The best way to improve your game is to do some running in addition to playing. Most serious racquetball players know this and work out running programs for themselves. But what type of program is best?

In the past few years, our country has been swept by a jogging craze. All sorts of people have bought bright-colored running shoes, and taken to the roads. They're out there huffing and puffing at all hours of the day and far into the night. The kind of running that most of them do is known as "Long Slow Distance," or L.S.D. This means they jog at a nice, easy clip, covering each mile in roughly 8 to 12 minutes. After a number of months of regular practice, many joggers are able to go for an hour or more at this pace. Arnold Williams of Nassau County, N.Y. is a firm believer in this type of running program. "I've been at it for years," he says, "and I love it. I do five or six miles every weekday. When I play racquet-

ball on the weekend, even though I'm pushing fifty, I can still play hard all morning. That kind of endurance is the direct result of all the running that I do."

Long slow distance running builds endurance. The heart and lungs become very efficient and strong ("I've got lungs like a mule," Arnie says) and as a result, you can play or run for hours without tiring. But for a racquetball player looking to develop a running program that will help him to play at the top of his game, long slow distance running by itself is not enough. It has two severe drawbacks.

First of all, if you only practice long distance jogging, you will become slow and lumbering like a bear. All that heavy plodding simply doesn't develop speed. Instead, it turns you into a heavy plodder. This can hurt you in a racquetball game where you need to generate short, quick bursts of speed.

Secondly, long distance jogging is all slow, forward motion. In a game, you've got to do a lot more than just move forward. You're called on to run fast sideways, backwards, change direction smoothly, and zigzag around opponents to get to the ball while maintaining good balance. Slow jogging just doesn't prepare you for the multi-directional running of a racquetball game.

It's clear that you need something extra for the rigors of a hard-fought racquetball game. Joseph Zohar, a registered physical therapist and head of The Sports Injury Prevention Center on Glen Cove, Long Island, has devised a racquetball conditioning program tailored specifically to the needs of players. He strongly believes, "the type of running that you do off the court, for practice, should resemble as closely as possible the type of running you do on the court, during the course of a game." His program, therefore, simulates many of the moves players make when competing in a tough game. It has two distinct phases:

Phase I—If you can already run a full mile, or jog for ten minutes without stopping, you can skip Phase I and go directly to Phase II.

If you have not been running regularly, then Phase I involves building up to a point where you can run a mile or ten full minutes without stopping. Frequent, easy workouts are the best way to progress at this stage. Allow ten minutes per workout, and fill the time by alternating running with walking. By doing this three to six times per week, you will gradually strengthen, and be able to do less walking, more running. After several weeks, you should be ready to run either ten minutes or a mile, non-stop.

A tip: During Phase I, always run "within your breath." This means that you should never run so fast that you're gasping for air. A good rule of thumb is to always be able to carry on a conversation while running. If you find yourself breathing too hard to converse, then you'd better slow down.

Another tip: Even easy running like this can place added stress on the body. As a regular racquetball player, you're probably in pretty good shape, but if you decide to embark on this program, it's still a good idea to get a complete physical check-up before beginning.

Phase II—In this stage, different types of running specifically beneficial to racquetball players are introduced.

Always begin a workout by stretching for five to ten minutes. Then run for at least ten minutes at the slow and easy pace you practiced during Phase I. This will guarantee that you are thoroughly warmed up and ready for the following variations:

1. Running backwards—Run backwards slowly, 40 to 60 yards at first. Remember to glance over your shoulder occasionally in order to avoid trampling the neighbors' kids, or braining yourself on stop signs, telephone poles, etc. Over the weeks, as you get strong-

Continued

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Lloyd Lambert, Jr., (Right) President of Dynamics Health Equipment, South Houston, Texas, presents the Miss Olympia trophy to Rachel McLish, the first Miss Olympia winner. Offering congratulations is Joe Weider, Publisher of Muscle & Fitness magazine. Dynamics was the major sponsor for this competition.

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Rachel won out over 21 other competitors, many representing foreign countries at the Philadelphia International Body Building Convention. McLish had earlier in the year been named as the United States Women's National Body Building Champion.

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RUNNING PROGRAM

er, increase to 100 yards, and also step up your speed. This will help you on the court whenever you have to backpedal quickly.

2. Skipping sideways—Slowly skip sideways 20 to 30 yards to your left, then skip 20 to 30 yards to your right. Increase gradually to 50 yards each way, at a faster speed. Be sure to keep knees bent. If anybody asks you what on earth you're doing, just tell them that this exercise increases lateral speed, making it easier to run down shots to your left or right.

3. Running sideways—This too is a good way to develop lateral speed. Run slowly sideways, crossing one leg in front of the other, 20 to 30 yards to the right, then left. Gradually increase speed and distance until you're doing 50 yards each way.

4. Forward zig-zag—Run five to ten yards to the right and forward (crossing left leg in front of right), then change direction and run to the left and forward (crossing right leg in front of left). Repeat two to three times each way at slow speed. Over the months, increase to six to eight times each way, covering a total of 100 yards at a good pace. This helps with change of direction moves when you're going in one direction and suddenly have to streak off in another. It also develops speed and balance for those occasions when you have to zip around an opponent to get to the ball.

5. Backward zig-zag—Run five to ten yards to your left and backwards (crossing right leg in front of the left), then change and run to your right and backwards. Build up as in the forward zig-zag.

6. Sprints—Sprint 15 to 30 yards at medium speed, slow down, sprint again, slow down. Start with two or three sprints and increase to five or six. When sprinting, it isn't necessary to run all out. Running at 75 to 80 percent of full capacity is fast enough, and helps avoid muscle pulls or other injuries that might result from too much speed. Sprinting is the number one way to build speed.

After every workout, don't forget to cool down by walking easily, and then stretching for approximately five minutes. It's nice if you can work all six of these variations into each workout, but don't feel bad if you can't. It's okay to start with two or three, and work your way up to all six. The important thing, according to Zohar, is to start "very slowly and smoothly and gradually develop speed over the course of several weeks or months. As you progress and feel stronger, you may also step up the total distance that you run."

If you are highly motivated and want to make rapid progress, try four to six of these running sessions per week. If you want to take it easier, two or three per week are also beneficial. The additional running will give you endurance so that, like 50-year-old Arnie, you'll be able to play all morning without running out of gas. You'll also develop high speed in all directions, and find yourself getting an excellent jump on the ball. **R**

BODY BUILDING FOR RACQUETBALL

With Ray Mentzer and Rachel McLish

Editor's Note: Ray Mentzer is a former Mr. America. Rachel McLish is the current Ms. Olympia.



RBI: Let's talk about body building and its relationship to racquetball.

Mentzer: Body building is such a broad term that it fits everybody. Basically, you can train your body to fit every aspect of life in general, especially with athletics. Anything that involves neuromuscular conditioning, gives you more control, more finesse and more power, just has to help your racquetball game. Fatigue factors are cut down and injuries are greatly reduced. Obviously, the thicker the muscle gets, the stronger your tendons and ligaments get. So with all that extra twisting and turning and pivoting in racquetball, you are going to have the extra strength to handle it.

RBI: Do you lose your speed?

Mentzer: Speed and flexibility are a matter of conditioning. If you keep practicing your sport and stretching and you keep pressing your speed limits, you won't lose it at all. That's been a myth for a long time, but as you see almost every athlete in the world uses some kind of resistance training.

RBI: In racquetball, the wrist is very important. If you are going to build up other parts of your body, is your wrist going to be less of a factor when playing?

Mentzer: I don't see why. If you're going to strengthen your arms, your wrist is also going to get a lot stronger. It's going to help in your snap. Just think if you combine everything else with it—stepping into the ball, then snapping your wrist. There's your drive and your force.

RBI: How about body building for women?

McLish: Body building for women applies exactly the same factors as body building for men. The muscles and some of the movements are exactly the same. You are still working with strength factors, connective tissue, ligaments, etc.

RBI: What pieces of equipment should a racquetball player emphasize?

Mentzer: Like the Gestalt approach in psychology, you have to take from all sides to equal one whole. So if you are going to start eliminating things, it's going to make you a little less better. The way competition is going today, you need everything you can use to get better. That's the approach I take in my sport. Obviously, I would take that approach in any sport. Everything to make that one whole. Without that you might as well quit. You'll never make it.

RBI: What if somebody says you don't need body building at all to be a good racquetball player?

McLish: They don't understand body building and they don't understand racquetball.

RBI: Can you think of a training program a racquetball player could go through?

Mentzer: With the Dynacam equipment, for example, you can fit all your requirements in one cycle. You get a total vascular workout, you get strength and tone and flexibility all in one cycle workout which takes 30-40 minutes.

McLish: You can pinpoint your racquetball weaknesses and apply equipment exercises in those areas. For example, for ceiling shots, you can work on the deltoid machine. And to get the wrist snap, you can do wrist curls, or use any kind of biceps machine.

RBI: Rachel, didn't you have to cut out racquetball because your right arm was getting bigger than your left and that didn't look good for body building competition?

McLish: It wasn't that noticeable but I could tell the difference. I gave it up for awhile. Then I just started playing with my left hand.

RBI: Can body building help a racquetball player improve his or her mental game?

Mentzer: Sure, because with body building you're seeing the nth degree of mental work. The way I train, for example, is brutal and intense. I have to do everything mentally to get prepared for that, even to the state where I get hypnotized twice a week to enhance my concentration and overcome certain insecurities. If you start building your muscle tissue, you're going to have a euphoric feeling of progressing. If you can relate that to racquetball, it's an unbeatable force. You have to eliminate all negatives from your concentration, and training alone will relieve frustration, tension and anxiety. Circuit training is good for everything—flexibility, strength, coordination and learning how to use your muscles. A lot of people don't know how to use their muscles properly.

Continued

INSTRUCTION

BODY BUILDING

Photos by David M. King and Ed Ikuta



Rachel McLish works out on the hack squat machine, which develops the quadriceps and frontal thighs. Eight to 12 repetitions are standard but you may want to do as many as 20 on certain days.



This machine is used to strengthen the calves and gastrocnemius muscle, and Achilles tendon. A good machine to reduce ankle injuries.



Chest machine workouts help develop the pectoral muscles and frontal deltoids. 8-12 reps are recommended.



Ray Mentzer works with the shoulder machine (top) to develop extra arm strength. This machine emphasizes lateral deltoids. The T-Bar row (top right) is great for work on the back, especially the lumbar region. The pulldown machine (bottom) emphasizes lat muscles. "You need lats to swing the racquet," says Mentzer.



RBI: What machines are geared more for racquetball?

McLish: The upper body machines for upper strength and ceiling shots. I would use the deltoid press, the lat pull-down and the shoulder push. You also want to work on the machine that develops your quadriceps muscles. It is essential to develop your thigh muscles to get down low. Most novice players want to bend from the waist to get low shots. That's not right. You bend from the knees. I would also recommend the leg press.

RBI: Can weight training also help develop endurance?

Mentzer: Racquetball is basically anaerobic, with its requirements for overall power and snapping. In anaerobic conditioning, you don't get your energy from the oxygen in your muscles, but from ATP. Weight training in general increases ATP production. This will make you last longer in a racquetball game without that fatigue factor hitting you.



HOW TO PREPARE FOR A CLINIC

By Dave Peck



What can a racquetball player expect when he attends a clinic given by a club pro or professional player?

And for that matter, what can an instructor expect from his audience when he gives a clinic?

Racquetball clinics can often be as exciting—and informative—as watching paint dry. The pro, unsure of what points he wants to get across and how to get them across, often drones on for an hour. The audience, intimidated and unprepared, sits silently like zombies.

It doesn't have to be that way. Not at all. If a pro is prepared and human, if the audience is inquisitive and attentive, hours of wasted practice can be avoided. Everybody can have some fun.

At what point is a clinic beneficial? To me, it's when a player thinks he or she has stagnated; when his or her game just doesn't seem to improve. A club pro in a clinic—or a quick lesson—can often alter mechanics and get you going again.

My Ektelon teammate, Mike Yellen, and I have distinct ideas on what makes a good clinic from an instructional standpoint. For me, it's communication. I want people to laugh. I want them to ask questions, especially "Why?" I want them to be aggressive, to force me to rationalize my ideas. That's the only way they're going to learn.

I always begin my clinics with a spot on safety then move into a definition of terms. I ask such things as, "What type of player do you want to be?" "What does power-control mean?"

That aside, I shift to the basics. In my mind the quickest way to improve your game is by

improving your mechanics. Practice makes perfect, but only if it's perfect practice.

At this point, many clinics miss. The pro slips into his backhand and forehand routine, and the audience listens but doesn't understand.

As an instructor, you have to force people to break that wall of silence. I usually ask, "What are some of your problems?" "What part of your game needs the most improvement?" anything—as long as it opens up conversation.

Once the words flow, though, you can't respond with answers like, "Well, you're just not hitting the ball right." Offer specifics. And if you can't answer them, you'd better think twice about being an instructor.

Take a problem such as skipping balls into the front wall. Three areas could be wrong: (1) your shoulder point is too close to the floor, (2) your elbow is late on your swing, or (3) you're hitting the ball too high.

By now, hopefully, the crowd knows you want their help. By now they know the clinic can only work as THEY respond. Keep them thinking, that's my motto.

I usually close my clinics with a talk on positioning, service returns and serves. Then I allow a half-hour question and answer period.

With positioning, I often stick my behind out—way out—and walk around the court. Then I ask, "Have you ever played anybody who does this?" That's often good for a laugh or two.

In service returns I teach options. You're already on the defensive. The object is to force your opponent from center court. And what most players don't realize—and what I drill into their heads—is that certain shots at certain levels are automatic in racquetball. I teach them to play percentage racquetball. To hit the right shot at the right time.

As a participant, if you don't understand percentage racquetball or your clinic host doesn't bring it up—ask. Question what you should do when a ball is at shoulder height, when a ball comes down-the-line at your waist. Questions, questions, questions. They can't hurt.

I know what you're thinking: "I don't know what to ask when I get to a clinic." Well, beforehand, analyze your game. What problems are you having, what improvements do you want to make, what shots do you lack confidence in?

All you need are two or three ideas. Don't be bashful. Make the pro rationalize his ideas. If you do, both you and the pro—in the long run—will come out as winners.

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SECOND SERVES

By Mike Yellen



The title of this instructional is "Second Serves" but is could just as easily read "Simple Serves."

That's because one of the most important points to remember about your second serve in racquetball is to keep it simple.

You have already had one chance. It doesn't matter whether you tried a drive, Z, or lob; hit short, long or hit three walls. You missed. And you don't want to make the same mistake twice.

With that in mind, you obviously want to

stay away from shots that can have you returning serves instead of the other way around—particularly low, hard drives. Lobs, Zs and possibly medium drive serves are the best. You don't have to kill the ball. What you're looking for is placement, not speed.

My Ektelon teammate, Dave Peck, almost always goes to a lob on his second serve. And with good reason. He can put the ball in the backhand corner. He can keep it at shoulder height or higher. And he can keep me on the defensive.

A good solid Z serve can do much the same thing—making your opponent dig the ball out of trouble. But again, you want to be careful to hit the front wall first and not three walls.

Many people also believe because the second serve is simple and well, second, that they can just drop the ball and flail away. Nothing could be farther from the truth.

True, you're not going to serve many aces the second time around. But you shouldn't slack off either. If you don't concentrate you'll wind up having your opponent roll one out or take you out of position.

One key to keeping the second serve simple is taking a short stroke. There is no need for a long, exaggerated swing when

you're placing this shot. Don't complicate matters. Poke the ball into the corners.

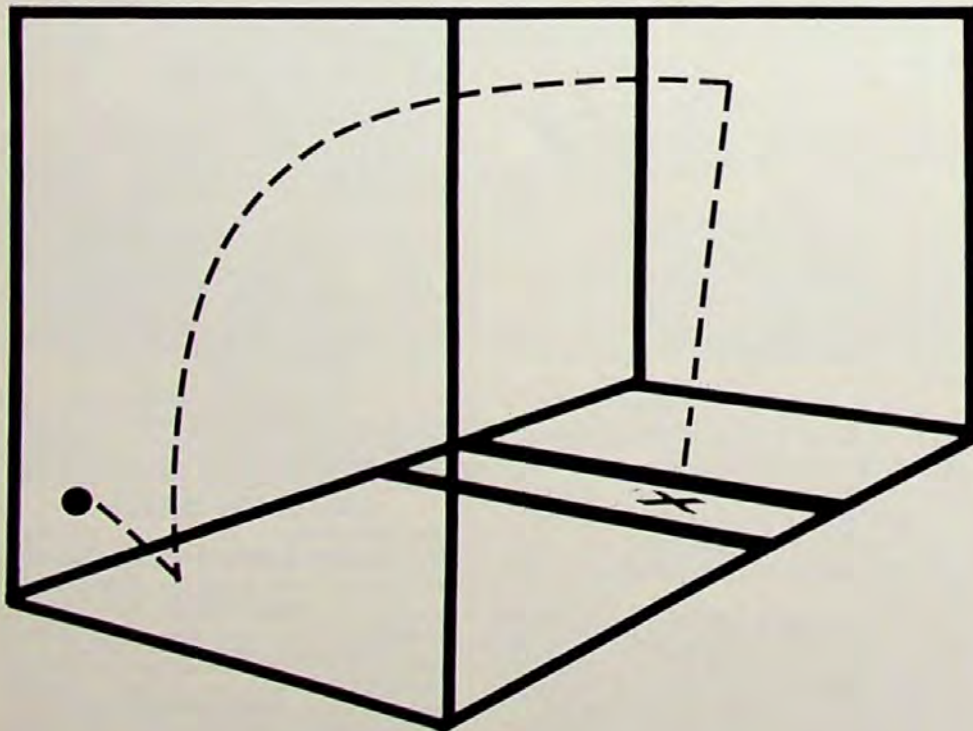
Another thing many players don't realize is that you can practice certain second serves during your first serve. Take the drive or Zs, for example.

In first service drive shots, the object is to drill low, hard bullets into the backhand, forehand corners or just over the service line. Sometimes you might want to mix that up. By that I mean use your drive serve, but hit it a little easier, placing a premium on accuracy, not miles per hour.

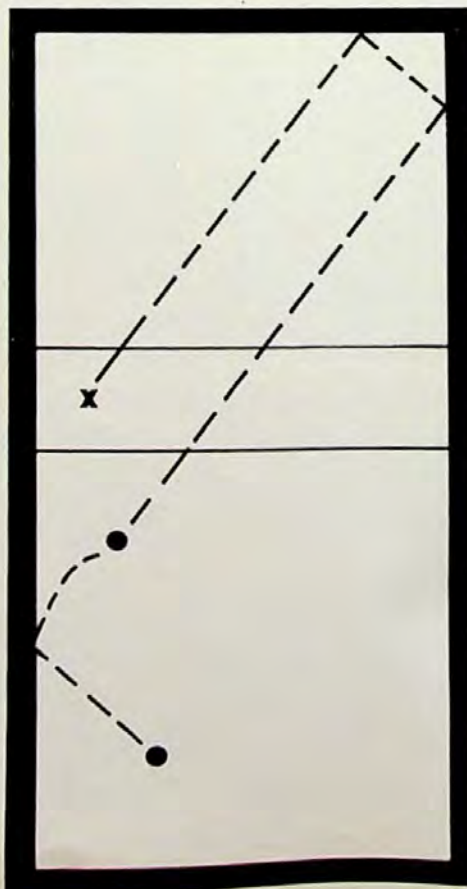
Use your Z the same way. This can become a very effective serve if you can control it. So instead of really trying to bury the ball in the corner, take a little off, experiment with the angles. When the time comes to use a second serve, you'll be one step ahead of the competition.

Finally, the most important part of second serves—as it is with the entire game of racquetball—is concentration. I don't know how many times I've seen players rush the second serve because they can't wait to play a point. Relax, you're in the driver's seat. You earned the spot. Think about what you're trying to do. Consider your opponent's strengths and weaknesses. Then serve.

It may slow down the game a bit, but it certainly won't hurt your chance of winning.



Mike Yellen recommends use of a lob serve or a Z as the best bets for second serves.



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FASHION RAC



Racquetball clubs today emphasize more than just the game. Club atmosphere is social as well as athletic and it was with these two identities that Ektelon came up with their new line in fashion.

Wearing Ektelon's line of outfits and warmups are players Bill Bumiller, Ruben Camacho, Melody Pinyan and Diana Ward.

◀

Diana stops and smells the roses in a fashionable raspberry warmup suit made of 70 percent polyester and 30 percent Arnel triacetate Keyrolite. Features sunshine yellow piping, **\$76**. Melody looks sharp in her matching white outfit with raspberry and sunshine yellow stripes. Shorts are **\$17** and top **\$18**. Bill is gallant in a matching outfit with black and straw stripes. Shirt, a 50/50 poly/cotton combo, sells for **\$17**. Shorts, made of 65 percent polyester, retails for **\$15**.



Ruben sits down after a tough game in his Bismark blue outfit. Shirt is 100 percent cotton and shorts are 100 percent nylon, **\$13** each. Bill does his playing in Ektelon's Bismark blue warmup with yellow piping made of 100 percent terry fleece acrylic, **\$76**. Diana has on a jade warmup made of 100 percent acrylic and featuring sunshine yellow piping, **\$76**.

◀

Ruben looks things over in a straw-colored warmup made of 70 percent polyester and 30 percent Arnel triacetate Keyrolite, **\$76**. Melody is all sunshine in her yellow polyester/cotton stretch interlock outfit. Pants, shorts **\$16** each. Bill is ready to roll them out in his poly/cotton navy blue top, **\$20**, and french white shorts, **\$15**.



Fashion directed by Aly Spencer
Photography by David M. King
Shoes courtesy of Adidas
Racquets and accessories by Ektelon

RACQUETBALL ILLUSTRATED'S

Player
Of The Year

1980

MARTY HOGAN

For the second consecutive year, Marty Hogan has been voted *Racquetball Illustrated's* Male Player of the Year.

Hogan received 106 votes from readers, far outdistancing runner-up Dave Peck with 79 and Mike Yellen with 57 votes. Steve Strandemo and Jerry Hilecher each received five write-in votes.

Hogan was clearly the class leader of 1980, winning five of nine NRC tour stops, including The Nationals for the third straight year.

He won the most prize money of any player, more than double the next finisher, and he made a name for himself in athletic competition outside of racquetball by placing third in the made-for-television World Superstars event. He was the highest American to place. He is still the only player with national recognition.

"Hogan has proven he has no effective competition," "Hogan is a half-level above the pack," and "Who else but Hogan?" were a few of the readers' comments.

Peck and Yellen each won two NRC events as well as other tournaments outside the NRC jurisdiction. Yellen, in fact, was considered atop the player rankings at the end of 1980 based on a computer readout of the previous five tournaments.

"Watch out for Yellen. He's the next Hogan" was one reader's comment. Another said, "For the first time in the history of racquetball, there is a player who has won the respect of players and fans on and off the court. Player of the Year is much more than rankings. Dave Peck is a player we can all look up to."



Male
Player of
the Year

**Player
Of The Year**

1980

HEATHER McKAY

In a lopsided vote, Heather McKay has won *Racquetball Illustrated's* Female Player of the Year honor.

McKay scored 116 votes, compared to 63 for Sarah Green and 54 for last year's winner Shannon Wright. Karin Walton topped the write-in list with four.

McKay, unbeaten in squash for over 16 years, made her mark in women's pro racquetball by winning the WPRA Nationals last June. It was her second year on the pro tour.

"To make that transition in that short of time is incredible," said one voter. "She will do in racquetball what she did in squash" was another.

Green was probably the hottest woman player during the first part of the season—at one time holding the number one ranking—but she tapered off toward the tail end of the year.

Wright is still considered the top woman player by some and she managed to win her share of tournaments in 1980, but overall the year belonged to McKay.

"If anyone can dethrone McKay, it will probably be Wright," said one voter.



Female
Player of
the Year

**Player
Of The Year**

1980

LYNN ADAMS

In the closest voting in the two years of Player of the Year balloting, Lynn Adams defeated Doug Cohen and Don Thomas for *Racquetball Illustrated's* 1980 Most Improved honor.

Adams collected 84 votes while Thomas scored 74 and Cohen scored 73. Bruce Christensen led the write-ins with 10.

Adams came out of nowhere to rank second, third or fourth (depending on the month) in the women's pro ranks. She did not compete on the tour the year before, choosing, instead, to develop and refine her game on the local level. She won the National Outdoor title also.

"She will soon be the best. She knows what she is doing," said one voter. "Watch out Wright and McKay, here comes Adams," said another voter.

Thomas and Cohen finished in the top 10 last season after an uneventful season the previous year. Thomas, in fact, defeated Marty Hogan once last year.

Christensen also seemed to be a voting favorite. Said one voter, "It is incredible what he did at the Nationals (losing in the semifinals). Give him two years and then hand him the title."



Most Improved
Player of
the Year

**Player
Of The Year**

1980



IF THE SHOE FITS, WEAR IT

By Dr. Ralph Gorrell

Editor's Note: The author specializes in treating athletic injuries in private practice in Sun City, Ariz.

Every racquetball player should look down at his or her feet every morning and say, "Thank you."

Why? Your foot is a complex linkage mechanism made up of 26 bones and 77 joints. This foot has been structured to support weight, either static weight or moving, shifting weight. Therefore, as one walks, the resultant pressures are spread across the foot in, let's say, a synchronized way. The feet do their job well. It's the shoes which are the villains.

Men are bad and women are worse at crippling this balanced mechanism called the foot and shoes are the reason. Shoes are made too narrow, too pointed, too broad, too hard and too soft. Shoes do not permit the feet to breathe. The normal foot is supported by two arches, the long (longitudinal) arch and the transverse or short arch across the foot. Ligaments and muscles form a living set of slings to support body weight.

Always regard your shoes as enemies, not as friends. Bunions, calluses, corns, claw toes, hammer toes, painful heels, painful toes and painful arches are caused by, or made worse by, shoes.

The various government bureaus that are supposed to protect us against defective, harmful devices have never acted against the makers and the sellers of shoes. High heels worn by women for feminine appeal and by men for macho appeal throw the body weight on the wrong part of the feet, causing pain. Also, the high heel shortens the heel cord and may cause pain in the Achilles tendon.

The various types of sport shoes are meant to be used only in their respective games. Usually, they are constructed just for the requirements of the sport. Today, athletic shoes are worn by one-quarter of the United States population. But they do not keep the feet from sweating. In fact, they encourage it.

Are you more comfortable at home after taking off your shoes? If you answer "yes," perhaps your shoes are the chief cause of the pain, or at the very least, they aggravate other causes such as an overabundance of personal weight, over usage, or worn out heels or

soles of shoes.

When you buy new shoes, are they hard on your feet? If this initial stiffness does not pass off in several days, the shoes are not correct for your feet and your activities.

How long has it been since your feet were measured? Most people have not been measured in several years. Few people, including almost all shoe salespersons, are aware that feet enlarge with age. Most shoe salespersons never measure a foot while the person is standing. They do not realize that the front of the foot measures $\frac{1}{4}$ to $\frac{1}{2}$ inch wider when the buyer has his weight on his feet. Next time you buy shoes, request a measurement and then stand while it is being taken. A measurement of foot size while you are seated is useless. Also, your feet are somewhat larger in the afternoon than they are in the morning, since feet swell during the day—unless you are constantly running or walking. If you are sitting in a car or at a desk, your feet will swell more. This is why passengers on planes, trains and automobiles may have swollen ankles unless they get up to walk around every hour.

If your feet bother you, turn a sharp eye on your shoes. Look at where they bulge, where they are worn or if there is a separation of the upper part from the lower part of the shoes. Wearing down of the inside or outside of sole or heel shows abnormal weight bearing. Rapid wearing away of the heel shows you are pounding along on your heels, or the heel

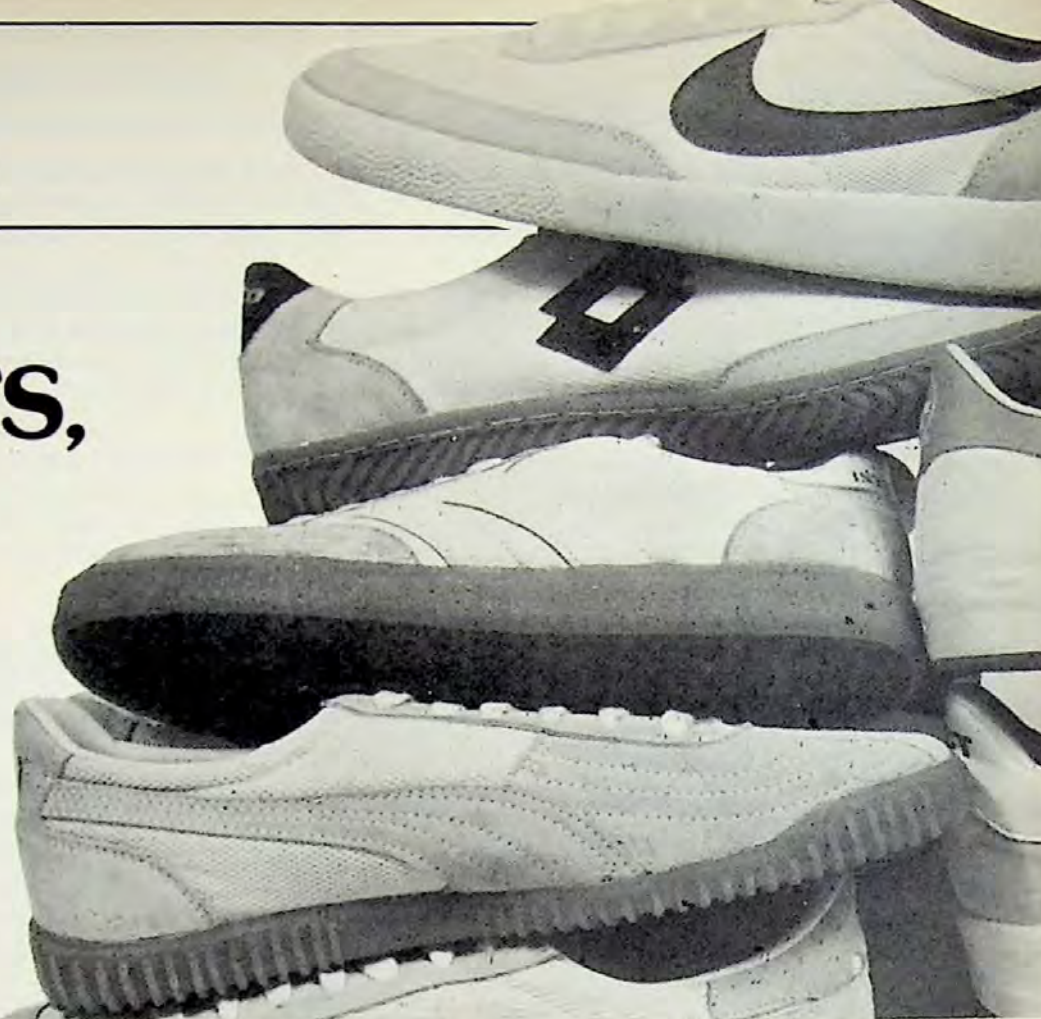
material is very soft. Is there a bulging around the big toe joint on the inside of the foot? Is there enough shock absorbing padding in the bottom of your shoe?

Hard surfaces traumatize your feet more than soft floors. Wall to wall carpet in every room in your house will save your feet. Concrete floors have a pounding effect on your feet.

Some racquetball courts have concrete floors, others have soft pine floors. Guess which ones produce sore feet?

The man or woman who wears rigid low shoes and pounds the pavement all day every day will suffer from the over-use syndrome. How to avoid it? Wear proper shoes—long enough, wide enough, soft, supple and with low heels. A good shoe need not provide support since normal feet do not need support. Feet just need enough room to function. Never use rigid uppers, hard leather soles, arch supports or steel shanks—all of which harm normal feet.

If you see corns, calluses or bunions, you know that you have been wearing the wrong shoes. Ingrown toe nails are the result of poor shoes and poor nail care. Toe nails should be cut straight across, not neatly rounded, so that little spikes of nail grow down into the tender tissues alongside the nail. Blisters are produced by the same forces that produce calluses, except those small blisters that are the result of fungus infection ("athlete's foot") of the foot, especially between the fourth and



STRUCTURE	PROBLEM	CAUSE	THERAPY
Skin, top layer (epidermis)	Redness of skin	Shoe rubs Inflamed skin	Buy new shoes, or stretch old ones. Wear two pairs of stockings.
	Blisters	Defective shoes	As above. Ventilated shoes help.
	Fissure (split in skin) between toes; soggy skin; burning, itchy skin.	Fungus (athlete's foot, etc.)	Keep feet dry; use powders to dry feet; antifungal lotions or spray. If skin is very sore, use cool soaks of a boric acid solution or an aluminum subacetate solution, one hour, two times daily.
	Small red spot, very sore.	Foreign body in skin (such as splinter, pin or needle). Nail in shoe.	Remove foreign body, or have doctor do it. Protect sore area with circular corn pad. Position pad so the sore spot is inside the hole.
Skin, deep layer (dermis)	Thickened skin. Corns, calluses. Thickened skin on bottom of foot (plantar wart).	Skin thickens to protect itself and underlying nerves.	Wear shoes that are large enough, comfortable enough; no arch supports. Use a razor blade to cut off thick skin after cleaning it with soap and water. Wearing correct shoes prevents corns and calluses.
	Sweaty feet (hyperhidrosis). Foot odor	Humid climate, heat, wet shoes; heavy socks especially wool	Wear thin, cotton socks, two pairs, change often. Use non-irritating powders (talcum) without perfume or chemicals. Keep feet dry. Cool soaks. Use anti-perspirants, but watch for reactions (redness of skin, hives, blisters, more burning and itching).

fifth toes. The average person knows he has calluses when he feels as if he were walking on marbles.

Wear two pairs of socks, an inner light cotton pair to soak up sweat, and an outer thin wool pair to permit the foot to move in all directions. Two pairs of socks prevent some of the shearing, tearing force on the foot's soft tissues and joints.

Keep your shoes in your closet, not on your feet, whenever you can. At work, rest by elevating your feet to body level or higher during breaks and lunch. This gets rid of swelling and relaxes the tired foot muscles. A cool soak is always great. If this isn't possible, put talcum powder in your socks and shoes.

Whenever you have the opportunity, play on wood or composition courts in preference to concrete or other hard surfaces.

If you are 30 years old, you probably have more than 25,000 miles on your feet. You can't trade them in and there is no effective transplant. Look at your feet everyday, and your shoes too. Do not wait until the former begins to hurt and the latter begins to break down.

There are no state, federal or city requirements for shoe stores or those who work in them. If any other device caused the amount of pain and disability that shoes do, it would be outlawed unless produced under supervision and sold by a trained technician or nurse.

As it is, shoe buyers are not protected by

law. The shoe sellers can promise any results but do not guarantee their work. They are not responsible if their shoes cripple your feet.

The skin of your feet is gentle and soft yet it can do rough, hard work. It is lubricated with its own oil. Your skin is impenetrable to water. It resists infection, even though bacteria are normally found on your skin at all times.

The outer layer, the epidermis, consists of flat cells which are almost dead, a dry layer ready to rub off and blow away. It contains keratin, which is like armor plate. Keratin forms nails, calluses and corns.

A plantar wart is a painful thickening found on the bottom of the foot. It is not a simple wart, and cannot be removed by usual wart treatments. It may become large, deep and painful. Keep it soft with lanolin and vaseline, obtainable from any drug store. Do not cut it off, burn it off with chemicals, have it cauterized or treated with x-rays. X-rays damage your cells for life.

The deeper layer of the skin, called the dermis, includes cells that are less flat and firmer but do not have the armor of keratin. Your skin resists attacks from cold winter and hot summer.

If you are tanning your body skin generally, do not tan your feet with the sun or ultraviolet rays. This radiation also injures your skin cells, and this lasts for life. This is also true of people who like to tan all over. They haven't heard the message yet about sun rays causing premature aging and wrinkling of the

skin, and dry, paper-like skin. Such skin injury is worse if you are red-headed or blonde.

Intact skin resists water from the outside. It cannot resist water from the inside. That is, from sweating. Wet, soggy feet have lowered resistance to infections and fungus involvement. Wear shoes that let your feet breathe.

Skin is greased. There is a thin sheet of fat that lies on our skin. This fat is made by sebaceous glands in the skin. Each time a hair moves, it squeezes out a bit of fat—and somewhere on everyone's body, a hair is always moving. It is a polite fat, since it does not become rancid.

This fat is aggressive. Fatty acids along with soaps can kill bacteria on the skin. This friendly fat prevents us from drying; it moisturizes us, keeps us pliable, causes one human being not to be averse to touching another.

We hinder normal skin function when we soak our feet in water too much or too long. Water-logged feet become soggy-skinned, and resistance to bacteria is lessened. Do not use strong chemicals (many of the antifungal chemicals sold in drug stores are strong) which attack the epidermis, the top layer of the skin and burn it, turn it red, and make it form blisters. These chemicals make the skin thinner and more sensitive (allergic) so that in the future, even milder chemicals will cause problems. Most persons overtreating skin conditions. All dermatologists agree on this statement. Their simple rule of thumb "If the skin is wet, dry it. If the skin is dry, moisten it" 



It's your competition you're supposed to run into the ground. Not your shoes.

So, get into a pair of Tuffs.

Tuffs are put together so they won't fall apart under all that twisting, darting, plunging and lunging. For openers, Tuffs have high-traction gum rubber soles that are all but bulletproof.

And stitching. No other racquetball shoe has anywhere near as much. 3 rows of it in the toe alone.



RUN YOUR OPPONENT RAGGED. INSTEAD OF YOUR SHOES.

Plus, the uppers and lowers are stitched together – as well as cemented – all the way around.

Sole separation? Not very likely.

Tuffs are comfortable, too. With a special air-channeled innersole and super thick heel padding.

And now there are three new ways to get tough on the court. Whether it's racquetball, handball, squash or any other wood surface sport. A new hi-top Tuffs for extra support. A new leather Tuffs. And a wicked new nylon and suede style that's white and red and tough all over.

All three are available at quality shops now. Get a pair. Then go tear up the courts. Without tearing up your shoes.

Foot-Joy

TUFFS. THE TOUGHEST SHOES IN RACQUETBALL.

IS YOUR HEART IN THE GAME?

By Sandra Segal

Is your heart really into racquetball? Are you an active, vigorous competitor who plays each game hard? If you are, and you play regularly three or four times a week, your games may be helping you to make your heart stronger, more efficient, and possibly less susceptible to coronary-artery disease.

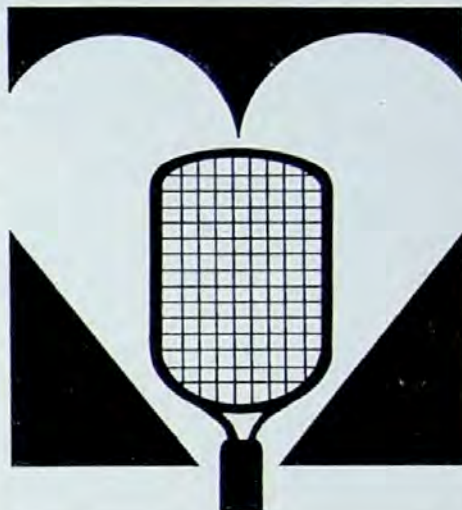
Most studies agree that the heart needs regular exercise to grow in size and become stronger. Gary Romero, an exercise physiologist for the National Athletic Health Institute in Inglewood, Ca., explains "As your body exercises, there is an increased flow of blood from the muscles to the heart. The heart responds by beating at a faster rate with an increase in stroke volume. This means that a greater volume of blood comes out of the heart with each beat.

"The ultimate effect will be to lower your resting heart rate. The heart will have to beat less often and work less hard to get out the same amount of blood. This improves coronary circulation, which provides some protection from fatal heart disease."

This strengthening of the heart, called the training effect of exercise, will only occur if your racquetball game keeps your heart at a constant high target rate. Dr. James Puffer, a physician active in sports medicine at the UCLA Medical Center, explains, "The effect of racquetball depends on the amount of work the heart is doing. If you just walk around the court and swing easily at the ball, you're not going to get your heart over 100. This will do no good. A person must sustain a heart rate of 65 to 85 percent of the heart's maximum capacity, as predicted for age.

"For example, a thirty-year-old male in good shape has a maximum predicted heart rate of 190 beats per minute. Seventy percent of that is 133 beats per minute. If the man exercises so his heartbeat is up in that range for 20 to 30 minutes, and he repeats it three to four times weekly, a number of studies have shown that the heart will be trained to do more work with greater efficiency. This requires less work of the heart muscles."

The maximum heart rate is the fastest your heart can beat when you exercise as hard as possible. There are several ways to determine your maximum heart rate. One way is to subtract your age from 220. In Puffer's example, a 30-year-old man would subtract 30 from 220 to come up with 190. Other doctors suggest you exercise vigorously and then immediately take your pulse for six seconds. Multiply the number of beats by ten for an approximation



of your maximum rate. Or, for greater accuracy, you may have your doctor give you an exercise electrocardiogram. In this test, a doctor will monitor your heart rate while you exercise.

How can you make sure that your racquetball game keeps your pulse at the target rate? One simple way is to take your pulse at intervals during the game until you are aware of how vigorously you must exercise to keep your heart at the target rate. To take your pulse, put your fingers on the carotid artery, just to the left of the Adam's apple. Count the beats for ten seconds; then multiply by six.

Since racquetball is a game of starts and stops, in which you race for a ball for 10 seconds and then rest for about 20 seconds, some doctors believe the sport is not as good at exercising the heart as running or swimming. Romero, for example, says, "Racquetball is incomplete as a total exercise. Even if you played for two or three hours a night, you couldn't keep up the intensity needed for conditioning. Players whose only exercise is racquetball don't show up as well on tests of aerobic conditioning as those who also have a minimal running program." Romero recommends that the average person play racquetball one hour twice a week, and run 20 to 30 minutes two to three times a week.

There are some cautionary notes for people interested in racquetball's health benefits. First, Puffer stresses that anyone beginning an exercise program specifically for cardiovascular problems should see a physician first. "The only way one can determine if one can play racquetball without concern is to have a very thorough medical evaluation," he says.

It is especially important to see a doctor if you aren't currently in good shape. Romero says, "Racquetball is not the type of activity that someone who doesn't have a good heart would want to start. If you have a heart problem or are not in good shape, take it easy. It's a high intensity sport and you might overdo it."

Although it is important to play hard in order to get sufficient exercise, you can counteract the good effects of the exercise by being too competitive. Romero warns, "Don't let the competitive urge take hold of you. The rewards should come from playing the game. If you play because you feel you have to beat someone, you get a different type of stress which is negative. This stress stimulates the production of adrenalin, which can cause anxiety. Play hard, play to win, but don't let the mind override the positive results of exercise."

Finally, racquetball players should be aware that doctors are still not certain that any exercise program can help prevent coronary-artery disease. Puffer says, "There are currently no good studies which show any cause and effect between exercise and coronary-artery disease. The problem is that the disease is multifactorial. It can be caused by hereditary factors, lifestyle factors such as smoking, high blood pressure, high cholesterol, etc. We don't know if you can prevent coronary-artery disease by intervening in one area."

Puffer mentioned a study of marathon runners who died in car accidents. Autopsies revealed that they had been suffering from coronary-artery disease. In another recent study, autopsies of five middle-aged men, 40 to 53, who died while running, showed severe build-up of fatty deposits in the coronary arteries.

Despite this negative evidence, exercise has been shown to affect the heart in some definitely positive ways. Puffer says, "Exercise will normalize blood pressure that is slightly elevated, and will elevate high-density lipoprotein (HDL) cholesterol in the blood. The higher HDL cholesterol is, the lower the chances of having heart disease."

There are other benefits of racquetball that are harder to pin down scientifically. "People who exercise often make other lifestyle changes. They'll watch their diet, lose weight, and stop smoking," Puffer explains. "Also, regular exercise contributes to a subjective sense of well-being."

It's that "subjective sense of well-being" that puts a player's heart into racquetball in the first place.

Short Shots

Racquetball On The Mountain



No one is certain if the people of Nepal are planning to build a racquetball club on the slopes of Mt. Everest but at least now they are familiar with the equipment used in the game.

The semi-introduction of the sport to the people of Nepal was made by actor Tim Culbertson, who was one of several mountaineers to attempt a climb of Mt. Everest, the highest mountain (29,028 feet) in the world.

Culbertson took a racquet with him up to base camp (18,500 feet) and also

managed to put it in the hands of a local maharishi, who has decided however, not to challenge Marty Hogan to a match.

Culbertson was in an expedition along with twelve other climbers, most of whom were Americans. Within one mile of them were four other expeditions, all of which had from 12 to 20 climbers. There were climbers from France, Germany, and a group of women climbers.

Culbertson's group stopped at 23,600 feet before they called it quits. A small group of Frenchmen made it to 26,000



While climbing Mt. Everest, actor Tim Culbertson tried to convert a local maharishi to take up the game. Falling to do that, he (at left in group photo) continued past the 23,000-foot mark. Finally, back on the ground at sea level, and minus the beard, Culbertson played in the Steve Garvey Celebrity Racquetball Classic for the benefit of Multiple Sclerosis.

feet before they had to stop. Nobody made it to the top.

"You never conquer Mt. Everest. She allows you to climb her," says Culbertson, who lost 22 pounds from the climb. "It's not easy. Physical prowess isn't everything. It takes a lot of guts, a lot of inner self."

And as Culbertson found out, not everybody makes it home. Five or six climbers—he isn't sure how many—were killed on the journey, although everyone from his group arrived home alive. (continued)

When one attempts to climb Mt. Everest, death could come from a number of physical reasons but some of the deaths this time were the result of an unexpected avalanche that hit at 19,500 feet.

According to Culbertson, climbers can only expect to travel about 1,200 feet each day because of the altitude and weather conditions. "At some places you can only take steps of one inch."

Although Culbertson has climbed several mountains, he still considers himself a novice, especially when it came to Mt. Everest. "It was a rude awakening," he says. "I can't begin to explain to you how

hard it really was. You had to constantly take pills—pills for sleep, pills for pain."

At the 23,600-foot mark, the guides advised against going any further. That was due to a combination of injuries, the weather, deaths in other expeditions, and a changing attitude of the climbers. "We took a vote among ourselves and a decision was made to return to base camp," recalls Culbertson.

But will he try it again? "A part of me says to quit and a part of me wants to do it again," says Culbertson. "I guess if the circumstances were right, I would try it one more time."

Wright Apology

Former women's national champion Shannon Wright has apologized for an incident at a tournament that led to what amounted to a fine.

At the Women's Professional Racquetball Association tourney in Escondido, Calif., Wright was scheduled to play Lynn Adams in a third-place playoff—a regular occurrence at WPRA events. However, she did not show up for the match.

According to WPRA Commissioner Dan Seaton, many spectators as well as some of the sponsors expressed disappointment that the match did not take place. "We also lost the opportunity to experiment with a new scoring system," said Seaton.

Wright later apologized to WPRA members by saying, "I want to publicly apologize for not playing the match. Making no excuses, the match did not even occur to me until Dan Seaton called me. I was very embarrassed at my thoughtlessness, and shall do my best to be more considerate and thoughtful in the future."

Seaton said Wright would receive prize money for finishing in the quarterfinals instead of her actual semifinal finish. That amounted to \$200.

"While I don't believe she intentionally missed the match, because it had an adverse effect on the sponsors, a penalty had to be levied," said Seaton. "She has never had to play in a third-place match before. It's understandable that she forgot about it. The matter is now forgotten."

Shorter Shots

Racquetball has been given "exhibition" status at the World Games I to be held July 27 through August 2, 1981 in Santa Clara, Calif. The invitation was extended to the American Amateur Racquetball Association by the General Association of International Sports Federations at their assembly meeting in Monte Carlo, Monaco . . .

Leach Industries has received a President's Award for Energy Efficiency for successfully promoting a ride-sharing program for its employees. The award was presented on behalf of President Jimmy Carter by Theodore Lutz, Urban Mass Transit Administrator, to Leach controller Richard Konopasek. Leach transports 75-115 production workers

between home and work each day in five vans . . .

Norm Peck, former squash and tennis coach at Princeton University, has been named player-manager for Ektelon . . .

Correction: The December issue reported that to join United Sportsclubs one had to pay a \$68 initiation fee plus a \$24 annual fee. This is incorrect. The \$68 fee includes the first year's annual fee . . .

Dynamics Health Equipment, Inc., makers of Dynacam fitness machines, has produced a complete sales training and promotion package. The package includes an owner's manual, nine audio cassettes and two video tape cassettes. The whole package is priced at \$495. For information write: 1538 College Ave., South Houston, Tex.

The Grudge Match

Ever wonder how a so-called grudge match gets started? And one in which the participants bet a large sum of money on the outcome?

Well, in Boise, Ida., chances are it starts over a few drinks at a local restaurant. At least that was the case during the 1980 Boise Pro-Am.

While having dinner and drinks at the Royal restaurant, touring pros Janell Marriott and Rita Hoff issued a doubles challenge to WPRA Commissioner Dan Seaton and Bob Peterson, general manager of The Courthouse in Boise. The stakes were \$100.

Marriott and Hoff, confident they could beat the "old timers," trained hard on popcorn, diet sodas and cupcakes. But this was not a happy day for junk food enthusiasts. The women lost.

Playing best two-out-of-three sets (two-out-of-three games to 11), Peterson and Seaton won in straight sets (11-6, 11-9, and 11-9, 11-4).

Hoff and Marriott have asked for a rematch at next year's tournament.



PADONIA COURT CLUB, Timonium, Maryland



Just because your opponent at a Padonia Court Club tournament would not be allowed into an "R" rated movie without his parents, don't be too sure you have the edge. Co-owner and club pro Tom Whipple warns, "We have a lot of top-flight juniors here. Right now we have a racquetball camp with 32 junior players, which is an unusually large number for one club." Whipple's bevy of junior racquetball whizzes include 12-year-old David Simonette, the IRA 12-and-under national champ, and 16-year-old Steve Ginsberg, second place winner in the Maryland state singles championships.

Why does this club have so many active junior players? "Our secret is teaching ability," says Whipple. "I think I concentrate on teaching juniors more than any other pro around. We also use innovative techniques, such as videotape for advanced classes."

Whipple is well qualified as a player and teacher. He won the state singles championship twice, the doubles championship three times, and has been teaching racquetball for six years. He is assisted by another experienced instructor, Debby Basler.

According to Whipple, it is this attention to teaching that helps his eight-court club compete with the other clubs in the area. "Even though we're competing with much bigger facilities—we have a 12-court facility two miles away, a 15-court facility five miles away, and a 24-court facility ten miles away—we're growing fast. We opened with 700 members in 1977, and now we have 1,700," Whipple says.

The Padonia Club sponsors six tournaments annually. The five in-house tournaments draw from 50 to 200 participants, while the one open tournament draws 200 to 250 entrants. The winner of the 1980 open tournament was—you guessed it—a junior, Steve Ginsberg.

WALLBANGER COURT CLUB, Baton Rouge, Louisiana

This court club has the sort of membership which can make an in-house tournament as tough as a state open. According to Frank Boyd, the manager of the club, "We're the breeding ground for the best Louisiana players. We have most of the top players in the state in our club." Their members include state open champ Billy Holliday, the B division champ Gordon Stunz, and top state women players such as Terry Andrews, Valerie Shean, and Lou Reynolds.

Boyd says the club attracted these players because it was one of the first clubs to open. "We've been here seven years," he says. "Now the area is saturated, but because we started early we got in on the ground floor." Wallbanger recently opened a second facility nearby. Together the clubs offer 24 courts, saunas, whirlpools, and weight rooms, as well as such programs as aerobic dance and exercises classes. To keep its members busy, Wallbanger holds five to six tournaments a year, some of which attract over 300 participants.

With high caliber players as members, it might be difficult for the club pros to keep up. But at the Wallbanger club, its top players are the club pros. Holliday, Lou Reynolds and Bo Champagne all work as instructors in the club.

Boyd says one reason his club keeps the top players is that they adapt well to Louisiana's damp environment. "I'll have to admit that most of our good players do have webbed feet," he says.

Which should give some pro from Louisiana a national title if they ever build a court underwater.

ARLINGTON COURT CLUB, Columbus, Ohio

The management of the Arlington Court Club is doubly interested in the happiness of its members—it is owned and run by identical twins, Jim and Bob Liggett. "A lot of people don't know which one they're talking to," admits Jim. They are agreed, however, that making people feel welcome is the key to their competitive strategy. Jim Liggett says, "When we started three years ago, we were the first racquetball court in Columbus. Now there are two facilities within two miles. We keep our membership growing by having a nice staff and a nice facility. We make sure our members are happy."

Do the Liggetts screen their staff for niceness? In a way, says Jim. "Most of our best staff people were members here, and their enthusiasm for the sport is the greatest. Also, they know most of the members already, so 90 percent of the

people who come to the front desk are greeted by name. That does the job."

In addition to a friendly staff, the club offers 14 courts, a bar and restaurant, an exhibition court, exercise facility, lounge, nursery, and a highly qualified pro, Phil Step. "He's won the Ohio singles and doubles championships, and reached the quarter finals in doubles in the nationals," says Jim.

The club's big event is the annual Gold Circle/Wendy's Pro-Am Tournament, which offers over \$12,000 in cash prizes. Last January the tournament drew 250 entrants and over 2,000 spectators, with Charlie Brumfield capturing the pro championship. Club members are particularly enthusiastic about the tournaments. "We have 3,000 members and they're almost all very competitive players," says Jim.

COURT SPORTS I AND II, Eugene, Oregon

Although Court Sports I and II are the two major racquetball clubs in Eugene, they have two formidable competitors. According to manager Curt Fitkin, the strongest rival of racquetball is the sport of jogging. "Jogging is huge here," he says. "The University of Oregon has an outstanding track team, and everybody is a jogger." The second biggest rival is the city itself. "We have the most progressive parks and recreational program in the country here," Fitkin complains. "It offers all sorts of programs."

To lure members away from these activities, Fitkin says he has designed the court clubs to be complete social/recreational facilities. Court Sports I, which opened four years ago, is in the central part of Eugene, close to downtown. "This club attracts the businessmen. We have nine racquetball courts, a basketball court, a gym, and a large weight room. And we're planning a major expansion to add a swimming pool, a larger locker room, and more courts." The club is also adding, naturally, a one-third mile jogging track.

Court Sports II was opened a year ago in a newer, developing section. "It's between two high schools, so it has a stronger juniors program," Fitkin says. "There's no gym, but a member of one club can use the facilities of the other."

Both clubs offer a wide variety of programs. "We're one of the more program-oriented clubs on the West Coast," Fitkin says. "It would take me a half hour to list all our programs." The list includes aerobic fitness and exercise classes, club ladders, and leagues. Fitkin is also proud of their club pro, Connie Petersen, who is "a recognized instructor nationwide."

COLLEGE COURTS

Editor's note: This month we begin a section on college competition. Every month we will highlight schools from around the country. Results of tournaments should be sent to *Racquetball Illustrated*, c/o college editor.

University of Michigan

"Sports in general are popular here, and racquetball falls right into the pattern," says Earl Edwards, director of the intramural program at the University of Michigan. "We had 332 participants in our intramural racquetball program last year, and have at least 500 this year. We have more older people and women playing racquetball than ever before."

According to Edwards there are 32 courts on campus. "If you know anything about college racquetball, you know that's an extremely high number," he says.

Within the intramural program, racquetball players compete in a team system. Each team has four members, two singles players and one doubles team. The team members play other teams in a round robin schedule. The team that wins two out of three takes the match.

Although the intramural program is growing and court time is becoming increasingly difficult to obtain, Edwards says Michigan will probably not expand its program. "It's financially unfeasible to expand at this time," he says. "The intramural program has to produce two-thirds of its own budget, and that's spread over 10,000 students in intramural competition."

Although the intramural department cannot sponsor an intercollegiate team, the racquetball club can and does. According to Philip Garcia, the president of the club, a team was sent to the intercollegiate nationals in Indianapolis last year, and came in third. The club plans to send another team this year as well.

UCLA

UCLA is a campus of 33,000 students, 150 participants in intramural racquetball, and five racquetball courts. That's right, only five overcrowded courts to serve the entire UCLA population of potential racquetball enthusiasts. "The lack of courts is definitely a factor keeping collegiate racquetball down," says Al Chavez, director of the intramural department. "If there are only five courts, there's not enough court time to organize a team. When we get new courts, things may change."

Despite the scarcity of courts, the intramural department still keeps its participants active. This quarter the department is sponsoring a women's racquetball singles tournament which has approximately 46 entrants, as well as one doubles tournament, with 59 teams. The tournaments are organized on a single elimination system, with players ranked into AA, A, B and C levels.

UCLA currently has no plans to sponsor an intercollegiate team. "It's not a major interest out here. That sort of thing isn't organized in the athletic department,

and we don't have a racquetball club that could give a team the ongoing support it needs," Chavez says. However, Chavez insists that UCLA has many fine players, some of whom have gone on the pro tour. One of these players, Mark Morrow, is currently a teaching pro at a racquetball club in the Los Angeles area. Another top player was Michelle Bussacca who won the USRA college title last year.

The severe court shortage on campus may be relieved in the near future when UCLA constructs a new facility, the John Wooden Recreational Sports Center. "We plan to have ten racquetball courts, six with glass walls," Chavez says. "This is planned for mid-1983." Unfortunately, Chavez thinks that even a 10-court addition won't solve the problem completely. He says, "We could use more than ten courts right now and keep them busy all the time. We definitely have more interest than courts."

University of Oregon

"An upswing in racquetball" is not a new stroke, but a description of the rising level of interest in the sport at the University of Oregon. Karla Rice, director of the intramural division, says, "We have had an upswing of at least 25 to 40 percent increase in interest over the past year. We never have enough courts—unless we could find a way to keep people playing 24 hours a day." The university currently has 16 courts, eight of which are under-sized.

The intramural division keeps these courts extra-busy with four tournaments per year. Each fall, the intramural department sponsors a men's and women's tournament which is structured as an all-day event. Twenty teams entered the tournament this fall. The winners:

Women's Division: Maria Hyne and Cherie Barth defeated Teri Marks and Susan Guenther.

Men's Intermediate Division: Larry Ortiz and Dan Jones defeated Steve Fogg and Mark Freemessa.

Men's Advanced Division: Alan Duff and Bob Shingler defeated Curt Franffen and Mark Gorman.

Each winter the intramural division sponsors a mixed doubles tourney, and each spring there is a singles tournament, both all-day events. In the spring season there is also a racquetball team composed of three singles players who progress through single elimination competition. The winner of last spring's competition was a team called "Hogan's Heroes."

Rice estimates that there are 180 players involved in intramural racquetball. "But we have the racquetball courts open

to all students in the evenings, and who knows how many people play then," Rice says. "I also know that racquetball classes are the fastest to fill up in the physical education department. We have 19 classes in the fall, and that's a typical number."

Despite this enthusiasm for racquetball, there are no racquetball clubs on campus and no intercollegiate teams. Emory Summers, director of the physical education tennis and racquetball program, says, "There's no intercollegiate racquetball because it's too expensive. You need a coach, transportation, etc., and most athletic budgets just can't afford it."

University of Illinois at Chicago Circle

University of Illinois at Chicago Circle racquetball players may prefer quick racquetball games (there is a shortage of courts), but they don't believe in quick tournaments. "We're a commuter school," says Ray Clay, the director of intramural activities. "It's too hard to get people together in one place. We have team competitions where people can make matches at their own convenience and call in the results."

Although the intramural racquetball program is small—only 40 players—Clay says the interest in the sport is rising quickly. "After all, we only had 23 participants last year," he says.

In the intramural division's ongoing tournament, there are four teams with five members each. The teams play each other in single eliminations. "The players receive two points for each win, one point for a loss, and zero points if they forfeit," Clay explains. "This encourages everyone to play their matches." After this elimination takes place, the number-one team plays the number-two team for the grand championship, and the number-three team plays the number-four team in a consolation match.

Intramural department players must contend with the racquetball club players for playing time on the 12 campus courts. The racquetball club may actually be in the better position in this struggle. Clay says, "The racquetball club has been in existence for seven or eight years and receives more money than any of our other sports clubs. The athletic department gives the club \$1,000 a year for travel expenses, entry fees, and other expenses." The club uses these funds to compete in the Chicagoland league, an off-campus activity in which teams from court clubs around Chicago compete with each other. The campus club team is in the B league.



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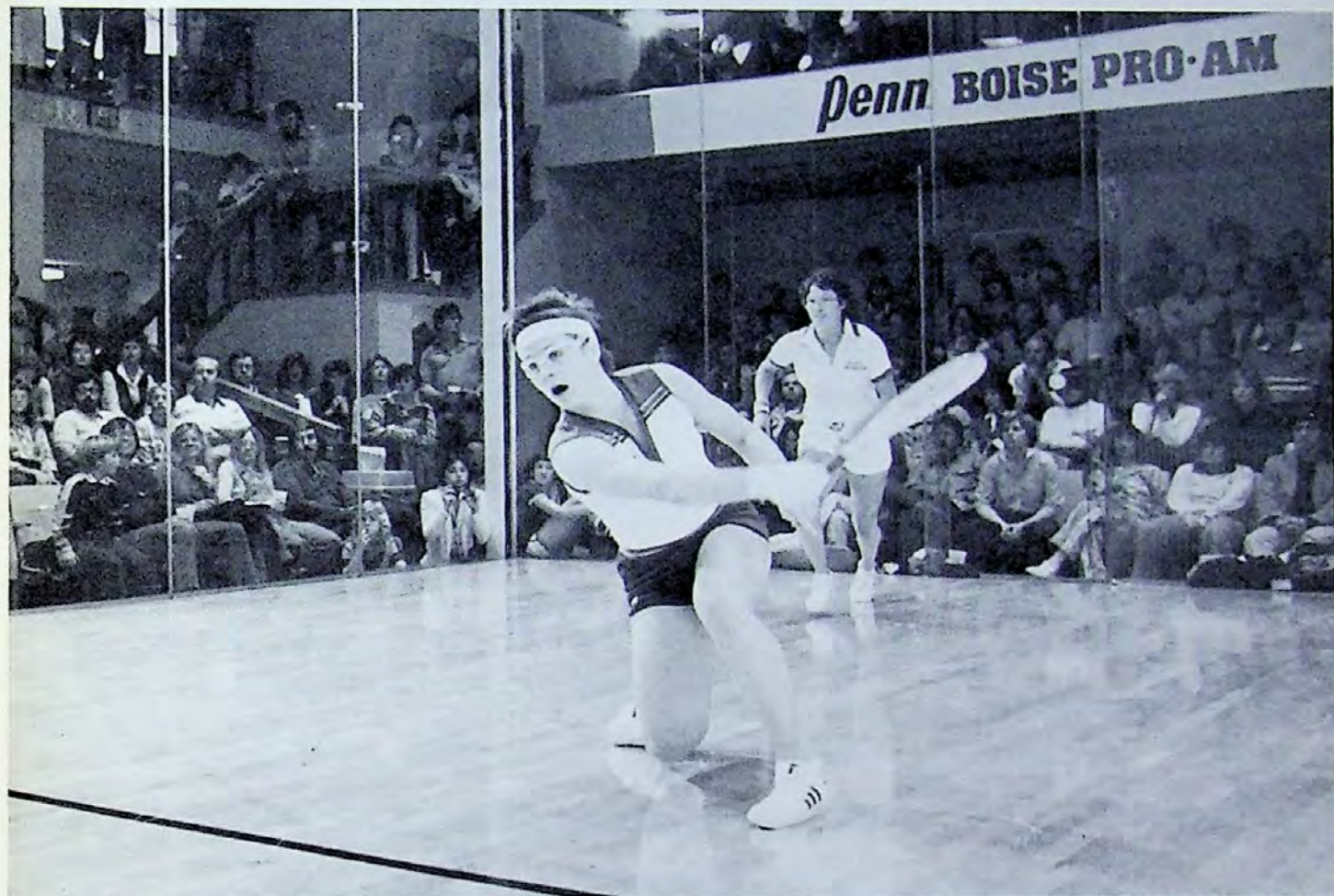
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TOURNAMENTS

Boise Pro-Am



Photos by Drew Stoddard

Shannon Wright has Marci Greer out of position as she scores an easy point on the way to a \$2,500 win in the Boise Pro-Am, a WPGA event at The Courthouse in Boise, Ida.

By Ben Kalb

It's funny the way public television exposure affects people in different ways. Some people eat up the notoriety, going out of their way to be seen as much as possible. Others are afraid of it, preferring to keep a low profile. Still others get nervous because of it, thinking more about the medium than the message, and need time or experience before feeling comfortable with it.

Marci Greer is an example of the last type of person.

Thinking more about the fact that she was being seen on national television instead of concentrating on the person against whom she was competing, Greer was soundly defeated by Shannon Wright, 3-0, 3-1, in the finals of the \$10,000 Boise Pro-Am women's professional tournament at The Courthouse in Boise, Idaho.

"It wasn't that I was sluggish," said Greer following her defeat. "I wasn't prepared to

meet the TV eye. This is the first time I have played in front of the television cameras." The show was being taped for PBS stations for airing in early 1981.

"I was nervous but not from playing Shannon. It was television. I didn't snap out of it. I should have been able to adjust but I didn't," said Greer.

Wright, on the other hand, said she felt comfortable in front of the cameras. In fact, she was hoping for a tougher match. "I have never lost on television," said Wright. "I worked hard for this tournament and I was hoping to play Heather (McKay) in the finals."

McKay, last year's national champion and the number-one seed in the tourney, didn't accommodate Wright's challenge by losing to Greer, 3-1, 3-2, in the semifinals.

Wright, second seeded, did not let up much in her match with the fourth-seeded Greer.

Wright drove out to a 5-0 lead in the first game of the first set and upped that to 9-1 before winning 11-6. The second game was

the best of the match with Wright coming from a 9-7 deficit to win 11-10. Wright then won the last game of the set 11-5.

Greer, who recently moved from San Diego to Baton Rouge, La., won the first game of the second set after Wright led 10-9. Greer scored her 10th point on a backhand pinch and scored the winner when an avoidable hinder was called on Wright.

But Wright had no problems from there on out, winning the next three games and the \$2,500 first prize, 11-4, 11-7, 11-7.

The WPGA experimented with a new scoring system for this tournament, playing two sets of three-out-of-five games to 11. If the two sets were tied, an 11-point tiebreaker was played. Points could be scored by either the server or the receiver and no time-outs were allowed during a game.

The general feeling among the women players was highly favorable. The WPGA will likely use this scoring system or one of a similar nature in all future tournaments. Perhaps there will be a modification such as two-



Shannon had to reach for her victory in the second game of the first set. She missed one and got the other.

out-of-three sets made up of two-out-of-three games to 11 with only the server scoring or a two-point winning margin instead of the crowd-pleasing one-point decider. But whatever system is used, one can be sure that the 21-point games are about to be given last rites.

"I love this scoring system," said Wright. "If I jump out to a 5-0 or 5-1 lead I just have to keep up and I know I can keep up with anybody."

"I love the scoring system," said Lynn Adams. "It hurts to lose on 10-10 but it's exciting to win on it. You have to stay in there all the time. You can't ever let up."

McKay was one of the few to dislike the new system, preferring, at least, to have points scored only on the serve. "I personally don't like it but I admit it makes for a closer game and is more exciting for the crowd."

The scoring system isn't the only thing different about the WPRA. There are a bunch of

new, young players on the horizon, and the veterans are learning about them where it hurts—in the pocketbook.

Among those losing in the first round were Rita Hoff, Janell Marriott, Bonnie Stoll and Linda Prefontaine, all high-ranking players. Hoff lost to Kippi Bishop-Boatwright, Marriott was defeated by Peggy Gardner, Prefontaine lost to Susie Dugan and Stoll was upset by Mary Dee.

McKay had a tough match before beating

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National champion Heather McKay, claiming it was "just one of those weekends," lost to Greer in the semifinals.

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TOURNAMENTS

Laura Martino, and Lynn Adams struggled before beating Linda Forcade, 3-2, 3-2. An interesting first round match found Jennifer Harding defeating best friend and business partner Jean Sauter 11-10 in the tiebreaker.

Greer had a tough matter with Sheryl Ambler in the second round before winning, 3-2, 3-1; Dugan upset Elaine Lee, 3-0, 3-2, ("I was ready to upset somebody. It's been a long time coming."); Martha McDonald defeated Fran Davis, 3-1, 2-3, 11-7; and Adams got a scare from Vicki Panzeri before winning, 1-3, 3-1, 11-6.

"This was the first tournament I had not been looking forward to playing," said Adams. "I was playing poorly and taking it out on the other people. I talked to Dr. Bud Muehleisen and to some players and they told me that if I say I'm a professional I better act like one."

Adams got her act together and defeated Gardner in the quarters before losing to Wright in the semis and McKay in the third-place playoff.

Wright, ex-wife of Dallas racquetball pro

Pete Wright, defeated Dugan, current companion to Pete Wright, 3-1, 3-0, in the quarters. McKay defeated McDonald and Greer beat Karin Walton-Trent, 3-2, 3-1, in a match between two players who dislike each other immensely.

Wright had her toughest match in the semis, defeating Adams, 3-1, 3-2, and Greer had to play her best to beat McKay in the other semifinal.

"I hadn't played well all week," said McKay, who seems to have trouble sometimes adjusting to glass courts and can't practice much because there are no glass courts in her home town of Toronto. "I was never confident (against Marci). She played well. It was just one of those weekends."

Greer had lost the first two games in the second set but came back to win the next three. "It's human nature to have a letdown. It's how you adjust after that letdown that matters," said Greer. "Dr. Bud Muehleisen has been working with me for the last two months and it has paid off. I have added more

shots to my repertoire of play."

Now all she needs to add is a course in how to play in front of the television cameras.

Results:

1st Round (losers receive \$100)

McKay defeated Martino, 3-1, 3-1; Harding defeated Suaser, 3-0, 2-3, 11-10; Davis defeated Gilreath, 3-0, 3-2; McDonald defeated McKinney, 3-0, 2-3, 11-4; Dee defeated Stoll, 3-2, 3-1; Walton-Trent defeated Steding, 3-0, 3-0; Ambler defeated Mook, 3-1, 3-0; Greer defeated Falkenberry, 3-0, 3-0; Adams defeated Forcade, 3-2, 3-2; Panzeri defeated Poe, 3-1, 3-1; Bishop-Boatwright defeated Hoff, 3-2, 3-1; Gardner defeated Marriott, 3-2, 3-1; Lee defeated Koza, 3-0, 3-1; Dugan defeated Prefontaine, 1-3, 3-0, 11-6; Weisbach defeated Jackson, forfeit; Wright defeated Taylor, 3-0, 3-0.

2nd Round (losers receive \$200)

McKay defeated Harding, 3-0, 3-1; McDonald defeated Davis, 3-1, 2-3, 11-7; Walton-



As part of the Boise Pro-Am, the women players participated in a fashion show. Above: Elaine Lee, cowboy hat and all, models outfit from Athlete's Choice. Others participating in the show were Wingz of California, Darlyn Designs, Kori of California, The R. Company and Bonnie Sportswear. Right: Shannon Wright on her way to beating Lynn Adams in semifinal match.



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TOURNAMENTS

Trent defeated Dee, 3-0, 3-0; Greer defeated Ambler, 3-2, 3-1; Adams defeated Panzeri, 1-3, 3-1, 11-6; Gardner defeated Bishop-Boatwright, 3-0, 3-1; Dugan defeated Lee, 3-0, 3-2; Wright defeated Weisbach, 3-0, 3-0.

Quarterfinals (losers receive \$400)

McKay defeated McDonald, 3-0, 3-0; Greer defeated Walton-Trent, 3-2, 3-1; Adams defeated Gardner, 3-1, 3-0; Wright defeated Dugan, 3-1, 3-0.

Semifinals

Wright defeated Adams, 3-1, 3-2; Greer defeated McKay, 3-1, 3-2.

Third Place

McKay (\$900) defeated Adams (\$600), 3-0, 3-2.

Championship

Wright (\$2,500) defeated Greer (\$1,200), 3-0, 3-1.

Women's Open: Brenda Poe defeated Terry Gilreath, 21-15, 21-20.

Men's Open: Joe Scott defeated Gene Gibbs, 21-16, 21-18.

Men's Doubles: Gibbs-Scott defeated Carson-Oram, 21-8, 21-11.

Seniors: Jerry Henderson defeated Ray Oram, 19-21, 21-10, 11-4.

AARA Doubles

Texans Mark Malowitz and Jeff Kwartier successfully defended their title by defeating Mike Romano and Mike Luciw of Massachusetts, 21-17, 21-11, in the finals of the AARA National Doubles Championships at Playoff Racquetball Club in Needham, Mass.

Karen Borga and Mary Ann Cleuss of New York won the women's division with a 17-21, 21-18, 15-13 victory over the Massachusetts duo of Cindy Alba and Janet Simon.

The two winning teams qualified to represent the United States in the World Games in July, 1981, in Santa Clara, Calif.

Over 225 teams competed in 12 divisions. Other results:

Men's B

Gregg London and Mike Killion defeated Steve Ruedlinger and Charles Ennis, 20-21, 21-2, 15-8.

Men's 30+

Bill Thurman and Bob Kraut defeated Mike Romano and Mike Luciw, 21-16, 21-14.

Men's 35+

Myron Roderick and Bud Muehleisen defeated Bill Dunn and Tom McKie, 21-15, 17-21, 15-9.

Men's 40+

Myron Roderick and Bud Muehleisen defeated Mark Wayne and Keith Calkins, 21-14, 21-7.

Men's 45+

Pete Talbot and Charles Wickham defeated Tom Waltz and Bill Risley, 15-21, 21-11, 15-8.

Men's 50+

Al Schattner and Gene Grapes defeated Chet Howard and Ivan Bruner, 21-12, 21-18.

Men's 55+

Irv Zeitman and Ike Gumer defeated Chet Howard and Ivan Bruner, 19-21, 21-7, 15-8.

Men's 60+

Irv Zeitman and Ike Gumer defeated Richard Haney and Art Payne, 21-6, 21-7.

Women's B

Marilyn Ross and Jeanine Farrell defeated Beth Feroah and Karen Lozier, 21-9, 21-5.

Women's 30+

Martha Callahan and Cindy Callahan defeated Brenda Welton and Vicki Edelman, 21-7, 21-7.

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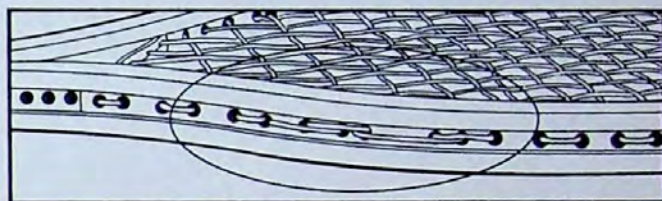
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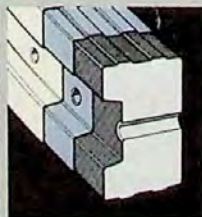
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