

RACQUETBALL

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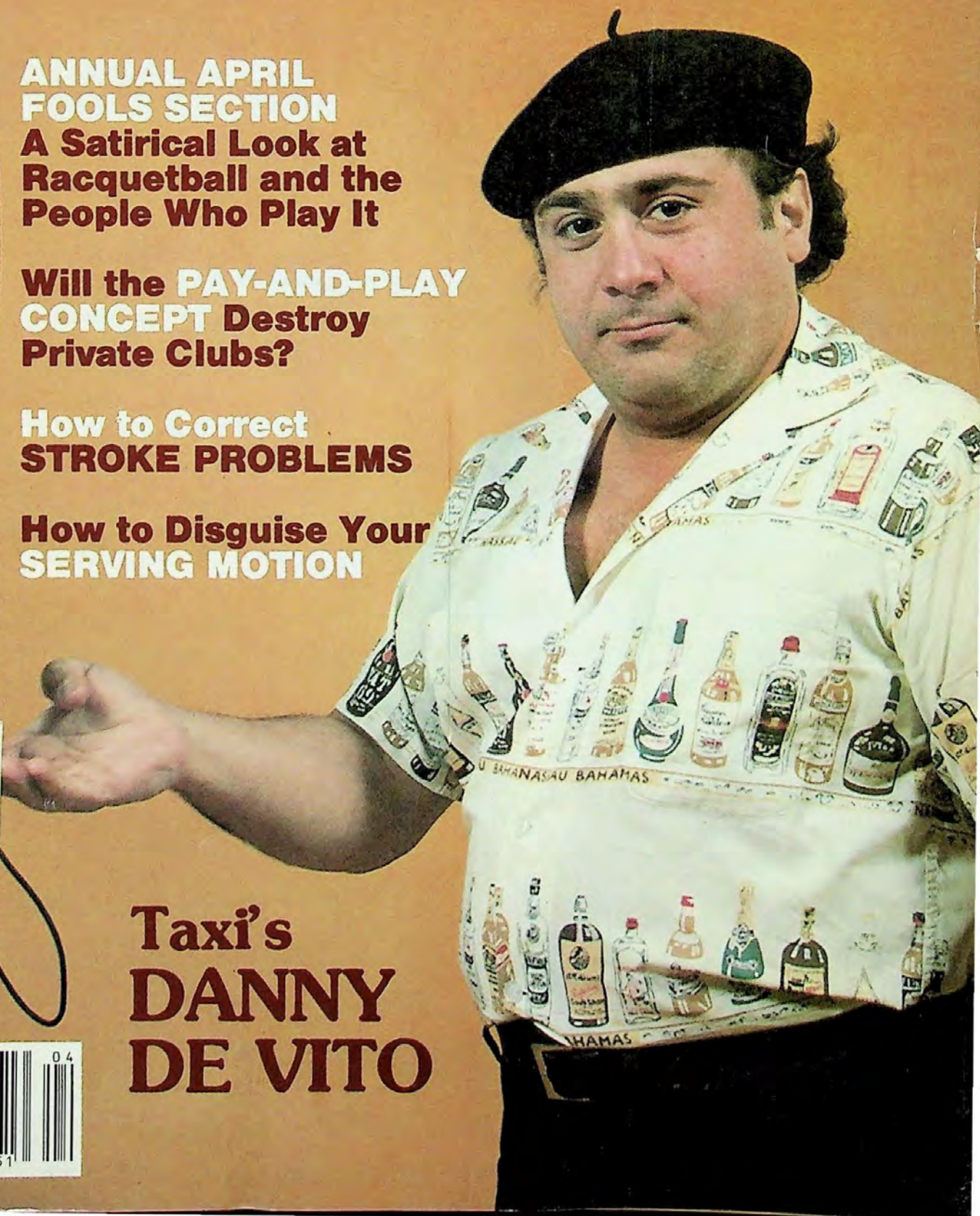
**ANNUAL APRIL
FOOLS SECTION**
**A Satirical Look at
Racquetball and the
People Who Play It**

**Will the PAY-AND-PLAY
CONCEPT Destroy
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**How to Correct
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RACQUETBALL

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April 1981

Vol. 4, No. 4

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Cover photo by David M. King



A Time To Laugh . . . Again

Last year at this time, we asked you to take time out from such serious matters as the American hostages in Iran, the Russian troops in Afghanistan and the rising gasoline prices to join with us for a few minutes of laughter by reading our first April Fools section.

Well, the Americans are finally out of Iran, the Russian troops are still fooling around in Afghanistan although in fewer numbers, gasoline prices have gone high and are still going higher, Ronald Regan has been asked to make good on his promise to get us out of the recession, and our April Fools section is back.

If you did not join us last year, you missed a bit of humor that drew more response than any other article in our magazine with the possible exception of our annual Ball Guide.

This year, we think we have made the section equally as funny or even funnier. A few items may hit some people hard but we mean no harm. This is satire, not maliciousness. This is respectful, not insulting.

This section is intended as humor. The names are changed to protect no one. We have taken potshots at names you'll recognize. We have even taken potshots at ourselves.

There are people in the racquetball industry who take themselves too seriously. As we said last year, we do not wish to denigrate their accomplishments, only to take them off the pedestal for a few minutes and bring them down to earth.

In short, we again hope you take our annual April Fools section as a time to forget about serious things. We hope it offers everybody a time to laugh.

We have some interesting reading this issue in addition to our April Fools section. There is a fine story on the Peck brothers, Dave and Gregg, as well as an in-depth feature on pay-for-play courts. Shannon Wright and Janell Marriott offer some interesting instruction and we would also like to direct your attention to the college courts and club news section.

Sections of this type sometimes turn people off because they think they are filled with boring information which only people connected with the college or club would be interested in. If you are an avid reader of this section, you would see why that assumption is wrong.

At a recent convention, a club owner wanted to know why we never ran information concerning various programs that club owners and general managers can use. He was asked if he had read the club news section, and he responded that he hadn't. Our response to him was, then, "How do you know we don't offer the type of information you are looking for?"

Our club news section is not your typical "how many courts does it have" news. It gives a brief look at the atmosphere of the club, its members, its ideas, its programs, etc.

The same goes for our college section. We provide atmosphere, not boring information. For example, did you know that squash is still king at Yale or that Minnesota has 10 "dingy" courts underneath a football stadium? The stories are interesting reading.

Ben Kalb

Ben Kalb

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SIDE OUT

Strandemo

Your article on Steve Strandemo was one of the best ever written in your magazine. I have been following his career ever since he won that tournament in St. Louis in 1978, and was wondering when you would get around to doing an article on him.

Although I have never been to one of his clinics, I have heard he is the best instructor around. If he was nominated for the Player of the Year I would have voted for him, but I guess he is getting too old to make it to the top three even though he is still one of the best players on the tour.

Dana Jones
South Bend, Ind.

Newsstands

I read your magazine while I was stationed at Camp Pendleton, Calif. But I am unable to find your magazine around here. What should I do?

Robert H. Lester
Tyler, Tex.

Editor's note: If your local newsstand does not carry Racquetball Illustrated, ask them to order it through our distributor, Kable News. Or you can find a subscription form in the back of the magazine.

Playing A Lefty

I began playing a year ago and now I have become a total addict to the game. I have been reading your magazine for several months now and I especially look forward to your instruction articles which are written by the top pros.

I really enjoyed the article in your January issue by Craig McCoy with Carol George on "How To Play A Lefty." The southpaws have always given me trouble but after reading your article and applying it to my game, I think I have a much better strategy against lefties.

Pete Callstrom
Albert Lea, Minn.

Cover Shot

Your covers most of the time impress me but I think you outdid yourself with the February issue. The Barbi Benton cover was the best I have seen since you shot Catherine Bach last year.

George Maxim
New Orleans, La.

Valentine Cover

How appropriate your February cover to have a valentine such as Barbi Benton on it. I think I am in love. I am planning to frame it.

Wallace Tripler
Vancouver, B.C.

Body Building

When I pick up a racquetball magazine, I expect to get instruction on racquetball, not body building. Please leave the muscles to the muscle magazines and give us more from the touring racquetball pros.

Stan Fisher
Tampa, Fla.

Editor's note: Most racquetball clubs in the country offer weight equipment as part of their "total fitness" concept. Body building is an intrinsic part of the racquetball club and the overall response to body building articles has been favorable. In fact, in election terms, it would be considered a landslide.

Photo Story

Hooray for your article on photographing racquetball. David King manages to pack quite a bit of information into a few pages.

Now for the criticism. Couldn't you replace the emphasis on celebrities with more articles on, by and for the woman racquetball player? We women can be just as devoted to this great sport as men.

Sally Padgett
Highlands, N.J.

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PLAYERS



Former Minnesota Viking Ed Marinaro plays racquetball several times a week when not in front of the television cameras. Marinaro is now a regular on ABC's *Laverne & Shirley*.

Photo by David M. King



Although usually seen in either underwear ads or a baseball uniform, Baltimore Orioles pitcher Jim Palmer tries out racquetball fashion and hits a few around on the court while on a promotional tour in New York for Jockey International sportswear.



Photo by Milo Muslin

Washington Redskins defensive lineman Karl Lorch plays racquetball in the off-season with policeman Manny Rezentes at The Honolulu Club in Hawaii.

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Bud Leach



The Brothers Peck



Dave and little brother Gregg lounge around at Honolulu Club prior to the start of pro tournament in Hawaii.

Photo by Milo Muslin

Although they have different sponsors, and are looking to face each other in the finals, they don't like to be called rivals.

By Len Ziehm

It happened in Omaha.

Gregg Peck, age 17, beat three-time national champion Marty Hogan.

Forget that Hogan called his loss "a complete fluke . . . the biggest upset in racquetball history." Forget that Peck was soundly trounced by Don Thomas in the next round of the Coors Racquetball Grand Prix I. Forget that Peck was no match for his brother Dave in the next tournament, the Kendler Classic in Palatine, Ill. Gregg Peck has still stamped himself as one of the sport's next stars.

"It was a case of role reversal," Dave Peck analyzed later. "When Marty Hogan came out on tour he was the punk kid, cocky, obnoxious. Now he had to play a kid who was not scared of anybody, one who is not psyched out by the older players."

"To tell you the truth, I didn't think beating Hogan was that big a deal," said Gregg. "I just played my game. I didn't play that outstanding."

The Pecks—Gregg and Dave—present an interesting, wholesome touch to the racquetball pro tour. Dave, 24, is the better player. He entered the Kendler Classic ranked fourth to Gregg's 15th and helped his ranking by winning the title there. He was the National Racquetball Club's rookie-of-the-year in 1978-79 and the champion at NRC stops in Memphis and San Francisco last year.

Gregg's victory over Hogan took some of the attention away from Dave, and the NRC officials tried to stir a family feud by pitting them against each other in the Kendler Classic. But it was to no avail. There was no psyching beforehand. "We're beyond that," said Dave, who won the gentlemanly match, 21-10, 21-7. Dave carried on from there, winning the title in a tiebreaker with Hogan.

Both brothers were angry, before and after their second round match, because they had to face each other on the tour so soon. Their meeting marked the first time the brothers had faced each other in an NRC pro competition, which originated in 1975.

They found out about the pairing after spending a frustrating day in the El Paso airport. Their plane was delayed five hours before its flight to Chicago, and they didn't arrive at tournament headquarters until 9 p.m. the night before the tournament was to begin.



Gregg scored a win over Marty Hogan in Omaha tourney earlier this season.

Brothers

"A lot of people wanted to see this match," said Dave, "but we felt it was ridiculous. They (NRC officials) told us the match was inevitable, but I don't believe it. To them it was a big joke. They were even saying they would get our mother to call the lines. But to us it wasn't funny. This is our profession. I would rather play Marty or Mike Yellen than my brother. The match took away from both our games."

Gregg had the flu, Dave pointed out. "The last time we played it ended in an 11-9 tiebreaker. There will be an all-Peck final in one of these tournaments some day," said Dave, "and it will be a lot better match."

"Everybody was talking about the match beforehand," added Gregg. "Then the match started and there was silence. Everybody expected a great match. It wasn't as good as they thought it would be."

As soon as Gregg upset Hogan at Omaha, the Pecks noticed an effort to build up a brotherly rivalry. Dave had lost early at Omaha. "After Gregg won, there were some jerks that asked me how I felt," said Dave. "I felt great. I was happy for him. We've gone through a lot together, and we've come out on top. That's why I was so disappointed about playing Gregg so soon. I was disappointed for Gregg as well as myself. Gregg is out some money because of it."

The brothers Peck are close. As Dave said, they've gone through a lot together.

The tough times began when Dave was an 18-year-old freshman football player at the University of Texas-El Paso. Weightlifting for football had puffed Dave up to 215 pounds, and his sister Courtney—now 26—introduced him to racquetball as a means of getting back in shape.

"My sister is a total athlete," marveled Dave. "She was on the varsity basketball, softball and volleyball teams in high school and a first stringer in basketball at the University of North Carolina. She beat hell out of me in everything. But racquetball was a good way to lose weight."

Soon it served a couple of other purposes—first as an emotional outlet and then as a means of making money. The Pecks' parents were separating, and the ensuing divorce proceedings were, in Dave's words, "traumatic."

"My funds for college were split," he said. "I had worked for my dad. He fired me."

The father, Leigh, is a general surgeon and Dave did some surgical scrubbing for him at El Paso's Eastwood Hospital. His father has "been out of the picture," according to Dave, since the divorce.

Dave went to work to help pay the family bills. For Dave, racquetball was "my outlet for frustration." He would play most afternoons and evenings after work. He eventually became an open player and then a professional. He is now under contract to Ektelon and has been working agreements with Nike, Nautilus and Saranac and is director of racquetball at one of El Paso's two indoor court clubs,



The two have only met once in a pro event so far with Dave (background) defeating Gregg in Palatine, Ill. tourney.
Photo by William Precht

Supreme Court East. Racquetball is his livelihood now.

Gregg, meanwhile, was much younger when the family troubles developed. He hadn't taken up racquetball yet, but he eventually followed Dave's leadership on and off the court.

"I would never have played if Dave wasn't involved," said Gregg. "I'd still be playing high school sports. I'd always go down to the courts with him and wait around to play. But the players he'd play with were too good for me."

Eventually Gregg's time came. As a 12-year-old, he played in a few small, nearby tournaments in novice and C-Division and watched a pro stop in Tucson, Ariz. Then he found out about the U.S. Racquetball Association's junior nationals at Evergreen Park, Ill. He asked his mother, Martha, if he could go.

"My mother and I had a big decision to make," recalls Dave. "It would cost us about \$225, and that was a lot of money for us to spend at that time. But we felt it was important for him to get some national exposure, and it was one of the smartest decisions we've made."

For some reason, Gregg was seeded second in the nationals. He drew a first round bye and "got my butt wiped" in the second round. Still, the experience was a good one. And he continued to play racquetball along with high school sports.

Gregg was a semi-regular in football and baseball and a benchwarmer on the basketball team at Irvin High School until he became serious about racquetball. He eventually was cut from the baseball team after he missed practice to compete in the state racquetball tournament. The other high school sports eventually went by the wayside, too, as his racquetball success increased.

He won the Texas state title and the 1980 USRA Junior Nationals and Dave helped him find a sponsor. Ektelon, already well-

stocked with touring pros, wasn't able to help. But Dave's agent, Jerry Day, was able to land a connection with Ektelon's racquet-manufacturing rival, Leach. Leach helped out with equipment for awhile, then agreed to pay expenses to the pro events.

The Ektelon-Leach aspect is another factor in the "so-called" Peck rivalry, but again the brothers play it down. "We've just got the best of both worlds," said Gregg.

"We wanted to work for different companies anyway," said Dave. "At Ektelon he'd be Dave Peck's little brother. At Leach he's just Gregg Peck. Why should he be in my shadow or I be in his shadow?"

Both have contracts with the racquet companies until 1983. Gregg is also with Nike "with a better contract than I got," said Dave—and is director of racquetball at Supreme Courts West, the other indoor club in El Paso. Both clubs are nine-court total fitness facilities with jogging tracks and swimming pools.

Gregg says he has broader ambitions than racquetball, however. He's sports editor of his high school newspaper and assistant editor of the yearbook. He says his senior year grades were mostly As and Bs, and he plans to major in journalism at the University of Texas this fall.

Supreme Courts is opening a club in Austin, and both Pecks plan to work and teach there next year. Dave is already a proven instructor. He's helped El Paso develop five national junior champions.

Both Pecks expect some lively matches against each other on tour in the next few years. But there still won't be any sibling psyching, they say.

"You shouldn't have a killer instinct against your own brother," said Dave. "It'd be stupid to try to psyche your brother out. Besides, he's got the advantage because he's younger."

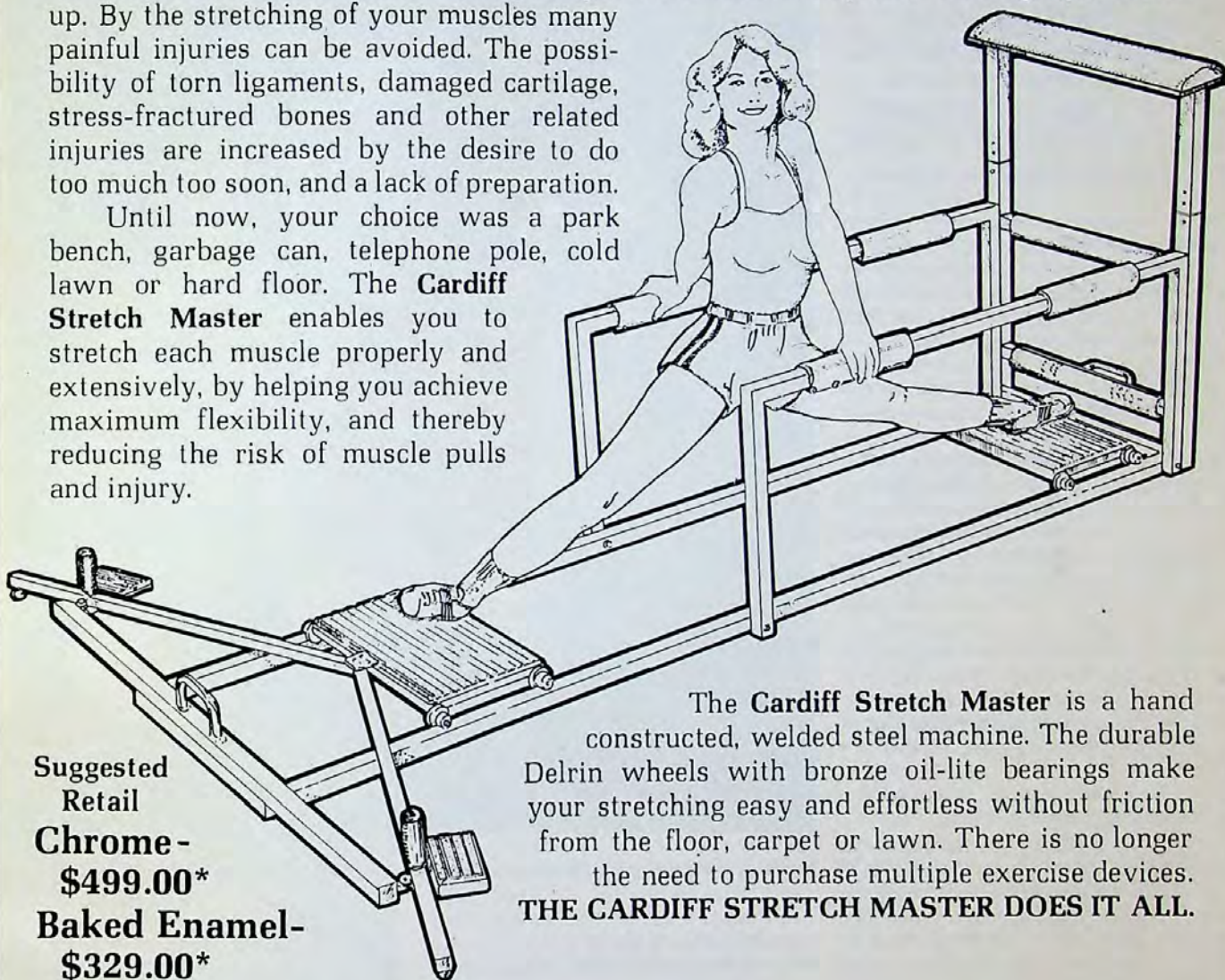
"No, he's got the advantage because he's my coach," retorted Gregg.

"Well," concluded Dave, "when our contracts are up, we'll renegotiate as a doubles team."

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Confessions Of A Former Matinee Idol

Buster Crabbe portrayed Tarzan, Flash Gordon and Buck Rogers in the movies. He won an Olympic Gold Medal in swimming. Now at age 72, he's still as active as most people half his age.

By Linda Huey

"Sometimes I think about how 1/10th of a second changed my whole life," muses Buster Crabbe. "I only beat that Frenchman by 1/10 of a second for my gold medal in the 1932 Olympic Games, and if I hadn't won a gold medal, Paramount probably never would have looked at me."

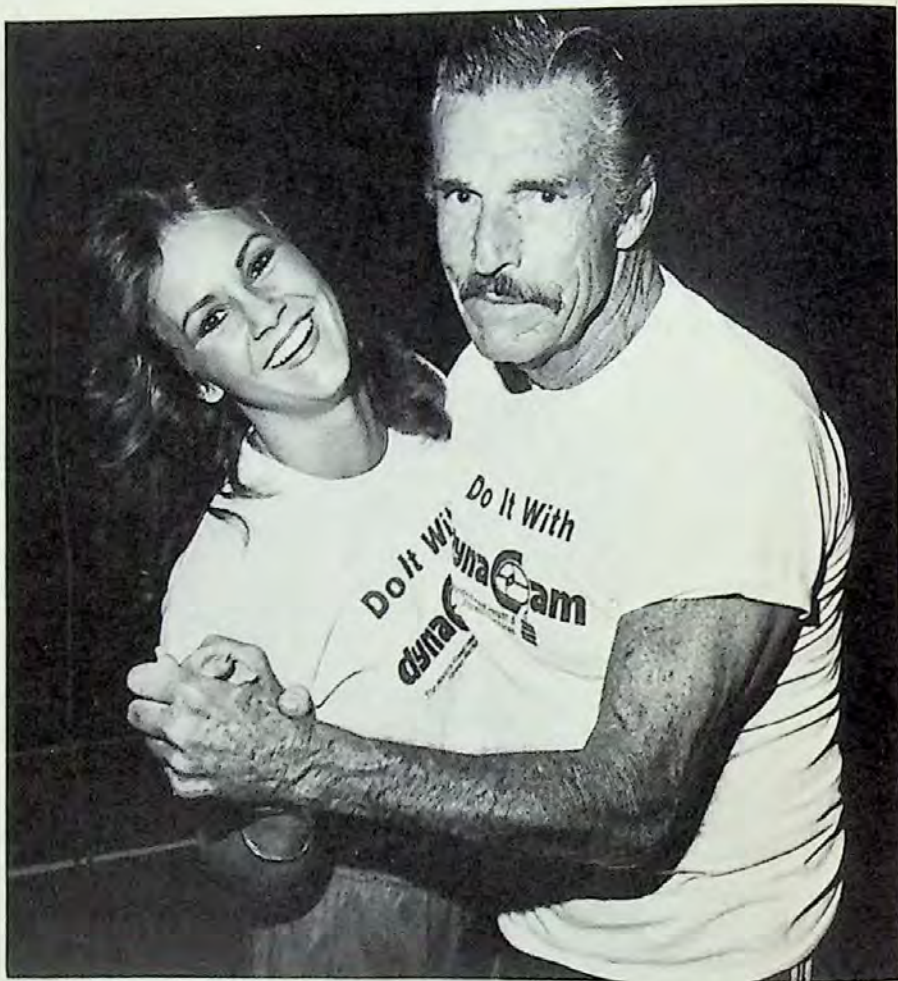
Then, perhaps, Americans would know the name Buster Crabbe only from their Olympic record books. The 20-year-old from Hawaii won a bronze medal in the 400M freestyle at the 1928 Amsterdam Games, and earned the only gold medal won by an American male swimmer in 1932 when he won the 400M freestyle.

Because Crabbe beat his French rival for the Olympic gold, Paramount Pictures took a long look at him and signed him to a seven-year optional contract. His healthy good looks did the rest. Soon America had a new matinee idol.

"Paramount was casting a film called *The Lion's Way* and they were looking for the lion man," recalls Crabbe. "They sent scouts to the Olympic stands and had me and some of the other guys come in for a photo test. After I won my gold medal, they simply took me dripping wet out of the pool and I did the only 'A' film of my career—*King of the Jungle*. I was completely at ease running around almost naked. I'd spend a lot of training hours that way. Only when they started dressing me up did I get uncomfortable as an actor."

But if Crabbe was uncomfortable, his fans didn't much care. They flocked to the cinema to see his portrayals of super-heroes Flash Gordon, Buck Rogers and Tarzan. And when Paramount kept picking up the options on his contract, Crabbe began to take acting more seriously, studying with Melvin Douglas and others.

"They called me 'King of the Serials,'" chuckles Crabbe. "I did nine serials, mostly pictures for youngsters. For eight years Paramount loaned me out to everybody. Even though Paramount owned my contract, I worked mostly on the Universal lot. I did a lot of Zane Grey 'B' Westerns, mostly as support-



Buster Crabbe does a little tango with model Mary Davis at a photo session in Houston.

ing actor to Randy Scott."

While earning \$200-\$300 a week acting (big bucks in the days of the Depression), he never felt sure of the picture business, and always kept other irons warming over the fire. He went into the swimming pool and health club business, affiliating himself with New York City's old Shelton Hotel. At the same time, he worked for WOR radio station, doing a children's show five days a week.

"I never waited for a job," declares Crabbe. "I never wanted to find out some day that my spring had run dry."

Perhaps some of that good sense came from the years he spent as an office boy in a large law office on the island of Oahu. All through school at Punahou and then while in the military academy there, he was peripherally dealing with Hawaii's two largest crops, pineapple and sugar cane, while at the same time triggering his legal interests.

He went to the University of Hawaii for two years, then transferred to USC, aiming for its law school. But the 1932 Olympics and Hollywood detoured that.

It was big screen time, and Crabbe found himself surrounded with the likes of Bob Hope, George Raft, Anthony Quinn and Cary Grant. But his fitness priority stayed firmly in view. Occasionally he found himself playing handball or squash at the Hollywood Athletic Club with Johnny Weismuller and Ward Bond, his good friend from USC days.

"They didn't have racquetball in those days, you know," says Crabbe. "But Chet Cooper, the national squash champ could run us around the court pretty good. We'd come out of that court dripping wet, so we figured we'd had some exercise."

When asked if he was one of the better handball players among his cohorts, Crabbe simply says, "I would say so."

Photos by Harry Butler



Although an avid handball player many years ago, Crabbe gives racquetball a try with the help of women's national champion Heather McKay.



"I've always been a nut on fitness," says the former Tarzan.

But Buster Crabbe's main love has always been swimming. Born in Oakland, he and his family returned to their native Hawaii when he was three and the warm, clear water was a natural attraction. Maybe it was in his genes, for his family goes back three generations in Hawaiian history. Crabbe is not only proud of his Hawaiian heritage that dates back into the early 1800s, but also of his own genealogical work that put the family history together.

"I'm 1/8th Hawaiian blood," says Crabbe. "The story I always heard as a child was that a Captain John Meek from Marblehead, Massachusetts came through the Hawaiian Islands on his trading voyages from South America to Alaska and on to the Orient. He supposedly married a Hawaiian princess and those two are our direct ancestors. Well, I did some research and I found Captain John Meek, all right. But," sighs Crabbe, "the woman he married wasn't a princess. She was Hawaiian, though."

Even today at age 72, Crabbe says he likes to be in the water a couple of hours a day, swimming two to three miles daily. He calls Scottsdale, Ariz. home, and in the 80 degree Phoenix Country Club pool he does 600-700 yards of each stroke daily. He credits this daily exercise routine for his continued youthful appearance and fitness. And the honor he is proudest of is his inclusion as one of the original inductees into the Swimming Hall of Fame.

"I've always been a nut on fitness," explains Crabbe. "Even before I swam competitively for USC, I was a lifeguard at Waikiki. I've read all the books on exercise and nutrition—the good ones and the bad ones. And 10 years ago I noticed that nobody gave a damn about the older people, folks over 55 years of

age. A lot of people that age think they're too old to exercise. But they don't know that they're not going to live another 10 years. Why shouldn't they get in shape no matter how old they are? But now here come the warnings. I'm dead set against jogging for the older bodies. It's bad for the joints—knees, hips, ankles, and the third, fourth and fifth lumbar vertebrae. They can ride bikes or swim, anything that gets the heart rate and the breathing up for at least 10 minutes a day. You can stall the aging process this way. Unfortunately, you can't stop it. I'm 1½ inches shorter now than I was at 24, although I still weigh the same.

"So with everything I've learned about fitness, I wrote my book *Energistics* (The Playboy Press, 1976). Once it was printed in paperback so people could afford it, it sold pretty good."

Crabbe looks at weight maintenance as a perfectly simple rule of balance: burn off as many calories as you take in. And keep the body's muscle tone strong through a few basic exercises. To help older folks understand the importance of fitness, Crabbe has signed on as a senior spokesperson with a Houston-based company called Dynamics Health Equipment. He demonstrates the use of the Dynacam machines, urging older adults to do a lot of repetitions of the movement with a light weight for resistance.

It was during one of these exercise demonstrations in Houston that Crabbe was handed a racquetball racquet for the first time. Comfortable on the court from his squash and handball days, he jumped right into the action, getting a few points from Women's National Champion Heather McKay.

Currently Crabbe travels around the country, appearing on TV talk shows, giving fitness lectures and Hollywood nostalgia talks. He liked the revamped Flash Gordon movie, but thought it was a little too tongue-in-cheek.

"In my days, we had to believe it was for real to act the part. I played the role seriously. They clowning it up. But the special effects were fine and Sam Jones is an attractive fellow, a nice kid."

A lot of people still write to Buster Crabbe, thanking him for his portrayal of their childhood heroes. And he's toyed with the idea of writing a book based on his life in Tinsel Town.

"My wife Virginia is a very private person," he explains. "She's put up with me for 47 years. And she thinks I've written enough books."

"And besides," adds Crabbe, "There's no Hollywood anymore. That's over the hill."

Clearly, however, Buster Crabbe is not.



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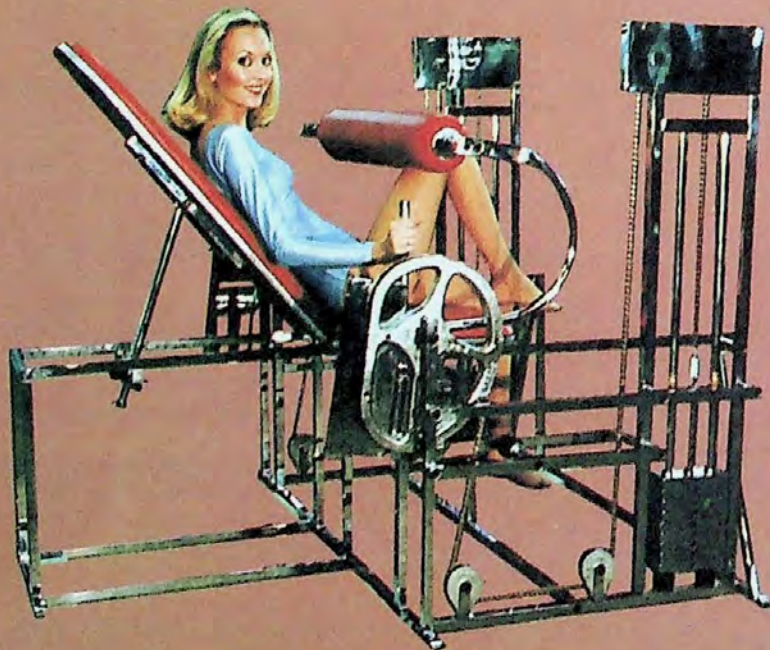
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April Fools Section

WRECKITBALL

ILLUSTRATED

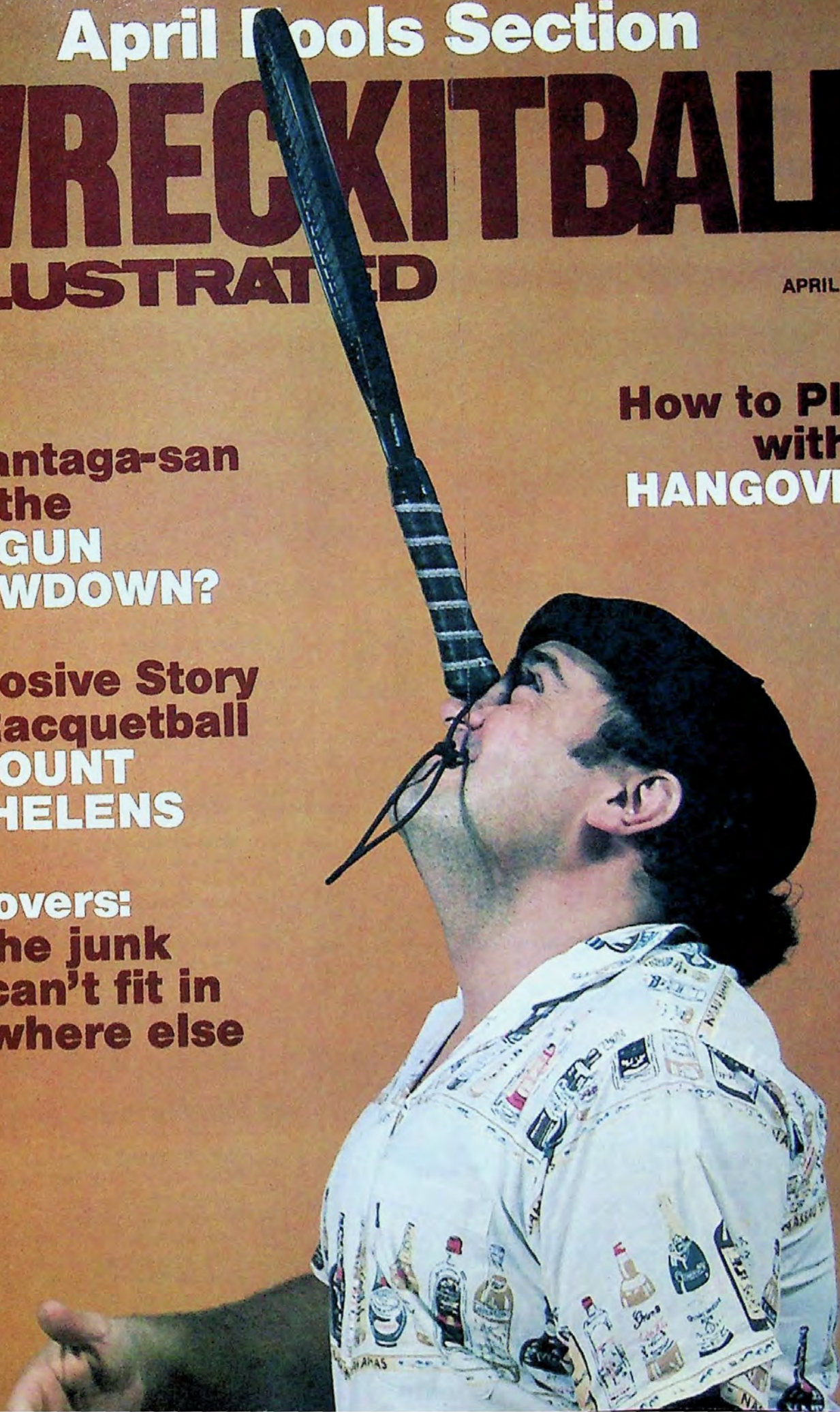
APRIL 1981

**Can
Hogantaga-san
Win the
SHOGUN
SHOWDOWN?**

**How to Play
with a
HANGOVER**

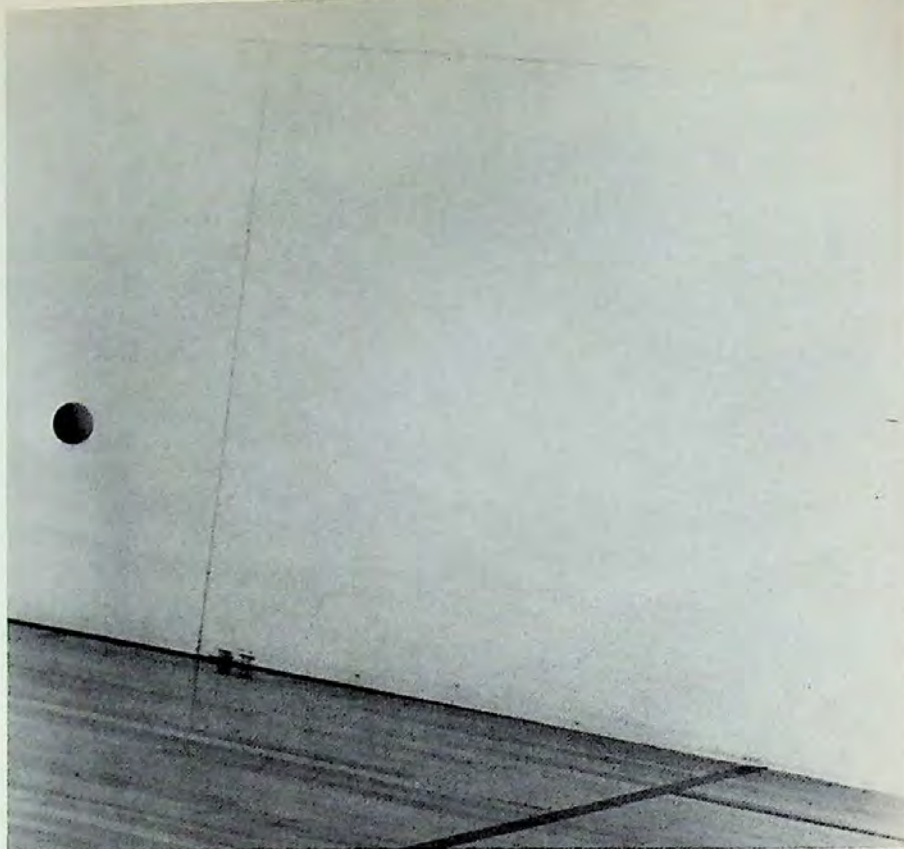
**Explosive Story
on Racquetball
in MOUNT
ST. HELENS**

**Leftovers:
All the junk
we can't fit in
anywhere else**



April Fools Section

By Ben Kalb



WRECKITBALL ILLUSTRATED

April 1981

Vol. 4, No. 4½

Invisible Racquetball Championships. We don't know who won.

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Cover photo by David M. King

SIDE OUT

Religious Player

Why is it that in all the years I've subscribed to your magazine, there has never been a major religious figure on the cover? Are you anti-God or something? Don't you know that most organized religions are very involved in racquets? I know there are hundreds of religious racquetball players who would like to see articles on such subjects as "Are You Playing Doubles with Me, Jesus?" "Marathon Mysticism: Play Racquetball for 500 Hours and See God"; the Pope's controversial racquetball encyclical, "The Rhythm Method of Scoring"; and finally, "The Cross and the Graphite Racquet."

Tru B. Leaver

Mahatma Racquetball Camp & Ashram
Toledo, Ohio

On The Tube

I have been reading your magazine for some time now and have noticed all the stories and letters from writers and readers concerning racquetball's debut on television.

Well, I would like to tell you once and for all, we are not interested. Your game is too fast, too confining, there are no personalities, and the scoring system is about as exciting as watching paint dry.

We prefer to stay with our usual selection of alligator wrestling, celebrity billiards and trained dog shows.

Ruin Artlodge
ABC Television
New York, NY

Marathon Man

I want to thank you for printing my story on my world record racquetball marathon of 178 hours for the benefit of multiple sclerosis.

Since the marathon, many things have happened to me. I received numerous cards and letters, people kept asking me for my autograph, I appeared on talk shows, and, oh yes, I became so weak from playing, I contracted multiple sclerosis.

All the money I raised came in handy.

Rick Sick
Warwick, R.I.

CLUB NEWS

FLEECE THEM ALL RACQUET CLUB AND TOURIST TRAP

Tijuana, Mexico



When you cross the border entering beautiful downtown Tijuana, the first thing you notice is how friendly the local folks are. They love to put their hands in your back pockets or invite you to meet their sisters.

Admission into the club for a guest is \$20 an hour, but if you are smart, you can haggle them down to about 89 cents.

The club is not your ordinary health spa. There are no weight facilities, only a knife throwing range. There are several small rooms for private parties. All the rooms have

a bed, a bottle of Lysol and even a tooth brush.

The club is owned by Hymie Gomez, a former used car salesman from Cleveland. "This place has a fabulous history behind it," says Gomez. "It used to be a dry cleaning plant once used by Racquel Welch. Now the only thing we clean are people's pockets. That is why our motto on the entrance to the club is 'We still take people to the cleaners.'"

BLOW YOUR TOP FITNESS CENTER

Mount St. Helens, Wash.

In one of the most explosive land deals made, Irving Freebush sold his property on the outskirts of Mount St. Helens to Humphrey Nurdley, who immediately invested his entire savings in a fitness center.

"I knew this was hot property. In fact, when I stood on the slopes looking at the majestic volcano, I said to myself, 'Laval, laval, laval,'" said Nurdley.

The club features several steam baths and natural saunas but members were a little upset when Nurdley decided to take away the smoking section. "Nurdley's an ash," said one employee. "He burst onto the scene like a fireball, and now he thinks he's hot stuff."

"This is my club and I'll run it the way I see fit," said Nurdley. "These insults get me burned up. Things are rolling smoothly here and if anyone thinks otherwise, I'll fire them."

The club also has 11 charcoal panel courts and a lounge for roasting hot dogs and marshmallows.

Short Shots

Let Him Rob It

Phillip Nebbish of Chieftain Sporting Goods Shop and Hardware Store in Bakersfield, Calif. gets credit for giving it the old college try. Unfortunately, old college tries aren't worth much these days.

Upon opening his store, Nebbish was met by a potential robber who demanded that he empty his cash register in a racquetball bag. Nebbish put the money in

the bag and as the robber was leaving, he grabbed a Bleach 99⁹/₁₀ racquet—the most expensive on the market—to try and stop him.

But, as he hit the robber on the head, the racquet strings broke, thereby diminishing the impact of the blow. The robber laughed, and as he fled out the door he said, "You just can't trust those expensive racquets any more."



THE SHOGUN SHOWDOWN

By Steven L. Stern

"More tea, Hogantaga-san?"

"No. Never more than a single cup before a match."

"A taste of sake, perhaps?"

"Fool! Would you dull the keen edge of my racquet with sake?"

McCoyamoto instantly bowed low, begging forgiveness for the suggestion that had provoked the *daimyo's* wrath. Hogantaga, never an easy man to serve, became especially unpleasant when tense. And today's long-awaited match against the Englishman, Yellenpeck, had shortened Hogantaga's fuse considerably.

"Get up, you son of a badger! Get up and find my headband!" McCoyamoto scurried across the room like a mouse pursued by a snarling tabby. "Must I tell you everything?"

McCoyamoto located the headband and brought it to Hogantaga, who snatched it from his trembling fingers.

"With great respect, Hogantaga-san..."—he bowed low several more times—"... may I say something to you?"

Hogantaga glared at him. "Well? Speak, then."

"In the years we have been together, I have watched you play and defeat opponent after opponent. Your samurai racquet is second to none in this land." He paused, daring to meet Hogantaga's flaming eyes. "This Englishman may be a champion in his country, but he stands not a chance against y—"

"BAH! Yellenpeck is nothing but a barbarian! That he should be permitted to challenge me at all is a grievous offense."

"Hai—yes, a grievous offense," McCoyamoto echoed, relieved that Hogantaga's anger was momentarily directed elsewhere.

"That ferret-eyed, hairy hulk will rue the day he ever stepped onto a racquetball court with me."

"Hai, I am certain he will."

"Stop groveling now and fetch my racquet and glove!"

"At once," McCoyamoto flew across the room.

"Champion indeed," Hogantaga muttered. "These flea-infested Englishmen should stay with their crickets and rugbys. Racquetball is a game of *honor*, best left to those of us who understand that concept." He drew a deep breath, trying to calm his raging spirits, and exhaled with a slow *whoosh*. "Preposterous—a *daimyo* playing against a barbarian. How the world is changing. Ah, it is *karma*, I suppose."

McCoyamoto returned with glove and racquet. Smiling broadly, Hogantaga seized the racquet and stroked it admiringly.

"Is this not the finest piece of work you have ever seen, McCoyamoto?"

McCoyamoto did not hesitate to voice his enthusiastic agreement. The Leach *Ninja* 100 had been hand-crafted to Hogantaga's precise specifications, and it was his most prized possession. Speaking ill of the *Ninja* was tantamount to requesting the removal of one's head.

"The English jackal will beg for mercy!" Hogantaga vowed, brandishing his racquet and grinning fiendishly.

"Hai, Hogantaga-san, that he will."

Except for the quaint red bridge that bisected the parking lot and spanned the ornamental goldfish pond, the Benihanaball Racquet Club looked much like any of the other twenty-seven clubs constructed in the immediate neighborhood over the past year. Of course, the Benihanaball Club was by far the most famous, for it was here that Hogantaga himself played regularly. The club manager viewed this as a mixed blessing at best, because while the publicity Hogantaga's visits generated did bring in substantial new business, the *daimyo's* irritating habit of cleaving in two opponents who displeased him tended to nip in the bud any sudden growth in membership.

Nor was Hogantaga especially popular with the club's staff. Not only did the *daimyo* seldom return his towel to the front desk, but with increasing frequency of late, he would commandeer the Nautilus Center and employ the devices therein for the purpose of extracting information from political enemies. Such selfishness also alienated the handful of masochistic eccentrics who *wanted* to use the equipment.

On this bright spring afternoon, however, spirits were high among club staff and members alike. A record crowd had turned out for the much discussed match between the fearsome Hogantaga and the widely acclaimed Yellenpeck, undefeated in his last forty-four matches. Anticipating the enthusiastic throng, club management had laid in an ample supply of moderately priced souvenir chopsticks ("Play at Benihanaball, the Honorable Thing to Do... 16 Courts, Deluxe Sake Bar..."), and worked out a reciprocal advertising agreement with Tempura Takeout, fortuitously located across the street.

Two o'clock. Yellenpeck arrived first, a burly skyscraper of a man, full-bearded, with stern dark eyes and long black hair that swept over the collar of his shirt. He strode into the club with his Ektelon 250 Samurai, smiling, nodding at the ladies, while the crowd buzzed at his size and brawn. They watched him disappear down the stairs to the locker room, and more than one voice was heard to whisper, "Hogantaga's met his match now."

Two-fifteen. The club door lurched open and McCoyamoto bustled in, head bowed, swinging the door aside for the *daimyo* behind him. Hogantaga was clad in his ceremonial blue denim robe, the *Ninja* tucked into the gold

sash about his waist. His glacial granite face instantly silenced the bobbing heads around him. Many had witnessed this grim visage before, and everyone there had heard the tale of the hapless club attendant who, unaware of Hogantaga's identity and reputation, had politely suggested that members were not allowed to keep locks on lockers overnight. "Are you addressing me, you insolent maggot?" the *daimyo* had hissed. "You betcha," the attendant had replied, perhaps not the most elegant phrase with which to conclude one's life.

Hogantaga stepped majestically forward, eyeing the crowd with that cruel serpent's glare for which he was known. Most averted their eyes when his gaze came in their direction and except for the *ker-thunking* of racquetballs on two or three courts in use, a tense quiet prevailed.

"Find out if the barbarian is here yet," Hogantaga growled at McCoyamoto.

"Hogantaga-san wishes to know if his opponent has arrived," McCoyamoto said to the club manager, who was standing off to one side worrying that the temperature in the whirlpool might not be hot enough to please the *daimyo*.

"Just a few minutes ago, Hogantaga-san," the manager answered, bowing his head. "I believe he's just entered the court and is warming up."

"Get towels," Hogantaga spat at McCoyamoto, who flashed over to the desk.

"May I have several towels, please," McCoyamoto said to the wide-eyed attendant behind the desk. She was young, certainly no more than eighteen, and this was her first day on the job.

"I can only give one to a customer, and I'll need your card."

McCoyamoto was horrified. "No card," he said in a hushed, urgent voice, praying Hogantaga had not heard this young woman with the death wish.

"No card, no towel," she chirped dutifully.

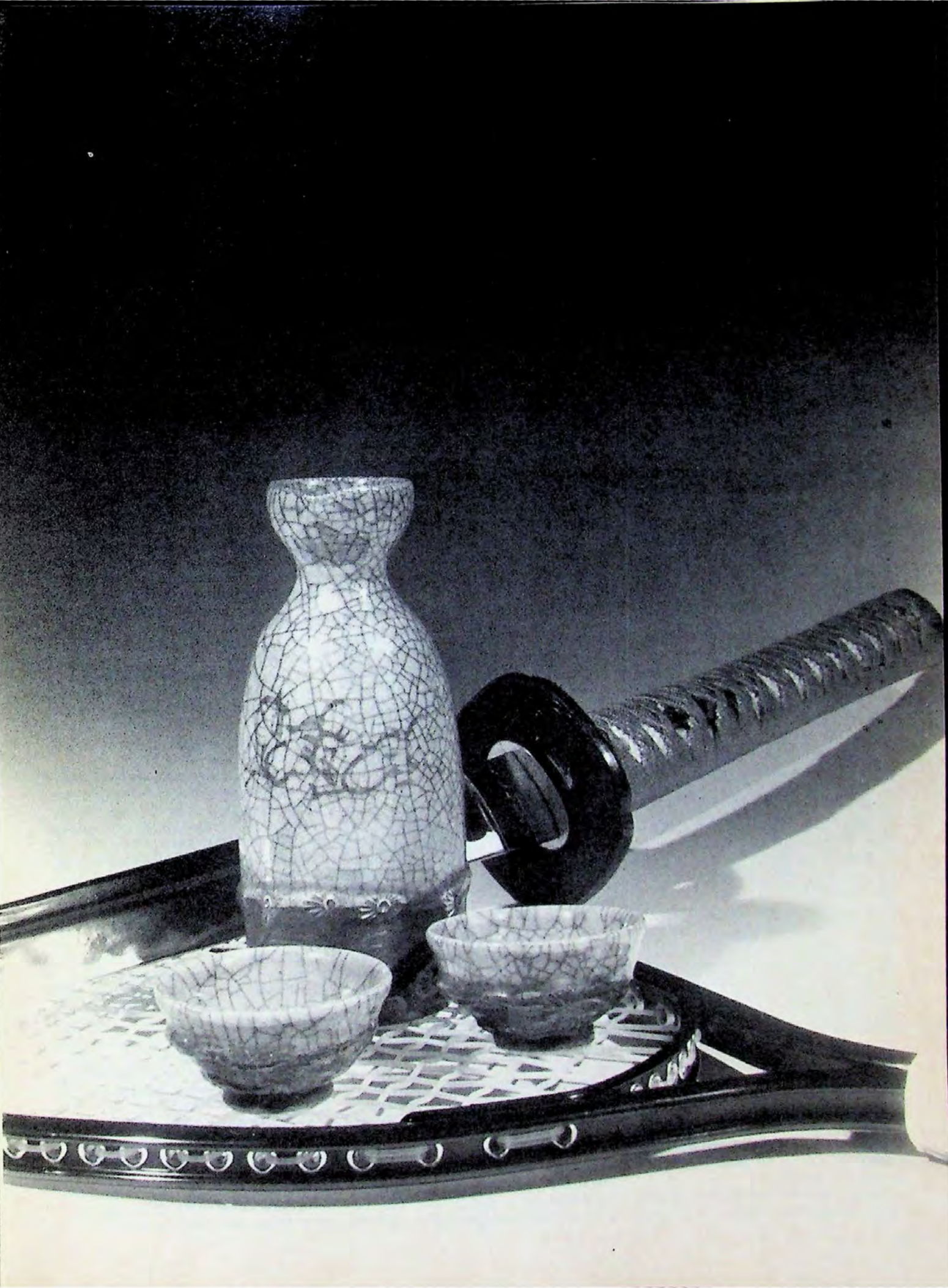
"Please, you don't understand," McCoyamoto reduced the level of his voice to the shadow of a whisper, almost inaudible above the pounding of his heart. "This is Hogantaga."

"What? Speak up. Hogan-who? Well, it doesn't matter anyway. I'm sorry—no card, you'll have to give me a one-dollar deposit." She cocked her head to one side, smiled apologetically. "And I'm afraid I'll have to charge you and your friend a guest fee."

"McCOYAMOTO!" Hogantaga thundered from where he stood waiting, balled fists jammed into his hips. "Would you have me rooted to this spot?"

The club manager, sensing imminent disaster, streaked over to the desk and handed half a dozen towels to McCoyamoto.

"But they don't have cards," the young attendant protested.



THE SHOGUN SHOWDOWN

"Special case," the manager whispered, winking ferociously.

"But you said—"

He covered her half-open mouth with a clammy hand. "Never mind—I'll explain later."

"Whmmthmphmmsmnumphmmum?" she objected, clearly disappointed with such high-handed on-the-job training methods.

Yellenpeck was practicing his forehand kill as Hogantaga entered the court. When the Englishman caught sight of his opponent, he stopped playing and extended his hand in greeting.

"*Konnichi wa*, Hogantaga-san," Yellenpeck said, pleased that he could recollect the phrase for "good day" which he'd memorized the night before.

"*Konnichi wa*," Hogantaga shook his hand, surprised at the greeting. "You speak Japanese?"

"No, 'fraid not. Just thought it'd be nice to say hello in your own language, so I asked a Japanese lady friend o' mine how." He pulled his racquetball glove tighter around his wrist. "You speak English though?"

"Enough," Hogantaga replied haughtily.

They stared at each other in silence for a moment, each player sizing up the other. Yellenpeck was considerably taller and heavier than Hogantaga, but as both men knew, height and weight were not necessarily advantages in this game.

"Did you have a chance to warm up?" Yellenpeck asked.

"Yes. And you?"

"Hot as a pistol."

Hogantaga grimaced. "*Idiot Englishmen with their firearm imagery*," he thought. "Then shall we begin?"

"You drew first serve," Yellenpeck said, tossing him the ball. "Fire away."

"*Hai*."

"Huh?"

"*Hai!*" he repeated with an impatient snort. "*Hai* means yes—ask your lady friend."

Yellenpeck seemed unperturbed by the sarcastic sneer. "I'll be sure to do that," he grinned.

"It is agreed we play one game only, to a score of 21?" Hogantaga said, his words more statement than question.

Yellenpeck nodded, took his position in back court. "Hi-hi," he sang, smiling and sending Hogantaga's blood pressure off the charts.

And with that the game began, not only a furious and brutal contest between skilled champions, but also a struggle of wills and a clash of personalities. The *daimyo's* low drives were formidable, repeatedly forcing the Englishman back and to the side, while Hogantaga seized control of the court's center. But Yellenpeck moved far more agilely than his massive size would have suggested, and his perfect ceiling shots made the seesawing battle a spectacle to behold.

Outside, the crowd roared with each point, wildly cheering every deadly kill shot, booing

madly when they suspected Hogantaga of deliberately aiming a bone-crunching smash at Yellenpeck's back. The score grinded slowly upward... 2-1... 5-4... 10-8... 11-all...

The Englishman's forehand was volcanic in force, and more than once was Hogantaga compelled to dive in order to return a blinding shot to one side or the other. Several times they collided, scrambling to get out of each other's way, and on each occasion the spectators fell silent, waiting, expecting to see Hogantaga give vent to the bitter temper for which he was notorious. But, amazingly, each time the *daimyo* simply bowed, Yellenpeck re-

"The tension mounted as the score inched grudgingly upward"

ciprocated, and the two breathless, sweat-dripping men proceeded to replay the point.

The tension mounted as the score inched grudgingly upward: 14-12... 16-15... 19-18...

Both players were red-faced with exertion. Hogantaga's shirt was soaked through, and Yellenpeck's long hair lay as if plastered in strands to his head. With the score now 19-19, Hogantaga crouched to serve, gripping the *Ninja* 100 tightly, and with all the strength he had remaining, sent a perfect fireball hurtling less than ankle-high into the corner. The crowd, as one, gasped at the lightning stroke. Yellenpeck dove headlong, but could not make the return.

"Ace," he called to Hogantaga, rising slowly from the floor and rubbing his bruised elbow. "A mighty good shot."

The *daimyo* smiled, but not his usual icy smirk of contempt. "*Domo*, Yellenpeck. Thank you." *This Englishman may be a barbarian*, he thought, feeling the aching weariness in his limbs, *but he is a worthy opponent*. He wiped the sweat from his forehead. *Indeed, a player to be respected*.

Hogantaga waited until Yellenpeck was in position and ready to continue. "Point," he announced quietly.

Yellenpeck nodded in acknowledgement. He planted his feet, crouched slightly, and focused total concentration on his opponent's serve.

The *daimyo* cocked his racquet and shot a laser Z-ball into the left corner. Yellenpeck caught it and sent the ball to the ceiling, forcing Hogantaga out of center court. They exchanged three more ceiling balls, each one

perfectly placed, and then Yellenpeck tried a sudden backhand pass shot down the right side. But the *daimyo* was too quick, instantly nailing the ball back down the left side and driving the Englishman dangerously out of position. A weak backhand wallpaper return was all Yellenpeck could manage, as he lunged first to regain center court. It was no use. Hogantaga hit a crackling 39-foot pinch to the left front corner. 21-19—game.

The crowd exploded into thunderous applause, as the two men again bowed to each other. Hogantaga peeled off his glove and extended his hand.

"You are a powerful opponent, Yellenpeck."

The Englishman clasped the *daimyo's* hand. "*Hai*," he gasped, still panting from the final point, "but not powerful enough, I'm afraid." He locked eyes with Hogantaga and smiled. "You play like a demon."

Hogantaga accepted the compliment. "I would be honored to play again with you, Englishman."

"And I with you, Hogantaga-san." They bowed to each other once more, and left the court.

The spectators were abuzz as Yellenpeck wearily made his way toward the locker room and Hogantaga paused to accept the towel McCoyamoto rushed to him.

"A brilliant match, Hogantaga-san, brilliant," McCoyamoto bubbled. "You taught that pigdog of a barbarian his place. You showed that bearded fool what—"

"Silence, you blathering mongrell!" Hogantaga commanded. "Can you not tell the difference between a barbarian and a champion?"

McCoyamoto cringed, stunned, his mouth still half open.

"This Yellenpeck is clearly a man of honor, and an adversary worthy of our respect," the *daimyo* continued, his glare drilling into the quaking McCoyamoto. "Have you no eyes to see that? Have you no head to think?"

"Y-yes, Hogantaga-san," McCoyamoto cowered.

"Well then, if you wish to keep that head, I would urge you to begin using it." With that, the *daimyo* turned and stalked off toward the locker room.

McCoyamoto remained for a moment where he stood. He sighed heavily, his mind searching for some guiding philosophical principle, some comforting kernel of wisdom that might help him through the remainder of this long and most trying day. All that he could recall were some words he had once seen scrawled on the men's room wall: *Many a harsh wind blows through the great cave of life*.

He sighed again, glanced at the excited spectators still chattering all around him, and walked off after Hogantaga. *Karma*, he thought, and smiled.

Yellenpeck, meanwhile, went to the men's room and scrawled on the wall his own philosophy: *My day will come. I will be back*.

DO YOU FIT THESE SYMPTOMS?

Well known psychiatrist Sigmund Fraud has noted some disturbing trends in the psychological health of chronic racquetball players. His findings, published in a recent volume of *The Medical Racquet*, showed the following are common symptoms of approaching mental breakdown:

The Shifty-Eye Syndrome

The patient will not look you in the eye; instead, his eyes shift constantly around the room as if tracking a ball. He obviously fears being deserted by his mother.

Limited Attention Span

The patient seems able to concentrate only for the length of time it takes to play a point. Bursts of activity alternate with brief periods of inarticulate lethargy. The patient is occasionally plunged into longer periods of depression, apathy, and near catatonia which he refers to as "time out."

Bouncing Behavior

The patient compulsively bounces five or six differently colored balls. He insists he is "looking for the perfect ball." A pitiful example of sublimated sexual drives.

Ego Protection Anxiety

The patient manifests a high level of anxiety and guilt. He claims these feelings are due to his not wearing eyeguards. The word "eyeguard" is obviously a subconscious code for "I" guard, i.e., the patient feels an intense need to defend his ego because of constant losses on the court.

All of the above symptoms usually cause a patient to perform very poorly on any normal test of intelligence. He usually prefers watching television.

Dr. Fraud recommends that in severe cases the patient be kept under constant observation. However, he warns that under no circumstances should the patient be restrained in a padded cell. "He will probably annoy the staff by insisting on being given fiberglass, graphite or metal materials," says Fraud. "And if it's one thing we don't want in our observation centers, it's people who go in there to make a racquet."



Because of the popularity of *Shogun*, designers made this year's fashion with an Oriental flavor in mind, and the racquetball fashionmakers were no exception. This outfit is for the power player since it offers very little mobility on the court. Comes in Tokyo Turquoise, Osaka Orange or Kyoto Cream colors. Sword is used to stab ball after missing shot or for threatening opponent. Complete outfit, including sword, \$19.95. With designer's label on seat, \$4,723.

HOW TO PLAY WITH A HANGOVER

By Jack Daniels

Bartender, give me another one while I tell these good people how to go about winning racquetball matches after getting soused.

Some players have the idea that it is wrong,

not healthy, or detrimental to play under the influence of alcohol. But I say they are wrong. (Hiccup.) Dead wrong.

I have played some of my best matches with a headache that you wouldn't believe. In fact, I always seem to lose a match if I haven't

had anything to drink the night before.

First I will give you some pre-match pointers. These are training tips. Then I will go into actual playing conditions. There are certain things you should concentrate on, and there are certain things you should watch out for in case your opponent is smart, or in case your opponent has also been drinking.

The night before a big match you should drink heavily. None of this pansy light beer stuff. Start out with straight tequila. Order four or five shots right off the bat. Beginners can use salt and lime. From tequila, go straight to the harder stuff . . . Scotch. A few belts of Scotch and you should be well on your way to one beauty of a hangover. At this point you have to watch yourself. You don't want to get too bombed where you end up picking a fight with someone. After all, you can't win that tournament trophy from a hospital bed. It is advisable to bring along a companion, especially if you are out of town. That way he or she can protect you from making a fool of yourself. After several rounds of Scotch, finish things off with a half dozen beers.

If you begin to get a headache, you know you are on the right track. This does not necessarily mean you are drunk. It means you are having a pre-hangover, well on your way to having a great hangover.

Following a poor night's sleep, you should be wide awake the next morning and off to the bathroom. This is a precaution. You don't want to be embarrassed in front of the crowd by getting sick. So it is better to get sick at home or in your hotel room.

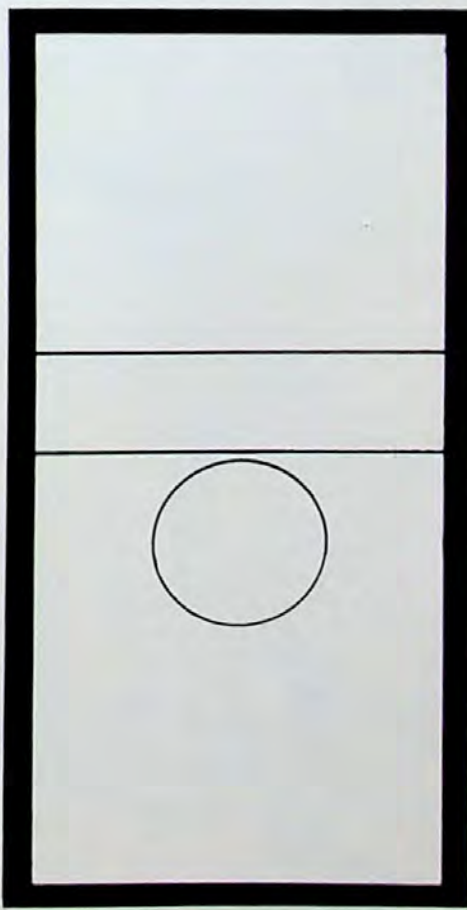
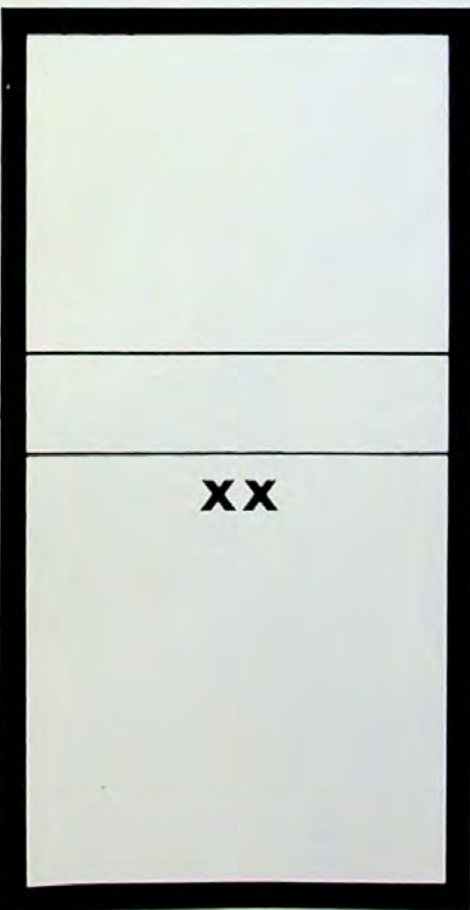
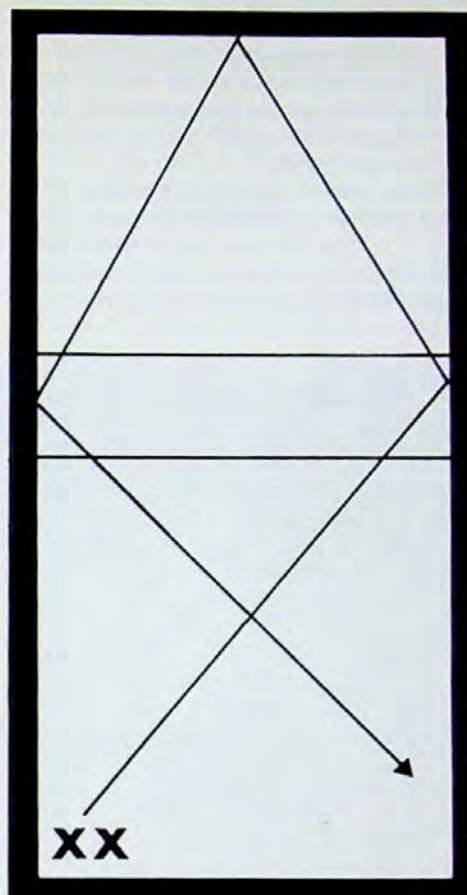
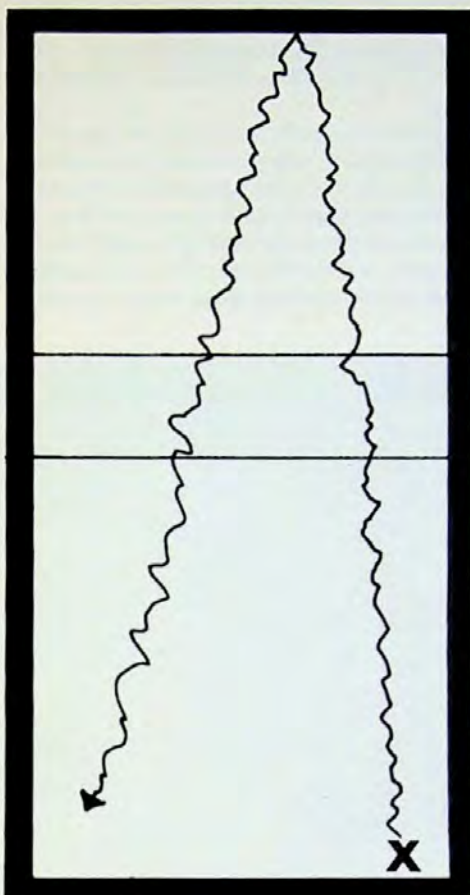
Always carry a bottle of aspirin with you. But don't take any. The aspirin is only there to give you a psychological boost. You don't want to eat or drink anything that will eliminate your hangover. In fact, you should always drink another beer just prior to your on-court warmup.

During the warmup, you should practice your crosscourt walk. This should be done from back court. Walk toward the front wall, touch it, and then walk toward the opposite corner. If you can't walk straight, that's all right. Your on-court manner is intimidating to the opponent. He or she won't know what you're going to do in the game, and will spend too much time thinking about your actions instead of the proper shots to execute.

One type of shot you may have trouble with is the around-the-wall shot. If your opponent is smart, this is the type of strategy that can beat you.

You are really in no condition to get turned around, and around-the-wall shots go off so many walls, they are liable to turn you around





Top left: Show opponent your crosscourt walk during warmup. **Top right:** Don't start chasing around-the-wall shots, which could make you dizzy. **Bottom left:** Get this close to your opponent, so he can smell your breath. **Bottom right:** Between games, sit in center court and drink a few beers.

too much. If there is one thing you need to do throughout, it is to maintain your equilibrium. You don't want to get dizzy at match point.

If your opponent hits around-the-wall shots, let them go. Don't start chasing them. You are liable to find yourself chasing them into the ground. If they come right out at you, fine. Then return them. But don't chase them down.

I suggest sticking to lob serves and Zs, followed (and this is important) by a loud burp. The sounds you make following the serve will serve to distract your opponent. He will either get angry or laugh. Either way, he will lose his concentration. If he complains to the referee, plead ignorance. If his complaining persists, tell him it was an "act of God." Religion always pays off in these instances. It gets the crowd on your side.

Your game plan should consist of staying close to your opponent. Get near him. Let him get a whiff of your breath. Let him hear you belch. He'll have trouble keeping his concentration, and that can give you the edge.

After you have won the first game, sit down in center court and drink a couple of beers. Do this in front of the crowd.

First of all, it shows the crowd you are tough. It shows them that you don't need vitamins or yogurt to train. It shows your opponent that you are planning to beat him even worse in the second game by doing more of the same things. You should also make sure the label on the beer can is showing. You never know who may be out there watching, waiting to offer you an endorsement contract.

Take all three allotted time outs during the second game, and casually drink a beer during each one. If you begin to wobble, that's a good sign. It shows everybody that you are not in control, and pros usually play better when they aren't thinking about the match.

Your opponent will probably go to the ceiling a lot in the second game. If so, don't start climbing the walls to reach the shots. Let them come to you.

You should be playing a power game now. Hit shots with reckless abandon. Within a matter of minutes, you will be so much in the groove, everything will probably rollout, including yourself.

The second game will be over fast. You should win this one rather easily if you follow my instructions. Then, after it's all over, invite the audience to join you in a round of drinks. The crowd will love you for it. You will be their hero at the following day's match. Then go back to your room, get some sleep, and wake up about 11 p.m. to start training again.

Here's to you.



Little Big Man

Taxi's tough man, Danny De Vito, may prefer cooking or pool but he wasn't afraid to give racquetball a short try.

By Michele Kort

In between swipes at the bouncing racquetball, Danny De Vito's thoughts turned from the court at the Racquet Center in Universal City, Calif., to the sandlots of New

Jersey. "In Jersey," he says in his best tough-guy patois, "they wouldn't play racquetball with this." He waves his racquet in the air. "They'd do *this*," he snarls with mock ferocity, and backs his assistant up against the court wall, brandishing the racquet like a tire iron. "Gimme yur money!"

It's just an act, of course, an extension of the Louie De Palma character Danny plays on ABC-TV's *Taxi*. Louie is an obnoxious, surly, unscrupulous taxi dispatcher who is constantly getting the goat of his fellow workers—

while they just as constantly are trying to retaliate. Though only five feet tall, De Vito's Louie throws his weight around (he's pleasantly plump) with authority and foolish bravado.

De Vito is seemingly a prankster who would much prefer acting out a crime than performing one, and he says his childhood buddies in Asbury Park, N.J. were clowns like him, not hoodlums. They did, though, enjoy creating the pretense of *West Side Story* gangsterism.

"A friend of mine got this starter pistol and

Photos by David M. King



we went out by the Carvel on a Sunday night where everybody was eating their ice cream," he says. "I was about 15, 16 years old. Two of the guys had a mock argument, and one of them pulls the gun and 'shoots' the other guy, who rolls into the street. Then Sal comes around the corner in his Buick and we throw the body in and drive away. And everybody's standing there with ice cream dripping all over their legs."

De Vito later took his acting on stage at Oratory Prep High School in Summit, N.J., playing St. Francis of Assisi in *The Billion Dollar Saint*. But he didn't receive a particularly enthusiastic response to his first legitimate stage effort from his family of "crazy Italians." "The only comment I got on my per-

formance was from my mother," says De Vito. "She said, 'How long do you think it will take us to drive back to Asbury?'"

After graduation, De Vito bummed around New Jersey for a couple of years, then decided to give acting a serious try, enrolling at the American Academy of Dramatic Arts in New York City. "I had a couple of great teachers there," he says, "which is all you really need. It's something I really didn't have in high school." Acting began to "sort of take over" his life, almost imperceptibly. "It becomes part of an everyday routine and you don't think about it. There was never a moment when it happened."

De Vito appeared in a number of off-Broadway plays, then in 1967 flew to California to interview for the part Robert Blake eventually got in *In Cold Blood*. "I didn't know what L.A. was like at all. I got off the plane in a long black raincoat and got on a bus for downtown L.A., because that's where I thought they made movies." As for acting work, De Vito ended up parking a lot of cars, hanging out on the Sunset Strip at the height of the "acid" years, and occasionally visiting his friend, actor/producer Michael Douglas, at the University of California in Santa Barbara.

Unable to even get an agent, De Vito returned to the East Coast after a year and a half and immediately began scoring parts in New York theater productions. In one play (in Philadelphia), *The Line of Least Existence* by Rosalyn Drexler, he co-starred with his current *Taxi* co-star, Judd Hirsch. "He played Dr. Frack and I played Andy, his talking dog, who was having an affair with his wife when he left for the office. I wore a beret and smoked a cigar and had a really great silver collar."

Another of the parts De Vito played was Martini in *One Flew Over the Cuckoo's Nest*, and three years later his friend Douglas cast him the same role for the movie version. The actor, who "admits" to being 35, has also appeared in several other films, including *Goin' South* with Jack Nicholson and *Scalawag* with Michael Douglas' father, Kirk. The latter, filmed in Yugoslavia, provided quite a multi-lingual experience. "The crew was mixed: Italian, Yugoslav, English and French," says De Vito, "and I didn't speak any of the languages. 'Va mechana yaya in chasha' means 'two soft-boiled eggs in a glass,' and that's what I ate the whole time."

After the great acclaim that *Cuckoo's Nest* received, De Vito and his companion of 10 years, Rhea Perlman, moved to California, and he worked in TV movies and series like *Delvecchio* and *Police Woman*. He and Rhea also created two short films together: *The Sound Sleeper* (about a woman who murders a man) and *Minestrone* (about a paranoid filmmaker "who thinks that little divers are looking out of his minestrone to steal his ideas").

But when his big break came—the part in *Taxi*—De Vito almost blew it. "I said I wasn't crazy about doing episodic TV, half-hour sitcom," he responded to the casting director friend who told him about *Taxi*. "He said, 'Read the script,' so I brought it home and Rhea and I read it, and it was hilarious." Danny aced the interview for the part by



showing pure chutzpah in front of a room of well-dressed TV executives: "I walked into the room to meet these heavyweights and I said, 'One thing I want to know before I start. Who wrote this shit?' and I threw the script on the table. Louie had walked in the door."

His height has never been an obstacle, says De Vito (he certainly never has to worry about low doorways, except in children's playhouses). "My height's been an asset," he explains. "I've been working steadily—that's me knocking wood—since I got out of acting school, except for the time I was in Los Angeles. The teachers at the American Academy were very encouraging to be different. Casting people see waves of the same person at interviews, and if suddenly they're looking *here* (indicates a height above himself) and you come in (indicating his own height) it's a little bit of a spark." De Vito then adds his stock response to reporters' questions about his height: "Every character that I have ever played has been five feet tall."

Height is also no handicap in racquetball. De Vito has learned, and many experts consider short players to have an advantage in being closer to the floor for low shots. De Vito is handicapped by a pair of bum knees (the result of a series of accidents) that limit his athletic endeavors, so he can't play racquetball too often. "I'd love to play racquetball



Little Big Man



more," he says. "Every friend I have plays racquetball. They're all calling me. One guy even bought me a membership to some club. I said I appreciate it, but all I can do is go over there and watch you guys sweat."

"I'm overweight and could probably be trim if I played racquetball often. I know it's good

"I'm overweight and could probably be trim if I played racquetball often."

for you. People swear by it. You play a couple of games and that's all you have to do. It gets your blood going, gets everything moving."

De Vito admits that his favorite sports take place in the kitchen and dining room, and as proof of his culinary skills he shared his best pasta recipe (see sidebar). Besides the exercise of cooking (and eating), he likes to swim, shoot pool (his father once ran a pool room) and "bliss out a bit" doing Yoga while listening to Mozart. "I got the pulse of an athlete," he proudly declares, "but I attribute it to not eating red meat. I eat cheese, and the only eggs I eat are when I make that pasta sauce."

Besides food talk, De Vito likes to rave about working on *Taxi*. "It's been a joy for me," he says. "We film it live in front of an audience with four cameras—it's like theater every Friday night. The writers never let you down, they never cut your character or cut you short. Everybody works hard, but there's a lot of support, which is not always the case in TV shows." He also maintains a "great relationship" with the cast, and lovingly described the acting prowess of each one. "We have an ensemble cast," he says. "The egos are left outside." Even Rhea has joined the ensem-

Pasta for Racquetballers

By Danny De Vito

First you put some olive oil in a good pot with a cover, and over low heat cook a chopped onion, a little hot pepper, some garlic, and a lot of parsley chopped real fine. Add a little pepper, not too much salt, and throw a nice chunk of butter in there.

Then put some spinach spaghetti in boiling water. When it's a little over half done, take an egg, beat it up, turn the flame on the other stuff real low, and throw the egg in. Let it milky around, but don't cook it too much.

Meanwhile, take a lot of fresh, grated romano cheese and throw it in a bowl. When the spaghetti's done *al dente*—not too soft, otherwise you'll hate yourself—strain it and then throw it in the bowl on top of the cheese. Then you throw the egg that's slightly cooked with the onions, garlic, parsley, and hot pepper over that, mix it up, and throw more cheese on it.

What happens is that the spaghetti is hot and it helps cook the egg. Stir it up real good, throw some more cheese on it according to taste, and serve it with a good heavy red wine at room temperature.

Wait three hours, and you'll then play the best racquetball of your life.





Photo courtesy of ABC

De Vito, left, stars in ABC's *Taxi* with Tony Danza, Marilu Henner, Judd Hirsch, Jeff Conaway and Christopher Lloyd.

ble, playing Louie's girlfriend Zena Sherman in three episodes so far. "In one I meet her mother and father and her mother threatens to have me killed. This year she dumps me for a bartender, but I get back with her in the end."

Besides being boyfriend/girlfriend in real life and on *Taxi*, Danny and Rhea are partners in a film production company, New Street Productions, named after De Vito's street in Asbury Park. They have a deal with Paramount and are currently developing two projects, one with Paramount and one independently. The former, *Turntables*, will star De Vito, and the latter, *Scuffling*, he hopes to direct. He will also be appearing soon in the movie *Love, Max*.

Becoming a movie actor is a dream come true for the former clown of Asbury Park.

"Movies always intrigued me," he remembers. "We had two movie theaters in town, and every Saturday and Sunday we'd go there. We liked gangsters. We liked cowboys. I thought in the back of my mind I'd like to get involved in movies somehow."

Not unspoiled by his success, De Vito still feels enraptured by the business he's in, still appreciating each life experience—including even the interview he's giving—as valuable to his work. "This is the most exciting business you could ever imagine," he says. "I didn't even know how exciting it was until I got involved in it. A hundred people on location all pushing their energy into making a 35 mm filmstrip work—it can be this incredible celebration."

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HOW TO CURE COMMON ERRORS

By Shannon Wright
with Steve Keeley

Editor's Note: This is reprinted from The Women's Book of Racquetball by Shannon Wright with Steve Keeley with permission from Contemporary Books, Inc., Chicago, Ill. Copyright 1980 by Service Press, Inc., and Wright Racquetball, Inc.

The common errors for the forehand and backhand are generally the same. If you are guilty of a particular error on your forehand, it is likely you will commit the same mistakes with your backhand.

Ask yourself about each of the following common errors related to strokes. "Do I do this?" If the answer is yes, correct it. If you discover you are committing more than one of these errors, arrange the list starting with the easiest and moving on to the most difficult. Work on the first error until you correct it. Then practice correcting the next error until you've gone through the whole list and your stroke is model perfect.

Backhand Run-around

This common error may help improve your forehand, but at the same time it retards your backhand development. The guilty party is usually the backhand-less player. This is the person who often doesn't even acknowledge the existence of a backhand stroke. When a ball comes to the left side of her body, she either runs around her backhand to hit a forehand, or she wheels and hits the ball with her forehand into the back wall, hoping it will rebound on the fly to the front wall for a legal return.

Of course, you may choose to live out the rest of your racquetball career as a strictly one-stroke player, and it is possible that you will enjoy yourself. But it is more likely that such a career will be somewhat short-lived because you'll quickly get discouraged at being stomped in games all the time. One-sided players are losers unless they select their opponents carefully.

This error of run-around is more prevalent among women than among men. Typically, the player is embarrassed at the prospect of displaying her impotent backhand. So she hides it behind a series of forehands. I encourage all closet backhanders to come out and unveil their backhands as soon as possible. Learn early in your court career to live with the temporary embarrassment, then work on backhand improvement.

I tell my closet one-stroke students that there are at least three ways to improve their backhands quickly.

1. Do just the opposite of what you are accustomed to doing. That is, get into the habit of running around your forehand to hit a backhand. For example, if the ball rebounds off the back wall for a setup in the middle of the court, position yourself so that the ball comes to the left side of your body. Note that running around the forehand to hit a backhand is a corrective technique, *not* a correct technique. After your backhand improves, it will no longer be necessary to run around either stroke.

2. Play the left or backhand side when you play doubles. Many pro players developed their backhands into formidable weapons only after playing a few months of doubles as the left-side player.

3. Most important, your solo practice sessions should devote twice as much time to the backhand as to the forehand.

Overswinging

One of the most common questions asked by beginning players concerns how hard to hit the ball. A general rule is that you should swing with about 80 percent of your maximum stroke power. Too many players think that harder is better—regarding how hard they swing their hitting arms. If you swing with an all-out 100 percent maximum flail, you lose accuracy and will soon strain your arm.

Do you suspect that you are overswinging? Try letting up on your stroke effort just 10 percent and see what happens to your power

and control. If you gain a lot of accuracy at the expense of only a small loss of ball velocity, swinging a tad easier might be the answer to your stroke problems.

Shyness Syndrome

This common error is easy to define, diagnose, and correct. Your only problem might be that you are not objective enough to admit that you are plagued by the shyness syndrome in the first place.

The shyness syndrome is basically an attitude problem that affects mainly the female player who is relatively new to the sport. This woman is as timid as Caspar Milquetoast when it comes to belting the ball. Typically, she bends daintily at the knees when picking up the ball, she won't run hard after the ball because it might cause perspiration, and she administers love taps instead of kill shots. I'm not kidding and I'm not making fun. Too many lady newcomers are overly concerned about their femininity on the court.

Let me dispel the myth that you cannot be feminine and competitive at the same time. The women on the pro tour dress like ladies and act like ladies—they are ladies. But, they don't fear that wallop the rubber cover off the ball will sully their female visages. Racquetball is a power game, whatever the sex of the participants. Don't expect to play patty-cake on the court and still have fun or win. Yep, it's a kick to blast the ball—and it's terrific fun to win in the process.

Shannon Wright shows that body coil (on the backswing) plus body uncoil (on the downswing and follow-through) equals stroke power. A player should try adding more body coil to his or her stroke.





Some players have a habit of overswinging as Steve Keeley demonstrates above. Too many players think that the harder one hits the ball, the better. Another common problem is the stepless swing. You must step into the ball as you swing.

The solution to the shy syndrome? Well, your gut reaction to the solution I use in clinics, which I'm about to describe, might be one of mild disgust, but try it and see if it doesn't cure your timidity about really working on your strokes. I sometimes tell shy clinic swingers to pretend that the ball is the head of a disliked person. An old boyfriend they

used to date works just fine as a target cranium. "Now," I tell them, "clobber that guy's head into the front wall!" It works every time.

The shyness syndrome is a mental one. Cure it with a good dose of adrenaline.

Underswinging

The shyness syndrome is closely related to

this common error, but the two are nonetheless separate problems that have different solutions. Many women are as competitive as wildcats and think that sweat is celestial, but they swing like pussycats. This is clearly not a case of the shyness syndrome, but is simply a problem of underswinging.

Often players incorrectly reason that the





Left: This is a good example of a push stroke which is common for novice players. **Right:** A good example of underswinging.

softer they swing, the more control they have. They figure they can pinpoint their shots better when they gently lay, rather than smash, the ball into the front corner. This is dead wrong.

The harder you swing—up to about a firm 80 percent of maximum power—the more control you have. This may not seem logical at first, but I know it is true both from teaching others and from personal experience.

I believe I can explain this ostensible paradox to convince all doubting soft strokers. The slower your stroke, the jerkier your stroke. When you slow down the stroke motion, the chain of movement add-ons goes from smooth to staccato. This is like slowing down a movie of a player hitting the racquetball. The slower the movie rolls, the more uneven and unnatural the swing looks. Speed up the movie, and the motion blends into a continuous, natural stroke.

Let's go from the movies to bicycles for further support of my point. Remember the first time you got on a bicycle? You probably hopped on, pedaled tentatively a few times, and zig-zagged slowly down the sidewalk. As you became more experienced, you pedaled faster and the bike miraculously became better balanced. You went in a straight line down the sidewalk. Now do you agree with my analogy? It is valid, especially when you consider that even the experienced bicyclist who slows down, and slows down more, will

soon be going so slowly that his rhythm and balance will be thrown out of kilter. It's zigzag time again.

There are two ways to determine whether you are underswinging. First, you can ask somebody or a bunch of somebodies if they think you swing too softly. Second, you can test yourself. Do this: Drop and hit a normal forehand or backhand (whichever stroke you suspect you may be underswinging on) straight into the front wall. Repeat this drop-and-hit four or five times, or until you get a feel for that stroke's power and accuracy. Now repeat that step, but hit four or five shots with your normal stroke, plus 10 percent swing power. In other words, concentrate on bringing the racquet around just a bit harder. If after you complete this step you feel like you are already overswinging—using more swing strength than feels natural and comfortable—then quit right there. The added 10 percent is enough. But if you are not yet overhitting and you are still dissatisfied with your power and accuracy, hit four or five more shots with an *additional* 10 percent of power. Not overswinging yet? Then keep adding on 10 percent increments in stroke power until you come up with the correct amount of oomph in your swing.

I have stated that about 80 percent of your all-out oomph is about right, but this will vary slightly from player to player. The idea is to experiment with gradual increases of effort

until you reach the comfortable maximum of power and control. Remember, the racquetball stroke is similar to a karate punch—firm and focused but not wild and all-out.

A side note here: Swinging harder—up to your comfortable maximum—not only scores winners through increased shot accuracy, it also fetches points in a subtler way. The harder you swing the harder the ball goes. The faster the ball goes, the less time your opponent has to react to your mis-hit shots. The opposite holds, too. The softer you hit the ball, the more time your rival has to cover your mis-hit shots. And believe me, we're all going to have mis-hits.

Let's illustrate this with a specific example. I hit the ball harder than most of the other women on the pro tour. This means that when one of my kill shots goes too high into the front wall, it nonetheless caroms back so fast that my opponent is often jammed, or rushed, on her return. I still get the point by virtue of sheer ball velocity. You can just as easily see that my slower-hitting opponent loses a big edge on her mis-hit kill attempts. Her balls rebound off the front wall like daisies floating in the wind, and I have time to yawn, wave to the crowd, and still rekill the return.

I'll conclude this underswinging common error with a related two-point hypothesis: (1) If all of the skills—control, stamina, savvy, etc.—of two players in a racquetball game are equivalent with the singular exception of

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INSTRUCTION

power, the harder-hitting player will win every time.

In sum, accuracy hurts, but speed kills the opponent. Don't tap, push, guide, or otherwise underswing at the ball. Hit it hard.

Push Stroke

Pushing the ball with your racquet may be a cause of underswinging, but I classify it here as a separate error because it is a specific problem for many female players. Racquetball is a wristy sport. If you fail to acknowledge this by maintaining a stiff wrist throughout the swing, you end up hitting with the feeble push stroke.

Remember, the wrist must cock on the backswing and snap at ball contact. You should hear a brisk swish of air when your wrist snaps the racquet during a swing at an imaginary ball. This swish is from the strings whipping through the air when the racquet head moves faster—which is during the wrist pop at the potential point of contact. If you're not swishing, you're not snapping.

The solution to the push? Be cognizant of the wrist cock at the top of the backswing. Then consciously flex the wrist quickly at mid-

swing. It's like slapping someone across the face, only with a racquet in your palm. Try the wrist snap at first without a racquet. The flip-flap movement is like fanning. Now grab the racquet and fan more air. If you now think you've got the snap of it, ask a buddy if she thinks you're using enough wrist flick on your swing.

No Body

Do you swing mainly with your arm, without using the power of the rest of your body? Does the force of gravity pull your kill shots down into the floor more than the force of your swing propels the ball horizontally toward the front wall? Or, is your swing just as wristy and energetic as the next player's, but her strokes hit with a bang and yours with a whimper? It's time to get your body into the stroke.

Remember that coil plus uncoil equals power. Try this: (1) Hit four or five shots into the front wall with your regular stroke. Note the feel of the amount of power your stroke generates. (2) Add about 10 percent body rotation on the backswing to your reg-



This swing is all arm. There is no body movement, which is essential for the proper power swing.



Keeley offers this version of the shyness syndrome, which usually comes from a lack of assertiveness or being afraid of the ball.

ular stroke. Again, note the resulting power. (3) Add 10 percent more body coil on the backswing—and continue to increase the hip and shoulder rotation by 10 percent increments until you come up with a comfortable amount of body coil that produces satisfactory power.

Step-less Swing

Think now—do you step into the ball when you swing? If you do, your body weight properly transfers from rear foot during the backswing to front foot during the follow-through, and you get more oomph out of your stroke. But if you don't step forward into the shot, you are squandering a lot of potential power. That's very bad news in this power game. You'll also know you are using an incorrect step-less swing if during the follow-through you sense that your body weight rests on your rear foot, or if you fall backward while you swing.

The problem here can be traced to *setting up* on the shot. Many women set up too close to the front wall. Subsequently,

they have to lean backward during the swing to allow the ball to drop to knee height. The cure is to set up deeper on the ball as it comes at you. Then you can stride forward without stepping past the ball as it drops into the proper contact zone—knee-high.

The inexperienced racquetballer tends to charge the ball as it rebounds off the front wall. She overruns the sphere and ends up hitting it with a step-less swing while falling backward. Overrunning the setup also leads to these common symptoms: too-high ball contact, a rushed swing, weight still on the rear foot during the follow-through, and a subsequent aborted stroke.

Here's a gimmick to cure ball rushing. As the ball rebounds off the front wall and you see that you'll have plenty of time to set up on the shot, back up a couple of steps. Then get ready with your backswing and wait. Now, as the ball takes its floor bounce and descends, step forward to hit as it enters your contact zone. Did you still contact the ball too high that time? Then, on the next setup, back up more steps so that the sphere has the opportunity to descend to knee height before you swing.

If you must lean one way or another on

your swing, lean forward instead of backward. This way, though the stroke may not be textbook-correct, at least your body weight moves forward and transfers from your racquet to the ball in terms of greater shot velocity.

Slow Setup

This common error caused some of the previous ones. The error lies in not setting up quickly enough on a shot during the rally. Is your swing rushed, or do you contact the ball too late or too deep? Your timing or your footwork is off. Cure either by setting up more quickly. By this I mean that you must get your racquet back and get your tennis shoes moving the instant you know where the ball is going.

Let's look at setting up in more detail. Your initial move after deciding whether the ball is coming to your forehand or your backhand should be to assume a ready-and-waiting position. If the ball is coming to your forehand, then turn to face the right sidewall; if it is headed at your backhand, then face the left sidewall. Now, move to the correct position on the court to await the ball's drop into your contact zone. As you move after the ball, you should take

your racquet up into the cocked backswing position to ensure stroke readiness. (What good is exemplary footwork if your gun isn't cocked when it's time to shoot?) Now step into the shot as the ball descends to knee height. Then swing away.

The important point here is that all the setting up described in the preceding paragraph must be done rapidly—in a second or less after you determine where in the court the ball will descend to knee height. Thus, there are two important steps to setting up: (1) Knowing where on the court you will be hitting the shot (where the ball will descend to knee height), and (2) getting quickly to that area with your racquet in the backswing ready position.

That's the theoretical solution, at least. It will help your slow setup woes but, in some cases, it may not cure them. Setting up is a matter of timing. Learning timing takes time. Don't think that, just because you swing late on every shot, you have glue on your feet, cement in your bottom, and mush in your head. Poor setting up is instead often due to a lack of on-the-job training. Don't worry. Experience will expand time so that as you become more proficient, you will have plenty of time to set up on shots. 



"There. Now doesn't that brighten up those drab white walls?"

Cartoon by Tom Giulivo



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WALLPAPER SHOTS



By Jean Sauser

The wallpaper ball is one of the most racquet-twisting, knuckle-scraping experiences in racquetball. When your opponent is on the receiving end, it's just great. But, when you are, wallpaper is a synonym for pure frustration.

Most racquetball glossaries define the wallpaper ball simply as "a shot that travels very close to the side wall on the way to the back wall."

There's nothing simple about wallpaper, though, regardless of which side of the shot you're on.

The wallpaper ball can travel toward the back wall at any height. Usually it comes off the front wall at a perfectly acceptable height and at a pace that, if it were just a couple of inches nearer to center court, would make it a plum. A player has only about a one-in-five

chance of making a decent return of a wallpaper ball, though.

It may be slow and it may be high, but the ball will be glued to the side wall as it travels into back court, giving the player virtually no room for error in his swing.

Usually, a player faced with wallpaper will try to hit it too hard, hoping to overcome the ball's contrariness by blasting it off the wall. Even if he hits the ball, which seldom happens, the player can't hope to control his shot under these difficult circumstances. The result is an easy return for his opponent.

A second aggravating characteristic of wallpaper is that it doesn't always stay on the wall. The ball may hug the wall all the way into the back court only to nick it slightly and jump off the wall just as a player is about to hit it.

It's this kind of behavior that can send you up the wall if you are trying to handle one of these shots, but you can improve your chances of a decent return if you can keep your cool. You don't have to change shots for

a wallpaper return, just attitude. When you see the ball sliding back along the wall, it should be a signal to you to switch into low gear.

Make up your mind that you are going to hit a ceiling ball, because any attempt at an offensive return will probably just get you into trouble. Also realize that you will not have a full swing because the wall is going to be in the way. Then too, the ball may jump out at you, so position yourself far enough away from the wall to be able to handle it if it does.

Think of your racquet as a big spatula and try to scoop the ball off the wall and up to the ceiling instead of trying to hit it. Quadriform or modified quadriform shaped racquets work best on this particular shot because their heads are flatter and, therefore, slide along the side wall better.

You can't hit wallpaper shots with anything approaching the frequency of your other shots. You can improve your chances for this point winner, though, with proper attention to your down-the-line drives.

You don't have to be right against the side wall to have your shot rebound close to it, although closer is better in most cases. Even a crosscourt pass can come off the wall as wallpaper. It's all a question of how it goes into the front wall.

Unfortunately, I can't tell you how to hit the ball so that it comes off as wallpaper every time. The angles will change, depending on what spot you are on the court and the only way to become acquainted with them is through practice and play.

Incorporating more down-the-line drives into your game strategy will increase your chances of hitting a wallpaper ball and a familiarity with this shot can't hurt your game either. It is especially useful during service return. Just concentrate on putting the ball as low and as close to the side wall as possible. If it comes off as a low pass, fine. If it comes off as wallpaper, so much the better.

Alternate your down-the-line drives with crosscourt drives just to keep your opponent off balance. These shots will work either backhand or forehand and should be executed with the normal backhand or forehand stroke.

As with any passing shot, you want to be careful that you don't put so much angle on the ball that it comes off the side wall into center court, giving your opponent an easy return.

When returning wallpaper, play it safe and hit a ceiling ball. On offense, go for it. You may get lucky and, with wallpaper, luck is usually the difference between success and failure.

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THE POWER STEP



Photos by Ed Ikuta

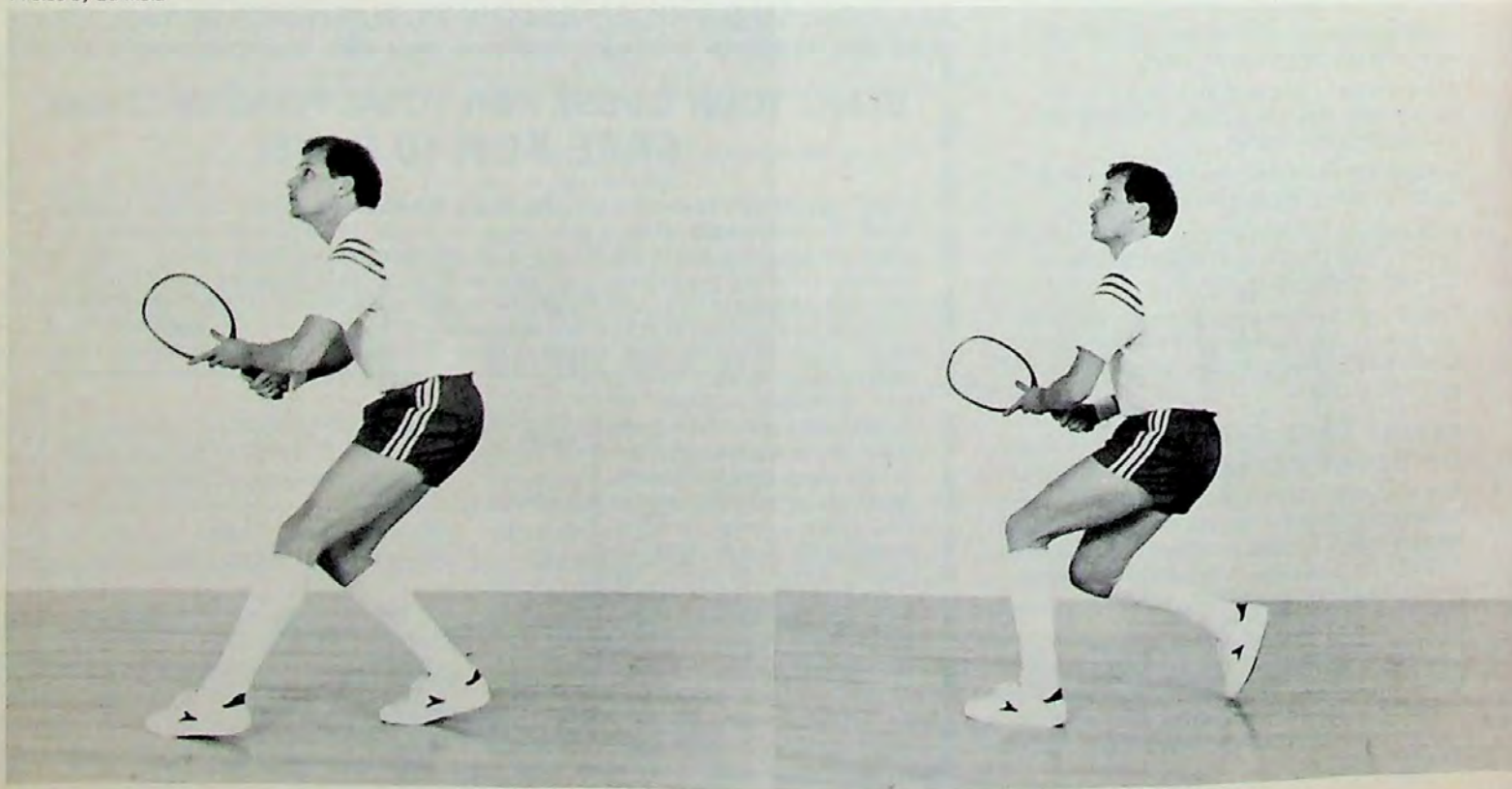
By Davey Bledsoe

If you watch the professional players take a shot off the back wall, you notice how everything seems to flow in one continuous motion. If you watch the everyday player set up for a shot off the back wall, he or she runs up, stops, takes a step and swings. It's a jerky motion.

The difference between these two types of shots is what I have termed the "power step." Now, I'm not saying that if you learn this step, you will automatically become a top touring pro, but it will improve your play, especially off back wall shots.

The power step is basically a little stutter step used right before you are going to hit the ball. It's not an extra step. It's kind of a shuffle step that you use to get your weight transferred from the back foot to the front foot in a

For maximum power, the ball should be contacted at some point between your back foot and the instep of your front foot. Most players have been taught to make contact off the front foot. But with the emergence of the so-called power game, players have a tendency to hit closer to the back foot.



continuous motion.

The ball is hit into the back wall. As it changes directions, you must change directions. You want to be able to use the momentum of your direction change so you can create more power in your shot. The main purpose of the shot is to maintain that continuity so you won't have to stop that momentum once you change directions.

Most novice players fail to set up properly off the back wall. They end up either reaching for the ball or hitting it behind them, contacting it off balance behind their back foot. You have to continually move through the ball with your weight moving toward the front wall. After each shot you have always been taught to return to center court. But if you are falling away from a shot, you lose valuable time in getting back to that proper position. Granted, certain shots have to be hit off balance but what we are talking about here are ideal situations off typical back wall shots.

Basically, you should take a step toward the back wall as the ball is coming into it. In other words, follow the ball toward the back wall for a step with your weight on the foot closest to the wall.

Now begin to shift your weight to the front foot in a continuous motion. Take crossover steps as you follow the ball out, and then as the ball drops into the power hitting zone, take your little power step or shuffle, and swing.

As the ball comes into the back wall, you will have a tendency to lean into the back wall. But as it comes out, so should your weight. The ball will not always come to the

point you want it. That is why you will have to chase it down a little.

When talking about back wall play, traditionally you have been taught to make contact off the instep of your front foot. Now, with the power game, it has been said that contact should be made off the back foot. Ideally speaking, especially for beginners and intermediates, the front foot spot is a safer shot. But, realistically, other things come into the picture.

The angle that the ball comes off the wall will dictate where you hit it as will your ensuing shot. To which corner do you want to hit the ball? Down which wall do you want it to go? What you are going to do with the shot will often dictate at which point you want to hit it. But wherever you want to go with it, make sure that your contact point is between the front foot and the back foot. You don't want to reach out or back for it.

In my clinics and camps, I teach a drill for the power step. Hit the ball to the front wall hard enough for it to rebound off the back wall. I teach my students to move into position with the racquet already in the backswing position set to come through. But instead of using a racquet, try to catch the ball in the proper power zone.

A lot of novices will cheat by reaching up to catch the ball and then moving into the proper position. But you won't learn by doing the drill incorrectly.

As you are practicing this drill, concentrate on the power step or hop. If you get this step down correctly, you will find a great improvement in your stroke.

R

Note how Bledsoe takes a step into the back wall as the ball moves in that direction. He then shifts his weight from the back foot to the front. Just before the point of contact, you should take a stutter step—the power step—to set yourself into position for the shot.



DISGUIISING YOUR SERVE

By Janell Marriott

When two players of equal skill take to the court, what determines the outcome of the match? Most often it is the subtle aspects of the game, unnoticed by the spectators, which produce the winners.

These subtleties may be the intangibles such as psychological intimidation, shot selection and mental attitude or refined physical skills such as proper positioning, anticipation or disguising the serve.

In this article, I will discuss disguising the serve, an area of the game which can add points for you and can be easily improved with practice and concentration.

The purpose of disguising the serve is to prevent your opponent from anticipating a particular type of serve or to prevent him or her from getting a jump on the ball to one side of the court.

Your opponent should not be able to commit himself early and you must try and make him wait until he actually sees the path of the ball. This split-second delay decreases the vital time needed to execute the proper return sequence: getting to the ball, setting up for the shot and hitting it. This split second can mean the difference between a good or poor return.

In disguising the serve it is important to remember a few rules. First, disguising the serve is not the same thing as screening a serve. You are not trying to block someone's view as much as is done with a screen serve. You are aiming to more or less fool your opponent into thinking you are serving one kind of serve whereas in fact you are about to serve something else. Second, accuracy should not be sacrificed at the expense of making the serve. An accurately placed serve is more important than a poorly disguised, somewhat weak, serve. You must work on accuracy before you can mask your serves.

Third, disguising your serve is dependent upon hitting a hard, fast serve. Thus, drives or Z serves are the only ones worth disguising. The lob serve is slow enough that no matter how well you might try to disguise it, your opponent will still have ample time to return the ball.

In order to disguise the serve, you must be able to hit four basic serves—a Z serve to either side and a drive to either side—from one position in center court.

Obviously, there are variations of each of these serves which can add to your repertoire. Pick a spot left of center, center, or right of center in the service box. From this position you will hit all serves or as many as you can execute. When picking your spot, remember the further right of center you are, the more



Janell Marriott shows that all serves should be hit from relatively the same spot (see diagram). Here, in hitting a Z serve, she makes up in wrist action for what she potentially may lose in positioning on the serve.

your body will legally block the receiver's view of your serve. As you move further away from center court, it will be more difficult to hit a Z serve to the left corner. You must find a median spot where you can hide your serve yet still hit all four types of serves well.

After you find a spot to serve from, the next step in disguising the serve is to make the entire serving motion identical for each serve—the footwork, backswing and swing. You do not want your opponent to read your serves.

The wrist snap is also important. By using your wrist to change or modify serves, you can keep the same serving motion each time. A normal wrist snap will produce a drive serve down the left wall, extra wrist snap will result in the ball heading cross court on a reverse Z serve to the right corner and less snap will put a slice on the ball on a drive serve down the right wall or a Z to the receiver's backhand. You always want to keep your opponent guessing.

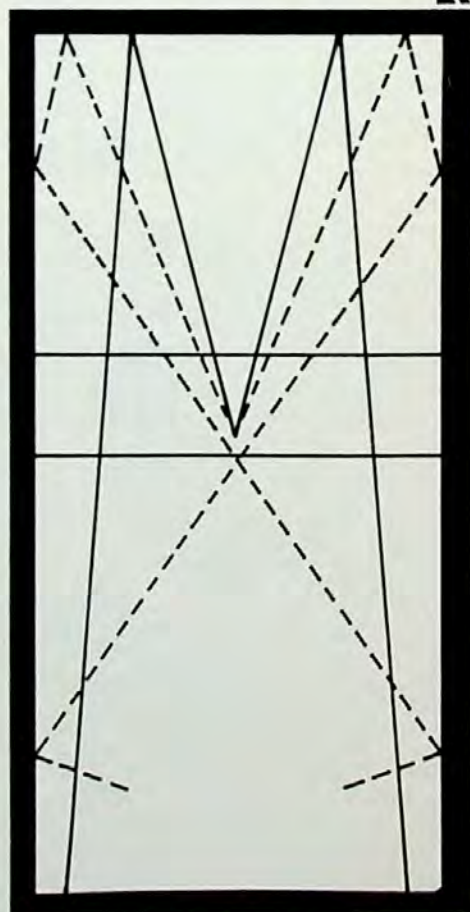
You can also block your receiver's view by dropping the ball a little farther forward of your normal spot as you step into the serve. If you have enough control, you might even want to drop the ball closer to your body than normal, again legally blocking the receiver's view. But the closer the ball is to your body, the less control you have.

Another subtle change is the length of your stride as you hit the ball. Due to the receiver's

position, it is difficult to tell if your stride is 20 or 24 inches long or somewhere in between. If the ball is dropped exactly the same each time, then the length of your stride will determine at what point you contact the ball. A longer stride enables you to contact the ball earlier in your swing, causing a slice. This is good for an easy drive serve down the right wall or a Z serve to the left. Shortening your stride works well for a reverse Z to the right corner. One should use a normal stride for a drive serve to the backhand corner since the receiver will not be able to notice the difference until after the ball is hit. You can produce the same effect by taking the same stride each time but slightly varying the drop of the ball.

Another factor is to vary the serves. If you fall into a certain serving pattern, your opponent will be able to anticipate your next serve, so it is important to continually mix up your serves.

Using these techniques should keep your opponent off-balance enough to give you an ace or, at the very least, a weak service return.



The solid lines of the diagram show drive serves. The dotted lines show Z serves. Note how all serves are hit from the same spot.

HOW TO PLAY A MATCH

By Dave Peck

Concentration is the most important element in winning racquetball matches. Actually, it is the key to all competitive as well as non-competitive activities, but concentration cannot be stressed too greatly when it comes to racquetball.

It is extremely difficult to hold your concentration while you are continuously in motion, keeping three or four things in your mind and before your eyes at the same time. It is important, then, to practice not only your serves and shots, but your concentration as well.

Your match should really begin approximately 10 to 15 minutes before the opening of play. During this time you should exercise, warm-up by shooting, and mentally review what's to be done on the court. All three of these are necessary warm-ups for your body, your racquet and your mind. If you can give five minutes to each of these areas, it will heighten your readiness to play your best racquetball.

It's good to warm-up with a few exercises like sit-ups and push-ups, but not too many. Common sense should tell you that it is much more advantageous for the body to reach its peak by a slow steady progression of movement. About 100 sit-ups and 35 hard and fast push-ups right off the bat will not only quicken fatigue but could very well lead to cramping later during play.

It will be hard to keep up with your opponent if you begin your match when already on your second wind. You'll want that wind in the second game. Considering that an entire match can take well over an hour of intense physical strain, you should strive in pre-play time to prepare the body for work. This means exercising lightly but thoroughly. If 15 push-ups are too many, cut them in half.

The point is not to tighten the body but to make it limber and flexible through a series of stretches. This applies to all the parts of the body which will be required for full-on competitive racquetball, from neck muscles, to hips, to ankles, arches, and toes.

To add a brief but important tip on exercising, beware of over-stretching. Never stretch to a point of painfulness. Pull your muscles taut and hold for five to 10 seconds. Do this a few times and don't hurt yourself. You're a racquetball player, not a gladiator.

The Racquet

Just prior to actual play, and immediately following your mental warm-up, "warm-up"

your racquet and your eyes. This is not a practice session where you shoot a hundred forehands and a hundred backhands, but a short "get the feeling" time.

Hit a few of all the shots you can think of, always keeping in mind that you are still in the warm-up stage. Don't overwork yourself.

Hit some ceiling shots and lobs to get a feeling for the lights and your timing. Hit some finesse pinches to get the feeling of your control. In short, hit some of your shots.

Now is the time to get ready to pounce on your opponent. Hopefully you will have saved your physical strength and alertness for the actual match itself.

The Mind

Racquetball can be as much mental as physical. If at the outset, you feel that your opponent is going to walk all over you, be assured, he will. Therefore, don't think about it. Rather, concentrate on your game, your shots, and your strategy.

After you have warmed your body up and before you warm your racquet, take a few minutes to review your racquetball game. Remind yourself of the tips you've heard over the time you've been playing. Keep the ball low, maintain center court, hit in the sweet spot. Review the shots you do best. These points may seem obvious, but it helps to remind yourself of them.

On the court during the match, you want your opponent to play your kind of racquetball. One of the quickest ways not to get what you want is to lose your concentration. Once you become unnerved or unsettled over what you feel was a bad call or an uncalled hinder you're not thinking of your game but of the game.

During actual match play, there are a few important things to be aware of. First, pace yourself. If you peak out in the first game, you're in trouble. The same applies to relaxing or conserving too much energy in the first game. If you do this, you may have trouble getting going later.

Be consistent. Although winning the initial battle is psychologically advantageous, don't burn out. In this respect, try to wear your opponent down with well-placed shots to the sides of the court while conserving your own energy and maintaining center court. This means he'll be running circles around you in center court.

A second very important point to keep in mind is not to let up on your opponent. He will gain momentum in direct proportion to you losing yours. If he serves five straight aces, go for the sixth like an inflamed Spartan. Don't relax; get back the points he took. Conversely, if you're ahead, say 15 to five, don't relax. Finish it off. Begin to smell blood early and get tougher.

All of this works very well on paper. There is one ingredient, however, which must be present for the actualization of these points: Concentration. That's what you and your game are about.

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PAY FOR PLAY

Will the vending machine concept mean the demise of the private club?

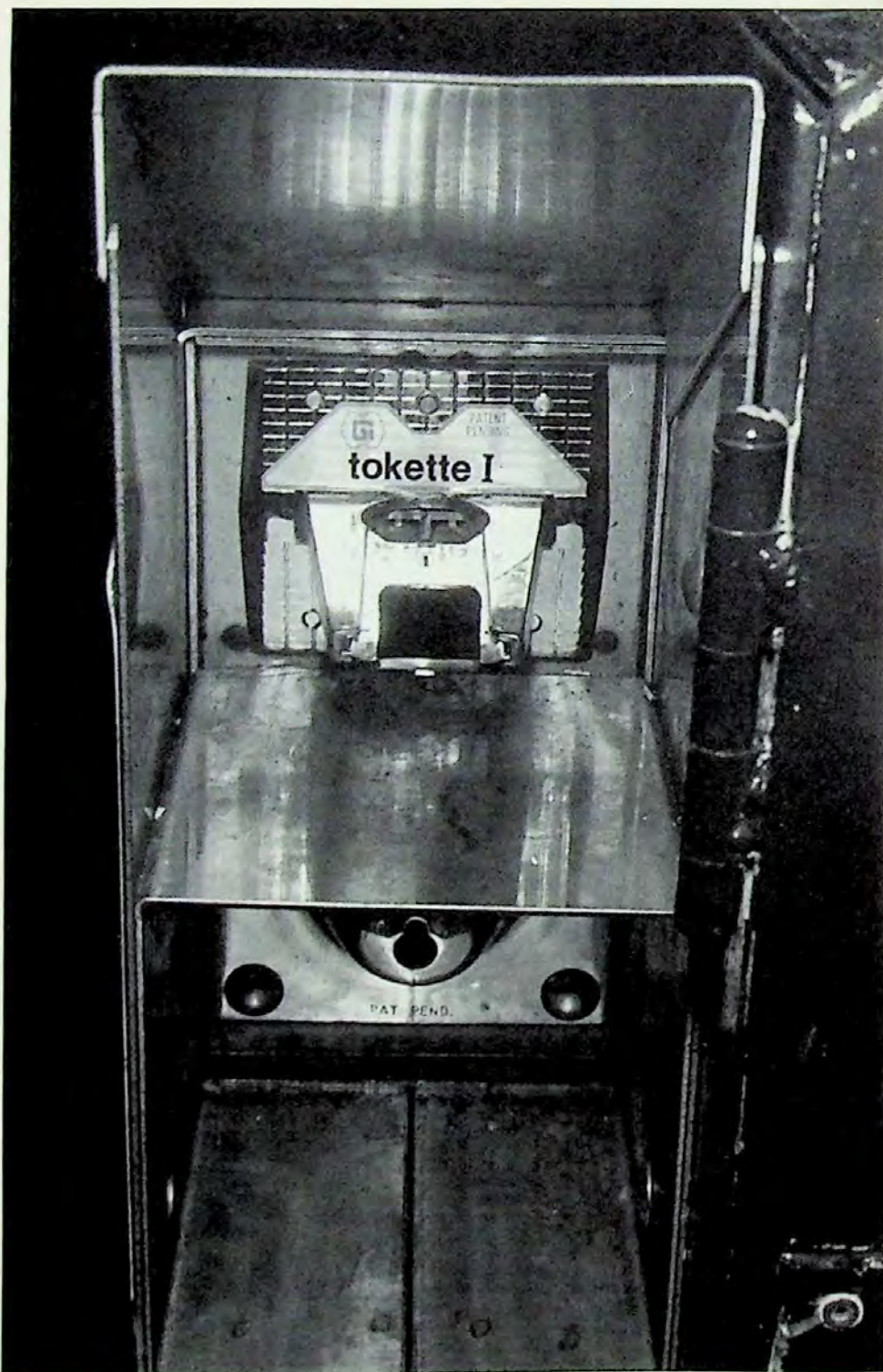
By Sandra Segal

Americans love vending machines. The pleasure of inserting a disc to win an instant reward is behind the success of countless candy, coke, and cigarette machines. It helped create the era of the juke box, and it has even influenced the staid banking industry to introduce electronic tellers.

The vending machine concept is now also expanding to the world of racquetball. Put that disc into the slot and get an hour of light and air in an empty racquetball court. The impersonal purity of this system is almost mind-boggling—no club membership fees, no court reservations, and no fit, sweaty people draped untidily over the lounge furniture. No human contact at all, in fact, except with your partner.

So far, two manufacturers are betting that a vending machine court will capture the imagination of racquetball players in sufficient numbers to support a string of such courts across the country. One of the first models of the vending machine court is Chuck Hohl's "Pay 'N Play" facility in Anaheim, California. Claiming he invented the concept, Hohl explains, "Three years ago we started a regular racquetball facility (Kings Court in Westminster, Ca.). The biggest problem was high overhead costs for employees and utilities. We decided to design a low cost, efficient center, and as we started working on it we found out about coin operated mechanisms." After Hohl and his partner, Ed Rodeffer, decided to combine courts with token machines, they began to plan a complete facility from scratch. "We put up our money and designed everything according to our specifications," he says. "My partner had some friends in the electronics industry. They helped us work out a system which uses microchips."

The final product of this planning is the Pay 'N Play racquetball center, a long, low, beige and orange building which blends in with the other utilitarian constructions in an Anaheim industrial park. The building is composed of 10 courts, each of which has an entrance hallway reminiscent of the privacy partition for an outdoor restroom. Outside the building is a token dispenser, which ejects one token or a dollar. Since each token gives 12 minutes of play, this brings court time to \$5 an hour. Having exchanged dollars for tokens, the player enters the hallway of an available court, inserts the tokens in a "tokette" token acceptor machine, and enters the court itself. The lights and ventilation go on, revealing a



Photos by David M. King

Each one dollar token inserted in this token acceptor buys 12 minutes of play in a Pay 'N Play court.

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- RED LIGHTS ABOVE COURT DOORS INDICATE COURT IS IN USE WHEN RED LIGHT IS ON.
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There are no employees to help first-time users at a vending machine court. Instead, all instructions must be provided by verbose signboards.

standard concrete tilt-up court. At the end of the time period purchased by the tokens, the ventilation and lights click off, and the court is once again plunged into blackness.

"In general, the system works pretty well," Hohl says. "Of course we changed the building considerably since we built a prototype two years ago."

Hohl claims his vending machine system has a number of major advantages over a standard court club. One advantage is the constant availability of courts. "There are a significant number of people who use this facility who also belong to a monthly dues paying club," he says. "They can't get a court reservation at their own club." For example, Hohl's regular racquetball club books courts four to five days in advance. "Pay 'N Play is first come first served," he continues. "A person always knows he can wait in line for a half hour or 45 minutes and get a court that's as good as one in a private club. Players also like it that you can play for two or three hours in a row. At a regular club, you can only reserve a court for an hour."

Since the racquetball player does not have to help pay for the services of a regular club, another advantage of Pay 'N Play is the lower price. "If we charge \$5 per hour, that's \$2.50 per person, and they're charging \$4 per

person down the road, where would you go?" Hohl asks rhetorically.

Hohl does not worry about the criticism this type of facility is too impersonal and has too little to offer the player. "We're not building Pay 'N Play courts to satisfy everyone. If you want more amenities you can go to a private club—and you can pay the price."

The players using the Pay 'N Play courts on a Monday afternoon, a slow period for most court clubs, seemed to confirm Hohl's theory that the court will draw players who prefer convenience to amenities. Mark Beckman, who has been playing racquetball for only a month, says he plays almost exclusively at the Pay 'N Play courts. "It's easier to find a court here. I've seen a line here once or twice, but only when I was leaving," he says. "I don't need the classes and things at a club. I'm not in the game to learn to kill anyone. I just want to have fun." Beckman also thinks the court costs are reasonable. "At \$5 per hour, if you have two or four people the cost breaks down quick," he adds.

Other players, however, while appreciating the accessibility of the courts, seem to prefer the even lower costs of local colleges and parks. Mike Shewey, who has been playing racquetball for nine years, says he usually plays at a nearby park. "The courts there are

getting remodeled, or I'd be playing there now," he says. "They only charge \$2.50 per hour." Tom Olsen, a truck driver for Lucky's markets, considers the college racquetball courts his first choice. "I'd rather play at Long Beach City College. They charge 25 cents for a half hour," he says. "But I play here occasionally because it's convenient and it's cheaper than the other clubs around here."

Olsen and Shewey had some criticisms of the facilities. Shewey comments, "When those lights go out, you can't see a thing. If you're in the middle of a swing and all of a sudden it's black, someone could get hurt." Olsen also criticizes the lighting system. He says, "They definitely need to get the lights fixed. Half of them don't work."

Despite these complaints, Hohl is totally optimistic about the future of his vending machine court system, and plans to expand as rapidly as possible. His company, King's Pay 'N Play Courts, is planning to build 14 courts in El Toro, 32 courts in Corona, 20 courts in Ontario, and is looking for 10 additional sites. In order to grow still faster, the company has registered with the Securities and Exchange Commission so it can make a public offering and sell interests in sites in California, Nevada, and Arizona. The company is also looking for joint venture partners.

PAY FOR PLAY

"We will find a location and build the whole system for an investor on a joint venture basis," Hohl says.

The only thing Hohl seems concerned about is future competition. "The word is already out on our courts," he complains. "People are coming to look us over. When you see someone coming to the courts with a tape measure, you know they don't just want a game of racquetball." Because of his fear of competition, Hohl refuses to give out any figures about the costs of building these courts or what sort of return they yield. "If we tell any money figures, the people will take the time to evaluate what we're doing and start their own centers," he says. "This will happen eventually anyway, but when we have 20 courts open we won't have to worry about competition." Hohl did divulge, however, that the Pay 'N Play system is substantially less expensive to build than a standard court system. "The average racquetball court costs \$45,000 per court to build. Our company can build them for much less," he says.

While Hohl is planning his Pay 'N Play empire to stretch across the West, another company, Module Mobile, Inc. (MMI) of Atlanta, Ga., is producing single-unit meter operated racquetball for investors in the South, East, and as far west as San Francisco. Don Memberg, the marketing director of MMI, explains the steps that led to the development of their meter court. "We're a very old company—we've been building modular and panelized structures for 20 years," he says. "We've built classes, warehouses, banks, and all types of commercial and institutional buildings. Three years ago we got the concept of a modular racquetball court, and we spent over two years developing it. The racquetball dimensions are very unusual, and nothing had been built along those lines. It took time to make sure we had the best interior panel system that could be built into a modular court, and that it would look and act as if it were built from the ground up."

According to Memberg, these modular racquetball courts, called Racquetons, are purchased mainly by racquetball clubs which needed additional courts, and by hotels and resorts which wanted a comparatively inexpensive way to add a racquetball court to their facilities. In some instances, investors purchase complete start-up systems, composed of four Racquetons and a club house, also provided by MMI.

The next step was to add a token-operated meter to the Racqueton to create the Racqueton Meter Court. Although the court has only been on the market for four months, Memberg says, "We have received unbelievable response nationwide. We have opened up a whole new market with the meter court. It's a Godsend for absentee landlords. We get responses from people who say, 'We're not interested in racquetball—we just want to make money.'"



The utilitarian appearance of the Pay 'N Play courts blends with the other buildings in an Anaheim industrial park.

The meter court has been particularly popular in smaller communities which have no racquetball facilities. "People explain that they don't want to pay for amenities, they just want a court," Memberg says. There are currently four meter courts operating in Tennessee, two in Georgia, and three in Virginia. MMI has contracts for 18 other courts in Virginia, Maryland, Pennsylvania, and California. "We've also had a few interesting contacts with departments of parks and recreation and from the military," Memberg adds.

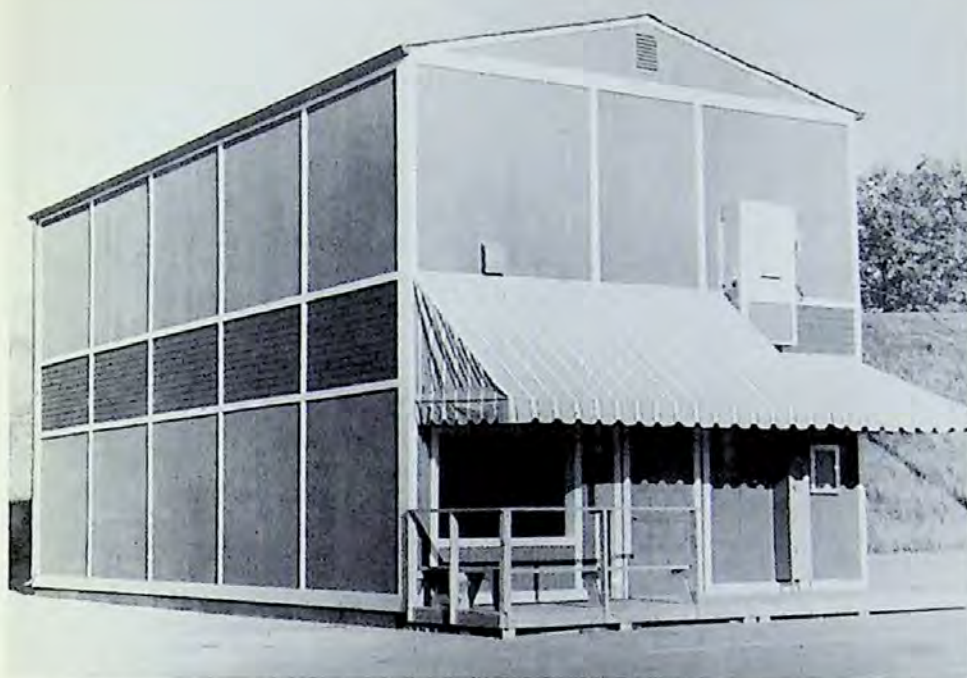
The Racqueton Meter Court resembles a barn to which a front porch and storefront awning have been added. Memberg describes this appearance as a "gable effect." The court operates in much the same fashion as the Pay 'N Play courts. When a player puts two tokens in the meter coin box, the front door is electronically released, and the lights come on. At the end of the hour, the lights turn off and courtesy lights come on, avoiding the blackout problem of the Pay 'N Play courts. "Once a week you empty the tokens. That's all. There's no handling of cash," Memberg explains. "For maintenance, all you have to do is sweep out the club once a week." In this system, tokens are sold at a facility near the meter court rather than being dispensed from a token machine.

MMI sells the complete meter court for \$47,500. This includes the building, an interior court system, flooring, a lighting system, central air and heat, viewing window, meter, electronic door, and lockers. The freight costs naturally vary. Memberg says, "We own our

own transportation, so we can ship a court to California for \$1,000. It costs \$550 to \$600 to ship one to Virginia." It takes 30 days to deliver the court, and MMI employees will set it up in two weeks. "The customer just has to have a concrete slab put down, and have the power company hook the lines up," Memberg says.

Jeff Beene, an investor in the real estate-construction business, was one of the original purchasers of the Racqueton Meter Court. In explaining his reasoning behind this investment, he says, "We wanted to put one court in Athens and one in Alcoa, Tennessee. Both towns are small and can't support full service clubs. We decided to try to find single racquetball courts which wouldn't need personnel. We waited a year and a half before we went with MMI." Beene put the courts in the parking lots of shopping centers, considered "high traffic" areas, and had sporting goods stores in the centers sell tokens and memberships. In Beene's system, it costs \$50 for a person to become a member of the court. A member can subsequently purchase tokens to play at \$3 an hour.

Since the clubs have been open for less than six months, Beene says he is unable to make a projection about returns on his investment. However, he seems cautiously optimistic. "We've had about 20 percent utilization so far, and we figured 20 percent as the minimum acceptable rate," he says. "This 20 percent is based on 24 hours, rather than on the 10 hours or so of a regular court." A 20 percent utilization rate means that the court is in use 20 percent of the time it is open.



The Racqueton Meter Court can be assembled from the ground up in two weeks. The purchaser need only provide a concrete slab.

The only problem apparent so far is the slow growth of membership. Beene explains, "We felt that if people had to pay the \$50 membership fee before they could use the court, there would be less damage to the courts. I'm not sure that's the correct criterion, and I might change it. There's still an educational process involved in getting racquetball known to the people in small towns, particularly to the women. That's one of the reasons why membership growth has been lower than expected."

Beene, however, is impressed enough with the growth rate and the potential of the meter courts to be considering additional investment. "In the next six months we will definitely buy other courts," he says. "These courts can even be successful in spot areas in large cities where no racquetball clubs are immediately available."

Memberg indicates that Beene is only one of a number of satisfied customers. "In Maryville, Tennessee, one of our buyers put down a meter court right across from an Alcoa plant. That man is beginning to make \$35,000 to \$40,000 a year, and is talking about getting two more courts," he says.

Like Hohl, Memberg is wary of competition, but is sure MMI's position in the marketplace is too strong to be seriously challenged. "You always get competition, but the three attempts to compete with us in the past two years all folded. Their prices couldn't meet ours. We have non-union labor, and we can keep our costs in line. One company came up with a \$65,000 unit which couldn't even qualify for the building codes. Now we have even newer

designs on our drawing board. By the time someone starts competing, we'll be moving ahead."

Memberg believes that the current economic system will help make the modular meter court more and more attractive to potential investors. "Because of the cost of construction, it's too expensive to build a large facility," he says. "People who can't get a commercial loan and want to get into racquetball without paying an arm and a leg will go into modular units. Our business always flourishes when conventional construction comes to a halt."

Hohl is equally convinced that a large part of the racquetball marketplace will move towards meter-operated courts. "As the minimum wage goes up, and as inflation goes up, we won't have to raise our prices. How can a regular court club keep their prices down?" he asks. "They have to pay their employees and pay for lights and air conditioning which have to run all the time. The small court clubs are the ones in trouble. I don't think there's anyway to make money out of them." Hohl believes that the rest of the racquetball court market will have to go towards the construction of multi-use facilities. "The only way I will get involved in racquetball now is either a multi-purpose facility or a Pay 'N Play," he says. Following this philosophy, Hohl has begun building a facility in Anaheim which will have 42 private racquetball courts, 24 Pay 'N Play courts, a health club, a gym, bowling lanes, a night club, a private cocktail lounge, tennis courts, and a restaurant.

Although vending machine courts may be



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the wave of the future, they have apparently not yet disrupted the tidepools of the present. The local racquetball clubs around the Pay 'N Play in Anaheim report no affect on their business due to the low cost competition. Steve Condon, the manager of the nearby Anaheim Racquetball Club, says, "Pay 'N Play doesn't cut into our business at all. The guy who put it up really missed the boat. It's not a nice facility at all, and doesn't really have anything to offer." A nearby Wallbangers also reports no business problems. "I guess players must go somewhere else if all our courts are full," says employee Lesa Banta. "But we haven't noticed any difference in business."

Since these two court clubs open their courts to the public at prices ranging from \$2.50 per person per hour to \$4.50 per person per hour, depending on the time of day, compared with Pay 'N Play's charge of \$5 per hour for any number of persons at any hour of the day, it seems that cost alone will not keep racquetball players away from traditional court clubs. Probably, there is a wide enough range of interests among racquetball players to keep both vending machines and regular clubs in business. As Hohl suggests, "If you run your court club well, you'll have no problem. If you wait for things to happen, you're in trouble. It's like anything else. If racquetball is overbuilt and a club is poorly managed, a slump will occur. But there will always be a base market for racquetball. It's an excellent sport, and there's no reason that a well-run club shouldn't make a profit."





Racquetball In Toronto

Squash and tennis no longer dominate in this fast-growing Canadian city.

By Heather Kirkwood

Toronto, capital of Ontario, is eastern Canada's fastest-growing city. Its constantly changing skyline reflects the prosperity and exuberance of its 2.8 million inhabitants.

In the downtown area, 40-story office complexes and high-rise apartments stand be-

tween carefully renovated Edwardian buildings—reminders of Toronto's solidly British heritage. And above the entire scene rises the 1,815-foot CN Tower, the world's tallest freestanding structure.

Toronto has always been a sports-minded city, especially when it comes to hockey. Fans crowd into Maple Leaf Gardens each week during the season to cheer on their Maple Leafs.

While hockey remains Toronto's leading professional sport, fans also turn out for all the Toronto Argonauts Canadian Football

Toronto skyline dominated by the CN Tower, the world's tallest freestanding structure.

Photos courtesy Toronto Convention Bureau





Toronto

League games, and the Toronto Bluejays baseball games. But those are spectator sports. Toronto also has an interest in participation sports.

A decade ago, the Canadian government began stressing the importance of exercise and physical fitness. Its campaign, labelled PARTICIPATION, encouraged all citizens to get involved in some form of recreational activity. Its infamous television ad, with its unflattering comparison between a 30-year-old Canadian and a 60-year-old Swede, stung many previously sedentary people into action. Toronto's amateur sports benefited tremendously from the resulting fitness boom of the early 1970s.

All over the city, men, women and children started jogging, cycling or cross-country skiing. Participation in most amateur team sports doubled. Toronto parks are still filled with runners and families of cyclists. In winter, skiers roam 23 miles of cross-country trails set up within the city limits, while skaters swirl around the huge rink in front of City Hall. With such a strong fitness background, it's not surprising Torontonians have adopted the newest sport—racquetball—with such enthusiasm.

"Racquetball in Toronto is booming," confirms Ed Wiseman, co-founder of the provincial association, Racquetball Ontario. "The game is expanding here brutally. Right now there are 30 city clubs, averaging eight to 15 courts (the largest has 20 courts) and at any given time there are a couple of new clubs under construction."

"When I started playing 12 years ago," he recalls, "the only available courts were in the local YMCAs—and those were really for handball. We couldn't play racquetball in prime time, during lunch hours or after work, because the handball guys had all the courts. We weren't popular. The handballers said our racquets messed up the walls."

Despite the inhospitable atmosphere, Toronto racquetball enthusiasts continued to sneak into handball courts whenever they could. The new game, advertised solely by word of mouth, quickly grew in popularity. Wiseman and his business partner, Jack Armstrong, became two of its most ardent exponents. "We both fell in love with racquetball from day one. We tried to join a local association but there wasn't any, so we just kept on playing whenever we could," says Wiseman.

In 1972, the two partners heard about the Canadian Racquetball Championships taking place that year in Halifax, Nova Scotia. They decided to enter. While there, they attended a Canadian Racquetball Association meeting. At that time racquetball was an almost unknown sport in eastern Canada.

The West, centered around Edmonton, totally dominated the game, and the CRA was run mainly by Edmonton players. Eastern representatives were urgently needed to build up the organization nation-wide.

Wiseman and Armstrong volunteered to join the CRA executive committee. Armstrong was named Director for Ontario, and Wiseman became CRA Treasurer, an office he held for six years.

"Of course," Wiseman says, "you must realize how small the CRA was then. In those days we knew personally almost every competitive player in Canada."

When Wiseman and Armstrong returned home from Halifax, in addition to their CRA duties, they decided to form a provincial association—Racquetball Ontario. Today, Racquetball Ontario has grown to 700 members. This is still a small percentage, considering there are approximately 35,000 Ontario residents who play recreational racquetball, with 17,000 to 18,000 of the players living in the Toronto area.

"At the moment, our members are competitive players who join to be eligible for provincial tournaments. But we're now in the throes of getting racquetball players into the Association," Wiseman says. "We're planning to charge each Ontario club \$100 annually per court, with every club member automatically receiving a Racquetball Ontario membership. We decided upon \$100 per court because clubs must have at least 100 players per court to stay in business. That breaks down to only one dollar per person. It will be each club's choice as to whether to charge their individual members one dollar more annually or whether to absorb the total cost themselves."

Wiseman anticipates no problems in selling the new system to Ontario club owners. "The clubs will cooperate," he says, "because of the services Racquetball Ontario provides. It runs tournaments, exhibitions and coaching clinics. Also, whenever a new club opens, the Association helps it host an introductory tournament."

Though eastern Canada still lags somewhat behind the western areas in terms of high-level racquetball players, that gap is steadily narrowing. Several top national competitors play out of the Toronto area. Brian Valin and Manny Gregorio are ranked fourth and fifth respectively in the country. And in the women's division, Toronto provides a home base for Canadian champion and world's best female player, Heather McKay.

Three years ago, Ontario implemented a junior development program in racquetball, and already the system has paid dividends. At the 1979 Canada Winter Games, the Ontario Racquetball Team won the gold medal. Currently the province's most exciting junior prospect is 14-year-old Donna Allan of Toronto.

In Toronto, mass participation in racquetball has exploded despite fierce competition from other racquet sports. The city has been

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Ontario Place is a 96-acre entertainment complex built on three man-made islands in Toronto Harbour.

called the squash capital of North America, and the game remains popular here. But, though squash will never disappear because of racquetball's popularity, squash clubs are feeling the pressure. A couple of clubs have had to close their doors within the last couple of years.

The conflict between squash and racquetball didn't occur overnight. At first, the two games attracted different types of people. Squash players came from wealthier back-

grounds. But this financial division isn't as apparent now. Also, many former squash players have switched to racquetball. This is especially true of less successful competitors who found that their squash training made them good racquetball players almost immediately.

Tennis, too, is losing the battle to racquetball. Toronto has lots of city tennis courts, but these stand empty a great deal of the time. And some private clubs only offering tennis have been forced to shut down.

Generally racquetball is less expensive than either squash or tennis. The average price of an annual pay-as-you-play racquetball club membership is approximately \$125, with courts costing \$6 in non-prime time and \$8 in prime time. Unlimited-play memberships run about \$350 per year. Squash memberships start around \$350-\$400, while tennis memberships sometimes cost over \$1,000.

Racquetball has become such a significant factor in the city that most new clubs under construction now are being built for racquetball only, while established tennis or squash clubs are adding racquetball courts to their existing facilities. One such "mixed" club is the five-year-old Ontario Racquet Club. "Initially our club was tennis only," explains manager and tennis pro, Wayne Pack. "We had a few squash courts, but we didn't sell squash memberships. The club was set up as a flat-rate tennis facility whose members could play squash for free if they wished."

The 1,800-member Ontario Racquetball Club has seven indoor and eight outdoor tennis courts, and tennis remains a major part of club operations. But last October, five racquetball courts were added. Pack says, "We decided to put in racquetball courts mainly because we wanted to get into a new field. Some Toronto tennis clubs are having

financial difficulties because they deal only in tennis. As a sports club, our job is to provide all areas of fitness—and the addition of racquetball courts provides another service for our members."

The Ontario Racquet Club found space for its five racquetball courts by appropriating one of the indoor tennis courts. The construction company they hired used a special type of wooden wall which, while acting like normal racquetball walls, cuts down on the noise factor, so the tennis players wouldn't be disturbed.

The idea of renovating the club's interior was much more feasible economically than building new courts. "It cost \$115,000 to put in our five courts. Building racquetball facilities from scratch costs about \$75,000 per court," says Pack.

So far the tennis members haven't objected to the elimination of one of their courts, perhaps because Pack is arranging to add a bubble for the outdoor tennis courts. "In the future we won't add any more racquetball courts unless we can get more tennis courts," he says.

Before the racquetball courts were completed, 30 memberships had been sold. And club management is so firmly convinced of the game's future, they've already hired a full-time racquetball pro.

At most mixed clubs, squash players seem to have the lowest profile. Tennis members show all the confidence of participants in a long-established, highly-publicized sport, and racquetball enthusiasts also make their presence known. "Squash members feel like third class citizens because the other sports—especially tennis—tend to dominate in mixed clubs," says Pack.

At all Toronto clubs, male racquetball players greatly outnumber female participants. Currently about 65 percent of Toronto players are men, though more and more women are learning the game every month.

Private industry in Toronto strongly supports the new sport—possibly because so many business executives play racquetball. Racquetball Ontario has no trouble finding tournament sponsors. Wiseman says, "Companies are very willing to sponsor tournaments. Labatts is into racquetball in a big way here and Coke sponsors our junior tournaments."

Toronto's racquetball future looks secure. Though Canadian winters make construction an expensive proposition, new clubs are continually being built. Wiseman states, "It costs \$1 to \$1½ million to build a club here, but despite such prohibitive figures it's still definitely a seller's market. I'm not sure when—or even if—a saturation point will ever be reached. We're an awfully big city and expanding. And the distance between clubs is still great. We're not building on top of each other. Most clubs are literally miles apart."

Wayne Pack also is extremely optimistic about the game's future. "Racquetball will grow here," he predicts. "People in Canada aren't really into racquet sports yet. I believe the real racquetball boom is still to come."



Toronto's claim to racquetball fame is women's national champ Heather McKay.

TOURNAMENTS

Catalina Classic

Photos by Milo Muslin and Joe Carini



Jerry Hilecher connects on a backhand pinch shot to score a point against Marty Hogan in the finals of the \$15,000 Catalina Classic at the Honolulu Club in Honolulu, Hawaii. It was one of the few points Hilecher had to cheer about as Hogan easily won, 21-15, 21-8.

By Ben Kalb

To win the \$15,000 Catalina Racquetball Classic at the \$12 million Honolulu Club meant more than prize money to the top four male touring pros. The Honolulu stop was the fifth on the season tour and up until that point, Marty Hogan, Mike Yellen, Dave Peck and Jerry Hilecher had each won one event. "The winner here has the edge on the number-one ranking," said Peck prior to the event.

But when it comes to edges and number-one rankings, you don't often bet against Hogan, and even though he hasn't been tearing up the tour as he did the last couple of years, he is still the top player in professional racquetball.

And when all the sunburns had turned to tans, and the evenings at the Waikiki hot spots were over, there was Hogan once again atop the rankings with a 21-15, 21-6 victory over Hilecher in the finals.

Hogan's victory over Hilecher had been easy. It was his second round match against John Egberman and his semifinal match

against Peck that almost knocked him out to the beach early.

Egberman, an 18-year-old rookie out of Boise, Ida, gave Hogan as much as any number-one player could handle, and had the crowd screeching for an upset. Hogan finally prevailed 21-19, 15-21, 11-5.

Egberman drove out to a 5-0 lead in the first game, only to see Hogan turn it around 6-5. The two players were knotted at 16 before Hogan led 20-16. Egberman scored the next three points before Hogan scored the decider.

Hogan led 7-0 in the second game but Egberman cut it to 9-8. The two players were tied at 14 before Egberman ran away with it, outscoring Marty 7-1.

Hogan led 4-0 in the tiebreaker and upped it to 10-3 before closing it out.

Those close to Hogan said his mind wasn't on Egberman, that Hogan preferred instead to think ahead toward a possible semifinal meeting with Peck. "I have to play really tough against Peck," Hogan said. "He's the one I'm most afraid of on the tour."

Egberman, on the other hand, was playing

Hogan for the first time on the tour and was obviously psyched up. His backhand pinch shots were on target as were his forehand kills from back court. The men's pro tour is at a point now where Hogan can't let his concentration down too much or he will lose.

After defeating Lindsay Myers in the quarters, 21-12, 21-15, Hogan and Peck met in the semis before Marty won 21-19, 14-21, 11-5, in what was the best match of the tournament.

Peck had advanced to the semis with a 21-15, 21-2 decision over Davey Bledsoe.

Peck led 11-4 in the first game against Hogan but Hogan tied it at 13. Hogan then led 17-13 and 20-14 before Peck cut it to 20-19 on three kill shots and two skips. Hogan then scored the winner on a passing shot.

Hogan led 3-0 in the second game but Peck soon dominated. He led 10-8. After Hogan evened things up at 10, Peck scored the next seven mainly on backhand kills and led 17-10. Hogan cut it to 18-14 but Peck scored the final three points on Hogan skips.

Peck led 3-0 in the tiebreaker before Hogan evened things up at 3-3. Peck did not score

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any points on his next six serves and Hogan took a 5-3 advantage. At 5-5, Hogan scored two quick points on a passing shot and a pinch and that seemed to spell the end for Peck. Hogan scored the final four on passing shots.

"I got conservative," said Peck afterwards. "You can't do that with Marty. I missed the chance for the shots. I didn't go for it when I could have."

"The difference was that I controlled center court more than Dave," said Hogan.

The finale was somewhat anticlimactic. Even before the match, Hogan said of Hilecher, "I am better at everything than he is except stalling. If I can play half as well as I can I will win. If I lose, I will retire."

Hilecher had advanced to the finals by defeating Steve Strandemo, 21-13, 19-21, 11-8, in a three-hour match. Strandemo had earlier destroyed an old nemesis, Craig McCoy, 21-4, 21-1, in the most lopsided score of the season. At 20-0, the crowd was cheering for McCoy to get a point.

Hilecher defeated Larry Meyers in the semis, 21-18, 21-18. Meyers upset Mike Yellen in the quarters, 20-21, 21-13, 11-7.

The Hilecher-Meyers match was everything the Peck-Hogan match wasn't.

Hilecher complained loud and often and stalled in both games. It may have unnerved Meyers, who had leads of 18-15 in both games before losing.

The match was so dull, a writer from the *Honolulu Advertiser* described it as "one long time out."

Hilecher, who has defeated Hogan once this season, drove out to an 8-0 lead in the first game before Hogan ran off five points. Hilecher led 11-5 but Hogan passed him at 14-12. At 16-14, Hogan won it on three kills, a pinch and dink shot. The second game was no contest. Hogan led 5-0 and 14-1 before coasting in. Hilecher skipped in the last five points.

Ed Andrews defeated Gerry Price in the men's open division and Lydia Emerick defeated Lorna Naluai in the women's open finals.

First Round

Hogan def. Morrow, 21-8, 21-6; Egerman def. Wickham, 21-1, 21-13; Koltun def. Levine, 21-20, 17-21, 11-4; Myers def. Merritt, 21-10, 4-21, 11-8; Wagner def. Price, 21-6, 21-9; Bledsoe def. Berberet, 21-13, 21-13; Fleetwood def. Hawkins, 14-21, 21-7, 11-3; D. Peck def. Kaihlanen, 21-6, 21-13; Hilecher def. Serot, forfeit; G. Peck def. Harnett, 21-6, 21-6; McCoy def. Factor, 14-21, 21-17, 11-5; Strandemo def. McDowell, 21-12, 21-8; Meyers def. Thomas, 4-21, 21-17, 11-9; Cohen def. Romo, 21-11, 21-8; Dunlap def. Brumfield, 20-21, 21-18, 11-5; Yellen def. Harvey, 21-10, 21-18.



Hilecher is not signaling for the peace sign here. He's trying to tell the ref that Hogan's get came on two bounces. The ref agreed.



One of the toughest matches of the week came in the second round when Hogan went to a tiebreaker before defeating teenager John Egerman. The match had the audience screaming in their seats.



The vocal Hogan this time takes his anger out on the ball while an amused Dave Peck looks on. Hogan defeated Peck in the semifinals, 21-19, 14-21, 11-5.

Second Round

Peck def. Fleetwood, 21-7, 21-7; Bledsoe def. Wagner, 21-14, 21-18; Strandemo def. McCoy, 21-4, 21-1; Hilecher def. G. Peck, 21-14, 21-18; Yellen def. Dunlap, 21-9, 21-14; Meyers def. Cohen, 21-8, 21-11; Myers def. Koltun, 21-17, 21-20; Hogan def. Egerman, 21-19, 15-21, 11-6.

Quarterfinals

Hogan def. Myers, 21-12, 21-15; Peck def. Bledsoe, 21-15, 21-2; Hilecher def. Strandemo, 21-13, 19-21, 11-8; Meyers def. Yellen, 20-21, 21-13, 11-7.

Semifinals

Hogan def. Peck, 21-19, 14-21, 11-5; Hilecher def. Meyers, 21-18, 21-18.

Finals

Hogan (\$4,500) def. Hilecher (\$2,500), 21-15, 21-6.

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HIGH LEVEL HEALTH

By Ben Kehr

Editor's Note: The author is a fitness instructor and health consultant in Boise, Ida.

We have all known or have read about famous athletes who can eat anything—Big Macs, Ding Dongs, Coca-Cola, cupcakes—and still perform at maximum ability. But what about the less famous athletes? What about you and me?

Try and set aside your passion for hot dogs and french fries for a moment and assume that there may be a shred of evidence supporting a "High Level Health" approach to life. Possibly, just possibly, this approach may improve our racquetball game as well as help us live longer, more productive lives.

What is High Level Health and how can it help your racquetball game? High Level Health, a concept developed by the Sun Valley (Idaho) Executive Health Institute, brings together sound knowledge in the areas of nutrition, physical conditioning and stress management. In other words, a holistic approach to a healthier lifestyle.

Elements of High Level Health:

1. Individual Responsibility
2. Nutritional Awareness
3. Physical Fitness
4. Controlling Stress

You may have the greatest coach in rac-

quetball history and the finest equipment available, but unless you are willing to make that total commitment and assume personal responsibility for your game, consistent success will remain elusive.

High Level Health makes these underlying assumptions:

- A. Don't give up anything until you're ready.
- B. Avoid the "swallow it whole" idea. In other words, you do not have to agree with or totally accept the recommendations our program will make.
- C. Slow, gradual changes are best.
- D. A successful healthy lifestyle is something you become, that becomes a part of you for the rest of your life, not something you try on for awhile.
- E. If a health program is not fun, don't do it!

This last assumption has specific application to racquetball. One of the greatest advantages of racquetball as a form of exercise is that it is fun. Beginners as well as advanced players are able to enjoy the game and obtain physiological benefits at various skill levels.

Fitness

Consider racquetball as a physical fitness activity. Calorie-wise, a fast game of racquetball uses up 9.5 to 10.5 calories per minute. High Level Health emphasizes cardiovascular and respiratory fitness. Your total fitness program should provide you with the ability to

carry on your daily tasks with an abundance of energy yet you will still have a reserve capacity to enjoy a fast game of racquetball and to safely meet unexpected emergencies that require maximum effort.

Your fitness program should include an aerobic form of exercise, a progressive resistance program for strength development, and a segment to increase your flexibility. A typical five-part program might look like this:

1. A full range of movement.
 2. Cardiovascular warm-up. Mild warm-up exercises designed to enlarge the arteries of your heart and prepare muscles for more vigorous cardiovascular exercise.
 3. Aerobic cardiovascular exercise: running, racquetball, cycling, rope jumping, swimming, aerobic dance, stationary bicycle. Any activity which raises your heart rate to the recommended training rate for the prescribed length of time.
 4. Cardiovascular cool down. This is designed to bring your heart rate, blood pressure and muscle activities into a gentle recovery state.
 5. Resistance training/calisthenics for strength, balance, and coordination development.
 6. Anaerobic conditioning.
- Depending upon how you play and the specific type of conditioning you want, racquetball can be either anaerobic or aerobic.

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Continued from page 49



A surprise semifinalist in Honolulu was Larry Meyers, who upset Mike Yellen in the quarters before losing to Hillecher in the semis.

Schoeber's Classic

Mark Morrow defeated Charlie Brumfield, 15-11, 6-15, 11-7, to win the Schoeber's fifth annual Christmas Classic in Fremont, Calif.

Morrow took home a check for \$1,000 and Brumfield collected \$500.

Morrow advanced to the finals with a 15-12, 4-15, 11-10 win over Steve Lerner and Brumfield defeated Brett Harnett, 5-15, 15-3, 11-5

in the semis.

Marci Greer won the women's pro division with a 19-17, 15-6 win over Karin Walton-Trent. Greer defeated Linda Prefontaine, 15-6, 15-11, and Walton-Trent defeated Lynn Adams, 15-14, 15-0, in the semis.

Greer collected \$800 and Walton-Trent picked up \$400.

Tom Haskell defeated Willie Krause, 6-15, 15-2, 11-8 and Terri Gilreath defeated Holly Ferris, 15-2, 15-9, in the open division finals. Adams teamed with Jim Carson to defeat Walton-Trent and Larry Myers in the mixed doubles and Stan Wright teamed with Steve Trent to win the open doubles over Carson and Mark Martino.

Etc.

● T. Haskell def. B. Whitehead, 21-9, 21-2 and C. Moore def. S. MacInnis, 21-7, 21-3, in the open divisions of Creative Tournaments racquetball event at the Raintree Athletic Club in Fresno, Calif.

● J. Mack def. G. Sheffield, 21-18, 21-17, in the men's open singles of the Arrowhead Athletic Club tournament in San Bernardino, Calif.

● Gary Valinoti def. Ray Gonzalez in the finals of the Grand Prix Series at Racquetball Fifth Avenue in New York City.

● Glenn Allen defeated Angel Sandoval and Geneva Allen defeated Jean Thurber in Okinawa Racquetball Association Christmas tournament at Torii Station. The Allens then won the mixed doubles title from Jim and Faye Womack and Glenn teamed with son Craig to win the open doubles over Dave Chambon and Preston Kay.

In analyzing the racquetball player's need for improved strength without loss of full-range flexibility and range of motion, weight machines such as Nautilus are excellent, as they are designed to fully strengthen a specific muscle group in a high-intensity manner. Exercise researchers have concluded that strength can be developed best in a program emphasizing full-range, variable resistance high-intensity exercises on these machines.

Nutrition

High Level Health promotes a dietary philosophy which emphasizes eating fresh, whole and minimally processed or under-processed foods as much as possible. Try to consume

Did you know that vegetarians have lower levels of serum cholesterol (which can contribute to heart disease), less incidence of cancer, greater capacity for physical endurance, and typically have their first heart attack 10 years after the national average?

1. Watch total calories for weight control. A very active person should multiply his or her body weight by 15 to get an approximate daily caloric intake to maintain that weight. Remember, a pound of fat has 3,500 calories. Exercise and proper diet can make the difference.

3. Eat less cholesterol. Be careful of too many eggs.

5. Eat less sugar. We have many false beliefs about sugar as a quick energy food.

6. Eat less salt.

Stress Management

We would be remiss in our commitment to helping you reach a desired level of High Level Health if we failed to discuss that old health nemesis, stress, and how to cope with it.

Stress may be defined as our body's reac-

Your reaction to a stressful day may take many forms. A cold beer, one or two highballs, or perhaps even a mild tranquilizer, are, unfortunately, too often the stress reducers of choice.

How does your body react to stress? Remember the "fight or flight" syndrome you studied in school? Although we are not being attacked by saber-toothed tigers, as our ancestors were, modern-day stresses still create similar physiological reactions.

1. Blood pressure increases

2. Heart rate increases
3. Breathing rate increases
4. Metabolism increases
5. Adrenalin, etc., flow into bloodstream (helps prepare you for fight or flight)
6. Blood flow to extremities.

Can we reduce your stress levels? Yes. Are you in control of your life or are outside influences controlling it? Do you hear yourself saying, "I have to," or "If I don't do it, who will?" Or how about, "I would love to play more than once a week, but I'm just too busy." To find time for ourselves is a necessity for survival.

Be sensitive to yourself. Tension headaches and upset stomachs are physical manifestations of stress. They are real. You must

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go beyond those symptoms to the cause. Try to resolve the cause of the stress.

Until the cause is understood and dealt with, exercise—a good game of racquetball—and relaxation techniques can help you cope in a healthier, more beneficial way. Diet has an important relationship to mood and coping ability. Relaxation techniques such as TM, biofeedback relaxation techniques, and Yoga can also make a significant contribution to helping you cope.

Application

Though by no means a scientific experiment, in the winter of 1980, the Courthouse Racquetball Club in Boise, Ida., in conjunction with the Idaho Sports Medicine Institute began a High Level Health training program for a selected number of racquetball players, including pros Sheryl Ambler-Kent and John Eggerman.

Under the direction of Dr. George Wade, director of the institute, and Jim Moore, exercise physiologist, each participant was given a pre-test:

- a. Percentage of body fat analysis
- b. Upper body strength test (pull-ups/dips) and grip strength
- c. Lower body strength and endurance using a Cybex machine
- d. Sit-up strength
- e. Trunk flexion
- f. Maximum oxygen consumption
- g. Aerobic condition.

The training program, which lasted 12 weeks, had as its primary objective an improved level of strength, flexibility and aerobic fitness in all participants, while reducing the percentage of body fat.

The weekly program began at 5:30 a.m. on Monday, Wednesday and Friday, with aerobic runs lasting from 40 minutes to one hour in duration, followed at 6:30 a.m. by 30 to 40 minutes of intensive Nautilus training and flexibility training conducted by Ronda Bowden, a Boise dance instructor.

The stretching and limbering movements taught in dance classes proved invaluable in improving the over-all flexibility of the group. On Tuesdays and Thursdays, the group did push-ups and jumped rope for conditioning, but concentrated on improving their racquetball skills with programs designed by Courthouse Club manager, Bob Petersen.

In 12 weeks, the most dramatic results were in the areas of upper body strength and percentage of body fat reduction. Moderate improvement was seen in aerobic conditioning and increased flexibility for all participants. There seemed to be a direct correlation between the improvement in strength and the degree of intensity various individuals applied to their weight machine workouts.

In a relatively short period of time, we were able to say with confidence that High Level Health can make a significant contribution to players' level of fitness and state of readiness. The rest is up to them.



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CLUB NEWS

RACQUETBALL SPA, Fairfield, Connecticut



The last day in October had been gloomy and cold, and the business district was practically deserted. But from an old factory building came cries and the thwack of repeated blows. Inside, a surrealistic racquetball tournament was in full swing. On one court, a dour-faced New England farmer and his equally long-faced wife had stepped down from their Grant Wood painting to compete in a tough doubles match. On another court, a maitre d' in tuxedo and tails was soundly trouncing his busboy in the men's singles.

This bizarre scene took place at the Racquetball Spa's Halloween costume tournament. The factory building "look," appropriate for Halloween, was completely authentic, as the club was built in a converted old furniture mill. "We cleared away all the cables, compressors, electrical hook ups and old walls," says Eugene Rosen, the manager. "Inside we built a complete spa and racquetball center, but outside it looks the same as it has for 40 years."

The club opened in 1979 as the only racquetball center in the area. "The community was not indoctrinated to racquetball at all," says Rosen. "There were just a few hardcore racquetball players from

the Italian Community Center and the Jewish Community Center." Rosen changed this situation by enticing new players with the club's 12 racquetball courts, a Nautilus room, restaurant, bar, spa, and even babysitting facilities complete with a mini-racquetball court for children three to seven years old.

"It's exactly one quarter the dimension of the regular court, and is supervised by the babysitter," says Rosen. "The kids love it."

The club runs its tournaments, ladders, and round robins on a sophisticated handicap system. Rosen explains, "We use the Talbot 2100 handicap system. Everyone gets rated, and the ratings go through the computer which prints out the handicap. If a B player has a handicap of 1600, and an A player has a handicap of 900, there's a seven point difference. This means the B player starts with a 7-0 lead. It takes a couple of months to get this all set up, but most games go to tiebreakers."

Although the club has open as well as in-house tournaments, the competitive level of the club players is still low. "We have 2,500 members," Rosen says, "But only a dozen that compete in open tournaments. We have no A players. They're all too new."

TRI-STATE RACQUET CLUB, Evansville, Indiana

In 1976, when Woodie Sublett decided to build a new racquetball club, no one in Evansville had even heard of the sport. So Sublett gave a series of talks to the Rotary Club, Kiwanis Club, and other organizations. "It was really the blind leading the blind," says Sublett. "I had never even picked up a racquet. But I saw what was going on in St. Louis and Chicago, and I figured now was the time to get started."

Sublett's selling job was almost too successful. "We opened over the Christmas vacation, and all the kids from college came and tried it. I wasn't prepared for the number of people who joined," Sublett says. "When we opened our tennis club, it started with 50 members and grew very, very slowly. With racquetball, we had 2,000 members in three months. I didn't have time to train enough desk people, and we had problems with the locker rooms."

Sublett no longer has these problems and the interest in racquetball has begun to level off at the club. Now the club concentrates on programming to keep its membership growing.

"We just hired a full time special events person and league coordinator," Sublett says. "She's been planning lots of league events, and she developed a sounding board where we can try out our ideas on members and hear their suggestions. We also started Wallyball (volleyball played in a racquetball court). It's not a thing to build a whole club on, but it's another way of getting income from the courts."

The club hosts in-house tournaments and open tournaments. In the last one, the Tri-State Racquetclub Winter Open, which drew 92 entrants, the winners were:

Men's Open: Randy Embry
Men's Bs: Rod Hicks
Men's Cs: Patsy Graham
Men's Seniors: Randy Embry
Women's Cs: Terry Griggs

One may wonder how a Patsy Graham could show up in the Men's Cs. "She's too strong for the women," explains Judy Kuhlman, the program coordinator. "She's a superb player, one of our four best. She plays on the state level." The club is currently planning another open tournament in March, which will offer \$3,000 in prize money.

Sublett thinks the playing level in the club is just now becoming more competitive. "We started with handball players who converted. Now we're getting more A players," she says. Kuhlman adds, "Although we lack real competition, we do have all the strong players in Evansville. When our players went to a tournament in Terre Haute, we won everything."

CAROLINA COURTS, Raleigh, North Carolina

Jim Adams, owner and manager of Carolina Courts, used a highly effective method for educating the people of Raleigh when he opened the city's first court club two years ago. Instead of using the traditional radio and newspaper advertising, Adams had a portable three-wall plexiglass racquetball court constructed, which he then used to put on racquetball demonstrations at local shopping centers. "The noise of the balls hitting the glass attracted a lot of people, and it gave us the chance to pass out brochures. It generated a high level of interest," Adams says.

Since the club introduced Raleigh to racquetball in 1978, the sport has grown quickly. A second club opened in Raleigh, and five or six other clubs opened in nearby cities in the past year. "There's no slump in racquetball here," Adams says. "Racquetball is too new to North Carolina. Fifty percent of the people here in Raleigh still don't know what it is."

The club has developed several programs to keep its membership growing, including a ladies racquetball association, dedicated to the growth of women in the sport, and a family night. "On Friday and Saturday night we discount court time 50 percent to members of an immediate family, such as a husband and wife, father and daughter, or wife and son. This has been extremely popular," Adams says.

The club also has three tournaments a year. In the most recent tournament, the Second Annual Old South Classic Invitational, the winners were:

Men's Open: Jim Bailey
Women's Open: Andrea Katz

The club's two teaching pros are Larry Matus, the current city champion, and Randy Watkins, the North Carolina state champion, who teaches only advanced players. The club also sponsors pro Norman Chambers, who plays in tournaments around the state.

Despite the growth of interest in racquetball, North Carolina players are still not wholehearted fans of the sport. "We have a strong tennis and golf industry here. When it's warm, the people head outside, so racquetball is a six month sport," Adams explains. "The players in this part of the country are not committed yet to racquetball. Most of them have another sport they play regularly. As the sport grows, though, I'm sure people will appreciate its physical fitness benefits and make it their primary sport."

SAN FRANCISCO BAY CLUB, San Francisco, Calif.

San Francisco's small, congested downtown area has enthusiastically welcomed this multi-facility club, which now has 1,700 members and a waiting list.

Jim Gerber, an owner of Western Athletic Clubs, the company which developed the San Francisco Bay Club, explains why the club is so popular. "We felt that people in their twenties to fifties were looking for a new generation of athletic clubs which had great facilities, sociability, status, and a private clubbiness atmosphere without being an old line men's club," he says. "We tried to respond to this need, and we did. We sold out three months prior to opening."

Since that time, Western Athletic Clubs has developed a second San Francisco area club, located in an old cold storage warehouse underneath Coit Tower, and has also developed two clubs in downtown Seattle. The company is now planning a fifth club in downtown Houston, and is also looking for existing facilities to develop.

Gerber says the company's success is due to its attempts to meet the needs of club members. The San Francisco Bay Club, for example, offers racquetball courts, a professional size basketball court, a large swimming pool, three squash courts, tennis courts, weight rooms, exercise rooms, and a sundeck. Racquetball tournaments are another attraction. Among many other events last year, the club sponsored the San Francisco Open Tournament and the Corporate Fitness Challenge Tournament, in which 32 companies sponsored teams to compete for prizes. This year, the club is planning a tourney for attorneys aimed at the 6,000 or so lawyers in San Francisco.

The club offers a range of other diverse programs, including wine tasting and river rafting trips, buses to the Raiders, 49ers, and Giants games, seminars on how to watch football, and lectures by podiatrists and orthopedists. "We do as much as our aggressive members love to do," says Gerber, "And they suck everything up."

Etc.

- The 16,000-square foot Chicago Health and Racquet Club opened in Deerpath Business Park in north suburban Vernon Hills, Ill. The club will have two racquetball courts.
- Wayne Goeldner has been appointed fitness and health specialist for Chicago's Lakeshore Center.
- Ken Goldberg has been named pro at the Pittsburgh Racquet Club in Monroeville, Pa.



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COLLEGE COURTS

Yale University

Squash is still king at Yale University in New Haven, Conn. "Part of being ivy league is to be playing squash," says Ed Mockus, director of intramural activities at Yale. However, racquetball has started to make a few inroads on this venerable institution. Mockus explains, "There is some talk of remodeling squash courts for racquetball. We have over 26 squash courts, and they're never all in use. It's difficult for racquetball to grow here because of the lack of courts. The eight racquetball courts on campus are actually non-regulation size handball courts. The building the courts are in is 50 years old, and there are no plans for building an additional facility." Mockus says that the squash players are not too alarmed at the idea of racquetball taking over their courts. "Squash is tremendously popular here, and losing a few courts won't indicate any drop off in interest," he says.

Although squash remains the leader, racquetball has already taken over from handball on campus. Joni Barnett, associate athletic director for physical education and recreation, says, "There's been a tremendous growth of interest in racquetball over the past five years. The eight

racquetball courts used to be used by handball players. Now they're 80 percent in use by racquetball players. We have over 16 hours a week of racquetball classes, and we have over 100 people enrolled."

Racquetball has also outstripped handball in the intramural activities. Mockus says, "The racquetball teams have been growing while the handball teams are shrinking. We have 12 racquetball teams of four women and three men per team. This is an expansion of our program from last year, when we had five players on each team. We have about 150 participants overall. Now there are only two handball teams, and interest really seems to be dying out." Squash, on the other hand, boasts two varsity teams as well as a huge intramural program. The racquetball intramural program schedules one or two in-house tournaments per season.

Yale does not yet have a racquetball club or compete against racquetball teams from other universities. "That would be the next development," Barnett says. "First a club has to emerge on the basis of student interest. This will happen when the students desire to have more competition. But it must be student-initiated."

though all of our courts are outdoors, the courts are filled every evening, even on rainy nights."

In addition to offering several racquetball classes which have round robins and doubles tournaments as part of the class, the University also has an intramural racquetball program and a racquetball club. The club had three tournaments last year, while the intramural program's tournament, which pits teams from fraternities, dormitories, and independents against each other, lasts all year. Eckdahl estimates that there are over 3,000 players on campus who use the three- and four-wall courts indiscriminately.

University of Minnesota

"We must have the worst facilities in the country," says David Pennington, president of the University of Minnesota racquetball club. "All we have is 10 courts underneath the old football stadium. They're old, the walls and floor are falling apart, they're dingy and cold. The courts are smaller than standard, and there's no ceiling. You can really only practice one shot—the kill shot."

Despite the poor facilities, racquetball's popularity is growing on this Minneapolis campus. The racquetball club has 60 members this year, and there is enough interest to run one tournament per quarter. Currently, one member of the club, David Szafranski, is trying to organize a racquetball team to play other Big Ten schools. And the club members try to counteract the bad effects of playing in the substandard courts by renting courts at private clubs five times a quarter. "We use money the university gives us and the club dues," Pennington explains. "The private clubs give us a special deal."

The racquetball intramural program is also popular, despite the poor facilities which date back to the 1930s. Roy Tutt, coordinator of intramural activities, says, "Last year we had 400 participants in our tournaments. We start the tournament each winter quarter, and they last all quarter long. They conclude in the spring with an all-university championship. Of course, we do have problems getting the matches played in the limited court space. Some of our courts are really not useable from a tournament basis."

Tutt has hopes that better facilities will be built in the near future. "We've requested money from the state legislature to build a new athletic facility, and the new facility would include racquetball courts. There's also a hope that when they begin playing football in the new Minneapolis domed stadium, they'll remodel the old stadium and include better racquetball courts."

Pennington is less hopeful. "We keep putting requests in for a new facility, and nothing happens. But I know we need better facilities to make racquetball really popular."

University of Florida

The University of Florida in Gainesville has a slightly different idea of what the game of racquetball is all about: they think it's a game that should be played on three walls. Jack Eckdahl, director of intramural sports for the University of Florida, explains, "We teach mostly three-wall racquetball because we just have more three-wall courts than four wall courts." U. of F. has 20 three-wall courts, most of which are also "short," that is, the two sidewalls extend only to the short line. Instructors at the university have gone so far as to produce a book on this variation. Called *Racquetball for All*, it was written by three associate professors, Bill Harlan, Al Moore, and Tim Scott. Harlan explains, "We wrote it mainly for our students, but it's attracted attention to three-wall racquetball all over the country."

Florida recently installed 12 new four-wall courts. Now, beginning students learn on three walls, and then graduate to playing on four walls. Eckdahl admits, "Most players would prefer the four-wall courts if they had started with it."

Despite the disadvantages of having mainly three wall courts, Eckdahl says that racquetball is one of the most popular sports on campus. "Racquetball has pushed handball out," he says. "Racquetball is the fastest growing sport. It first picked up when they introduced the string racquets, though we did have some paddleball before. Now it's hard to find a handball game. Even

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Short Shots

Honolulu Marathon

Jennifer Harding and Jean Sauser successfully completed the 26-mile, 385-yard Honolulu Marathon, becoming the first touring racquetball professionals to accomplish a run of such magnitude.

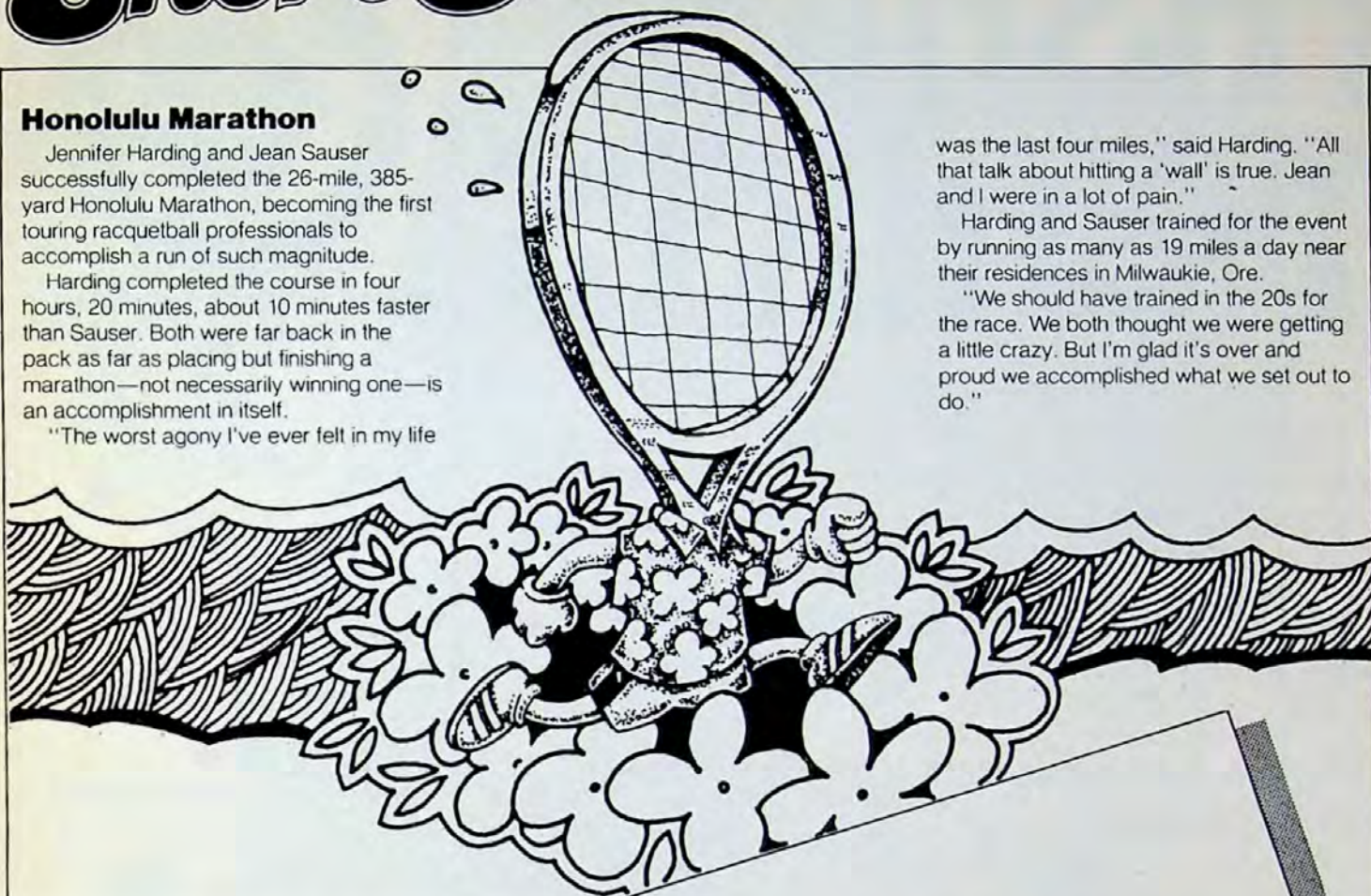
Harding completed the course in four hours, 20 minutes, about 10 minutes faster than Sauser. Both were far back in the pack as far as placing but finishing a marathon—not necessarily winning one—is an accomplishment in itself.

"The worst agony I've ever felt in my life

was the last four miles," said Harding. "All that talk about hitting a 'wall' is true. Jean and I were in a lot of pain."

Harding and Sauser trained for the event by running as many as 19 miles a day near their residences in Milwaukie, Ore.

"We should have trained in the 20s for the race. We both thought we were getting a little crazy. But I'm glad it's over and proud we accomplished what we set out to do."



Cooperative Effort

While some club owners seem to stress cut-throat competition with neighboring clubs, a group of 12 club owners in Southern California have a different approach to competition. They have joined forces in a cooperative effort to expand the number of players in their market.

Steve Grosslight of the Mid-Valley Racquetball Club and Spencer Garrett of the BKB Courthouses helped form the Racquetball Advisory Board, which utilizes funds contributed from participating clubs to "promote the sport of racquetball as opposed to promoting individual locations."

"We are so often busy promoting our own clubs, we forget the necessity to promote racquetball and fitness as general concepts," says Grosslight. "We see the Advisory Board as the vehicle to bridge that gap. Racquetball's tremendous growth is linked to its universal appeal."

The Racquetball Advisory Board uses revenue from participating clubs to buy advertising space in the local papers and air time on local radio stations. Dues are based on the number of courts in each facility.

For information contact Grosslight at Mid Valley Racquetball Club, 18420 Hart St., Reseda, Calif. 91335.

A Note From Joe

Now that Joe Robledo, Jr. has been released from Utah State Prison in Draper, Utah, we're not sure how many racquetball reports we will be getting from there. But before he left he wrote another letter informing us that the prison now has the Yosemite Sam Racquetball Club behind its walls.

"I am leaving this prison a better place than I found it," said Joe.

"I will be leaving soon but my second and third seeded partners will be here for another few years to continue promoting racquetball. This has definitely been the longest racquetball camp I've ever attended. But it was great having the library as the pro shop and the gym as the health spa."

According to Robledo, the prison held tournaments on Columbus Day, Veterans Day and Thanksgiving in 1980. "We managed to have at least 16 players each tournament," he reported. "Most of the players are novices. I usually hook the fish (new inmates) when they first arrive here."

Now, however, the Yosemite Sam Racquetball Club will be looking for a new leader. "Now it's time to go play racquetball with my wife and daughter on the streets," said Joe.

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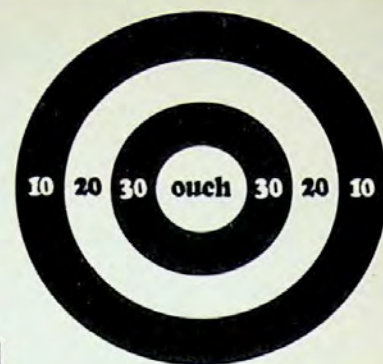
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FASHION RAC



The social side of racquetball becomes apparent when the players take off from their afternoon matches to have a few post-game cocktails at a nearby restaurant.

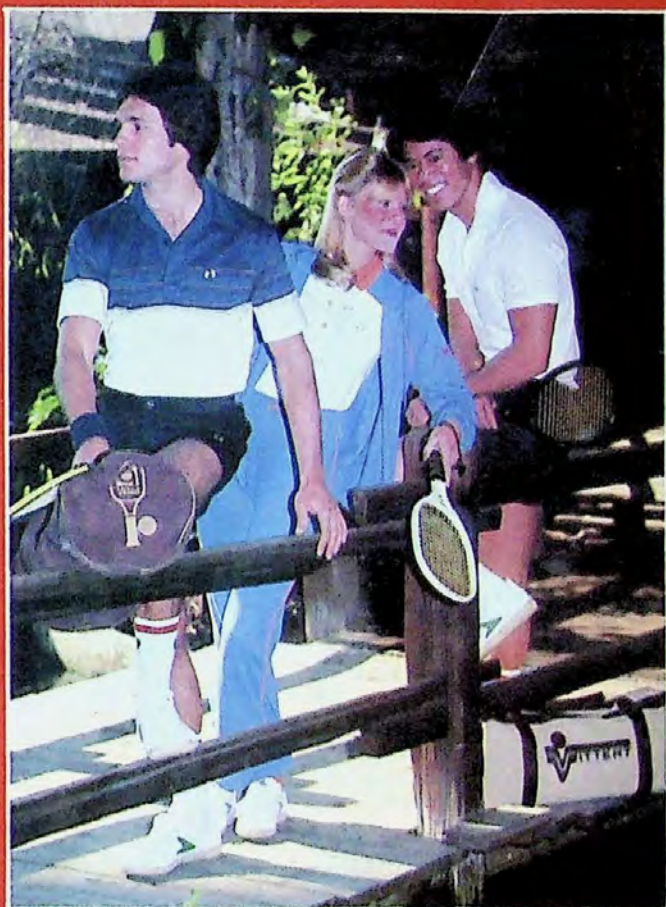
Wearing comfortable fashions from Hang Ten Sportswear, the cutthroat competition featured Bill Bumiller, Greg Schoon and Gil Zanklowitz. Lynne Larsen joined the threesome after the matches.

Bill (center) likes to lounge around in Hang Ten's short sleeve collar and placket shirt made of 50 percent cotton and 50 percent polyester interlock knit, **\$18.50**. Greg has a white and red short-sleeve collared shirt, **\$25**. Both are wearing corduroy walking shorts made of 84 percent cotton and 16 percent polyester, **\$18**. Lynne has on Hang Ten's smart looking blue and orange racquetball outfit made of 50 percent cotton and 50 percent polyester. Top is **\$17**, shorts are **\$13**.

Fashion directed by Aly Spencer
Photography by David M. King
Location courtesy Pieces of Eight restaurant
(Marina del Rey, Calif.)
Racquets by Hang Ten
Shoes courtesy of Bata
Eyeguards by Carrera
Bags/wristbands by Vittert



Gil thinks of sailing away in his white with stripes short-sleeve collar and placket shirt made of 50 percent polyester and 50 percent cotton, **\$26**. Corduroy shorts, **\$18**. Lynne has on a blue with white trim outfit made of 50 percent cotton and 50 percent polyester. Top, **\$22**. Shorts, **\$16**. Socks, **\$4**.



Bill changes into a navy-white cotton/polyester shirt with collar and placket, **\$25**. Greg prefers the plain white poly/cotton interlock knit shirt, **\$18.50**. Lynne has on Hang Ten's blue fleece warmup suit. The top sells for **\$36** and the bottoms **\$27**. The shirt is a poly/cotton combination, **\$21**.



Eyes left for three smart-looking racquetball shirts. Gil has on a V-neck knit top made of cotton and nylon, **\$18**. Note the colored trim around the collar. Greg has on a white with navy trim cotton-nylon shirt with collar and placket, **\$18**. Bill has a blue and white striped shirt made of cotton and polyester, **\$20**. All are wearing corduroy walking shorts, **\$18**.

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Southfield
Southfield Athletic Club, Inc.
26555 Evergreen
(313) 296-2200

Springfield
Sunshine Racquetball Club
3534 E. Shushine
(412) 883-4600

Sterling Heights
Sports Illustrated Court Club 12
42140 Vandyke
(313) 254-1012

Trenton
Racquet King Courts
1630 Fort Street
(313) 676-5850

Ypsilanti
Sports Illustrated Court Club 1
2111 Golfside
(313) 434-2111

MISSOURI

Creve Coeur
The Racquet Man, Inc.
11048 Olive Blvd.
(314) 567-5772

Springfield
Sunshine Racquetball Club
3534 E. Sunshine
(417) 863-4800

MONTANA

Helena
Broadwater Athletic Club
and Hot Springs
4920 Highway 12 West

NEVADA

Carson City
Capitol Courts, Inc.
3448 Bernese Court
Carson City, Nevada
(702) 682-9566

Las Vegas
Las Vegas Sporting House
3025 Industrial Road
(702) 733-8999

NEW HAMPSHIRE

Londonberry
Executive Court Club
1 Dargue Avenue
(603) 668-4753

Nashua
Off The Wall Racquet Club Inc.
596 West Hollis St.
(603) 889-5520

Portsmouth
Off The Wall Racquetball Club, Inc.
Albany Exit
(603) 431-1430

NEW MEXICO

Albuquerque
Supreme Courts
4100 Prospect N.E.
(505) 266-7781

Las Cruces
Tom Young's Racquet Club
305 E. Foster
(505) 526-4477

NORTH CAROLINA

Charlotte
Court Club of Charlotte
6420 Abernethy Rd.

Charlotte
Sports Illustrated Court Club 17
5501 77 Center Drive
(704) 527-0975

Greensboro
Sportime Racquet Club
P.O. Box 21667
(919) 275-2521

Raleigh
Carolina Courts
1207 Friar St.
(919) 832-5513

Raleigh
Highwoods Racquetball Club
2912 Highwoods Blvd.
(919) 876-3641

Winston Salem
Racquetball & Handball Club
of Winston Salem
301 Executive Park Blvd.
(919) 765-0691

NEW JERSEY

Bricktown
Kangaroo Courts
193 Chambers Bridge Road
(201) 477-8500

Chatham
Chatham Squash and
Racquetball Club
484 Sanborn Place
(201) 377-1900

Colonia
Supreme Courts
Racquetball Club
Colonia Shopping Plaza
Route 27
(201) 382-4994

Englewood
Court of Appeals
200 Grand Ave.
Garfield
(201) 227-4000

Garfield
Racquetball Plus of Garfield
83 River Dr.
Fairfield
(201) 227-4000

Ocala
Ocean Racquetball
& Health Club, Inc.
1602 Highway No. 35
(201) 531-9300

Randolph
Olympic Racquetball &
Health Club
Randolph Park West
(201) 328-0660

South Plainfield
Racquetball Club, Inc.
219 St. Nicholas Avenue
(201) 753-2300

Tom's River
Racquetball of Tom's River
671 Balchour Street
(201) 349-6100

Wall
What's Your Racquet
Atlantic Ave. bet. Rt. 35
& Rt. 34
(201) 223-2100

Wayne
Racquetball International
342 Paterson-Hamburg
Turnpike
(201) 942-9400

West Orange
Eagle Rock Court Club
426 Eagle Rock Avenue
(201) 731-9696

NEW YORK
Amherst
Boulevard Mall
Racquetball Club
1185 Niagara Falls Blvd.
(716) 833-5226

Buffalo
4 Wall Courts
580 Cayuga Road
(716) 632-1984

Cedarhurst
Executive Courts West
395 Pearsall Avenue
(516) 239-3500

Dewitt
Dewitt Clubhouse
Waterways Parkway
(315) 466-0376

Happauge
Off The Wall Racquetball, Inc.
320 Deser Avenue
(516) 231-3322

Howard Beach
Lindenwood Racquetball
82-12 151st Avenue
(212) 738-5151

Liverpool
Meadows Clubhouse
489 Hopkins Road
(315) 451-5551

New York
Manhattan Squash Club
1114 Ave. of Americas
(212) 669-8969

Patchogue
ABC Racquetball Courts, Inc.
620 Old Westford Ave.
(516) 475-3758

Rochester
Winton Racquetball Club
3120 South Windon Road
(716) 271-3700

Troy
The Troy Courts
3863 Rochester Road
(313) 689-5415

Utica
Courtland Racquetball
45100 Mound Rd.
(313) 254-1056

Westbury, L.I.
Health n' Sports
1020 Old Country Road
(516) 996-8855

Westvale
Westvale Clubhouse
3328 West Genesee Street
(315) 488-3126

OHIO
Chardon
Gaugu Fitness & Racquet Club
160 Parker Court
Rt. 6

Cincinnati
Pat Matson's Racquetball
Handball Fitness World, Ltd.
4790 Conwell Road
(513) 791-9116

Columbus
Arlington Court Club
5005 Arlington Center Blvd.
(614) 451-1930

Columbus
Courtside Racquetball and
Handball
1635 E. Dublin-Grandville
(614) 885-BALL

Columbus
Racquetball Club
2400 Park Crescent Drive
(614) 864-7676

Dayton
Dayton Circuit Courts Assoc.
1497 Shoup Mill Road
(513) 276-5959

Dayton
Dayton Circuit Courts East
3182 Roderbeck Drive
(513) 429-2819

Holland
Spring Meadows Court Club
6834 Spring Valley Road
(419) 866-1101

Kettering
Court Management Co., Inc.
1240 Ridgeview Ave.
(513) 294-5830

Kettering
Dayton Circuit Courts No. 2
5600 Kershore Dr.
(513) 435-3113

Madiera
Court House East Ltd.
8229 Camargo Road
271-3388

Massillon
Glove & Racquet
3885 Wakes Road, N.W.
(216) 837-9602

Moraine
Dayton Court House
2750 Bertwynn Dr.
(513) 294-0700

OKLAHOMA

Stillwater
Racquet Time of Stillwater
1225 N. Perkins Road
(405) 372-8655

Oklahoma City
Racquet Time Courts
6701 Wilshire Blvd.
(405) 721-9205

OREGON
Eugene
Court Sports 1
2510 Oakmont Way
(503) 687-2811

Eugene
Courtsports I
4242 Commerce Street
(503) 687-2255

Medford
Medford Superior Courts
727 Carley Ave.
(503) 772-3194

Milwaukee
Milwaukee Racquetball Club
4606 S.E. Boardman
(503) 659-3845

Ontario
Eastern Oregon Sports
366 S.E. 5th Street

Portland
USA Oregon Athletic Club
8333 N.E. Russell
(503) 254-5546

PENNSYLVANIA

Erie
Forest Hills Athletic Club
3910 Caughy Road
(814) 833-2468

Harrisburg
Bentley Club and Courts
2301 Grimes Drive
(717) 454-4231

Holidaysburg
Nevers Racquetball Club
RD 2 Scotch Valley Rd.
(814) 696-3837

Feasterville
B & R Racquetball Club
1040 Mill Creek Drive
Mill Creek Park
355-2700

Lancaster
Greenfield Court Club
1845 William Penn Way
(717) 392-4194

Lower Merion
Hilcrest Racquetball Club
No. One High School Drive
(412) 339-7100

Monroeville
Racquet Time of Monroeville
Old Wm. Penn. Hwy. & Duff
(412) 373-1911

Southampton
Fox Racquetball Club
Second Street Pike &
Jaymor Rd.
(215) 322-8080

RHODE ISLAND

E. Providence
Playoff Racquetball
Handball Club
15 Clatsmore Blvd.
(401) 434-3600

Warwick
Corner Shot Racquetball Club
43 Jefferson Boulevard
(401) 781-1650

TENNESSEE

Kingsport
Kingsport Racquetball Club
2008 American Way
37663

Memphis
Center Courts, Inc.
2611 S. Mendenhall Road
(901) 682-6661

Memphis
Jon Kessinger Court Club
1010 June Road
(901) 682-6661

TEXAS

Corpus Christi
Corpus Christi
Racquetball Club
1017 Barry Street
(512) 855-4175

Dallas
Racquetball at Northpark
8878 N. Central Expressway
(214) 682-6000

Houston
Courts Etc. Racquetball
Center
14690 Memorial Dr., 77079
(713) 497-7570

Houston
Westchase Racquetball Club
10303 Westoffice Dr., 77042
(713) 977-4804

Lake Jackson
Two Guys Racquetball Club
110 Heather Lane
(713) 297-1731

San Antonio
Racquetball & Handball Clubs
of San Antonio
121 N.W. Loop 410
(512) 349-8596

San Antonio
Racquetball & Handball
Clubs of San Antonio
7700 Jorro Drive
(512) 349-8596

WASHINGTON

Seattle
Tennis World
7245 W. Marginal Way
(206) 767-4400

Spokane
The Spokane Club
W. 1002 Riverside Ave.
(509) 838-8511

Tumwater
Tumwater Valley Racquet Club
4833 Tumwater Valley Drive
(106) 352-3400

WISCONSIN

Chippewa Falls
Pinefree Racquetball Club
910 Bridgewater Avenue
Menomonee Falls
Falls Racquetball Club
1485 W. 15960 Appleton Ave.
(414) 251-1420

Milwaukee
The Brookfield Racquetball Club
670 Larry Court
(414) 782-6121

Milwaukee
North Shore Racquet Club
5750 No. Glen Park Rd.
(414) 351-2900

Milwaukee
South Shore Racquet Club
4801 S. 2nd Street
(414) 482-3410

West Allis
The Racquet Ball Club, Inc.
1939 So. 108th St.
(414) 321-2500

Waukesha
Racquetball Club
of Waukesha
1530 E. Moreland Blvd.
(414) 544-4111

WYOMING

Laramie
Sim & Swim Health Club
411 S. 20th Street
(307) 742-4760

BRITISH COLUMBIA

Burnaby
Brentwood Racquetball Club
5502 Lougheed Highway
(604) 294-8348

Nanaimo
Quarter Way Racquet Club
1451 Bowen Road, V9S 1G4

Vancouver
Supreme Court
Racquetball Club
1114 Agnes Street
(604) 669-3636

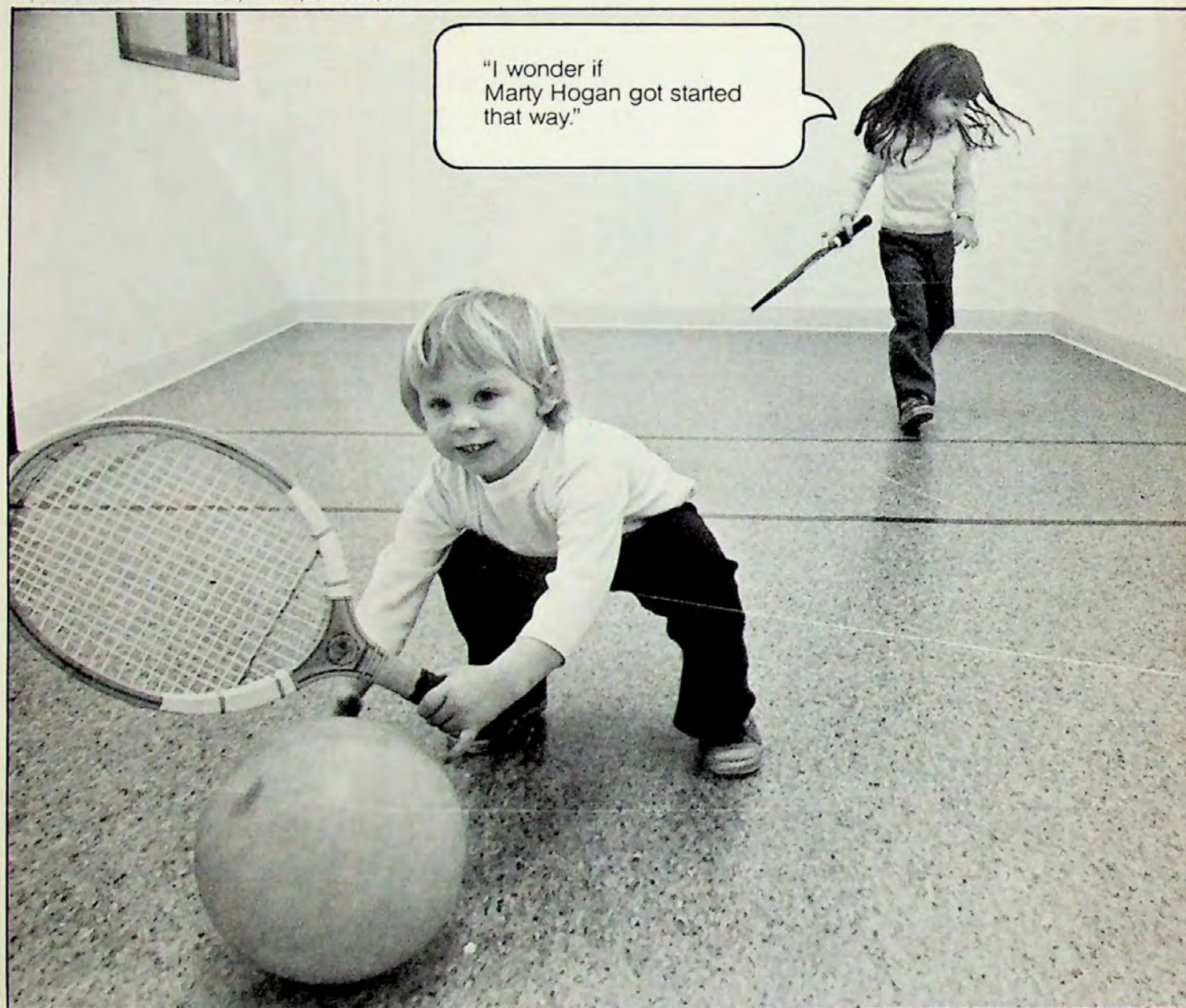
ONTARIO, CANADA

Halifax
Atlantic News
5560 Morris St.
B3J 1C2

Oakville
Aderies Racquetball
(Oakville) Limited
474 Inwood Shore Rd.
(416) 842-2366

OFF THE WALL

Editor's Note: Photo taken at Racquetball Spa, Fairfield, Conn.



THE NEXT SHOT...

Our lineup for May includes:

INSTRUCTION GUIDE

We go back to the basics with a 10-part section.

RULES OF ORDER

By request, we reprint the rules of racquetball.

RICH WAGNER

An interesting feature on a pro who is now solving some personal problems and playing much better.

PARTY TIME

Color photos and story on our annual Player of the Year celebrity/press party.

PITTSBURGH PIRATES

It's baseball season and the former world champs did their off-season training on court.

PLUS:

A special travel bag section, an interesting in-depth feature and a cover selection of a man who speaks softly and carries a big stick.

The one part of your game that never has an off day.



Rely on it. When all your shots are working. And when they're not. Because even on those days your game's more off than on, the Penn® Ultra-blue racquetball performs. Shot after shot. Game after game. Whether your style is power or finesse.

This ball is so lively, consistent, and durable, we back it with the guarantee no one else offers: If any Penn ball should fail before the label wears off, return it to the place of purchase or to Penn for two new balls.

Ask anyone who plays it. Once you try Penn, you won't go back to anything else. Because even if you're off, it's on.

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





Ektelon...because you know the game. Ektelon's new BlueLite™ or the Jennifer Harding™ ...because you know your game.

Now Ektelon offers two distinctively different racquets for women. They're light in weight for exceptional mobility and a faster swing. Both feature smaller handle sizes, including super small, for a surer grip and better control. And each is designed for a different style of play.

The New BlueLite. This is Ektelon's most flexible woman's racquet. Constructed of fiberglass fibers in a high-impact nylon matrix, the new BlueLite provides more flexibility than either aluminum or graphite. (250 grams. 18¼" long.)

Jennifer Harding Model. Made from aluminum, Ektelon's Jennifer Harding model is designed for the woman who

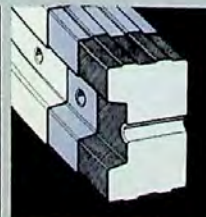
prefers a racquet with a bit more rigidity. The Jennifer Harding is lightweight, and shorter, to swing faster and maneuver more easily. (250 grams. 17¾" long.)

Aluminum or fiberglass... the Jennifer Harding or the more flexible BlueLite. Whichever you choose, you've made the right choice.

Because you've chosen Ektelon. Both the Jennifer Harding and BlueLite feature Ektelon's full two-year racquet frame and full ninety-day racquet string warranty.



Jennifer Harding:
flat I-beam aluminum
extrusion.



BlueLite: fiberglass
fibers in super-tough
nylon-matrix.

EKTELON

The Most Recommended
Racquet in Racquetball.*

*Research results available from Ektelon.

another BROWN company