

National Racquetball®

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FIRST SERVE

By Chuck Leve



Because It's . . .

My friend and I were talking the other day, almost arguing, about the benefits of racquetball. I was bandying about the various attributes, rattling them off like cards from a solitaire deck. Trouble was, my friend was fighting me at every turn.

You see, he hates it when I get on my soapbox, claiming he's been listening to my pro-racquetball propaganda for over 15 years and enough is enough. He was finally going to give me a dose of the bitter truth.

"Learning to play is easy," I said, going back to the basic benefit of racquetball. "It's easy to understand, it takes only fundamental eye/hand coordination and novices can get into the game quickly."

"Yeah, but that just means you've got a bunch of players who don't know how to play properly," my friend countered. "They'll drop out as quickly as they came in once they have trouble reaching that next plateau."

"It's a great tension reliever," I offered. "You can really bang that ball around the court and you feel great when you're done!"

"Ah, that's not why you play," my friend retorted. "Anybody who plays racquetball to relieve the stress in their life, either doesn't have any or is too cheap to seek professional help. And I don't mean a teaching pro!"

I was getting the idea that none of my tried and true arguments for the benefits of racquetball were making an inroad. My friend, who probably played and lost earlier this day, was stonewall-

ing my verbal assaults like an all-pro front four.

"It's a good workout in a short period of time," I said, knowing I had him this time. "You burn calories, increase endurance and all in less than an hour!"

'Anybody who plays racquetball to relieve the stress in their life, either doesn't have any or is too cheap to seek professional help. And I don't mean a teaching pro.'

"It's not aerobic," my friend responded. "It hasn't been proven that racquetball is aerobic. I'll grant you that it does help one's general physical condition, but the experts tell me you can ride an exercycle for 12 minutes and do more for your heart!"

"Both sexes and all ages can play," I shot back, feeling the fat vein in my neck pulsating with anger.

"Who cares?" was the comeback. "You want to beat the brains out of an eight year old kid? Or rip a back wall shot into the small of a pretty lady's back? What kind of workout is that? Have you ever seen mixed doubles? I rest my case!"

By now I was regretting this discussion. All of my tried and true racquet-

ball proverbs were being shot down like kewpie dolls at a carnival.

"Little equipment is required," I offered almost meekly. "All you need is a racquet, shoes, glove and outfit. Not expensive stuff, relatively speaking."

"Where you been, man?!" exclaimed my friend, who was on the verge of being a former friend. "You can't get a decent racquet these days for less than \$150; good shoes'll cost you \$40, unless you want Air Whatsisname in which case they'll cost ya' \$60; a nice shirt/short combo sets you back at least \$30; but yes, you're right, you can still get a glove for under \$10."

We settled down and exchanged menacing glares while I mentally went through my "racquetball is wonderful" checklist. I had used every argument I'd seen in all the old magazines and my friend had batted away every one. I was down, depressed and discouraged.

"Say," I finally commented. "If you really believe all those things about racquetball, then how come you're not out on the tennis or squash court? If you're so down on the sport, why do you still play?"

My friend took a deep breath and followed it with a disgusted look in my direction. "Oh, ye of little faith," he seemed to be saying.

"Oh, ye of little faith," he said. "I play racquetball for none of your reasons. I play racquetball for the only reason that makes sense. I play racquetball because it's *fun*!"

Bless his wonderful heart. Now I remember why he's my friend. □

LETTERS TO THE EDITOR

If you would like to write a letter to the Editor, please send your comments to: Letters to the Editor, National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL, 60025. All correspondence becomes the property of National Racquetball and will not be returned.

A Schedule For Improvement

Dear Editor,

I am an "A" player very much interested in improving my game. One way I, and many others, find we are able to improve is by watching top-ranked amateurs and professionals play the game. Therefore, I was pleased to read in the August issue of NR that you will soon be printing the schedules for the 1985-86 RMA Men's Pro Tour. I also hope to see printed the WPRA schedule, the AARA Schedule, and any other National, Regional, or even State tournament schedules.

Also, unrelated to the above topic, I had a question about how a player can be ranked both as a professional and as an amateur. I noticed on your ranking page that Dan Obremski is ranked higher than Cliff Swain in the amateur standings but Swain is ranked over Obremski in the pro standings. Could you explain this please?

Blair Smith
Columbus, MO

We've had a lot of mail requesting a Schedule of Events. As you can see in this issue, NR has provided the calendar for the RMA and WPRA tours plus the major AARA events. We are working to include important regional events in the schedule, but, as we are finding out, many of those events are planned only 90 days in advance which makes it difficult for us to pass them on to you with any timeliness. As for the difference between the amateur and professional rankings, read the answer to the following letter. —Ed.

Amateur And Pro Rankings—What's Going On?

Dear Editor,

I was rather surprised to find out that this year's winner of the AMATEUR racquetball championships is ranked #13 on the PRO tour. Please explain to me and make me UNDERSTAND how this can be done and how the sport can ever flourish until our rankings are

re-vamped and enforced from the top—down.

Dean Sinerious
Eagan, MN

This is a confusing matter, but, if you would turn to page 44, you will see that Drew has written his column on the whys and wherefores of the amateur and professional rankings. —Ed.

McKay Indeed 'A Class Act'

Dear Editor,

I especially enjoyed the comments of Chuck Leve regarding Heather McKay. Having the good fortune to live in the Toronto area, I have seen her play several times and she certainly is "a class act".

As a periodic visitor to London, England, I was wondering if they play racquetball there and if so, do you have any addresses?

Stephen Ross, DDS
Agincourt, Ontario, CD

Yes, we are all sad to see Heather go. As for play in England, contact: Guy Masterman, Great Britain R-Ball Federation, 205 New North Road, Ilford, Essex, England.

... But Can He Do 'The Splits'?

Dear Editor,

My compliments to racquetball's leading "cheerleader". Drew's Side Out column in the August issue was an accurate summation of our industry. It's unfortunate that we do seem to have more than our share of "doomsayers" in our sport. Many of them obviously do not understand the market trends as Drew explained. Racquetball is "a healthy life sport" as Dr. Haller stated in that same issue. Keep up the cheerleading, Drew. There are plenty of racquetball people who need the reassurance.

Gil Vieira
Eastern Sales Manager
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(Continued on page 31)

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SHORT LINES

Short Lines features personal stories of racquetball pros, celebrities, and industry leaders. Short Lines is about the special performances of racquetball people around the world, their personal bests and their personal sides.

Reveille at Ft. 21st Point



21st Point Club's summer clinic included a live performance of "Stripes" by top ranked player Bruce Christensen. Dressing up as a drill sergeant, Christensen taught the class more than just racquetball. Campers and Camp Staff Front Row: Charlie Garfinkel, Jeff Leon, Eric Merlis, Vince Wolanin and Christensen.

On the third day of the 3rd Annual Crash Racquetball Camp held at the Twenty First Point Club in Albany, NY this past July, the class was having trouble getting out of bed and into their warm-ups. It seems that the night before (Saturday night) had taken its toll on the group in the form of a beer, soda and singles exhibition match put on by pro/instructors Bruce Christensen, Jeff Leon, and Eric Merlis.

Crash Camp counselor Vince Wolanin solved the problem by having Bruce Christensen dress up as "Sgt. Bruce E. Christensen" of the Marine Corps. The costume, complete with full military

combat fatigues, 45 caliber pistol, and war zone helmet enabled Christensen to train the group for court combat in mock military style.

Jumping at the opportunity to put on a performance (as he's done on the pro tour many times), Christensen did an inspection of the racquetball troops and finished the session with a military jog on the side roads near the club. Playing it to the hilt, Sgt. Christensen even conducted traffic at busy intersections so his "troop" could run through intersections unhampered. All in all, the camp was definitely something to write home about! □

The Ultimate Hinder

It was a good and bad summer for newly elected WPRA commissioner, Jim Carson. Appearing as guest lecturer at the Adams/Gilreath clinic in July at Los Caballeros Racquet and Sports Club, Carson entertained the audience for two hours. The subject? Good racquetball strategy. The examples? Lynn Adams and Terri Gilreath who are undefeated as a professional doubles team in addition to being the number

WPRA Commissioner Jim Carson: No shots allowed below the waist. Photography that is. He's wearing a cast on his broken foot and keeping it protected inside a hiking boot.



one and three professional singles players. Their coach? Carson, of course.

When the lecture was over, Carson and Gilreath stepped onto the court to give a demonstration of winning racquetball shot selection, execution and strategy. Instead the pair accidentally performed an "avoidable hinder" when Carson, at point three stepped on Gilreath, fell to the floor and broke his foot.

"I've been wearing my cast inside my hiking boot all summer," says an embarrassed Carson who still has a sense of humor about the incident. "It looks great with my matching sneaker!"

About the clinic, Carson's wife, Lynn Adams says, "It was definitely an avoidable, on Jim."

Carson will recover 100% from the accident. The cast is coming off soon and he'll be back on the courts in no time. In the meantime, the incident hasn't affected his abilities as Commissioner. This year's WPRA tournament schedule looks more lucrative than ever. (See our Schedule of Events for a complete listing of pro tournament events.) □



Lindsay Myers

Myers Retires

Lindsay Myers, the "Marty Hogan" of Canadian racquetball, is hanging up his racquet. The 26-year-old world-class athlete dominated Canadian racquetball for ten years and made numerous successful appearances on the American pro tour during the seventies,

peaking in 1980 when he blew by all of the top American pros to face Hogan in the finals of the Tournament of Champions.

Myers was always capable of playing with the best in the world and he proved it many times over during his career. At home, he dominated racquetball. One Canadian reporter dubbed him a "Yuppie cult figure" during his ten year reign over Canadian tournaments.

Now that he is abandoning his role as "Canada's Marty Hogan", Myers is immersing himself in a new career as a Vancouver stock broker. With license plates that read "Stok Up" Myers is obviously psyching himself to bigger and better things. □

NEXT MONTH!

The holiday season will soon flood your little head full of gift ideas via television, radio and newspaper advertising. So, NR will either clear-up the matter of the 'Perfect Gift' or muddy up the waters entirely in next month's Accessory Guide. Also—The RMA men's tour has it's first pro stop for 1985-86—A barefoot pro tells why he's a bear to beat—A racquetball crossword puzzle will test your wits and more! Don't miss our November issue of National Racquetball!

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Dan Southern takes his first outdoor national title in four years; Martha McDonald triumphs over Lynn Adams

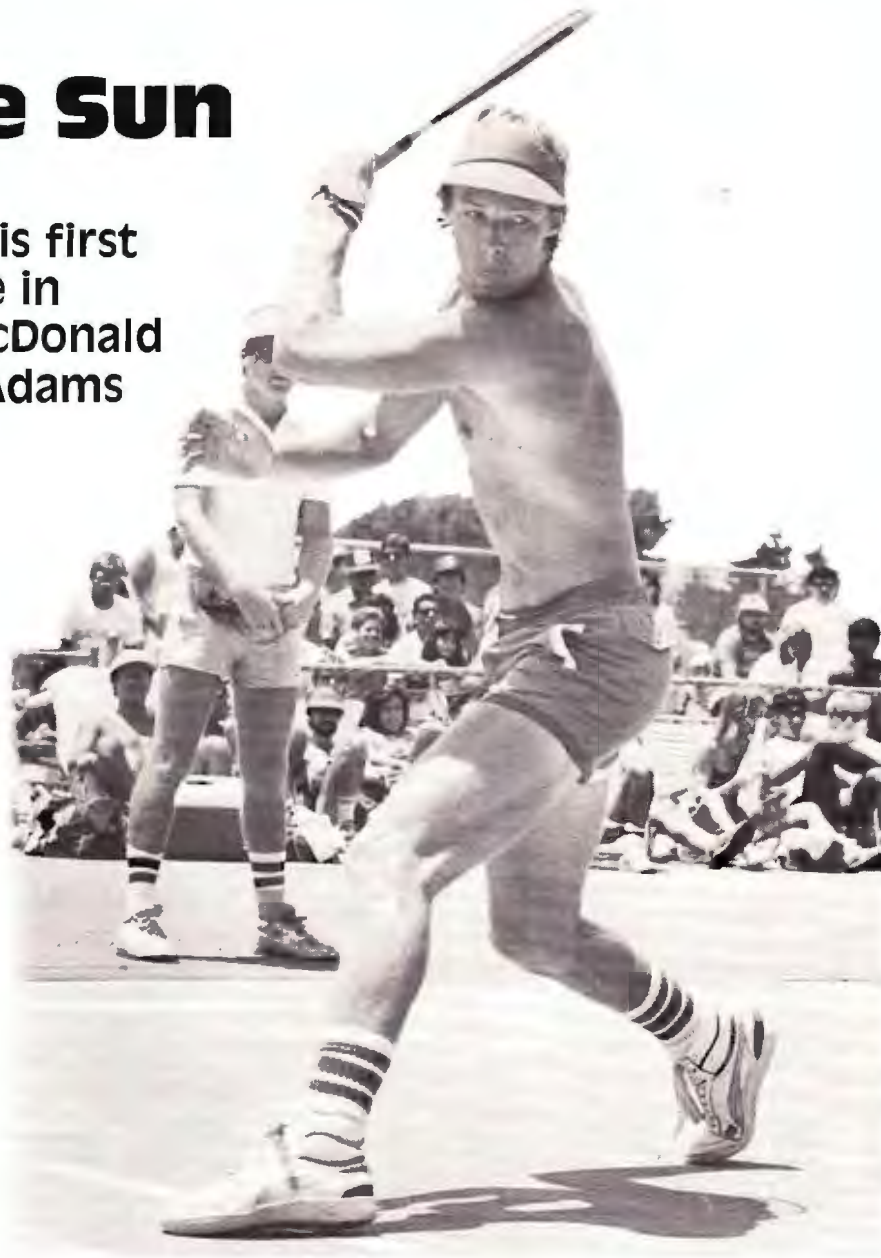
by Drew Stoddard

All in all, it was not a good week for defending champions. At about the same time McEnroe, Connors, and Lendl were stumbling on the grass tennis courts at Wimbledon, two of racquetball's longest running dynasties were crumbling on the hot cement outdoor courts at Orange Coast College in Costa Mesa, California.

When the 1985 Outdoor National Championships kicked off on a sweltering July 4th afternoon, it was a foregone conclusion that Brian Hawkes and Lynn Adams would easily defend their national outdoor titles; their combined domination of the three-wall game had spanned an incredible nine years—Hawkes with four consecutive crowns, Adams with five.

But when the smoke finally cleared on Sunday afternoon, neither of those familiar names appeared on the winner's lines of the men's and women's open draw sheets. The 1985 nationals proved to be a chance for Dan Southern and Martha McDonald—both well-known outdoor specialists who have been the chief rivals of Hawkes and Adams in recent years—to show that prowess on the indoor circuit is no longer enough to guarantee success in the demanding and sometimes brutal arena of the outdoor games.

Southern has been a fixture of three-wall racquetball since the late 1970's, and was, in fact, the last outdoor national champion of the pre-Hawkes era, having won his only previous title in



1985 Outdoor Champion Dan Southern

1980. Last year he came perilously close to beating Hawkes in the final at Costa Mesa, before falling 16-14 in the tie-breaker.

This year, however, Southern never even had a chance to face the defending champion; Hawkes was upset in four games in the quarter-final round by 21-year-old Mike Bohne of Southern California, a relative unknown in outdoor circles and unseeded in his first-ever nationals. The loss was a new experience for Hawkes—it was the first time he had ever dropped a match in outdoor national competition.

Bohne followed his surprising win over Hawkes with another upset over Greg Holland in the semi-finals. Facing Southern in the final, however, was

a different story. Playing with all the confidence and skill one would expect of the outdoor game's most experienced player, Dan made short work of his surprise opponent with a 15-11, 15-10, 9-15, 15-7 victory.

Southern defeated Jim Carson, Steve Fey, and Greg Freeze to reach the final, while Bohne swept by Egan Inoue, Rick Villavicencio, Hawkes, and Holland.

Like Southern, McDonald lost narrowly (15-8 in the tie-breaker) to Lynn Adams in the final of the 1984 nationals. This year, however, McDonald won the second crown of her outdoor career by taking out the reigning WPRA national champion in five games, 9-15, 15-11, 15-6, 10-15, 15-11. The scores of the match were a near perfect reversal

of those in the 1984 final.

To reach the final, McDonald defeated Georgia Pijlor and Sherri Knecht in the first two rounds; Adams overcame Shelly Luth and Jackie Harding.

Adam's loss to McDonald brought to a close an outdoor tradition that has spanned more than five years. Unlike most top indoor racquetball players, Adams first learned to play the game outdoors while attending school at Orange Coast College, which is located near her Costa Mesa home.

The results of this year's outdoor national competition were a clear indication of how different the outdoor and indoor games really are. McDonald competes on the women's pro tour, but her ranking on the WPRC circuit—currently #20—has never even come close to Adams' perennial status as #1. In addition to Hawkes (whose current tour ranking is #17), Egan Inoue (#23) of Hawaii also tried his hand at the outdoor version, but he fell to Bohne in the first round. Dan Southern, in the finest tradition of a true purist, seldom competes indoors.

The upsets at this year's event were not restricted to the singles divisions;

'Dan Southern, in the finest tradition of a true purist, seldom competes indoors.'

the defending champions were routed in doubles as well. Brian Hawkes and Dan Southern, who won the men's open doubles last year and who by all reasonable standards should be virtually unbeatable as a team, fell to the eventual championship team of Harding and Olsen. Touring pros Bill Sell and Ed Andrews were also defeated in the



A brutal game: Dan Southern goes through the wear-and-tear of outdoor competition.

'Adam's loss to McDonald brought to a close an outdoor tradition that has spanned more than five years.'



1985 Women's Outdoor Champion Martha McDonald. Referee Brian Hawkes looks on.

semi-finals by the second place team of McDonald and Robinson.

In the women's open division, Dede Catherman and Sherri Knecht teamed up to take out Jackie Harding and Shelly Luth in the final.

Approximately 200 participants competed in the 1985 Outdoor National Championships in Costa Mesa in numerous skill-level divisions. Although there is currently no formal

organization governing three-wall racquetball (and, in fact, the game varies somewhat from area to area), the decade-old Orange Coast College tournament is universally regarded as the most prestigious of all outdoor racquetball competition.

1985 OUTDOOR NATIONAL CHAMPIONSHIPS ORANGE COAST COLLEGE JULY 4-7, 1985

MEN'S OPEN SINGLES

Round-of-32:

Hawkes, bye; Nowak d. Benner; Villavicencio d. Guzman; Bohne d. Inoue; Holland d. Lingenfelter; Gleck d. Taylor; Hawkins d. Martino; Sheffield d. Christian; Freeze d. Martinez; Medina d. Hysell; Cuniff d. O'Brien; Huffman d. Robinson; Fey d. McClellan; Harding d. Zimmer; Carson d. Booth; Southern, bye.

Round-of-16:

Hawkes d. Nowak; Bohne d. Villavicencio; Holland d. Gleck; Hawkins d. Sheffield; Freeze d. Medina; Huffman d. Cuniff; Fey d. Harding; Southern d. Carson.

Quarter-finals:

Bohne d. Hawkes; Holland d. Hawkins; Freeze d. Huffman; Southern d. Fey.

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Surprise men's open finalist Mike Bohne.

Semi-finals:

Bohne d. Holland; Southern d. Freeze.

Finals:

Southern d. Bohne; 15-11, 15-10, 9-15, 15-7.

MEN'S OPEN DOUBLES

Round-of-16:

Hawkes/Southern d. Smith/McMasters; Freeze/Cuthbertson d. Cuniff/Steelsmith; Rimmer/Genevay d. Belmont/Hysell; Harding/Olsen d. Carson/Adams; Gallegos/Mugridge d. Barker/Chadwick; McDonald/Robinson d. Bohne/Mayer; Sell/Andrews d. Huffman/Inoue; Fey/Trettin d. Booth/Ring.

Quarter-finals:

Hawkes/Southern d. Freeze/Cuthbertson; Harding/Olsen d. Rimmer/Genevay; McDonald/Robinson d. Gallegos/Mugridge; Sell/Andrews d. Fey/Trettin.

Semi-finals:

Harding/Olsen d. Hawkes/Southern; McDonald/Robinson d. Sell/Andrews.

Finals:

Harding/Olsen d. McDonald/Robinson.



WPRA champ Lynn Adams didn't survive McDonald's attack in the finals.

WOMEN'S OPEN SINGLES

Quarter-finals:

Lynn Adams d. Shelly Luth; Jackie Harding d. Dede Catherman; Sherri Knecht d. Joni Howard; Martha McDonald d. Georgia Pijlor.

Semi-finals:

Adams d. Harding; McDonald d. Knecht.

Finals:

McDonald d. Adams; 9-15, 15-11, 15-6, 10-15, 15-11.

WOMEN'S OPEN DOUBLES

Quarter-finals:

Catherman/Knecht d. Gallegos/LaFontaine; Lazorek/Wedell d. Martin/Campos; Luth/Harding d. Crowell/Lovelette; Plenert/Voltarel d. Fettig/Carr.

Semi-finals:

Catherman/Knecht d. Lazorek/Wedell; Luth/Harding d. Plenert/Voltarel.

Finals:

Catherman/Knecht d. Luth/Harding. □



Fun in the sun spectators soak up some doubles action.

Warning! Improper Shoes Cause Injury

Using the same shoes for all your sports activities? You'd better read this—

by Chuck Leve



a bit different and racquetball shoes are certainly among the many varieties found in your local club pro shop or sporting goods store.

Racquetball vs. Running

"Running is an impact stress activity," says Dr. Douglas Richie, a sports podiatrist and consultant to Yamaha/Asahi, a leading footwear manufacturer. "Running has a heel strike initial impact, a tremendous impact"

What all that means is that runner's feet hit the ground—heel first. From there the other foot comes down and hits—heel first. Dr. Richie and others in the business call this "linear, uni-dimensional movement."

As a result, running shoes are designed to elevate the heel in order to protect the achilles tendon by reducing the stress in that area. Thus the wedge of material (usually rubber or polyurethane) in the heel.

"Racquetball is more of a gliding motion," says Dr. Richie, who obviously hasn't seen you or me play. "A running shoe won't work because the elevated heel will cause lateral instability, causing the ankle to roll over."

In case you don't follow some of the jargon, putting it simply: you're gonna sprain your ankle if you play racquetball in running shoes.

Yet, the heel construction is but one of a number of striking differences between running and racquetball shoes. Another, primary distinction is the outsole (bottom) of the shoe. Where running shoes are constructed for use on concrete or asphalt surfaces, racquetball shoes are made for finished, hardwood surfaces.

"The heavy tread of running shoes have no place on an indoor racquetball court," said Dr. Richie, who is also on the clinical faculty of Los Angeles County-USC Medical Center. "You need a lower profile tread pattern in rac-

What do you do with your worn out racquetball shoes?

If you're like a lot of people they end up being used as gardening shoes, lawn cutting shoes, pick up basketball shoes, running shoes or tennis shoes.

If you are in this category, then don't be surprised if you limp home with a foot or ankle injury in the not too distant future. That's because each of the four sports mentioned—racquetball, running, basketball and tennis—places significantly different demands on your

feet, necessitating different shoes.

Athletic footwear manufacturers have responded exceedingly well to the demands of the public to bring shoes to the market that are constantly improving the comfort and performance of athletes. The research conducted has led to major innovations in the past 15 years that should cause many of us to relinquish our hold on the idea that sports shoes are "all just about the same."

In reality, sports shoes are all quite

quetball shoes?"

Racquetball, being a side to side movement activity, needs smoother tread patterns on the shoe bottoms to enable your feet to glide across the floor. This gliding motion actually helps decelerate your body, where the abrupt catching of your feet as would happen with running shoes, would cause ankle injury.

Another major difference between running and racquetball shoes is the midsole, that portion of the shoe layer between the outsole and inner sole. Racquetball shoes have little or no midsole, there being no need for additional cushioning in this area. Running shoes, on the other hand, need thicker midsoles because of the high impact of the sport.

And while those are the primary distinctions, you'll also find running shoes to be generally lighter in weight than racquetball shoes, and for the most part low cut compared to racquetball's three-quarter or even an occasional high cut.

Racquetball vs. Tennis

"Racquetball and tennis shoes have the most in common," said Betsy Richardson, athletic marketing director for Foot Joy, another leading footwear firm. "But still, there are significant differences between them."

Among the similarities are the absence of reinforced uppers, the material of the top portion of the shoe, through which the laces strap. Also, many tennis and some racquetball shoes have reinforced toe areas, although this is much more prevalent in tennis, where "toe drag" from serving has been a manufacturers dilemma for many years.

Also, neither tennis nor racquetball shoes have the cushioned midsole of the running shoes, although there has been

some experimentation in this area for tennis in the past few years.

The biggest difference between tennis and racquetball shoes depends on the type of surface used in tennis. Since tennis players have such a wide range of surfaces (concrete, clay, grass, and a variety of indoor synthetics) it is difficult to generalize about tennis shoe outsoles.

However, the tread design on a tennis shoe must be able to withstand the more abrasive, greater traction surfaces that that sport demands. Conversely, the slicker, maple flooring surface of racquetball courts don't call for nearly the traction or durability of tennis shoes in this area.

"The toe is of critical importance in a tennis shoe," said Dr. Richie. "It's the high stress area. Plus, tennis courts are harder and more unyielding than racquetball courts."

'In case you don't follow some of the jargon, putting it simply: you're gonna sprain your ankle if you play racquetball in running shoes.'

(Many racquetballers might think otherwise, and show their floor burns as evidence!)

Tennis shoes are approximately the same weight as racquetball shoes, since a premium in both sports is put on quickness and changes of direction. Fashion, the experts say, is more important in tennis than racquetball.

Racquetball vs. Basketball

Basketball is easily the toughest on the feet of the four sports we've looked at, primarily because it holds major elements of the other three sports (linear movement with heel impact and

midsole cushioning of running; lateral torque in side to side movement of racquetball; wide variety of playing surfaces of tennis).

Add to that two other elements, the extremely vertical impact of jumping and the "other feet factor" which usually finds 20 oversized human feet on the court with most of them positioned under the basket, and you have the ingredients for plenty of foot and ankle injuries.

"The upper of a basketball shoe is critical in the prevention of ankle injuries," said Richardson. "Cushioning of the entire shoe and stability of the upper are two areas where researchers have concentrated in recent years"

As a result, basketball shoes are the heaviest of the group under discussion, mainly because there's more to them. They have more cushioning, with the midsole cushions often extending from

the heel to the toe, and they are almost always high top heels for greater protection. More stuff equals more weight.

The toe of a basketball shoe, while getting its share of wear and tear due to jumping, doesn't nearly get the stress of a tennis shoe.

To wear a basketball shoe for racquetball is overkill," said Dr. Richie. "Racquetball just doesn't demand the stiff upper and extra cushioning of basketball. A good racquetball shoe should be lighter and without the reinforcement properties of a basketball shoe."

MAJOR SIMILARITIES AND DIFFERENCES BETWEEN RACQUETBALL AND OTHER SPORTS SHOES

	Running	Tennis	Racquetball	Basketball
Outsole	Heavy tread	Heavy tread	Light tread	Varies, depending on playing surface
Midsole	Thick cushioning	Thin, if at all	Almost non-existent	Very thick cushioning
Toe	Not reinforced	Reinforced	Light reinforced, if at all	Light reinforced, if at all
Upper	Not reinforced	Not reinforced other than toe	Not reinforced	Sturdy reinforcement
Heel	Low cut	Low cut	¾ cut	High cut
Weight	Light	Medium	Medium	Heavy

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'To wear a basketball shoe for racquetball is overkill. Racquetball just doesn't demand the stiff upper and extra cushioning of basketball. A good racquetball shoe should be lighter and without the reinforcement properties of a basketball shoe.'

Now that you know more than you care to about your shoes and which sports have which type shoes and for what reasons, how would you like to know all about socks? Thought you'd never ask.

There's a popular misconception out there in jockstrap land that says that socks have no bearing on cushioning foot impact, but folks, that is a misconception. The right socks can and do help cushion impact.

If your socks are made of the proper materials, they should also absorb moisture, thus keeping your foot drier and your locker smelling sweeter.

"We're finding in our research that high bulk orlon is actually better than cotton or wool," said Dr. Richie. "By

absorbing more moisture, these socks are keeping the feet much drier."

As most people know, too many of us the hard way, drier feet with extra cushioning will mean less likelihood of blisters and athlete's foot while the wearer enjoys greater comfort.

Those of us who have been wearing two pairs of socks over the years have been accomplishing much the same thing, it's just that when we pull on that second pair we're telling those in the know that we're either too cheap to buy the proper socks, or we're still lacking information on these newest developments.

Regardless, the bottom line is to play in comfort. And that means the proper footwear! Have fun! □

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The Shawnee Inn located on the Delaware River in the Poconos.

Racquetball In The Poconos

There's much more to the Poconos Mountain Resorts than huge circular beds and heart-shaped Jacuzzis

by Victor Block

In recent years, a growing number of people from all areas of the United States have been enjoying a great vacation destination that used to be little-known outside the Northeast. Now, with the addition of racquetball to the long list of year-round activities, the Pocono Mountains region of north-eastern Pennsylvania has even more to offer than in the past.

Those unfamiliar with the Poconos who visit there for the first time often have trouble understanding why the area's reputation has been so slow to spread throughout the country. The resort playground is sizeable, encompassing four counties and some 2,400 square miles of magnificent rolling land. Vacationers have been coming to the region since the middle of the last century: the first boarding house in the area was built in 1829, the first hotel in 1857.

Activities available at resorts in the Poconos span the calendar: from spring through fall, golf and tennis, hiking canoeing and rafting, fishing and camping are among the most popular

pastimes. When the temperature falls, downhill and cross-country skiing, snowmobiling, ice skating and other winter activities become the big draw.

Sightseeing also knows no seasons. In fall, the foliage is among some of the

'In fall, the foliage is among some of the most colorful and spectacular anywhere. In spring, numerous waterfalls that plunge over cliffs and splash down rocks come alive with waters of the melting snow.'

most colorful and spectacular anywhere. In spring, numerous waterfalls that plunge over cliffs and splash down rocks come alive with waters of the melting snow. Panoramic views of

mountains and valleys seem to await automobile travelers at every bend of the highway.

It's unfortunate that many people who *are* familiar with the Poconos acquaint it with the lure of resorts that cater largely to honeymooners. Not that the attractions—such as huge circular beds, sunken heart-shaped bathtubs and Jacuzzis in mirror-lined bathrooms—don't have their advocates.

But the glossy honeymoon brochures—and the reputation that they promote—have led many people seeking a vacation destination to overlook the fact that the great majority of visitors to the Poconos are singles traveling alone or with friends, couples of all ages, and families with youngsters in tow.

Those who *do* come to the area soon learn why it long has been a favorite spot with sojourners from New York City, which is only 80 miles away, Philadelphia about 85 miles distant, and other major East Coast cities. And why it is attracting a growing number of visitors from other places who wish

to combine racquetball with the region's many other attractions.

Shawnee-on-Delaware

My visit to Shawnee-on-Delaware to check out the racquetball and other facilities resulted in a simple rule-of-thumb for others planning a vacation at this first-class resort: Whatever you want to do, just ask—Shawnee *probably* has it.

Among major activities (the complete list would be too long) are golf (27 holes), tennis, indoor and outdoor swimming; canoeing, tubing and rafting on the Delaware River, which runs past the inn and condominium accommodations; winter skiing (17 downhill trails with 100% snowmaking, plus 3-miles of groomed cross country trails); horseback riding, and jogging on ½ mile and 1 ½ mile marked courses.

While Shawnee is family oriented, it has meeting rooms and facilities. And there's the Dogwood Room for dining, nightly entertainment at Charlie's Lounge, and Broadway shows by a professional cast at the Shawnee Playhouse.

Ready for racquetball? A 10-15 minute drive away is the Shawnee Racquet Club, with three glass-walled racquetball courts, four indoor tennis courts, saunas, whirlpool, Nautilus fitness center and other facilities. Racquetball court rental fees are \$7 an hour 8 a.m. 4 p.m., \$9 an hour 4-11 p.m.

For further information, write Shawnee Racquet Club, Shawnee-on-Delaware, PA 18356, or call (toll-free) 1-800-SHAWNEE or 717-421-1500.

Split Rock

Split Rock is not far from Shawnee in terms of either distance or facilities. What I remembered from a visit years earlier as a rustic mountain lodge has been transformed into a full-facilities resort and conference center. Accommodations are in lodge rooms, woodland cottages and the 162 luxury rooms and suites at the new Galleria, a hotel-business-recreational complex.

What to do at Split Rock? There's a swimming lagoon with a sand beach on spring-fed Lake Harmony, which also offers boating, sailing and water skiing. There's also a heated indoor swimming pool, tennis courts, skeet and trap shooting range, archery, bicycling, and—in winter—a ski slope and toboggan run.

The Galleria, which opened its doors last May, may well be the most complete sports center in the Poconos. It

has three racquetball courts, two indoor tennis courts, the resort's second huge indoor swimming pool, a health club with steam and sauna, weight and kinetic exercise facilities, whirlpool, an enticing electronic game room (where

clear of the court that has a basketball net on the rear wall, unless you want to play basketball.

For additional information and reservations, contact Split Rock, Lake Harmony, PA 18624; telephone 1-800-

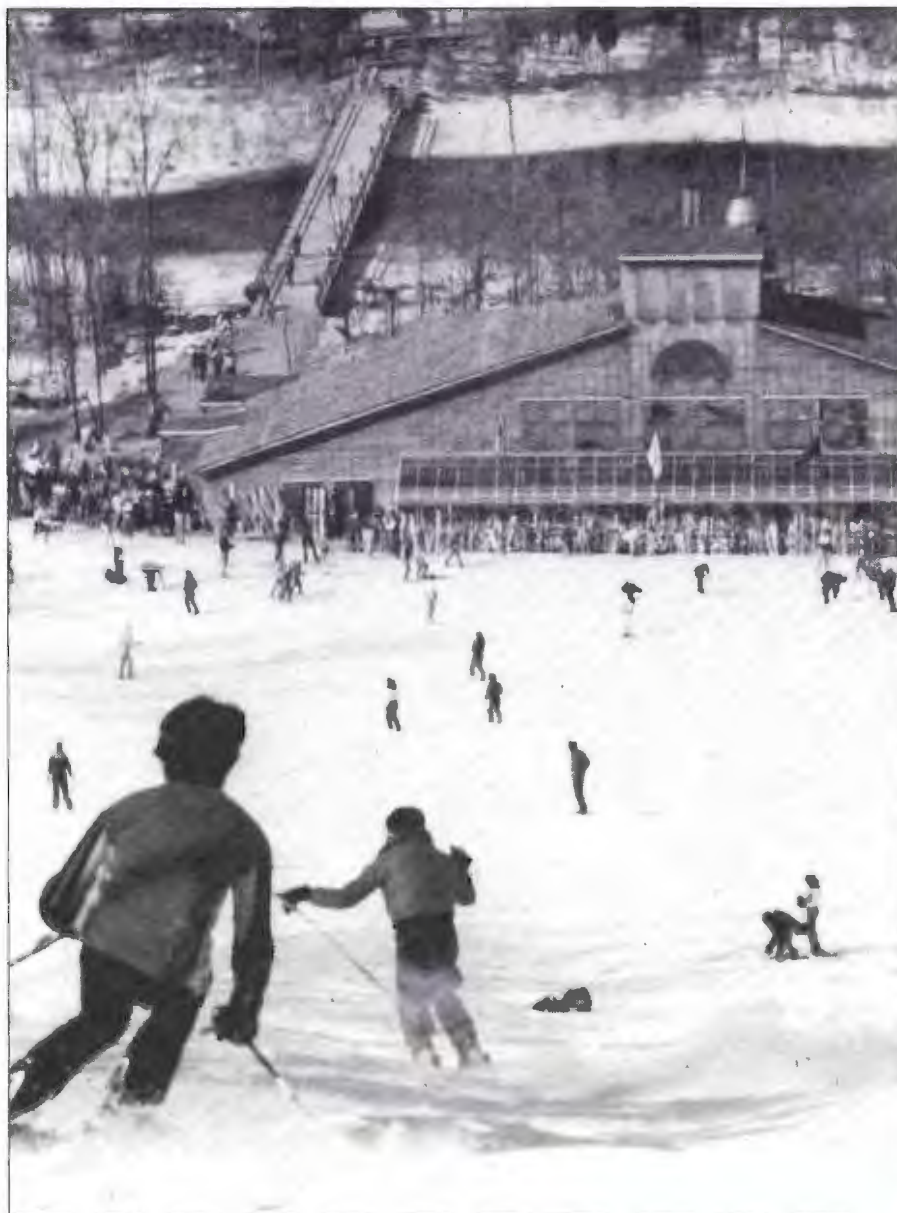
'While Shawnee is family oriented, there's the Dogwood Room for dining, nightly entertainment at Charlie's Lounge, and Broadway shows by a professional cast at the Shawnee Playhouse.'

my family spent many minutes and quarters), a restaurant and cocktail lounges.

The hourly charge for use of the racquetball courts is \$9. Be sure to steer

233-6120 outside Pennsylvania, 1-800-222-1821 inside that state, or 717-722-9111.

One racquetball court also is available at Pocono Manor Inn & Golf



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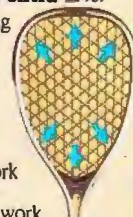
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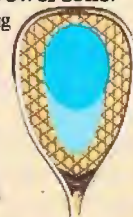
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The Omega promise: Mad Raq stringing gives a player the 20% edge they've never had.

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Club. Court times costs \$10 an hour, and rental equipment is available. This outstanding resort also has two 18-hole golf courses, nine outdoor and two indoor tennis courts, indoor and outdoor swimming pools, horseback riding, and winter downhill and cross-country skiing, snowmobiling and ice skating. I find the atmosphere there to be somewhat more formal than at the other two resorts, with linens and candles on dining room tables, and a bit more dressy feeling.

If you visit the Poconos, you're likely to learn why the region is known as "Pennsylvania's Playground." Why a

growing number of people from other areas of the country are vacationing there. Anyway, the recent addition of racquetball courts to the myriad of other facilities and activities is drawing those interested in combining their love for that game with all else the destination offers.

For general information about other places to stay, and other things to do and see during a vacation or business meeting there, write the Pocono Mountains Vacation Bureau, 1004 Main St., Stroudsburg, PA 18360, or call 717-421-5791. □



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Roger Harripersad (left), Andy Roberts and Ed Andrews placed 2nd, 1st and 3rd at the World Games.



Keith Calkins (left) Secretary General of the IARF and The Lord Mayor of the Games.

The 1985 World Games

**Sport is a universal language
The world is one family
All humankind are brothers and sisters. . .**

by Carole George

This was the philosophy of the 1985 World Games II in London, England, July 25-August 4. Sixteen hundred athletes from 53 countries competed in 23 obscure sports ranging from tug-o-war to korfbal to casting to sambo wrestling. . . to racquetball.

Yes, even a relatively unknown sport like racquetball can gain international recognition via the World Games. It was conceived as an alternative to the Olympics, based on philosophies of international comraderie rather than competition, and dedicated to the development of smaller, more obscure sports which are excluded from the Olympics.

The World Games "is not a nationalistic event. It is not intended to be," according to Ryoichi Susakawa, Patron and Honorable Chairperson of WGII. "Competitors will march together by sport, not country. Naturally they will care about winning, but I hope that the pleasure of participating will be just as important to them."

The racquetball competition was a prime example of Susakawa's philosophy. The action on the courts at David Lloyd's Slazenger Racquet Club was only background to the real action off the court. Due to budget restrictions

of the WG Committee which provided housing at Holloway College, t-shirts, and some meals, plus promotion and advertising, the number of racquetball players was restricted to 40, minus a few forfeits. Even with the coaches, referees, and officials, it was a very small, tight-knit tournament—one family speaking the universal language of racquetball.

Speaking of languages, that's probably the first hint that this was no ordinary tournament. The King's English definitely had the home court advantage, but 11 of the 38 players were Spanish speakers from Latin America—12 if you count Willie Rodriguez of Puerto Rico. Other players spoke Japanese, French, German, or Dutch, and a lucky few were multi-lingual, like Marijke Hillen (Belgium), who teaches English, German, Flemish, and French, plus gets by in Spanish as well.

This was not the first multi-national racquetball tournament. Europe just held its third European championships June 28-30 in Antwerp, Belgium. Costa Rica hosted its third "Torneo de la Raza" for all the Americas last October. The IARF crowned Ross Harvey (Canada) and Mary Dee (USA) as World Champions in Sacramento, CA last July. But it was only as far back as

July 1981 at the WGI in Santa Clara, CA that all this international stuff began. At that time just six countries: USA, Japan, Mexico, Holland, Ireland, and Germany, watched as Cindy Baxter (USA) and Ed Andrews (USA) earned the gold.

So, right from the start WGII promised to be exciting with current world champs Dee and Harvey, defending WG gold medalists Andrews and Baxter, and newly crowned European champions Arno Mooyman (Holland) and Mirjam Wielheesen (Holland) all in the line-up.

The WG publicity department did an admirable job of promoting "all those sports you never heard of and never cared about," as one of the "telly" guides described WGII. According to press officer Fiona Dickson, British telly followed the action every evening, with racquetball airing twice. TV coverage will also be aired in 38 countries, including cable CBN in the USA. So, even though only a handful of spectators bought tickets to watch it live in London, people all around the world will be able to get a glimpse of the action via television, shortly after it happened.

So, what did happen? Well, the USA



Brendan Doyle of Ireland (left) goes to the backwall against Gustavo Retamozo from Bolivia.



Carol Dupuy (left) and Crystal Fried (right) of Canada took 2nd and 3rd while American Cindy Baxter came away with the gold.

and Canada hoarded all the medals for themselves, as expected, while Europe, Latin America, and Japan all battled to be "the best of the rest." Since Europe has the oldest courts, it should have the advantage, but Latin America insists that "numero dos" tries harder and Japan is making up for lost time by building courts and promoting the sport at record speeds.

In order to evaluate which developing region is developing fastest, it's helpful to separate the boys from the girls. The USA and Canada carry strong teams of either sex (the USA won 1st and 4th in the women's, and 1st and 3rd in the men's, while Canada won 2nd and 3rd in the women's and 2nd and 4th in the men's), but most of the other regions have only one or the other. Latin America, with the exception of Costa Rica, is a perfect example. Their men's teams are "excelante" while their women's teams are practically non-existent. In WGII, fifth through eighth places in the men's division went to Latinos, while the Latinas didn't place at all.

Club owner and Mexican team coach, Enrique Villagran, has only recently become involved with the Mexican Racquetball Federation and he's very disappointed by the level of the women. Said Villagran, "Too many of our clubs only cater to men, while my club in Tijuana is for the whole family. Women's and junior's programs are crucial to the development of the sport."

Japan's men's team has been steadily increasing in caliber since the first WG in 1981, but the real surprise is the strength of their women. When the Japanese Racquetball Federation

brought a full team of five men and women to WGI, the explanation given by team captain Ken Ishiguro was limited funds, so it was decided (presumably by the men) that the women weren't good enough to warrant the expense. Also, traditional Japanese families supposedly are afraid to let their daughters travel to the USA because they might get married and never return home. Those same traditional families would probably also disapprove of Yasuko Ohta and Emiko

Kiuchi who race around the racquetball court in athletic shorts and work up a sweat as they "harikari" the ball.

Europe also figured out that women can be a great asset to the team. Without them, the Europeans would have been shut out of the top eight positions. But thanks to the Dutch and Irish women, Europe gained three positions on the scoreboard.

The European men do have one legitimate excuse, anyway. Particularly the two Dutchmen, current European

THE 1985 WORLD GAMES JULY 24 - AUGUST 4 LONDON, ENGLAND

RACQUETBALL COMPETITION RESULTS

Men

- 1st USA - Andy Roberts
- 2nd Canada - Roger Harripersad
- 3rd USA - Ed Andrews
- 4th Canada - Ross Harvey
- 5th Mexico - Arturo Martin
- 6th Bolivia - Gustavo Retamozo
- 7th Mexico - Raul Armendariz
- 8th Puerto Rico - Willie Rodriguez

Women

- 1st USA - Cindy Baxter
- 2nd Canada - Carol Dupuy
- 3rd Canada - Crystal Fried
- 4th USA - Mary Dee
- 5th Holland - Marjam Wielhedson
- 6th Ireland - Ann Marie Whelan
- 7th Japan - Emiko Kiuchi
- 8th Ireland - Marie Duigman

OTHER INTERNATIONAL COMPETITORS

Men

- Columbia Andres Guzman
Juan P. Guzman
- Ecuador Dan Walker
- England Guy Masterman
- W. Germany Jurgen Denk
Jorg Hanold
- Holland Arno Mooyman
Tony Luykx
- Ireland John McDonald
Brenden Dolye
- Japan Shiochi Naoi

Women

- Belgium Marike Hillen
- Costa Rica Gabriela Pozuelo
- Ecuador Bennarda Reyes
Nora Maldonado
- England Sarah Hart
Wendy Hackett
- Holland Dineke Kool
- Japan Yasuko Ohta
- Mexico Angelica Rosiles
Diana Almeida



International competitors drink a toast to the World Games III to be held in Montreal next year.

champ Arno Mooyman, and former two-time European champ, Tony Luykx, normally pose a threat to the Latinos and Japanese. But due to construction delays of a new four-court facility in Brussels, Belgium, the European championships were postponed a month.

"I was sick of racquetball. I didn't even want to be here," revealed Mooyman. "We couldn't take a break. We had to start training for this right away. I wouldn't say I'd win more matches, but I could have done better."

Ed "Sled" Andrews, defending WGI gold medalist, also could have done better, but in his case, an overdose of London night life, rather than tourna-

ment burn out may have to blame.

"At 0-0 in the first game I was sure I had him," laughed Andrews after his semi-finals loss to Roger Harripersad (Canada) 15-7, 15-9. But after that I never felt I was in the game. He just kept hitting passes that were too low to take to the ceiling and too high to shoot." At least "Sled" (not to be confused with USA coach "Ed" Martin) got it together later and took third place away from Ross Harvey (Canada) 15-5, 15-12.

Harvey, unlike 19-year-old teammate Harripersad, wasn't exactly having the tournament of his career. He was heard to mutter "time to retire" after his

semi-finals loss against Andy Roberts (USA) 15-6, 15-12. Most likely, though, Harvey will come out of retirement to defend his World Champion title next summer on his home turf.

The finals between Roberts and Harripersad was a bit anticlimatic after Harripersad's brilliant performance in the semis. With TV cameras rolling, Roberts did an efficient job of finishing up four days of racquetball, 15-11, 15-10. However, Harripersad was pleased with the outcome, especially since he'd lost 15-12, 15-4 to Roberts in the WG qualifying tournament in Ecuador last year.

"Andy used the same high lob against me that he did in Ecuador, but we had a fair game," summed up Harripersad whose parents travelled to London to cheer him on. Both Harry and Joan Harripersad have been playing racquetball for seven years, just one year more than their son who is now ranked number one in Canada's pro tour.

In the women's half of the play-offs, Cindy Baxter was able to collect her second gold medal, without much opposition, mainly due to the back injury of fellow teammate, Mary Dee.

"When Mary got hurt it upset me as much as her," stated Baxter. "She worked just as hard as I did. I felt I had to win it for her too because I know what it's like to be outside watching when you know you could be in there playing."

"While Dee was watching the matches from a prone position, Baxter kept Canada at bay, by defeating Crystal Fried in the semis 15-9, 15-6 and Carol Dupuy in the finals 15-4, 15-9.

Even with the English weather, and even without a chance to sightsee, the World Games II racquetball competition was an event to remember for everyone involved. The whole event climaxed in one big awards presentation and party, catered by the club and enjoyed by all. Gifts of appreciation were exchanged, participation certificates were autographed, last minute t-shirt swapping was negotiated, and much ale was consumed.

According to Han van der Heijden, IARF president and executive member of the WG Association, the location for WG III in 1989 could be Sweden, Japan, or West Germany, and should be announced by next year. Regardless of the location, the next WG promises to be even bigger and better, and you can bet your bottom "Quid" that the racquetball competition internationally will keep growing and improving. Cheers! □

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It's All In The Wrist! Part II

With a few simple weight exercises, you can add muscle to your shots

by Keith Strandberg

Saying that you need a strong *wrist* is a misunderstanding. The wrist is only a joint where the two bones of the forearm (the ulna and the radius) meet with the bones of the hand. There are no muscles there.

All the muscles that make a strong wrist begin in the forearm. Notice the bulge on your own arm when you make a fist—the bulge will be right below your elbow—this is where the majority of the muscles that pass through the wrist have their origin, and they have their insertion in the bones of the hand.

The wrist is secured by several strong cuffs of connective tissue (two of the

major ones are the flexor and extensor retinaculum). But, the power in racquetball doesn't come from a stiff wrist (like most of the power in tennis), it comes from the flexion and extension of the wrist on contact with the ball.

Let your arm hang down next to your body, the palm facing your body. *Flexion* is when you move your hand up and towards the body. *Extension* is when you move the hand backwards away from the body.

Muscles are designed as the movers of levers. The bones are the levers of the body, and the joints are the fulcrums of the levers. Muscles contract (get shorter), thus pulling on the bone and moving it through its range of motion, which is determined by the fulcrum, the joint.

For example, flexion of the hand is easier and less inhibited than extension, because there is more range of motion with flexion. Also, muscles are stronger and more efficient when put through their entire range of motion. A forearm has greater range of motion than a backhand in racquetball.

Skeletal muscles usually act in groups, rather than singularly. This is true in flexion and extension of the hand. It isn't just one muscle that does each task, it is the group of muscles referred to as the flexors and extensors.

Usually, both act during either action. In flexion, the flexors contract (as they are the prime movers), and the extensors relax (passively elongate, as they are the antagonists). The condition of both sets of muscles help or inhibit movement. If there is an injury to the extensors, it will make it that much harder to flex the hand, and vice versa.

Individual muscle cells work on an "all or none" principle, meaning that the cells that make up the muscle either contract or they don't, but the muscle itself works on a "graded strength" principle. Depending on the amount of strength needed, a certain percentage of the muscle cells will contract. If the demand for strength is great, more muscle cells will contract.

The muscles that move a part are usually proximal (located nearest the

moving, so it is easy to see that the prime movers for the hand are located in the forearm.

An easy way to find the muscles that are doing the moving is to take your racquet in your hand and move it through the wrist action of a given shot. With your other hand on the muscle grouping in your forearm, feel the muscles contract and relax as your hand moves through the action. You will feel that some muscles are contracted throughout the movement, while others are only working through the first part, while others only finish the movement.

(Continued on page 31)



Flexion (Photos 1 & 2). With a light barbell (1-15 lbs.) brace your wrist on a bench or table and relax the wrist as far as possible, almost letting the barbell roll out of your hand. Slowly bring the weight into your hand, flexing the wrist up to your forearm. Then slowly allow it to go back down, keeping the tension on the whole time. Do 10 reps.



Extension (Photos 3 & 4). This is the opposite of flexion. Put your arm down on the bench with your palm pointing down. Relax your hand as much as possible, then slowly bring your hand up toward the forearm as far as possible. Hold at the top, then let it go back down slowly, keeping the tension on. Do 10 reps.

Ouch! That Hurts!

A little knowledge and common sense will help you prevent foot and ankle injuries.

by Dr. A.H. Woodward, Orthopedic Surgeon

Enjoyment has always come with its quota of unhappiness. However pleasurable you find racquetball, it includes, unfortunately, the possibility of injury. In this article I shall discuss some common injuries of the foot and ankle region.

Toe Injuries

Toes are easily hurt and not just by your opponent stepping on them. You can damage them yourself. When you stop suddenly after a forward rush, the shoe may have better traction on the ground than your foot does inside the shoe. As a result the foot shoots forward jamming the end of the toes into the tip of your shoe. Tennis players call it "tennis toe" while mountain climbers know it as "downhill toe jam". Others call it

"black toe" because the condition is due to bleeding beneath the nail, and the blood eventually becomes dark.

Usually the great toe is the one that is damaged. Less often the second toe is affected. Rarely are the others involved. For some reason it is the players over 35 years of age that suffer this problem. The toe throbs painfully at first but usually settles down in a week or so. The skin and soft tissues around the nail may become red, but this is only temporary.

Because the condition is self-limited, treatment is symptomatic—cold compresses should suffice if anything is needed at all.

The right shoes should help: they must have enough room in the toebox, the front part of the shoe.

Breaking A Foot

The bone that breaks most commonly in an athlete's foot is the fifth metatarsal. The metatarsals are the bones immediately behind the toes. Convention has it that the metatarsal belonging to the great toe is called the first so the fifth is the one behind the little toe. If you feel along the outer border of your foot about half way between the little toe and the heel you will feel a bony bump. This is the tuberosity of the fifth metatarsal and serves as the firm attachment for a tendon. A sudden inward twist of the foot and ankle can cause this part of the bone to break. Sometimes the player hears or feels the 'snap' as the bone gives. While a victim who is both stoic and optimistic may think that he has just "sprained" his

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foot, most will seek medical help and x-rays.

Once the fracture has been diagnosed the foot needs immobilizing. I usually use a soft cast around the foot and ankle; others use taping. Only rarely is a standard walking cast indicated. Pain usually settles down within a month and activities can be resumed then, although it may be another month before bony healing occurs.

There is not much a player can do to prevent this injury except the usual warm-up and stretching exercises to maintain flexibility.

A Stress Fracture

Usually one associates a broken bone with a definite and often dramatic injury. However there is a type of fracture which occurs after minor but repetitive trauma—the stress or fatigue fracture. A stress fracture is more a process than an event. Stress stimulates bone to start remodelling, first by absorbing old bone then laying down more bone. If the repetitive stress is excessive the bone breaks. Except for military recruits, athletes are the usual group to suffer stress fractures. Runners are most commonly affected but no

‘Tennis players call it “tennis toe” while mountain climbers know it as “downhill toe jam.” Others call it “black toe”’

sport is immune. Even ballet dancers get stress fractures.

The second metatarsal bone an inch or so behind the second toe is often affected. The player has pain localized to this area during the game. Pain, swelling and warmth gradually worsen as long as he or she persists in playing. For reasons not known a woman is more likely to be affected than a man. Most give up playing after three weeks because of pain, which may diminish with rest but then returns for the next game. X-rays are often normal during the first three weeks of symptoms, but a bone scan may demonstrate the lesion within a few days. Treatment in the early stages is simple—rest it and allow it to heal. Usually, for a metatarsal stress fracture, training can be resumed in three to four weeks.

Prevention is more important. Stress fractures are almost always due to trying to play too much, too hard, too

soon. Set yourself a program of gradually increasing intensity. Cushioned shock absorbing shoes should help. Some but not all authorities like to believe that orthopedic devices decrease the stress on the metatarsals.

Ankle Injuries

Ankle injuries are the commonest reason I see athletes. It is so easy to twist an ankle while playing; usually the foot is forced inwards so that a sudden stretch is put on the outside of the ankle. Your body has provided you with three ligaments to hold your ankle together. Twist it hard enough and all three can snap but usually, it's only the front one of the three which goes. Pain, swelling, bruising and inability to bear weight on that leg are the common signs of an ankle sprain.

Your ankle needs support and rest while you need something to get rid of the pain; but if you want to get back



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to the courts quickly, you need to get your ankle working. One way of trying to achieve all these goals is summed up by the acronym ICE which stands for Ice, Compression, Elevation. Immediately after the injury apply ice (or other form of cold), wrap the ankle and keep it elevated, but the next day start walking on it. If you have to take some of the weight off, use crutches, but put your foot on the ground and try to use the ankle a little. Several times a day use an ice massage to relieve the pain and start moving the ankle. In between exercise sessions keep the ankle wrapped. This regime will get you back playing

much quicker than babying your ankle between a pair of crutches.

Rupturing Your Achilles Tendon

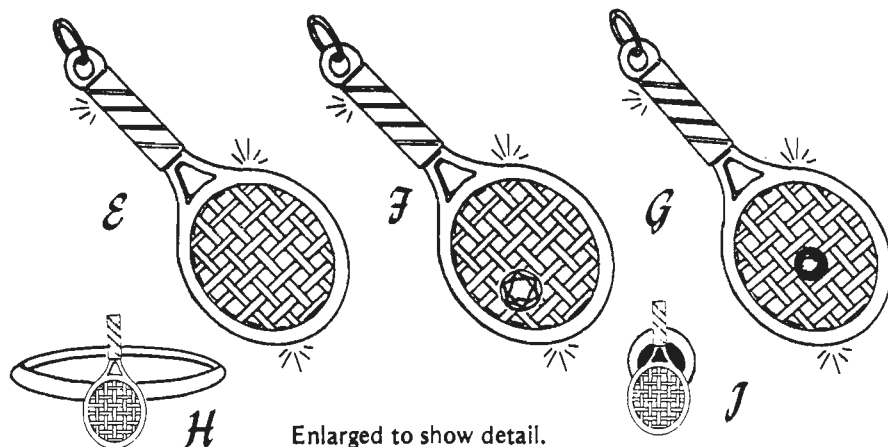
Another very vulnerable structure near the ankle is the Achilles tendon. A sudden load on the tendon will cause it to give. In tennis, the usual stress comes when serving, while in racquetball, it is the sudden stop while running backwards which overloads the tendon. Repetitive stresses can gradually damage and weaken the tendon predisposing it to rupture. The Achilles tendon degenerates with age too, and most patients with a ruptured tendon are in

their thirties and forties.

Usually the player feels a pop and sudden pain in the Achilles area. Pain is followed by swelling, bruising, limping and difficulty standing on tiptoe. Don't try to treat this one yourself. Achilles tendon ruptures can be treated by cast immobilization or by surgery, but always under professional medical care.

To save yourself from Achilles tendon ruptures, warm-up and calf stretching exercises are very important. Secondly, pain in the Achilles tendon brought on by playing may be due to tendinitis: if this early warning is ignored then a complete rupture may follow.

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'Runners are most commonly affected but no sport is immune. Even ballet dancers get stress fractures.'

As far as shoes are concerned, a cushion around the heel may help. Certainly the back of the shoe should not press against the tendon. If Achilles tendon problems do develop, a heel raise may be useful.

The calf muscles, like the Achilles tendon through which they act, are subject to injury from sudden dorsiflexion (up and down motion) of the ankle. About half way down the leg between the knee and ankle the bulging soft muscle attaches to flatter, firm tendinous structure. This attachment is the site of rupture of the calf muscle (gastrocnemius). Over a 100 years ago, the famous British medical journal *The Lancet* carried two reports, one of a tennis player, the other of a cricketer who had such sudden pain in the calf that they looked around to see who struck them with the ball. Theirs were typical stories—sudden pain followed by tenderness, swelling and bruising on the inner aspect of the calf.

Treatment is symptomatic; ice, elastic support and elevation is usually all that is necessary. Pain may be severe enough to warrant crutches for a few days. Recovery should be complete within a month, but calf stretching exercises are mandatory before returning to play.

Well, there are a few of "the thousand natural shocks that flesh is heir to" while playing racquetball. Injuries cannot always be avoided, but a little forethought, sensible preparations and the use of the right equipment can make you a bit less vulnerable. □

Second Serve Aces For Intermediate Players

Charlie Garfinkel's 'Spot' Racquetball

by Charlie Garfinkel

When Charlie Brumfield was dominating professional racquetball in the early 1970's, he once won an incredible 20 tournaments in a row. His confidence was so high, there wasn't a serve, serve return, forehand, or backhand shot, that he didn't feel he could execute accurately.

Of course, most of us will never play at the level of Charlie Brumfield. But then, how many players will? However, you can attempt to hit serves, and other shots different from the ones that you've continually used. And you'll be pleasantly surprised with the results.

For instance, most B and C players continually use the same serves. They usually use a hard drive or Z for their first serve. Their second serve is usually a high or medium lob, or a slow Z that isn't placed very well. The B and C players also stand in the same spot to hit their first serve almost every time. And the serve is most likely a drive to their opponent's backhand.

Unfortunately, your opponent has played against you so many times that he knows exactly where you're going to stand in the service box. He also knows how fast the serve will be traveling as it crosses the service line. He then moves to the spot where the ball has been served as if he was equipped with radar. Naturally, he is continually able to return your serve.

You do have the option of playing many different players instead of the opponent who knows your game so well. While this is wise (it gives you the opportunity to see and play many different styles) you'll soon find that many of these players are also adjusting to the pace and placement of your serves.

In order to keep your opponents off balance and constantly guessing as to how hard your serves will be hit and where they will be placed, you must serve from different areas of the service box. In addition, you should constantly vary the height and speed of your serve.

Although B and C players can have difficulty with their first serve, it is often their second serve that presents

major problems. Most intermediate players simply put their second serve in to play without really thinking of what they're trying to accomplish. They'll rarely attempt any second serves that could force an ace or weak return.

Assuming that you can hit a good drive serve, a daring, but extremely effective second serve is a hard drive! Although this sounds risky, you'll be astounded at your success after you've practiced sufficiently.

An excellent exercise to use to perfect a hard drive second serve is to play a 15 point game against your opponent, with you serving the entire game. A point is scored after every rally, either for you or your opponent.

At first, you'll feel apprehensive about serving a hard second serve, as you'll be concerned about double faulting. Rightfully so. But you'll be pleasantly surprised as you get half-way through the game and find that you're hitting an excellent drive as your second



Charlie Garfinkel, winner of 14 national titles, writes each month on his 'spot' theory of racquetball play that can get you out of a 'bad spot' and put your opponent 'on the spot'.

'To keep your opponents off balance you must serve from different areas of the service box. In addition, you should constantly vary the height and speed of your serve.'

serve. And the pressure that this will put on your opponent is unbelievable!

First, he knows that he must be ready to move quickly to return the serve each and every time. Second, assuming that you're mixing your serves to both the forehand and backhand sides, with approximately seven out of 10 being hit to the backhand, your opponent will never really be set to return any serve, let alone every serve.

You're probably thinking, "Sure, I've got a pretty good first serve, but, how can I be sure that I'll be able to consistently serve a good drive on my second serve?" This is an excellent question.

Remember you don't have to ace your opponent on every second serve. You do

need to hit an effective serve that will force your opponent to hit a weak return that you can readily put away. Therefore, if you have faulted on your first drive serve, it is imperative to serve the second drive serve six to 10 inches higher on the front wall to ensure that you don't double fault.

Most effective drive serves are struck to hit the front wall two to three feet high. Depending on the liveliness of the ball you're using, you'll have to experiment to see how much higher you'll have to hit your second serve to consistently have it cross the short line.

It helps a great deal if you stand 1-2 feet to the right of center in the service box on your second drive serve. This will allow you to hit the serve higher

and harder on the front wall as the ball will be traveling a greater distance, due to your position in the service box.

To hit the serve to your opponent's backhand (**Diagram 1**), the ball should strike the front wall, 2½ to 3 feet high, 1-2 feet to the left of center. The ball will then carry over short line, landing 1-2 feet past the line, near the left side wall.

On a first drive serve try to get the serve just over the short line. This is ace territory. Naturally, this is too risky on the second serve. That's why you're attempting to hit the serve further back from the short line.

A slight variation to the drive serve, but one that makes a tremendous difference, is "going for the crack." This was Brumfield's best ace serve and was the standard drive serve ace attempt until Marty Hogan's drive blasts into the deep, rear corner changed the game forever.

As a first serve, this drive should be aimed to hit the left side wall about six inches "short," while six to 12 inches high (**Diagram 2**). The speed of the drive will carry it past the short line as it caroms toward center court.

The crack attempt is especially effective after you've hit five or six drives aiming for the deep back corner. The receiver not only is leaning left, but he's also thinking back. The movement necessary to retrieve the crack ace attempt is forward. Even if the receiver gets to the shot, he will be unable to get his feet in position to do anything other than flip a weak return to the front wall.

As a second serve the crack ace is just as effective, with two minor adjust-

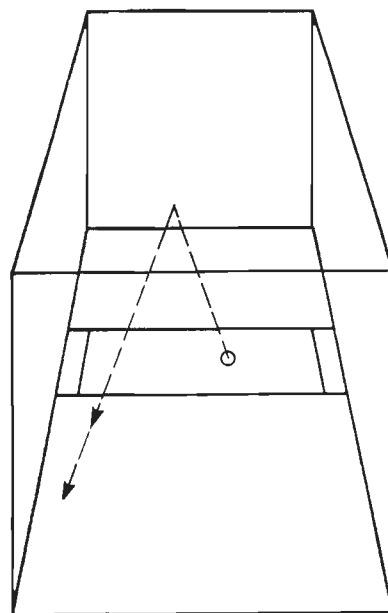


Diagram 1

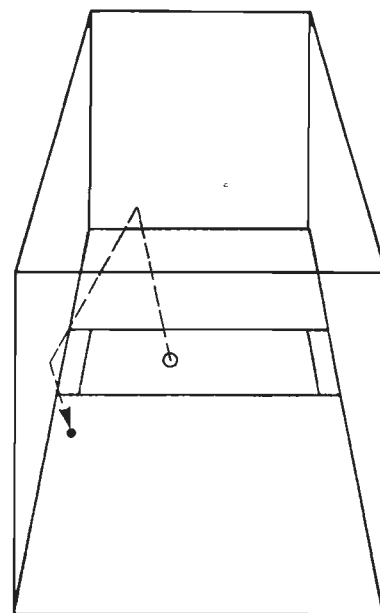


Diagram 2

'A slight variation to the drive serve, but one that makes a tremendous difference, is "going for the crack." This was Brumfield's best ace serve and the standard until Marty Hogan's drive blasts changed the game forever.'

ments (**Diagram 3**). First, move your target back about a foot, so that you're aiming to hit the side wall about six to 12 inches past the short line, still six to 12 inches up on the wall. The second adjustment is in pace—hit the serve at about 85% force. This will increase your accuracy and slow the shot down

to compensate for bringing it deeper into the court.

Another very effective second serve is a high lob down the forehand line. Usually when a receiver sees a second serve coming to his forehand, he is ecstatic. He envisions an easy setup that he can either put away or pass the server with. But when he realizes that the ball is too close to the right side wall to effectively get his racquet between the ball and the wall, panic sets in.

To hit the lob down the forehand line effectively (**Diagram 4**), stand 1-2 feet to the right of center in the service box. The serve should hit the front wall, 3-4 feet from the ceiling, approximately 3-4 feet from the right side wall. The ball will then carry over the short line, landing close to the right side wall. Be sure that you use a full follow through on your swing to ensure complete control and placement of the serve.

There are few racquetball situations where you can turn the tables any better on your opponent than aching him on your second serve. Just when he thinks he's got you where he wants you—you zap him.

The important thing to remember is adjusting your shot to hit the spot that will bring you home a winner. □

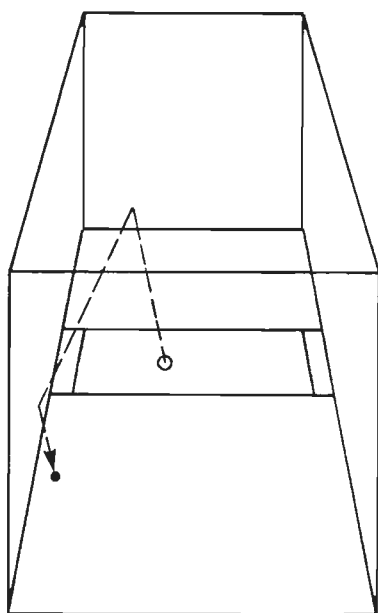


Diagram 3

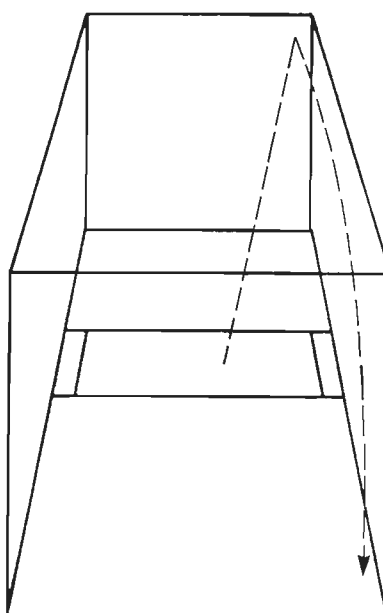


Diagram 4

The Advanced Ceiling Shot

It may take a little time, but this 'scissor-kick' shot will cut-off the competition

by Marty Hogan

In the early days of racquetball (and the slow ball), ceiling ball rallies were the order of the day. That bygone era was filled with ceiling ball masters who could hit 10, 20, or more consecutive ceiling shots that hugged the walls. The aerial skills of these artists were soon butted aside by the power drives and kills of the modern game.

The livelier balls and the greater offensive skills of today's players seem to have relegated the ceiling shot to second class status—at least to the spectators' eyes. But to the knowing eye, the ceiling shot must be mastered as well now as in those "golden days".

The championship player today has only three options which keep him from losing a rally: a flat out kill, a deep-court drive, or a perfect ceiling shot. But every point is played all-out in championship racquetball with little chance to firmly plant your feet for more than a split second, even to hit a ceiling shot.

The "scissor-kick-jump" ceiling shot is a technique for hitting a ceiling shot while on the run. Yet, I seldom see it properly executed by intermediate players. And even some pro players don't even know what it is. But, the technique will save you a few steps, improve your efficiency with ceiling shots, allow you to maintain better court position, and has a number of subtle variations.

The scissor-kick-jump ceiling shot is a must-shot when you are so far out of position that you can't hit a stationary ceiling shot. This can occur because you are caught out of position with a deep ceiling shot or it is a perfect ceiling shot which is way over your head. In both cases, the only way to reach the ball is to jump.

When you are out of position, you are also chasing the ball. The scissor kick allows you to quickly move back into a balanced, defensive position after returning the ceiling shot. This technique can also be used to hit a forehand ceiling shot from the backhand side or

a standard ceiling shot when a greater arc is desired.

In the worst situation, you are near the short line when all of a sudden your opponent sends up a quick, unexpected ceiling shot to the left side of the court. A novice player typically runs—heart pounding—and either slams the ball into the back wall or watches the ball bounce embarrassingly over his head for a winner.

However, if you were a master of the ceiling shot, you would scamper full speed to deep-court with three long, quick shuffle steps, leap into the air and save the rally with a scissor-kick-jump ceiling shot. Or if you were a wizard, you would also have the option of hitting a scissor-kick-jump overhead into the opposite front corner for a winner and a thunderous ovation.



Marty Hogan, winner of six national titles and four overall National Championships, sits on the advisory board of Marty Hogan Racquetball—a division of Pro-Kennex.

'The scissor-kick-jump ceiling shot is a must-shot when you are so far out of position that you can't hit a stationary ceiling shot.'

Executing the Scissor-Kick-Jump Ceiling Shot

In order to hit the scissor-kick-jump ceiling shot, imagine yourself trying to throw a ball towards the ceiling while running sideways towards the back wall. Except for a few minor differences, the body motion is the same—it has to change a running movement towards the back wall to one towards the front wall with a leap in between.

Begin with a Shuffle Step (Illus. 1)

Once you recognize that there's no time for a standard ceiling shot reply, turn facing the right side wall (for a right handed player) while at the same time beginning your shuffle movement with long strides. The shuffle is well known to basketball and football players who have to move laterally while facing an opponent. We use the shuffle to main-

tain our body in a position so that we can quickly release a ceiling shot with maximum efficiency and control.

Once your body is beginning to face the right side wall, push off with your left foot stepping with your right foot toward the back wall. Once your right foot contacts the floor, bring your left foot next to your right foot and repeat the movement. There is a slight bounce in the movement as you push off with the left foot.

In case you have to travel more than a few shuffle steps, you can cover some of the initial distance by running towards the back wall while looking over your left shoulder. Then, move into a shuffle run.

Face the Side Wall for More Power (Illus. 2)

Turning to face the side wall is important to position the shoulders so that



you can quickly deliver maximum power to the shot. Although the ball is hit with moderate speed, the shoulder turn will allow you to do this with little effort.

A common fault is to back pedal while executing this shot. Back pedaling is okay if you plan to only cover about five feet, but if you are on the run, back pedaling will force you to generate all of the power with your arms with the rest of your body out of the action. So, turn to face the side wall for more efficiency.

Loop Swing for More Rhythm and Power (Illus. 3)

You've seen how the loop swing can add extra power and rhythm with little extra effort in hitting the forehand. The same is true in the ceiling shot. I loop the swing just like a tennis serve, drawing the racquet back with an underhanded loop. This looping action should also turn your shoulders away from the front wall in a coiling action that turns your back partially towards the front wall. If the loop is too difficult, you can try a simpler, modified version of the loop by taking the racquet straight back behind the right shoulder.

At the same time, plant your right foot firmly on the floor with your right leg fully supporting your weight. Begin to bend your right leg as you prepare to uncoil upwards towards the ball.

Meanwhile, drop your racquet behind your back in a near "back-scratch position" just like a tennis serve with your

'A complementary shot to the scissor-kick-jump ceiling shot is an overhead from the same motion. The only difference in the stroke is the contact point.'

right elbow pointing towards the contact zone. Extend your left arm in front of your body for balance.

Jump Towards the Contact Zone And Uncoil the Shoulders (Illus. 4-5)

Now, explode up and slightly back as your right leg straightens and your shoulders uncoil towards the ball. You can hang momentarily suspended in the air allowing you to make minor adjustments if necessary.

The contact zone is over and slightly behind your right shoulder. This contact zone should be adjusted to get the proper ball trajectory. Because the ball contact point is higher than one for the stationary ceiling shot, you will find that you don't need to hit the ball as hard. Also, the trajectory is different, giving you a much higher arc once the ball rebounds from the floor. So, you'll

have to experiment to find the proper combination of ball speed and contact point.

Scissor Kick to Maintain Balance (Illus. 6-7)

In order to maintain your balance in the air, execute a scissor kick (as in side stroking while swimming) as your shoulders uncoil towards the ball. During this kick, your two legs should exchange positions so that you land standing on on your left foot. Meanwhile, the uncoiling action of your shoulders and the follow through of your swing should bring your weight forward. Your momentum should have already changed so that you are now moving towards the front wall.

With this shot, you will be able to change directions in mid-air, reach a ball high over your head, and execute a perfect ceiling shot all in one smooth, rhythmic, effortless stroke. You can see that it can also be used to hit a more effortless ceiling shot using all of your muscles rather than just those in your arm. Some players actually prefer a toned down variation of this shot for their standard ceiling shot stroke, primarily by reducing the amount of jump in the stroke.

A complementary shot to the scissor-kick-jump ceiling shot is an overhead from the same motion. The only difference in the stroke is the contact point which is now in front of the right shoulder and a downward wrist snap.

Practice

This ceiling shot can be practiced by hitting consecutive ceiling shots just as in practicing the stationary ceiling shot. Start by hitting the shot while standing in a spot on the court which will allow you to jump up towards the ball. As you become more proficient, place a mark or towel a few feet in front of the jump point of the shot and move to this position after each ceiling shot. Then, keep moving the towel towards the front wall when you feel that you have mastered the ceiling shot with the towel position. Keep increasing the distance you need to cover until the towel is say a few feet behind the short line.

The ultimate drill is to place the towel mid way between the side walls and a few feet behind the short line and then hit ceiling shots from side to side, forcing you to move both laterally and up-and-back. This is a very difficult as well as demanding drill. But if you can get to this proficiency level, be assured that you have attained the level of master and you will have one less avenue of attack open to your opponents even at the championship level. □

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Letters to the Editor

(Continued from page 3)

From The 'Right Field' ...

Dear Editor:

Since I live in the "right field" of racquetball—Arkansas—I really enjoy reading about the pros, studying the instructionals and laughing at Marty Hogan's well-earned arrogance. Also, since Fayetteville, AR, does not exactly churn out pros, the whole Northwest Arkansas area benefitted from the April appearance of Gregg Peck in near-by Bentonville. Gregg helped to regenerate interest in racquetball for all of us. Racquetball is alive and well here and everyone appreciated Gregg coming by to show us fine racquetball and true sportsmanship in his demonstration.

Keith Day

Marty may have "well-earned" arrogance, but there is no need for you to be humble about being in Arkansas. We have many die-hard subscribers there and we're proud that you're out there holding down the "right field" position. I'm glad you had a chance to see Gregg Peck in action. As you saw from our cover last month, Gregg was our Player of the Year, and the way he got there was through very hard work. Check out Jean's article on how Gregg keeps in shape and you'll see what I mean. —Ed.

Three Cheers For A Threesome!

Dear Editor,

Recently, I attended Lynn Adams Racquetball Camp at Fountain Valley. Your coverage in the August issue on Lynn Adams, Terri Gilreath and Jim Carson was SUPERB! Lynn Adams as a #1 professional on the court and a wonderful Mickey Mouse off the court. Terri Gilreath turns you into Gumby on the court and Jim Carson is like E.F. Hutton—everybody listens! My hat's off to this awesome three and your magazine!

Marco Levy
Fremont, CA

Walt Disney, Gumby, E.F. Hutton and National Racquetball thank you, Marco. —Ed.

It's All In The Wrist! Part II

(Continued from page 21)



Wrist turns (Photos 5 & 6). With the barbell in your hand, twist and turn your hand from side to side. This will strengthen the muscles in your forearms as well as help them stretch. Be careful not to turn your hand too sharply, as you can tear the tissue if the momentum of the weight is too great.



Pushing Racquets (Photo 7). While not actually a weight exercise, pushing racquets is still a valuable training tool. With a partner, put your racquet heads together (both in forehand position, then both in backhand position). While you try to push forward, using only your wrist, your partner will do the same. Repeat.

center of the body) to the part they are Range of motion is important when talking about any movement, and especially when examining a movement involving the wrist and hand because it can be the difference between strength and weakness. If your range of motion is limited, the muscles cannot go

through their entire contraction and the movement itself will be stopped short of full execution.

Improving range of motion involves stretching the muscles and connective tissues in the area. The exercises in this article are presented with the goal of increased range of motion. □

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		▲	▲	▲
SL (230-245)				



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Weight (grams)	Grip (inches)	3 3/8	3 7/8	4
		▲	▲	▲
SL (230-245)				

OFF COURT FITNESS

By Jean Sauser



Marathon Madness

Once upon a time, 1980 to be exact, I ruined my first Hawaiian vacation and almost my racquetball career by running the Honolulu Marathon on a dare. Originally, I planned to enjoy the Hawaiian sun in December with some friends. Since they were dedicated runners, they entered the Marathon to mix business with pleasure. My plan was to get a Marathon t-shirt for my racquetball wardrobe by running the first seven miles (my usual distance, one I never exceed) with our group and then bowing out.

A funny thing happened on the plane trip over—my friends teased me about being a softy. The camaraderie they developed during their hard months of training for the Marathon surfaced in the form of semi-vicious attacks on my credibility as an athlete.

Somewhere between forgetting the fact that I had not been present during their 18-mile training runs and failing to remember that I was running less than half that distance for racquetball only, I got angry. I informed them that not only would I run the first seven miles, I would also finish! We bet a six pack on the challenge.

Upon checking in at the race at 4 a.m. the next morning, I discovered another reason to finish the Marathon. Only those who crossed the finish line in eight hours got t-shirts! Right then and there my vacation turned into a quest. I vowed to crawl across the finish line if I had to. I must have left my common sense back on the mainland.

From the moment the gun went off to mile seven, I ran alongside my friends, teasing them about how good I felt. "Just wait," they warned, their faces sternly concentrating. "This is the

easy part."

At mile eight as I began to notice they weren't kidding any more. A rain storm burst forth and totally soaked our shoes and clothes and the additional weight began to slow me down. "See you at the finish," my friends yelled over their shoulders.

From that point it was total agony. At mile 11, I began to feel uncomfortable and sluggish. I remembered the marathon is held in memory of Pheidippides, the Greek soldier who ran from Marathon to Athens to announce an Athenian battle victory. He died delivering the news. Now I knew why.

At mile 14, I began to "hit the wall". That's when a runner's muscles run out of glycogen (energy supply). The result is a lactic acid buildup (waste products in the muscles) and a feeling like you've just run into a wall, literally. Most marathoners begin to hit the wall during the last five miles (if at all), I was hitting the wall very early, probably setting a record.

The next 12 miles I felt nauseated, dizzy, and sore as if I had just played 100 straight racquetball games. I was so depressed I felt like asking someone for a gun to put to my head. Instead, I cried. Somehow, I just kept going.

After crying and running for what seemed like an eternity, I discovered that I was being passed by fastwalkers! "Oh no!" I agonized. "If I keep slowing down I'll never finish!" I tried harder to stay at an even pace. I thought seriously about quitting. Instead, I became angrier than a rat in a corner at my friends, who I now blamed for my predicament. The hate enabled me to hobble on and I vowed to wear my Marathon t-shirt while drinking my

winnings later than night.

A lifetime and a-half later, the crowd was yelling that the finish line was one mile away. Actually, it was one mile and 385 yards away. Those extra yards were added in 1908 in London when King Edward VII and Queen Alexandra decided that the race should start from Windsor Castle so they could view the start with their grandchildren.

Cursing them for their clout, I finished the last 385 yards in even slower motion—four and a half hours after I began. As I crossed the finish line, four medical attendants grabbed my wobbly body and asked if I was okay. I must have looked worse than I felt.

I found my friends sitting under a tree with my six-pack. I took off my running shoes, threw them in the nearest trash can and we all laughed—the last time I laughed during the vacation.

In fact, all I was capable of during the rest of my vacation was laying on the sand like a beached whale while my friends romped in the surf. Because they trained properly, they recovered within two days. My ordeal was far from over. My entire Hawaiian vacation was spent in pain.

Back home I discovered I had damaged the nerves in my feet from pounding the pavement for 26 miles. It took regular doctor visits to work that problem out. Luckily, I suffered no long term ill effects, but it was almost six months before I was able to play racquetball free of pain.

I still have my Marathon t-shirt. I will save it as part of my personal history. It serves as a constant reminder to train properly for all the sports I participate in. □

Footloose!

Part II—Making Sure Your Running Program Is Aerobic Exercise

by Jean Sauser

When most people refer to aerobic exercise, in their minds they are envisioning Jane Fonda leading rooms full of people dressed in their leotards through all sorts of gyrations to rock and soul music. While that media-reinforced impression is not incorrect, it is important to remember that there are other equally effective forms of aerobic exercise among which running rates the highest.

To make your running program aerobic, you need to first understand what the word aerobic means and what rules must be followed to make sure it is aerobic. Aerobic means "with oxygen". Exercises that are aerobic utilize oxygen to convert the food you eat into energy. Running, like walking, swimming, cycling and cross country skiing, can be aerobic exercise because it involves rhythmic movement of large muscle groups that can be done for long periods of time without stopping.

When you run, your muscles demand more oxygen in order to produce the energy you need to keep going. In order to supply this additional oxygen, your lungs work harder by increasing the number and depth of breaths taken to bring more oxygen into your blood. Your heart then beats faster to supply the oxygenated blood to your working muscles.

In order to achieve and maintain aerobic fitness through running, certain rules must be followed regarding the frequency, duration and intensity of this form of exercise. If these rules are broken, your running routine will not be aerobic and the results in terms of fitness for you, won't be as good.

First you must run at the right heart rate intensity, known as training heart rate, to ensure that your running is aerobic. Running at your training heart rate (see Three Step Method that follows), forces your heart and lungs to become stronger as well as more efficient, provided that you keep your heart rate in its training zone for a minimum of 15 minutes (duration) for at least three times per week (frequency).

Your heart is a muscle. Like all muscles, as it becomes stronger through

aerobic exercise, it can do more work. Increased heart strength enables your heart to pump more blood with fewer beats per minute both at rest and while you exercise. This is desirable because a strong heart resists heart attacks.

Aerobically conditioned lungs get

'Running, like walking, swimming, cycling and cross country skiing, can be aerobic exercise because it involves rhythmic movement of large muscle groups that can be done for long periods of time without stopping.'

oxygen into the blood faster. A strong heart with strong lungs gives you good stamina on the court and in every day activities. Building a strong heart and lungs through aerobic exercise gives you what fitness experts refer to as cardiovascular strength.

Lastly, you can eliminate body fat through running aerobically because aerobic exercise forces your body to use its fat for fuel. This means that your muscles will become leaner, stronger, more attractive, and more capable of the work you call upon them to do in a racquetball game, or in everyday life.

The Three Step Method

You can make your running program aerobic by following these three easy steps.

1. *Take Your Resting Heart Rate*—This refers to how many beats per minute your heart makes when you are at rest (not exercising). The most accurate way to determine your real resting heart rate is to take your pulse upon waking up in the morning. Place your fingers (not your thumb) lightly on the carotid artery of your neck. Don't press the artery. This can actually slow down your heart rate or worse still, block blood flow to your brain causing dizziness. (See Photo) Using a clock or wristwatch with a second hand, count the number of beats your heart makes



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in 30 seconds and then multiply that number by two.

2. Figure Out Your Training Heart Rate—Your training heart rate is the heart rate you must reach and sustain for a 15 minute minimum in order to achieve and maintain the above mentioned fitness benefits. Your training heart rate, depending on your current state of health and overall fitness level, is between 70% and 85% of your maximum heart rate (maximum number of beats your heart can possibly make). (See Chart #1)

3. Monitor Your Heart Rate Before, During and After You Run—Taking your heart rate before you run is a safety measure. If it is five beats or more above your normal heart rate at rest, don't run. This could mean that you are on the verge of being ill, in which case, running will only bring on the illness faster. Instead, you should rest that day and if it continues, see your physician.

After you've been running for five minutes, stop and take a 10 second pulse (multiplying by six to get the correct number of beats per minute). This will establish that your heart rate is in the proper training zone. If it is higher or lower than your training rate, adjust your pace accordingly. Run slower if your heart rate is over the training zone and run slightly faster if your heart rate is under the training zone. Take your pulse several times during your run to make sure that you are running in your training heart rate zone. (See Chart #2)

After cooling down (walking and executing flexibility exercises) the best finishing touch for your run is to again monitor your heart rate. This will tell you if it is back to near its resting state. Although your heart rate will probably be slightly higher than the rate you began your run with, it should drop out of the training zone and be under 120 beats per minute before stopping your cool down procedure. If you are having trouble with a rapid heart rate long after a run, you should check with your physician immediately.

Exercise Prescriptions for Running

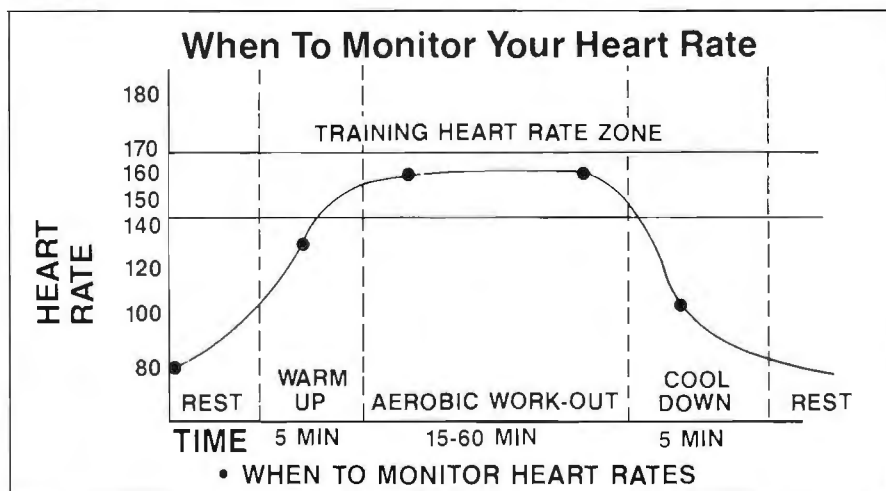
To safely and effectively execute a running program, it is important that you begin slowly and work up to a more strenuous running program over a long period of time. See beginning, intermediate and advanced charts.

Chart 1

Training Heart Rate Chart

Your Age	Percentages of Your Predicted Maximum Heart Rate				
	60%	70%	75%	80%	85%
20	120	140	150	160	170
25	117	137	146	156	166
30	114	133	143	152	162
35	111	130	139	148	157
40	108	126	135	144	153
45	105	123	131	140	149
50	102	119	128	136	145
55	99	116	124	132	140
60	96	112	120	128	136
65	93	109	116	124	132
70	90	105	113	120	128

Chart 2



Beginning Program—To be used if you've never run before.

Week	Frequency	Duration	Activity	Training Heart Rate
1	4x a week	15-20 min.	Fastwalk	*60-70%
2	4x a week	30-40 min.	Fastwalk	60-80%
3-4	3x a week	15 min.	Run/Walk	60-80%
5-6	3x a week	20 min.	Run	70%
7-8	3-4x a week	25-30 min.	Run	70-75%

*60% should be used as your training heart rate if you've never run before, have a low current fitness level, have been sedentary most of your life, or are under medical supervision.

Intermediate Program—To be used at the end of the beginning program or if you've been running consistently on your own but not monitoring your training rate.

Week	Frequency	Duration	Activity	Training Heart Rate
9-10	3-4x a week	30-40 min.	Run	70-80%
11-12	3-4x a week	40-45 min.	Run	70-80%

Advanced Program—To be used upon completion of the Intermediate Program.

Week	Frequency	Duration	Activity	Training Heart Rate
13+	3-5x a week	45-60 min.	Run	70-85%

Running provides a simple, economical way to get and stay fit. "Running will take fat off your body quicker than anything except a knife," says fitness expert Covert Bailey. That's good news for your racquetball game as well as your health.

Suggested reading: "Fit or Fat" by Covert Bailey. □

Pro-Files In Fitness: Gregg Peck

The World's #3 Player Is #1 When It Comes To Working Out

by Jean Sauser

Last season Gregg Peck picked a pack of pro players to beat. In 10 of 12 pro stops, his lowest finish was in the semi-finals giving him the most consistent playing record since Marty Hogan. Then, as a grand finale to this personal, as well as professional, best season ever, Gregg won the DP Nationals, defeating Hogan and Mike Yellen en route to his first national title.

So, Gregg Peck finally has a name of his own in the world of men's professional racquetball. Now that he is no longer thought of as Dave Peck's younger brother (a relationship he is very proud of), the racquetball industry is anxiously awaiting the upcoming racquetball season to see if Gregg is really capable of becoming number one.

"He has the mark of a true champion," says Drew Stoddard, commissioner of the men's pro tour. "Every season Gregg has been better than the one before. I think the DP win has given him the confidence to become a permanent threat to Yellen and Hogan."

Gregg Peck has come a long way from the days when he was 12 years old, tagging along with older brother Dave to racquetball practice. It was somewhere between working on his own game and becoming the number one player in 1982 that Dave found time to work with Gregg on the court as well.

"He was always very good with me," Gregg says proudly of Dave. "I followed him around the courts and he would always find time to help me with my game. I was your typical tag along little brother in those days. Always trying to be like Dave."

Learning the ropes of racquetball from Dave gave Gregg a better than average start on the pro tour. Gregg was voted rookie of the year in 1980 and his ranking increased steadily every season after that. When Dave reached his all time career high of number one in 1982, Gregg wasn't far behind him at number 10.

The real turning point for Gregg came at the end of the 1984 season. It was there that Gregg felt he needed professional advice concerning his off



Under the supervision of sports trainer Don Fields, Peck does total body weight and circuit weight training.

court training methods.

"I had always trained half-heartedly," explains Gregg, "because I really didn't know exactly what I was doing or how it applied to racquetball. I fooled around on the weight machines, but I really didn't dedicate myself. At the end of the '84 season, I met with Don Fields, the Area Supervisor for the Supreme Court Racquetball Clubs here in Austin.

"Before working at Supreme Courts, Don had been the Assistant Strength Coach at the University of Texas-Austin. He'd trained Lyle Blackwood (defensive back of the Miami Dolphins) and other pro football players. And, he worked with the University's tennis and golf teams.

"I told Don about my dreams concerning racquetball and how I was ready to dedicate myself totally to training properly for my sport. He told me 'Gregg, if you dedicate yourself to me, I'll dedicate myself to you'. It worked! I know that without Don's help, I probably wouldn't have reached number three this year."

Ask Gregg Peck what fitness means

to him nowadays and he'll tell you he wouldn't be here without it.

You say you couldn't have done as well as you did last season just playing racquetball in preparation for pro stops. Is that the bottom line in the story of the rise of Gregg Peck?

That's right. I think so anyway. I don't know if it's possible to become a top player just playing racquetball anymore. In fact, I don't think it's possible. Everybody is playing so tough, hitting the ball hard and all that. I know I've got to train real hard to play my best. I know you can probably still talk to Yellen and he'll probably tell you he doesn't lift weights all that much, but I know I have to.

You're the first pro we've come across that is really using a professionally supervised total body weight training program. How did that decision come about?

Don changed my attitude about weight training and fitness for racquet-

ball. Before Don, I was fooling around with weight training by myself and not taking it very seriously. Don got me into a permanent schedule of training specifically designed for my game. I set up my life around my training schedule. After all, this is part of my job, to train for racquetball. It's like going to work at nine in the morning. You know you have to go to work. I know that I have to go to my workout at specific times all through the week and that Don will be there at those times to work with me. You know it's funny, but until I got with Don, I really didn't understand what people meant when they said that racquetball and fitness has to become part of your life if you are going to get anywhere at all with it. Now I know what that means.

What is your training routine?

I do a combination of machine and free weight training to build upper and lower body strength. I do circuit weight training for cardiovascular conditioning. Also, to make sure that my legs have the explosive strength and stamina required for racquetball, I do bounding.

What's bounding?

It's done by setting up benches like hurdles on a track and literally bunny hopping over them.

Other pros have told us that when they use weights for their lower bodies, they get slow on the court or even injured. Consequently, most pros are using weights for the upper body only. You obviously disagree with that don't you?

Yes I do. It's a myth that lower body weight training makes you slower on the court. However, I am working out under the supervision of a professional sports trainer. Most players don't do that. Don makes sure that I do extensive flexibility exercises to build flexibility along with strength. We do a specific type of flexibility training that requires the presence of a sports trainer at all times. It's made me ten times more flexible than I was a year ago.

Are you saying that if you are going to work out a serious training program for racquetball, you must see an expert?

Definitely. Gregg Peck's program is for Gregg Peck. You can't copy my program to get the results you want. In fact, you could get hurt. It's just like taking racquetball lessons. To learn the

game properly, you should take lessons. To train for racquetball, you should work with an expert.

Tell us about the "refreshing" part of your fitness program.

Water skiing! I love it! What I get out of water skiing is excellent for my racquetball game. It gives me an escape from the pressures of professional racquetball. It's great to get out on the lake where it's sunny and outside. Water skiing is a great total body workout. You use your legs, your arms and your up-



The great escape—Gregg Peck on slalom.

'I was in a rut. In fact, a lot of guys are still in that rut, you know, go play, have a good time, win or lose, mostly lose and just hang out at the tournament having fun.'

per body muscles. I believe it contributes to my overall body strength.

Last but not least, water skiing contributes to better body balance, and boy is that ever something you need for racquetball. I've been able to develop a good sense of balance on the lake as well as on the court through water skiing.

Do you have a nutrition program?

Funny you should mention that. My new goal for this year is to get on a good nutrition program. I already know that my diet in years past had much to much fat in it.

Can you name one of your worst fatty meals?

(Laughing): One? You want me to only name one? I don't know if that's possible. Well, let's see. I just love Wendy's hamburgers and french fries.

Don't we all?

You know it! But, I've found that I can still go to Wendy's nowadays and have their salad bar instead. Actually, I've found that I can still eat at all of my favorite hang outs but I have to change what I order so that I get the right food instead of junk food.

Do you think that you are training harder than any of the other men on the tour today?

That could be true. I don't know for sure. What I do know is that at the end of last year, I had this feeling that I was really playing well the first and second games of my matches and falling apart for the third, fourth and fifth games. In fact, sometimes, I would play a heck of a first game and then it was all downhill from there.

What made you decide on a fitness program versus just practicing on the court harder?

Well, I'd already done that. In fact, for a while, in the early part of my career, I was just playing racquetball and enjoying the traveling. Someone else was paying the bills and my attitude was lackadaisical. I was in a rut. In fact, a lot of guys are still in that rut, you know, go play, have a good time, win or lose, mostly lose and just hang out at the tournament having fun.

But all the while I was doing that, I wasn't happy with myself even though every season was getting better for me. I knew deep down inside that I wasn't playing up to my full potential. I was going on raw talent. I wasn't paying my dues.

Then one day I just kind of woke up and said to myself, "Gregg, what do you want out of this sport? You are not playing to your full potential. What are you going to do about that?"

And I came to this conclusion. That if I was going to be the best that I could be, then I was going to have to dedicate myself totally to racquetball and all the training that goes with it. I met with Don and you know the rest of the story.

We certainly do. But, the story isn't finished yet. What are your professional racquetball goals?

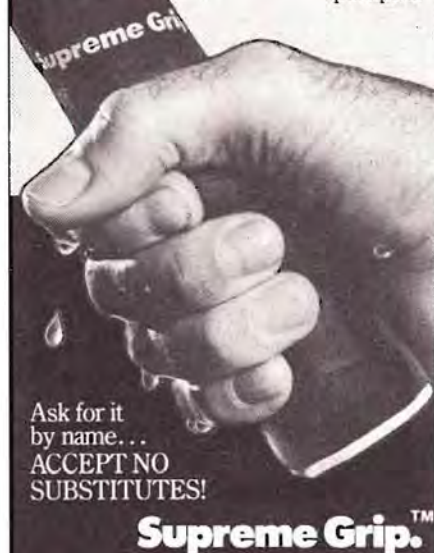
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EXTRA

Important industry news that you should know about in the world of racquetball.

Attackwear Enters 3rd Year With New President And Generous Offer

As of July 31st of this year, Bob Hart became the president of EQ Enterprises, Inc., the parent corporation of Attackwear clothing now in its third year. Bob is also the founder of the company and creator of the Attackman Logo that identifies their unique clothing line that is sold nationally and internationally to racquetball enthusiasts.

Additionally, to kick-off the 3rd year of EQ, Mr. Hart stated, "For every \$20.00 retail spent for Attackwear, EQ Enterprises will donate \$1.00 to the American Amateur Racquetball Association (AARA), an organization we feel is totally committed to the future of racquetball!"

Also, Charlene Curry was promoted to secretary-treasurer of EQ Enterprises. Congratulations. □

IRSA Announces 1986 Show Will Be The Biggest Yet

A record 352 booth spaces, representing a 39% increase over a year ago, will be available for the upcoming IRSA National Convention/Trade Show to be held February 19-23, 1986 in Nashville, TN.

"This is the show for club owners," said Chuck Leve, IRSA's Director of Associate Membership. We're looking for 2,000 owners to be in Nashville!"

For further information, contact Chuck Leve, IRSA, 1701 Silver Pine Drive, Northbrook, IL 60062, 312-699-6275. □

Mike Yellen To Teach On NCL Fitness Cruise

Mike Yellen, racquetball's #1 ranked pro, will be sailing and teaching on the seven day Norwegian Caribbean Lines' "Fitness Cruise" which leaves the Port of Miami on November 30, 1985.

"The 'Sports Afloat' program gives passengers a once-in-a-lifetime opportunity to hob-nob with the top athletic stars," said Phil Wilson, NCL Sports

and fitness coordinator.

The S/S Norway is the world's largest cruise ship. On board are three swimming pools (one indoor), a 1/6 mile jogging track, a fully equipped gym, a sports deck for basketball and volleyball, and an outdoor racquetball/handball court. For time-outs from sports activities, there's a choice of facilities: a dozen bars, the largest casino afloat or color cable television in the cabins.

For more information, contact Fran Sevcik, 305-358-6670. □

SCRS Changes Name

Standard Competitive Rating Systems, the parent company of American Handicap Rating Systems which provides the ratings for the American Amateur Racquetball Association (AARA), announced that it has changed its name to Sports Computing Corporation. The company will conduct business under its new name immediately, according to Pat McGlone, president.

"We are in the business of providing access to a highly unique software programs for racquetball and squash clubs in this country and in Canada," McGlone said. "We feel the company's new name, Sports Computing Corporation, reflects the nature of our business more accurately than our former name."

For further information, contact: Sports Computing Corporation, 612-933-8400. □

IARF Awards Head Official Racquet

The International Amateur Racquetball Federation has awarded AMF Head the Official Racquet sponsor of the racquetball competition of the World Games held in July of this year. A joint announcement was made by Mark Wentura of Head and Luke St. Onge of the IARF. This is Head's first involvement in the International Racquetball arena. The television broadcasts of the finals of racquetball have the opportunity to reach 80,000,000 people worldwide according to the organizers, West Nally Ltd. □

NEW PRODUCTS



Safetylites from RPM Distributors

R.P.M. Distributors is now offering Safetylites eye-protection. The 3 mm polycarbonate lenses and frames manufactured by Opti-Vue have re-inforced stress points, deep-set lenses that restrict the movement of the lens toward the eye, and a comfortable bridge design. The suggested retail price is \$19.95 which includes a convenient plastic carrying case.

For more information, contact: R.P.M. Distributors, 1107 Rivara Road, Stockton, CA, 95207, 209-957-3542. □



Ripe Plum-Sportwear Designed for Racquetball

"It's not whether you win or lose, but how you look playing the game," a recent bumper sticker read. So what do you wear when playing racquetball? Now you can choose from a new line

of sportwear called "Ripe Plum Anywear" that was specifically designed for racquetball enthusiasts. T-shirts, sweat-shirts, shorts and hats all have colorful screened designs which read "Rip it", "Doubles", "Power Racquetball" and more.

For more information on Ripe Plum sportswear, contact: Russ Cotrell, 9842 Hamilton #3, Huntington Beach, CA 92646, 714-963-5952.



CLC Offers "Tourney Results"

"I saw a need, and I decided to fill it," says Stu Lutzker, president of CLC, Inc., in Langhorne, PA. "I started *Tourney Results* when I realized how much time and money I was spending to receive my tournament applications just in time to phone in my late entry. I thought there might be other players out there with the same frustrations, and judging by the rate at which we're growing, I guess I was right."

So far, *Tourney Results* has grown mostly by word of mouth, although applications are available at certain racquetball and squash facilities in the Pennsylvania, New Jersey, and New York areas. Ask your club manager or pro. The cost for a one year subscription to *Tourney Results* is only \$5.00. Every other month, *Tourney Results* mails applications and results for dozens of east coast tournaments to its subscribers and club affiliates.

At present, Lutzker and his associates are trying to attract support of the AARA on both the regional and national levels. For more information write: *Tourney Results*, P.O. Box 1026, Langhorne, PA, 19047. □

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NEW Graphite 245	47.95

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Ektelon Synthetic	7.95
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Buckskin	7.95

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Ektelon Eye Sentry	24.95
NEW Sentinel (For Glasses)	22.95
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SCHEDULE OF EVENTS

1985-86 RMA MEN'S PRO RACQUETBALL TOUR MASTER SEASON SCHEDULE

Oct. 2-6, 1985
\$15,000 Open
Crystal Racquet & Health Club
1333 Crystal Gateway Arcade
Crystal City
Arlington, VA 22202
Judd Grosshans
703-979-9660

Oct. 16-20, 1985
\$15,000 Open
Park Avenue Health Club
501 Park Avenue
Omaha, NE 68105
Todd Higgins
402-345-8175

Nov. 5-10, 1985
\$15,000
Dallas Pro-AM
Dallas/Ft. Worth, TX
Mark Fairbairn
918/493-3331

Dec. 11-14
\$15,000
Gold River Classic
Gold River Racquetball Club
Sacramento, CA
Ed Martin
916-383-3070

Jan. 15-19, 1986
\$15,000 Open
Arizona Athletic Club
1425 West 14th Street
Tempe, AZ 85281
Jack Nolan
602-894-2281

Feb. 12-16, 1985
\$15,000 Open
Tulsa Aerobics & Racquetball
Club
4535 South Harvard
Tulsa, OK 74135
Mark Fairbairn
918-493-3331

Feb. 26-March 2, 1986
\$15,000 Open
Griffith Park Athletic Club
4925 S.W. Griffith Drive
Beaverton, OR 97005
503-644-3900

March 12-16, 1986
\$15,000 Open
Midtown Athletic Club
5400 Kennedy Avenue
Cincinnati, OH 45213
Mike Sipes
513-351-3000

March 25-29, 1986
\$15,000 Open
Big C. Athletic Club
1381 Galaxy Way
Concord, CA 94524
Tom Martin
415-634-3528

April 16-20, 1986
\$19,200 Open
Merritt Racquetball and
Fitness Center
Security
Baltimore, MD
RAMB - Dave Pivec
301-532-2250

April 30-May 4, 1986
\$22,800 Open
Ektelon National Championships
The Sports Gallery
2560 East Katella Avenue
Anaheim, CA 92806

May 14-18, 1986
\$15,000 Open
Rocky Mountain Health Club
1880 Westland Road
Cheyenne, WY 82001
Steve Galassini
307-634-8884

June 10-15, 1986
\$33,000
DP National Championships
Site To Be Announced

WPRA 1985-86 SEASON SCHEDULE

Oct. 17-20, 1985
\$10,000
Pacific Mutual Pro Am
Los Caballeros Sports Complex
Fountain Valley, California

Oct. 24-27, 1985
\$12,000
Anchorage Athletic Club
Anchorage, Alaska

Jan. 17-20, 1986
\$10,000
The Courthouse Fitness Center
Rockwall, Texas

Mar. 14-17, 1986*
\$11,000
The PAC West Athletic Club
Tacoma, Washington

April 11-14, 1986
\$12,000
Sportsworld Athletic Club
Lawton, Oklahoma

May 1-4, 1986
\$18,500
Ektelon National Championships
Anaheim, California

June (TBA), 1986
\$30,000
WPRA Nationals
Riverbend Athletic Club
Ft. Worth, Texas

June (TBA), 1986
(TBA)
DP National Championships
Site to be announced

*Date Tentative

**FOR TOURNAMENT
INFORMATION:**

For RMA Pro Tour Events:
Drew Stoddard
Commissioner, RMA Pro Tour
P.O. Box 7548
Reno, NV 89510
702-826-6037

For WPRA Tour Events:
Jim Carson
Director, WPRA Tour
3097 Fernheath Lane
Costa Mesa, CA 92626
714-641-7452

AARA NATIONAL EVENTS

Oct. 24-27, 1985
National Doubles
Rocky Mountain Health Club
Cheyenne, WY
Contact: AARA 303-635-5396

April 1986
Intercollegiate Championships
Site to be announced
Contact: AARA 303-635-5396

May 1986
National Singles Championships
(Qualifying required)
Downtown YMCA
Houston, TX
Contact: AARA 303-635-5396

June 1986
National Juniors Championships
(Qualifying required)
Site to be announced
Contact: AARA 303-635-5396

July 1986
World Games
(Qualifying required)
Site to be announced
Contact: AARA 303-635-5396

July-August 1986
AARA Elite Training Camp
(Qualifying required)
Colorado Springs, CO
Contact: AARA 303-635-5396

CLUB CONVENTION CALENDAR

Oct. 17, 1985
IRSA Eastern Fall Conference
Hilton Hotel
Lowell, MA
Jeanne Murphy 1-800-232-IRSA

Oct. 25, 1985
IRSA Mid-Western Conference
Hyatt Regency-O'Hare
Chicago, IL
Jeanne Murphy 1-800-232-IRSA

Nov. 6, 1985
IRSA Regional Convention
Regency Hotel
Denver, CO
Jeanne Murphy 1-800-232-IRSA

Nov. 7, 1985
IRSA Regional Convention
Loew's Anatole Hotel
Dallas, TX
Jeanne Murphy 1-800-232-IRSA

Feb. 19-23, 1986
IRSA National Convention
Opreyland Hotel
Nashville, TN
Suzanne Lempke 1-800-232-IRSA

RANKINGS

The sources for these national rankings are as follows: Men's-Official RMA Pro Racquetball Tour rankings; Women's-Official WPRA Tour rankings; Amateur-Official AARA national rankings.

RMA PRO RANKINGS

JUNE 20, 1985

Ranking	Player	Points
1	Yellen, M.	85.00
2	Hogan, M.	82.22
3	Peck, G.	74.00
4	Hilecher, J.	63.75
5	Swain, C.	57.50
6	Gonzalez, R.	48.00
7	Harnett, B.	47.50
8	Price, G.	42.00
T	Oliver, S.	42.00
10	Peck, D.	42.00
11	Cohen, D.	38.00
12	Obremski, D.	30.00
T	Gross, D.	30.00
14	Andrews, E.	28.00
15	Ray, M.	27.14
16	Gross, A.	26.00
17	Bryzman, C.	25.55
18	Wagner, R.	21.42
T	Hawkes, B.	21.42
20	Newman, J.	21.11
21	Egerman, J.	18.88
22	Cascio, J.	18.00
23	Terry, E.	17.42
24	Johnson, D.	15.50
25	Moskwa, S.	15.00
26	Lerner, S.	13.33
27	Inoue, E.	12.85
28	Roberts, A.	12.50
29	Green, D.	11.50
30	Negrete, D.	10.00

WPRA RANKINGS

JUNE 20, 1985

Ranking	Player	Points
1	Lynn Adams ...	316.75
2	Vicki Panzeri ...	208.00
3	Terri Gilreath ...	140.00
4	Caryn McKinney ...	110.00
5	Marci Drexler ...	108.00
6	Janell Marriott ...	88.25
7	Heather McKay ...	81.50
8	Liz Alvarado ...	75.00
9	Diane Bullard ...	59.25
10	Cindy Baxter ...	56.25
11	Laura Martino ...	54.00
12	Molly O'Brien ...	44.50
13	Joyce Jackson ...	42.75
14	Fran Davis ...	40.00
15	Jennifer Harding ...	39.00
16	Babette Bell ...	38.50
17	Bonnie Stoll ...	36.00
18	Marci Greer ...	35.75
19	Marcy Lynch ...	26.50
20	Martha McDonald ...	22.50
21	Sandy Robson ...	18.00
22	Linda Porter ...	15.00
T	Shannon Wright ...	15.00

24	Val Paese	14.00
25	Terry Latham ...	12.50
T	Trina Rasmussen ...	12.50
27	Dot Fischl	10.00
T	Mona Mook	10.00
T	Cathy Nichols ...	10.00
T	Mary Pat Sklenka ...	10.00
31	Toni Bevelock ...	7.50

AARA/ARHS NATIONAL TOP 50 RANKINGS

JULY 27, 1985

Men's Open

Ranking	Player	State
1	Dan Obremski ...	PA
2	Ed Andrews ...	CA
3	Doug Ganim ...	OH
4	Todd O'Neil ...	VT
5	Charlie Nichols ...	FL
6	Mark Hegg ...	CO
7	Sergio Gonzalez ...	FL
8	Bruce Christensen ...	NY
9	Mike Ray ...	GA
10	Jim Cascio ...	PA
11	Dan Ferris ...	NM
12	Todd Thielen ...	SD
13	Scott St. Onge ...	MA
14	Scott Reid ...	TN
15	Richard Hull ...	FL
16	Ron Fournier ...	ME
17	William Gottlieb ...	MR
18	Stu Hastings ...	MI
19	Brian Valin ...	CD
20	Jim Jeffers ...	IL
27	Tom Fournier ...	ME

Women's Open

Ranking	Player	State
1	Cindy Baxter ...	PA
2	Cindy Doyle ...	NY
3	Nan Higgins ...	MA
4	Mary Dee ...	VT
5	Martha Adams ...	GA
6	Marci Drexler ...	CA
7	Cathie Frederickson ...	MI
8	Robin Levine ...	NY
9	Sheri Anderson ...	MI
10	Dot Fischel ...	PA
11	Terry Singletary ...	OK
12	Diana Almeida ...	CO
13	Mona Mook ...	CA
14	Joy Edn ...	ME
15	Kathy Gluvna ...	TN
16	Joetta Hastings ...	MI
17	Malia Kamahoa ...	VA
18	Pam Beck ...	PA
19	Anne Calderone ...	NJ
20	Kaye Fuhfeld ...	IN

JARA RANKINGS

APRIL 30, 1985

Men's

Ranking	Player	Points
1	Y. Hirasaka ...	347
2	S. Naoi ...	330
3	M. Ishimoto ...	257
4	Y. Furuta ...	215
5	M. Kiuchi ...	197
6	S. Ohyama ...	190
7	T. Yoshihara ...	168
8	T. Nirazuka ...	150
9	T. Minato ...	145
10	M. Matsukura ...	144

Women's

Ranking	Player	Points
1	Y. Ohta ...	367
2	E. Kiuchi ...	354
3	E. Watanabe ...	270
4	S. Tozawa ...	256
5	M. Sekiguchi ...	254
6	M. Kobayashi ...	241
7	M. Hataya ...	185
8	M. Kurimoto ...	168
9	M. Suzuki ...	145
10	K. Yamada ...	144

CANADIAN RACQUETBALL ASSOCIATION

JUNE 16, 1985

Men's

Ranking	Player	Province
1	Lindsay Myers ...	BC
2	Ross Harvey ...	QUE
3	Sherman Greenfield ...	MAN
4	Brian Valin ...	ONT
5	Roger Harriersad ...	ALTA
6	Brad Kruger ...	ALTA
7	Mike Ceresia ...	ONT
8	Haydn Jones ...	ONT
9	Allen Lee ...	ONT
10	Cliff Hendrickson ...	ALTA

Women's

Ranking	Player	Province
1	Heather McKay ...	ONT
2	Heather Stupp ...	QUE
3	Carol Dupuy ...	ALTA
4	Crystal Fried ...	ALTA
5	Monique Parent ...	QUE
6	Carol McFetridge ...	ONT
7	Lisa Devine ...	ALTA
8	Lindsay Robinson ...	ALTA
9	Cathryn Nichols ...	ONT
10	Siv Smithson ...	ALTA

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For questions about the RMA men's pro rankings, contact: Drew Stoddard, Commissioner, 702-826-6037.

For questions about the WPRA women's pro rankings, contact: Jim Carson, Commissioner, 714-641-7452.

For questions about the AARA/AHRS amateur rankings, contact: Luke St. Onge, 303-635-5396.

SIDE OUT

By Drew Stoddard



The Amateur Question—Again

In the August issue, we published for the first time ever in *National Racquetball* a side-by-side listing of the current national pro and amateur rankings for both men and women. That ranking page, which we plan continue on a monthly basis, provoked a number of interesting responses, two of which are printed in this month's "Letter's to the Editor" section.

Obviously, printing those rankings has caused some confusion—and not surprisingly—about the definition of amateurs and professionals in racquetball. As one reader put it, "How can Dan Obremski be ranked above Cliff Swain in the amateur rankings, and Swain ranked higher than Obremski in the pros?" Good point.

The situation was made worse by our reporting in that same issue that Ed Andrews, the 13th ranked professional in the world, competed in and won the 1985 AARA National Amateur Singles Championships. What's going on here?

Actually, it's not quite as confusing as it seems—close, but not quite. Let's clear it up.

The amateur and professional arms of racquetball are governed by separate bodies—actually three of them: the American Amateur Racquetball Association administers all facets of amateur racquetball; the Racquetball Manufacturers Association runs the men's professional tour; and the Women's Professional Racquetball Association is in charge of the women's pro game. The three associations work together to correlate major events, but in fact they operate independently.

The listings you see on the ranking

page are produced by each of the groups according to the results of their own events. The rankings are *not* intended to define a player's amateur or professional status; their purpose is simply to allow for accurate tournament seeding. Therefore, every player who participates in a given series of events earns points and is ranked regardless of their amateur or professional standing.

The "overlap" in the rankings occurs for a couple of reasons, but primarily because both the men's and women's professional tours are open—any player who wishes to compete may do so. It is common for players who have retained their amateur status to compete in one or more pro events during a season, and hence their name appears in the professional rankings.

Players who have "turned pro" may not, of course, compete in amateur events. The AARA's definition of a professional is any player who has accepted prize money in either an RMA or WPRA sanctioned event over the previous 12-month period. A player may compete in a sanctioned event and retain his amateur standing by not accepting prize money. This year, for example, Andy Roberts, the top player for the AARA U.S. Team, reached the pro quarter-finals at the DP Nationals in Boston.

Still, there are at least four players listed in the current national amateur rankings who are full-blown professionals. When I spoke to Luke St. Onge about this, he explained that the AARA does not automatically pull a player's name from the computer when he turns pro. Although he is no longer eligible

to compete in AARA tournaments, his records are kept active for a year until he simply drops off the system.

This explains Cliff Swain's situation. Nobody in their right mind really believes that Cliff is the 20th best amateur in the country—he's nearly the best player in the world. But Swain didn't win a dime in an RMA event until Tulsa in February of this year, so he's still in the process of dropping off the AARA list.

Ed Andrews' situation is a little different. After playing for years as a pro, Ed went through the accepted AARA procedure to regain his amateur standing and did so in late March.

If all of this technical mumbo-jumbo strikes you as a little ridiculous, you might be surprised how many agree with you. Speaking personally (and *not* as a representative of the RMA), I believe the whole professional/amateur distinction is hogwash—little more than an antiquated word game.

But the problem isn't based in the sport of racquetball. Our policy on professionalism is dictated by International Olympic Committee standards; for the AARA to stand any chance of achieving full Olympic recognition in the near future, we have to go along.

Fortunately, the international sports community is now demanding a change, and the IOC seems ready to listen. I have little doubt the whole "eligibility" issue will be scrapped by 1988. When that day comes, individual sports like racquetball will be able to rank athletes according to skill instead of political prowess. Things will be a lot less confusing for you—and me. □

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