

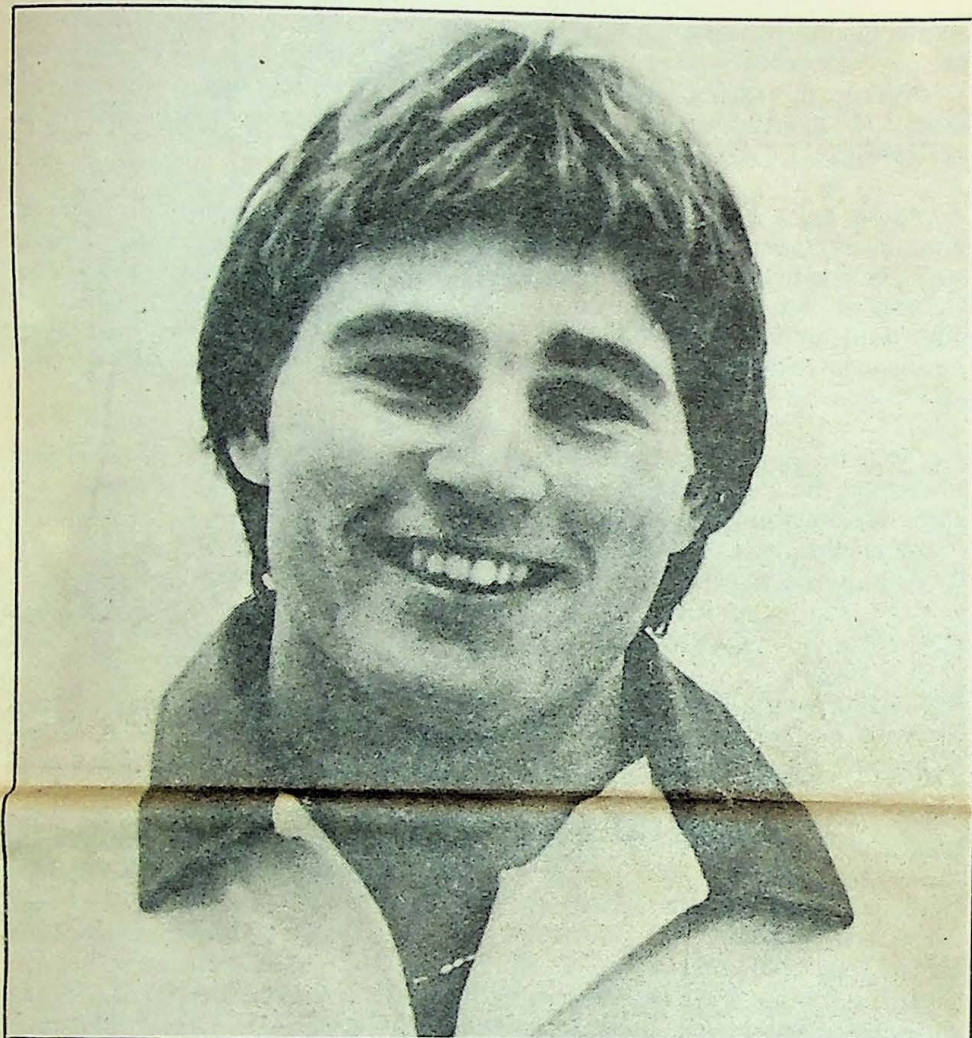
RACQUETBALL TODAY[®]

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November, 1982

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Peck and Hogan still battling it out



Dave Peck



Marty Hogan

by Jim Goniff

With two events completed in this season's edition of the men's pro tour, it appears that we're in for a repeat of last year with Dave Peck and Marty Hogan battling it out for the No. 1 spot and the tournament victories. The two finished last season with Peck outscoring Hogan and taking over the top spot, but Hogan won the National Championship tournament and walked away with more money.

The first stop this year was at King's Court in Westminster, CA and Hogan took the final match over Peck in 5 hard-fought games [11-10, 11-6, 10-11, 9-11, 11-5]. Peck had few problems with Bret Harnett in the semis, and Hogan eliminated Jerry Hilecher easily in three games. In the continuing sad drama of Richie Wagner, the "come-back" kid came back after a knee injury at the Nationals, won his match against Steve Strandemo in Westminster, but found he had broken his thumb in that match and had

to forfeit the quarter-final to Hilecher.

The second stop in Burnsville, MN again featured the dynamic duo in the finals, with Peck winning the fifth and deciding game, 11-4. Dave had few problems with his Ektelon teammate, Mike Yellen in the semis, and he breezed through Craig McCoy in the quarters. On the other side of the bracket, Hogan met a surprise entry in the semis, 34-year old veteran, Steve Strandemo...Steve's best showing in two years. To get to the semis, the veteran eliminated No. 3 seed,

Harnett, in five tough games in the first round, then took out Doug Cohen in the quarters. In the mean time, Hogan had his hands full in the quarters, barely taking Don Thomas in five games. Fourth-ranked Jerry Hilecher broke a bone in his ankle during the quarters against Yellen and is expected to be out of action for a couple of months.

The next stop is the Downtown Racquet Club in New Haven, CT, Nov. 18-21. If Peck and Hogan keep it up, it should prove to be an exciting season.



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We Get Letters . . .

Dear Phil,

Another racquetball season is just around the corner and before it starts I would like to express my thanks to you and **RACQUETBALL TODAY** for the support you have given to the WPRA. Hopefully if we continue to support each other we will continue to grow together.

Yours sincerely,
Heather McKay

Dear Phil,

We tried your idea of losers reffing at our club tournament, and it was terrific. I don't understand why everyone doesn't do it that way all the time. We were able to schedule matches closer together; the winners had plenty of time to rest up; and nobody had to referee more than one time. What a joy. Thanks for all the help and information on the rules and keep up the good work you guys are doing with the AARA rules.

Pat Forde
San Diego

Your attempts to belittle the men's pro tour through Tom Grobmisi's satire about the failure of his ability to set up an unfair governing board because the sport already has one, and through your editorial comments, and in articles, all add up to nothing more than some fun reading. But that's about it. They're still going on there merry way playing their rotten politics while the sport, as a whole, suffers, and many youngsters around the country take up sports like soccer and tennis because they and their parents can see that even if they're good enough they might not get the chance to prove it in racquetball because of unfair politics. Your paper obviously thinks the situation is funny. I think it's very sad.

Stanley M. Daniels
St. Louis, MO

Tom Grobmisi's quote (Oct. '82) "I never met a kid I didn't like to beat" is just one more classic for the comic genius. Why don't you run a full page of just Tom's greatest quotes some time? At least, how about a few examples of his wit?

Arnie Heller
Buffalo

Dear Diane,

Your emphasis on leagues in this month's paper is terrific. I gave up racquetball about a year ago when my regular partner quit playing, but then the club called me and got me into a regular league. Now I play three times a week in leagues, and once or twice just for practice. Like the articles suggest, it is the fun and team spirit and variety of games that leagues offer that have kept me interested. I'm glad to finally see something besides tournaments in your paper!

Marilyn Silver
East Orange, NJ

Briefs

Satchel Paige's Health Tips

Well known for his stamina and longevity, Satchel Paige was still a great major league pitcher at age 45. Following are some of his ideas about "living healthfully".

- *If your stomach disputes you, lie down and pacify it with cool thoughts.
- *Keep the juices flowing by jangling around gently as you move.
- *Avoid fried meats which angry up the blood.
- *Go very light on the vices, such as carrying on in society. The social ramble ain't restful.
- *Avoid running at all times.
- *Don't look back. Something may be gaining on you!

RACQUETBALL UP 14%

According to the latest (1982) A.C.Nielson study of participation sports in the United States, racquetball has increased by 14% since their last study in 1979, and now boasts an estimated 12 Million players. The biggest gainers over the past three years were snow skiing, up 27%, and soccer, up 23%. The biggest loser was handball, down 53% since 1979.

Swimming continues to be the No. 1 sport, with an estimated 102 Million participants. Then, in order, come the following: bicycling, fishing, camping, boating, bowling, physical conditioning, running/jogging, roller skating, billiards, softball, tennis, basketball, snow skiing, table tennis, hunting, volleyball, ice skating, water skiing, golf, football, baseball and then racquetball. Following racquetball comes motorcycling, sailing, snowmobiling, soccer, handball, archery, paddle tennis, ice hockey, platform tennis, and squash.

Overall, sports participation among Americans increased 5% between 1979 and 1982, which is more than twice the percentage of increase in any previous 3-year span.



My Point from the editor

All the news

As the sport's only national **NEWS**paper, we believe we have a responsibility to see that we report all the news, and report it as objectively as possible. While we clearly have our own opinions, which we obviously do express in our editorials and articles, we have always invited the input of all major associations and leaders in the industry.

As the Exclusive Voice of the WPRA, the women are provided with a full page every month to report directly to the public. We have made similar arrangements with The Commissioner of Men's Professional Racquetball, the American Amateur Racquetball Association, the International Racquet Sports Association, and The American Professional Racquetball Organization. This is ALL of the national organizations in the sport, and this is THE ONLY PLACE you can get direct reports and input from all of these organizations.

But while we support the effects of these groups and recognize that they are trying to promote the sport in the manner they believe best, that does not mean that we agree with everything they do. And we believe that one of the functions of the press is to offer criticism and provide an honest and open forum for the public. It is because we do care, and because we believe the old cliché about the public having a right to know, and not because we do not support the overall efforts of these groups, that we take the time and effort to criticize.

WE do not like the format of the men's pro tour. It unfairly and arbitrarily keeps many fine players from competing and it clearly discourages people from choosing racquetball as a possible professional sport. But we do appreciate the efforts and financial support of Catalina, DP Leach, AMF Voit, Ektelon and other sponsors of pro events. We do not think the WPRA should be changing the flow-of-game rules as we believe it adds to confusion which detracts from their tour and the entire sport [even if their rules are "better"]. We do not believe the AARA should continue "crowning" state chairmen, but should insist on completely open and democratic elections of all representatives and officials. We believe the IRSA [club owners association] should channel more money and more emphasis on "generic advertising" of the sport and work toward discouraging its members from individual advertising campaigns for just their own facility. And we'd like to see APRO lower its prices and increase the number of clinics so that they will be accessible to a greater number of club and teaching pros.

But in spite of these [and other] criticisms, we want each of these groups, and the public to know that we do appreciate and support their overall efforts and we always have, and do, offer space in our paper to these organizations for direct access to the public. And like these groups, we realize that we, too, are not above criticism. And when we get it, it's appreciated.

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IRSA NEWS

RACQUETBALL TODAY is pleased to bring you regular news and updates from the International Racquet Sports Association. Information is provided directly by the IRSA or is reprinted from the IRSA Newsletter with permission. For more information on this national club owner's association, contact John McCarthy, Executive Director, IRSA, 10 Concord Ave., Cambridge MA 02138.

Plans for our January 16-21 convention at the Riviera Hotel in Las Vegas are in full swing. The theme of this year's convention is: "You Have to Make Things Happen". In addition to our usual full trade show, there will be featured speakers on many topics including the new Wellness Movement, trends in recreation and fitness, advertising, membership sales, and more. There will be over 50 round-table discussions on subjects pertaining to the management of racquet sports facilities. And we will be receiving input and advice from leaders of many other amateur sports who will be in attendance...representatives from the U.S. Olympic Committee, The American College of Sports Medicine, The American Association of Physical Fitness Directors of Business and Industry and representatives from the sports of basketball, volleyball, squash, badmitten, table tennis and others.

Grobmisi answers our readers

Unfortunately, he lost the questions, but here are Tom Grobmisi's answers, anyway:

YES AND NO. I can only tell you how I do it. I take a piece of rope about 3 feet long and tie one end to my right hand (which holds the racquet) and the other end to my left foot. Then I take the shot, and if there's no pain, that means I probably didn't swing right after all. It's a little unconventional, but it works for me.

I THINK HE'S REALLY CUTE TOO, but he does have a steady girlfriend he's been seeing for over a year now, so forget it, and no, he tells me he's never been to E. St. Louis, so it must have been someone else you saw coming out of that bar.

I HONESTLY NEVER MEASURED IT, but I expect that mine's a little longer than average. I don't think how long it is matters anywhere near as much as how you move, anyway. And I think it's a myth that taller people have longer reach, they just look like it 'cause they're skinnier. It's *what* you do with the ball when you get there that counts, not *how* you get there.

EVERY TIME I HIT THE BALL, I guess that's why I have so much trouble finding games (mixed doubles is totally out the question). My doctor says it's a heredity problem. For the same reason, I never go swimming.

NO. I think most of them are single simply because their lifestyle isn't conducive to getting married. I've been out drinking with many of the guys, and they're all very sweet.

IN THE MIDDLE. Sometimes on the side. But usually, in the middle.

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When you're in over your head

by Phil Simborg

If you compete in tournaments or leagues, it's inevitable that from time to time you're going to find yourself going up against an opponent who clearly possesses a much higher degree of skill and experience. You might have heard something about him before you even walked into the court, but you'll know you're outclassed the minute you see his monogrammed warmup suit and watch him roll out backhand after backhand at 150 MPH. Your instincts tell you that you're about to embark upon one of the most humiliating experiences of your life. You're sure you'll make a fool of yourself and be the subject of laughter for the rest of the tournament. "Why did I ever let myself get into this position in the first place?" "Haven't I got enough aggravation at home and at the office already?" Panic and numbness are all you feel.

It's easy for me to tell you to stay loose

can't beat you with old trophies, fancy clothes or old newspaper clippings. He's got to get the ball to the front wall just like you do. Many a victory has been won by a scrapper and a fighter...even though that hustler might not have the shot-making skills of his opponent. Put some pressure on and he might skip in a shot or two, begin to tighten up, start getting exasperated or sidetracked by your determination, and the next thing you know you're walking away with the trophy.

When you're out there in the court with him, don't think about *him* at all! Think about your own game: getting to the ball and hitting good shots. Don't stand around admiring his beautiful backhand pinch shots. Pretend you're playing in a practice game or in an exercise against some faceless machine and you're just out there to see how many good shots and good gets you can make. Relax, and enjoy the good shots you do make.



DC photo

"Many a victory has been won by a scrapper"

and don't blow your cool, but it's a little tougher to tell that to your racquet which feels like there's a vibrator hiding in the handle. The point is, you have no reason to get uptight! You're *supposed* to lose anyway, right? All the pressure's on your opponent. As for the embarrassment, what makes you think people care that much about how bad you get beat? People forget about things like that almost immediately, and even if you do get blown away, so does everyone else from time to time. You'll forget about it yourself in a few years.

But again, the pressure's on your opponent. He's GOT TO WIN because he's EXPECTED to win. And even if he does win, it's no big victory. And he

And win or lose, use the experience to become a better player (and better person). Try to figure out what it was about your opponent that makes him a superior player. Was it shot selection, execution, anticipation, mental attitude? All of these factors can be improved drastically through training and coaching.

And if you never, or rarely ever have to face better opponents, that can only mean one of two things: you're not challenging yourself by entering tough enough tournaments and leagues, or your name is Dave Peck or Lynn Adams, in which case you have far greater problems to worry about...like losing to someone who's worse than you! How would you like to have to deal with that baby every time you walk into the court!

Words of Wisdom from Phil Simborg

If none of *your* shots are working, maybe it's because *his* are.

It's easy to make all the right calls...when you're not the ref.

The receiving line rules are like belly buttons: everybody's got their own version and nobody quite knows what to do with them!



Exclusive to RACQUETBALL TODAY: Dave Peck: Choosing your racquet

by Dave Peck

Editor's Note: Dave Peck finished the 1981-82 season as the number one ranked professional male racquetball player in the world. He is a valued member of the Ektelon Advisory Staff.

Well, now that we have done some conditioning that I outlined in my last instructional, I hope we are now feeling better, looking trimmer and ready to advance almost to the point of getting out on the court and playing and improving our game. Many of you have probably been playing racquetball for some time while others are still debating on whether to make the big move onto the court. Well, in either case we must address the subject of equipment.

Racquetball players are among that fortunate minority of athletes whose sport requires a bare minimum of equipment; a racquet, a ball and a pair of old tennies just about does it.

Although you can go the whole route with fashion sportswear and accessories, a large initial investment of time and money is not essential to play the sport.

Picking a racquet is the one exception to that.

Since your racquet is the primary piece of equipment, it is important that you find one that's right for you.

That doesn't mean that you have to spend a lot. But it doesn't mean that you have to pinch pennies either. The top

racquetball racquet line now retails at about \$190. Some discount store racquets go for as little as \$10.

I'm not about to tell you that a racquet selection will make the difference in winning or losing matches, but it definitely helps.

If you have been playing, an upgrade in racquets can also mean an upgrade in your game. The racquet's features and not price should be your main concern. You should be conscious of the many variables involved in racquet construction and select a racquet with the combination most suited to your physique and style of play.

If you went out and bought just any racquet to see if you like the game or received it as a present, it may not be the right racquet for you. It will take a little time to select the racquet most suited for you, but be patient and definitely selective.

Remember, you'll be swinging that racquet a couple of hundred times during your hour on the court and it will have a major impact upon your game, particularly when you begin to tire.

Things to consider include a racquet's length, width, head shape and weight. Also important are your racquet's grip size, how tightly it is strung and the material from which the frame is made.

Let's talk about frame material first since that will have an impact on many of the other factors. Graphite, aluminum, fiberglass and fiberglass composites — an injection molded racquet with graphite or carbon added — are the most popular racquet frame materials.

Injection molded racquets as a class are usually lighter, more flexible and less expensive than either the finely-tuned composite or aluminum racquets.

Most racquets weigh in between 230 and 265 grams. Juniors and women usually select racquets in the 225-250 gram ranges. A heavier racquet will provide more power to your stroke but the added weight will make it more difficult to overcome inertia to begin the stroke.

An even more important consideration is the way the weight is distributed.

Fiberglass and graphite composite racquets have much of their weight in their handles because they are poured into molds.

Aluminum racquets are extruded from pieces of aluminum and have tapered handles with a higher proportion of the weight in the head of the racquet.

This gives the swinging racquet more of a centrifugal effect, adding power to the stroke. The bumper guards on the heads of aluminum racquets heighten this effect and make it possible to adjust the racquet by trimming the guard.

Greater flexibility in the racquet head is often equated with greater control of the ball (since it stays on the strings longer) but this is not strictly true.

If the racquet is too flexible, the vibrating racquet head can tend to loosen your grip on the racquet and make a slight change in the angle at which the ball comes off the racquet. There are flexible aluminum and composite racquets, like Ektelon's 250G, available

Continued on page 5

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Peck on racquets

Continued from page 4

which provide just enough flexibility.

A better way to achieve more control of the ball is through a loosening of string tension.

Racquets are usually strung between 18-35 pounds, although some people string their racquets with greater tension in imitation of tennis stringing.

Generally, the tighter the stringing the more the ball will tend to explode off your racquet for more power while, the looser, the longer it will stay on the racquet for more control.

However, you don't gain that much power to compensate for your loss of control once you go beyond the 28-pound point (in most racquets) and the same drop off in benefit is true at the other end of the stringing spectrum.

Over the years, I have found that 30-37 pounds of tension on my Graphite CBK racquet gives me just about the right mix of power and control.

Next, it's good to know racquet length and width are primarily a function of head shape.

Each of the three most popular head shapes — quadiform, oval and tear drop — result in a different size and placement of the racquet "sweet spot" or, that spot which will yield the best hit.

Generally, the sweet spot is in the widest part of the racquet. How you swing and where you usually contact the ball will determine where you want the sweet spot to be and that will take time and practice to determine.

Finally, one of the most important considerations in picking a racquet is grip size. They range from a super small 3-11/16 inches to a small 4-1/8 inches.

Pick the smallest grip that you are comfortable with because too large a grip will inhibit the snap of your wrist which is important for generating a powerful stroke.

As you can see, there's more to think about when choosing a racquet than just how much it costs.

Pick a racquet with features that suit you, not by price alone. If you choose a racquet just on the basis of price alone, you may save a little money now and lose a lot in the long run.



Second in a series:

Jogging for the racquetball player

by Dr. David
Birnbaum
MD, FACS, U.S.P.T.A.

David A. Birnbaum, M.D., U.S.P.T.A., is a Clinical Instructor in Family Medicine at the University of Health Sciences/The Chicago Medical School, and is active in Family Practice and Sports Medicine at Jackson Park Hospital and Sports Medicine Center in Chicago.

You may recall my suggestion from my last column that, although you may feel fit from playing racquetball, you may not have reached an optimum level of fitness. Jogging may help you realize a greater potential, but before you try it you must realize that being a good racquetball player is **not** going to make you a good jogger. In fact, you probably will have problems when you start running simply because you think you're in great shape from racquetball.

Racquetball and jogging do build strength and endurance and improve coordination. When learned properly, they allow the body to tolerate certain kinds and degrees of punishment. This is an important point: the rigors of different athletic endeavors are not the same. They have some similarities on the surface, for example, racquetball and jogging both involve running, but they can be quite different on closer examination.

The main concern in comparing racquetball and jogging is the effect upon the legs. Racquetball players have strong legs that can run short distances quickly and change direction almost instantly. But it is important to realize that no matter how long or difficult the match, the nature of racquetball is to start and stop. **Racquetball is intervals of explosive exercise linked by periods of rest.**

Unlike racquetball, jogging is not

punctuated by periods of rest. The pounding the legs absorb is monotonous and consistent. There is no period of recovery before the next step. Running delivers a tremendously damaging force to the body. But as in any other sport, learning slowly and carefully allows the body to adjust, thus preventing injury and actually *improving* the condition of the body.

When you first take up jogging, you **MUST** start at a slow pace. You **MUST** start with short distances, running every other day. You and I both know that you can run several miles, but don't do it — not yet anyway.

On your first run, don't go any further than half of a mile. (Some of you may be surprised to find that you can go no further than a few blocks). Deliberately find a slow pace you can live with (this usually means a speed at which you can carry on a conversation with a friend without getting winded) and run this short distance for a week or two. You can add up to half a mile for each week that you run.

Remember, **DON'T RUSH!** What's the hurry anyway? The idea is to improve your racquetball game, not make a marathoner. You **MUST** use small increments to increase distance and pace. **A jogging injury can keep you off the court!** So take it slowly.

You **MUST** warm up with stretching exercises before jogging. At the very least, you should stretch the hamstrings, quadriceps and adductors (muscles on the front and insides of the thighs), and calf muscles. (Refer to any running or exercise books for suggested methods.) Jogging tends to tighten up all muscles involved. If you don't stretch before and after running, you're going to have problems.

Do **NOT** run on concrete. I'm astounded at what people will do to punish

themselves. How would you like it if someone hit you over the head with a hunk of concrete? Well, how do you think your feet and legs are going to like it? Even if you don't get hurt running on a hard surface, you will automatically be limiting how far you can run. If nothing else, you will start to feel "tired" (actually, you're hurt) sooner.

Obviously, if you're going to run on grass instead, you will have to watch for depressions and holes. But I think you'll find the effort worthwhile. Of course, you also can jog on a running track, but it starts to get boring about midway through the second lap. *If you're going to do something as strange as jogging, you might as well enjoy yourself.* Try running against traffic on the grass alongside a quiet road and enjoy the view — but do watch out for errant cars!

And last, but not least, you **MUST** have jogging shoes. You're begging for trouble if you insist on using your racquetball shoes. These shoes have different purposes and are made much differently. **YOU WILL RISK SERIOUS INCAPACITATING INJURY BY WEARING THE WRONG SHOES.**

If you seriously want to improve your racquetball game and/or your overall level of fitness, jogging will help. But it requires a serious approach. If you are careful to recognize the pitfalls, you will be able to reap the benefits.

Next month: Common problems

DO YOU HAVE KNEE PAIN?

- Stiffness after prolonged sitting.
- Aching around the knee cap.
- Soreness after activity (golf, tennis, skiing, running, racquetball, etc.).
- Aggravated by stair climbing, long periods of standing/walking.

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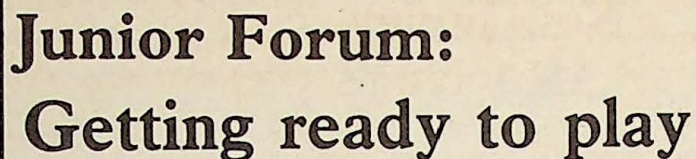
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Mo Nard and Rhodie Martin have invested a lot of time and effort in racquetball, but, in return, racquetball has opened the door to fun, friends, and many new experiences. They seek accomplishment and enjoyment in racquetball, because they have found that playing is a reward in itself.

AARA News.....



Phil Simborg,
National Referee Certification
Director

The official AARA rules



Jim Austin,
AARA Rules Commissioner

The court of appeals

Virtually everyone agrees that racquetball is one of the toughest sports to referee. The ball moves fast, the players move fast, many decisions must be made in split-seconds, and the referee, himself, is located up and out of the playing area, making judgement even more difficult. That is why players, particularly amateur players, are **expected** to accept the fact that the ref will make mistakes from time to time and good sportsmanship dictates that the players, themselves, take the responsibility for helping correct wrong calls made in their favor. But since the sportsmanship of the players is not always reliable, and since there are many calls which are very close and tough to call, we have a system of appeals which is generally used for the more important matches (finals, semis, professional matches, etc.).

The referee, or tournament director, assigns two linespersons to monitor the match. The referee continues to be totally in charge unless a player believes the referee has made a wrong call in any of the four following categories **only**: fault serves, out serves, double-bounce pickups, and skip balls. At the end of the rally, the player may appeal by stating to the referee which specific shot or call is being questioned. The referee restates which shot is being appealed and his call on the play so there is no question as to what is being appealed, whereupon the linespersons signal agreement with the ref (thumb up), disagreement with the ref (thumb down) or inability to make a reasonably sure determination (open palm down). If both linespersons disagree with the ref, the call is reversed; if one disagrees and the other was not sure of the call, the play goes over; if both linespersons signal palm down, the play goes over; and if either linesperson agrees with the ref (thumb up), the ref's call stands.

Treated properly by the players and refs, this system can do much to help insure the fair outcome of the match, as the linesmen are generally situated in places which give them a different, and often *better* perspective on given shots than the ref had, and generally speaking, *three heads are better than one*. But the system can be abused and can greatly detract from the game if the ref allows the players to get out of hand. And the rules do provide the ref with tools to see that the appeal is not abused, but many refs are not sure enough of themselves or the rules to keep abusive practices down to a minimum.

The two most common abuses are 1) using the appeal as a method of blowing off steam or slowing down the game (appealing too often), and 2) attempting to intimidate the linespersons in the process of making the appeal. In the first case, appealing "obvious" shots, or appealing very frequently in an effort to slow down the game (a ploy often used by tired or frustrated players) clearly falls into the category of "unsportsmanlike behavior," and the referee does have the right, at his discretion, to award a technical warning and/or technical (loss of 1 point). As for intimidating, or attempting to influence linespeople: if the player addresses a linesperson, "glares" at him, or carries on dramatically about the wrongness of the call while in the process of making the appeal, the referee is instructed to disallow the appeal. Further, the referee may also issue technicals for unsportsmanlike behavior.

The intent of the appeal rules is simple: players are provided with a quick, easy method for checking calls which they believe the referee did not make correctly. Having linespersons and the right to appeal does **not** remove the players' responsibility to help make calls against themselves, and it is the expressed goal of the AARA rules committee, affiliated state organizations, and the rules themselves to remind the players of this responsibility and encourage the continued practice of good sportsmanship.

New Jersey AARA News

AARA New Jersey State Director, Jon Denley hosted a 3-hour meeting which covered a myriad of new programs and tournaments for the coming year. Welcomed to the AARA Board were Mike Frankel and Lonnie Algood. Mike will serve as Rules and Refereeing Coordinator and Lonnie, former NJRA President, will serve as State Tournament Coordinator. Warren Searles is the Juniors Program Coordinator; Jan Braun will continue as Secretary/Treasurer; and Mandie Sudol was appointed Press Secretary and Women's Program Coordinator. The New Jersey Chapter of the NJRA may be reached by writing AARA, c/o UGA, 301 Main St., Chatham NJ 07928.

QUESTIONS

by Tom Grobmisi

How come nobody's ever in the gallery when you're winning?

What are they gonna do when they run out of things to convert courts into?

Is there anyone who really understands all the rules?

Who was the sadist that decided you gotta get the ball on one bounce.

Why does it cost almost as much to restring your racquet as to buy a new one?

Why is it tougher to get a towel at my club than a court?

Is there anyone left in the world that needs a T-shirt?

How come I never get paged?

Why do balls break just after the label wears off?

How is it that nobody ever wins the big ones?

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will immediately feel more control
as Ashaway's revolutionary
new Tri-Cor RB™ string takes
a split-second extra bite on the ball.**



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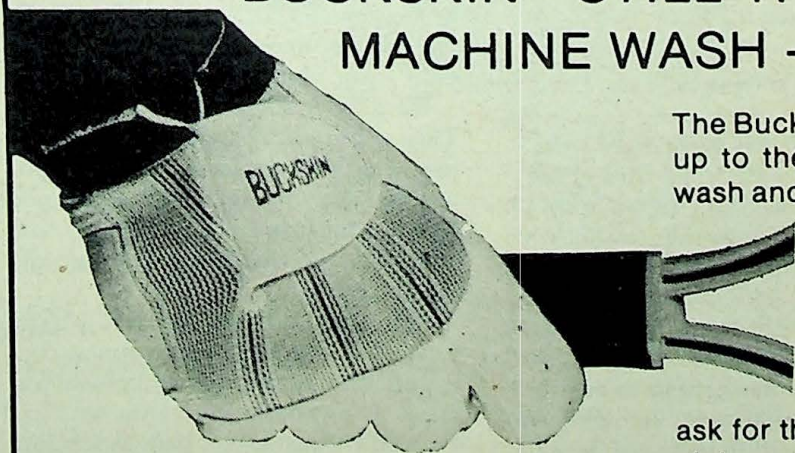
More than one power-hitter has told us that Tri-Cor RB gives them the added confidence to try any shot in their arsenal — anytime — splat, kill, or pinch.

If your equipment hasn't kept up with your game, have your racquet restrung with Tri-Cor RB — the American-made string that bites the ball for extra control.

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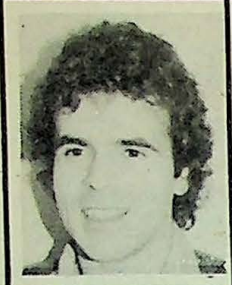
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Men's Professional Racquetball



From the Commissioner

by Dan Bertolucci,
Commissioner of Men's Professional Racquetball

Editor's Note: RACQUETBALL TODAY will feature regularly this exclusive column written by Dan Bertolucci, Commissioner of Men's Professional Racquetball. Dan was formerly Executive Director of the NRC. He serves as the director and primary referee for most of the major professional men's events including the new Catalina Pro/Am Series. Dan will relate to our readers the "official" rules and procedures of Men's Pro Racquetball and convey his observations and thoughts from his vantage point as a referee.

The second decade of pro racquetball is under way, and this year DP Leach has joined up with Catalina to sponsor a series of six regional events which will culminate with a national championship next spring. The new series will award some \$150,000 in prize money and will officially be known as the DP Leach/Catalina Classic Series.

Leading the Series will be the #1 ranked player for the 81-82 season, Dave Peck (El Paso) and 5-time and defending national champ, Marty Hogan (San Diego). The other ten players on the traveling team are: Brett Harnett (Las Vegas), Jerry Hilecher (San Diego), Mike Yellen (Southfield MI), Rich Wagner (San Diego), Craig McCoy (Riverside CA), Don Thomas (San Diego), Gregg Peck (Austin), Doug Cohen (St. Louis), Scott Hawkins (Santa Clara CA), and Steve Strandemo (San Diego). John Egerman (Jackson Hole WY) and Ed Andrews (Spring Valley CA) will serve as alternates.

All of the six regional events will have four qualifying players joining the tour-

ing 12 pros with prize money of \$20,000 at each event. The AMF/Voit Rollout Bleu racquetball has again been chosen as the official ball of the series.

Noteworthy to the subject of rules, in an effort to maintain consistency and continuity governing play in the men's pro division it has been decided that the former USRA/NRC receiving line rule will still be in effect, and the pros will be playing by essentially the same rules as last year. The play format of 3 of 5 games to 11 has also been retained. A complete schedule and current standings follow. Keep up on all the men's pro news in my monthly, exclusive reports to **RACQUETBALL TODAY**.

SEEDINGS FOR BURNSVILLE EVENT

Point totals as of DP Leach/
Catalina Classic I, Westminster, CA

	PTS.	SEEDING
Hogan	120	1
D. Peck	90	2
Harnett	70	3
Hillecher	70	4
Yellen	50	5
Wagner	50	6
McCoy	30	9
Thomas	30	10
G. Peck	50	8
Egerman	50	7
Hawkins	--	11
Cohen	30	12
Andrews	30	ALT 10
Strandemo	30	13
Lerner	30	QUAL.
Brysmen	30	QUAL.
Martino	30	QUAL.

MEN'S PROFESSIONAL RACQUETBALL TOURNAMENT CALENDAR

Date	Site/City/Club	Event
September 27-28 September 30-10/2	Kings Racquetball Courts 14731 Golden West Street Westminster, CA 92638 714/898-9841, Bill McClintock	DP Leach/Catalina/Voit
Oct. 7-10 October 14-17	Burnsville Racquet & Swim Club 14600 Burne Haven Drive Burnsville, MN 55337 612/435-7127, Ron Strem	DP Leach/Catalina/Voit
October 28-11/2	Winnipeg, Canada	CBC/Catalina Cup
November 5-7	Steve Garvey Sports Classic	Invitational
November 11-14	Supreme Courts 1114 Albirni Street Vancouver, Canada V6E 1A5 604/669-3636	Open Canadian RB Classic
November 5-7 November 18-21	Downtown Racquet Club 230 George Street New Haven, CT 06510 203/787-6501, Dick Squires	DP Leach/Catalina/Voit
December 3-5	Holiday Health & Racquet Club 424 Odlin Road Bangor, ME 04404 207/947-0763, Keith Mahaney	Invitational
January 13-16 January 20-23	Honolulu Club 932 Ward Avenue Honolulu, HI 808/543-3900, Mickey Campanella	DP Leach/Catalina/Voit
February 11-13 February 18-20	Beaverton Racquet Club 4925 SW Griffith Drive Beaverton, OR 97005 503/644-3900, Wayne Westwood	DP Leach/Catalina/Voit
March 11-14 March 18-20	Open Austin Texas	DP Leach/Catalina/Voit
April	DP Leach/Catalina Championships	
May	Ektelon/Pony Championship	
May	DP Leach Nationals	

Grobmisi Governing Board

Last month we reported the disbanding of Tom Grobmisi's Governing Board for Men's Pro Racquetball. Tom informs us that the article was in error, the Board has not disbanded, it's just missing. "I misplaced it" reports

Tom who is attempting to get his own "unfair tournament series going" to compete with the one already existing. Grobmisi intends to select his players solely on the basis of ethnic background.

The "Gar" holds court



7-time National Champ, Charlie Garfinkel is not only well-known for his play on the court, he has become a TV personality in the Buffalo area, a top teacher and coach, and author of two very fine books...*Racquetball the Easy Way*, and his new book, *Racquetball for the Serious Player* (Athenum, New York). You can write to Charlie c/o this publication.

I'm often asked if I have a coach. My usual answer is, "I don't have a coach, but sometimes I am "coached." Let me explain.

In my first serious racquetball season, 1971, I thought that I could win the national championships. However, while in the process of losing 21-11, 13-4, to Charlie Brumfield, that prognosis looked bleak.

But, my doubles partner quickly ran down the stairs while I was taking a time out. He said, "Great Gar, (As I was known in those days) you're not shooting your forehand pinch shot, or serving your forehand z-serve."

At first, I thought he was kidding. However, I quickly realized that he was right. I started using those shots, and I won the match! Although my doubles partner wasn't my "coach," he certainly coached me to victory.

That brings us to an important point. Most of us have played matches in which we were losing or lost, that literally blew our minds. Especially, when the match

is over, and a friend says, "Why didn't you hit any drive serves?" Or, "Why didn't you play his backhand more?"

We look at them like they're crazy. Then -- we realize that they're 100% correct. That's the problem. Often, most of us, can't analyze *why* we're losing. If you have a knowledgeable friend or a coach watching, you could very well turn the match around.

How then, do you choose a coach? First of all, you should have utmost confidence and respect in the person you select. If he or she is a player who has an excellent reputation both as a player and a coach, and you feel comfortable with them, this could be an excellent choice.

Also, a friend who is an excellent player, and knows your game inside and out, could also be an outstanding coach. However, there are pitfalls. Just because a player plays superbly doesn't mean that he'll be an excellent coach. He may not have the temperament or patience. In addition, his teaching techniques may be

so advanced that you can't relate to them.

As far as friends, don't make the mistake that a former lady champion did. Her boyfriend, a B player at best, coached her to defeat, a year after she won the nationals. Although she was the defending champion, her friend was giving her signals as to where to serve. The champ's choice of serves and shot selection were terrible. She later admitted she had made a mistake in her choice of coaches.

The message is clear. If you want a friend to coach you, make sure that he or she knows what they're doing. How can you tell? As we said earlier, opinions of other respected players as to your friend's ability are important. However, the choice is still yours.

In next month's column, we will discuss the role and duties of a coach. Until then, if you want to play like one of the all time greats, remember to repeat the following motto 5 times before you play each match: "Be a Star! Play like THE GAR!"

Women's Professional Racquetball

Top Four



Adams



McKay



Wright

 Final 1981-1982 Rankings (Top 21 as of June 28, 1982)		
Current Ranking	Player	Total Ranking Points
1	Lynn Adams	539.38
2	Heather McKay	464.64
3	Shannon Wright	337.50
4	Marci Greer	165.00
5	Peggy Gardner	157.50
6	Laura Martino	137.50
7	Terri Gilreath	128.75
8	Rita Hoff	95.63
9	Jennifer Harding	88.13
10	Vickie Panzeri	84.11
11	Barbara Maltby	81.79
12	Caryn McKinney	80.00
13	Brenda Poe	70.00
14	Janell Marriott	65.00
15	Martha McDonald	50.42
T 16	Fran Davis	40.00
	Bonnie Stoll	40.00
18	Joyce Jackson	37.50
19	Stacey Fletcher	36.67
T 20	Beth Crawley	35.00
	Peggy Steding	35.00



Greer

The Competitive Woman

by Lynn Adams

(Editor's Note: Lynn Adams, 24, is currently ranked No. 1 on the Women's Professional Racquetball Association tour. In three seasons, she has won the Columbus Pro Stop in 1980 and 1981, National singles and double championships, and recently, the last three tournaments. One of the sport's best teachers, Lynn is a member of Ektelon's Advisory Staff.)

I've done quite a few clinics in the past couple of years, and I've noticed a real reluctance on the part of women to participate. There seems to be a pattern of women sitting back and letting the men ask the questions and then letting the men play me some short exhibition games. It seems there is still a prevailing attitude against women being aggressive in sports. And it seems to me that much of the time, it's the women, themselves, who are largely responsible for perpetuating this kind of thinking. The women are simply *afraid* to compete!

Now, please, don't get upset about this statement.....I'm not saying *every* woman, but generally this seems to be the case. A lot of this attitude stems from our social surroundings. Women simply don't have the same background and upbringing that men do when it comes to competition. I think this is very unfortunate. It's time we dispelled the notion that being aggressive is "unfeminine." And that takes some reeducation on the part of both men and women. You've heard it many times, but it's very true: sports will teach you a great deal about life in general. It teaches you about yourself and will increase your capacity for growth and change. Sports will give you friends who will stay with you for a lifetime. I still have many close friends from my old high school and college teammates. I think sports are invaluable for everyone, and no matter how skilled or unskilled you are, it is well worth the effort of overcoming the fear of competing. The words "sports" and "competition" go hand-in-hand. Whether you compete against someone else or yourself, you're still competing. And there's nothing wrong with that word. A lot of women find the idea of competing scary or even ugly. Scary, because it can mean losing (or causing someone else to lose), and ugly because they have often seen people throwing tantrums, being abusive, or even being downright mean while competing. It doesn't have to be that way....it shouldn't be that way.

Let's take a look at losing first. *It's part of life.* It occurs everyday, winning and losing....something as innocent as vying for a parking space involves winning and losing. Having an argument or (discussion, as some people call it) often results in one person feeling triumphant and another feeling defeated. It's all around us and it's a part of our overall lives.

From an early age, men are taught how to win and lose and even thrive on competitive situations. They learn to fight back and learn to turn their defeats into future successes. But most women are still raised more passively and are instilled with the idea that being competitive and aggressive is neither lady like or proper. Of course, much of this is not consciously done, but the effects are there just the same. The result is, in later life, that the idea of competing, losing, and even winning becomes scary. There's a fear that people might laugh at us, think we are not "worthwhile" people, etc. etc. The only way to overcome these fears and cope with these feelings is through



experience. By experience we learn that losing does not prove us to be "bad" or "unworthy" people. In fact, we can learn to feel much better and stronger just from having the experience of competing and having tried. We will learn from both our wins and losses.

Now let's take a look at unhealthy competitors. It's true that competition does bring out the worst in some of us. But it's those of us who acknowledge and work on our weaknesses that become stronger. This, of course, applies to all other areas of our lives as well. If we think about *why* we are feeling angry or upset and meet those feelings head-on, we'll control them better, and enjoy competing much more. If you get depressed or down on yourself after a loss, search for the reasons why you are feeling that way and you'll learn a lot more about yourself....and you'll improve yourself overall in the process.

Come on, women! Take control of your lives, and get out there and "strut your stuff." Women's sports needs to grow and the only way it can do that is with your support and participation. And you don't have to start out in tournaments. You can begin to learn to compete at your own club in leagues, ladderboards, and all kinds of casual competition. I've given many lessons to beginners, and I always suggest they get involved in competition right away. Once in a while I get enthusiastic response, but most of the time I get a horrified look. "I can't do that! I'm not good enough!" Of course you're good enough! Everyone has to start somewhere. And remember, when you get into a league, everyone has been where you're at....frightened, unsure, and inexperienced. You'll be surprised how helpful and supportive racquetball players are to newcomers.....that's one of the things I love about the game and the people. After you've played in some leagues, branch out and get into tournaments. They really are a lot of fun. And don't get angry if the tournaments seem to favor the men more (scheduling, prizes, prize money, etc.). After all, they are getting a lot more participation and money (entry fees) from the men. Once we get our numbers up to equal you can be sure we'll get that equal treatment as well.

I believe in competition. It's fun, healthy, a great learning experience. Don't be afraid of it. Embrace it, use it, benefit from it. I urge all women to support women's sports in the best possible way.....through your own participation.



WOMEN'S PROFESSIONAL RACQUETBALL ASSOCIATION 1982 FALL TOUR



Oct. 22-24	Adelaide Club Toronto, Canada	Nov. 11-14	Castle Toyota Canadian Classic Vancouver, Canada
Oct. 28-31	Tom Young's Racquetball Las Cruces, NM (Future's Tour)	Nov. 18-21	Sunkist Classic Red Lerille's Health & Racquet Club Lafayette, LA
Nov. 5-7	Tire America Pro-Am West Virginia Racquetball Club Wheeling, WV (Future's Tour)	Dec. 3-5	Coca-Cola Pro-Am Courtside Club Atlanta, GA
		Dec. 9-12	Imperial Courts Melbourne, FL

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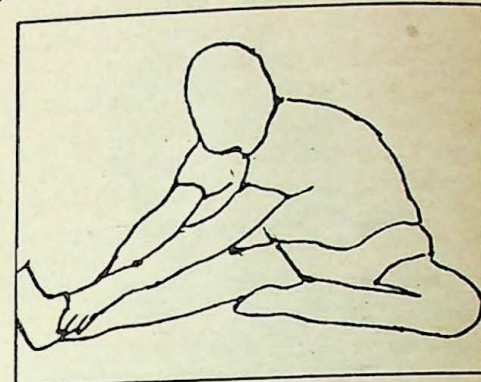
Stretching: flexibility can benefit your game

by Kim-Robin Segal

Have you ever played an hour of racquetball, and woke up the next morning with awful aches and pains from muscle stiffness? And wondered why?

Unfortunately, many racquetball players suffer muscle soreness needlessly. With the understanding of proper exercise, any player can help to minimize personal injury or pain by putting in as little as fifteen minutes a day into a regular stretching routine.

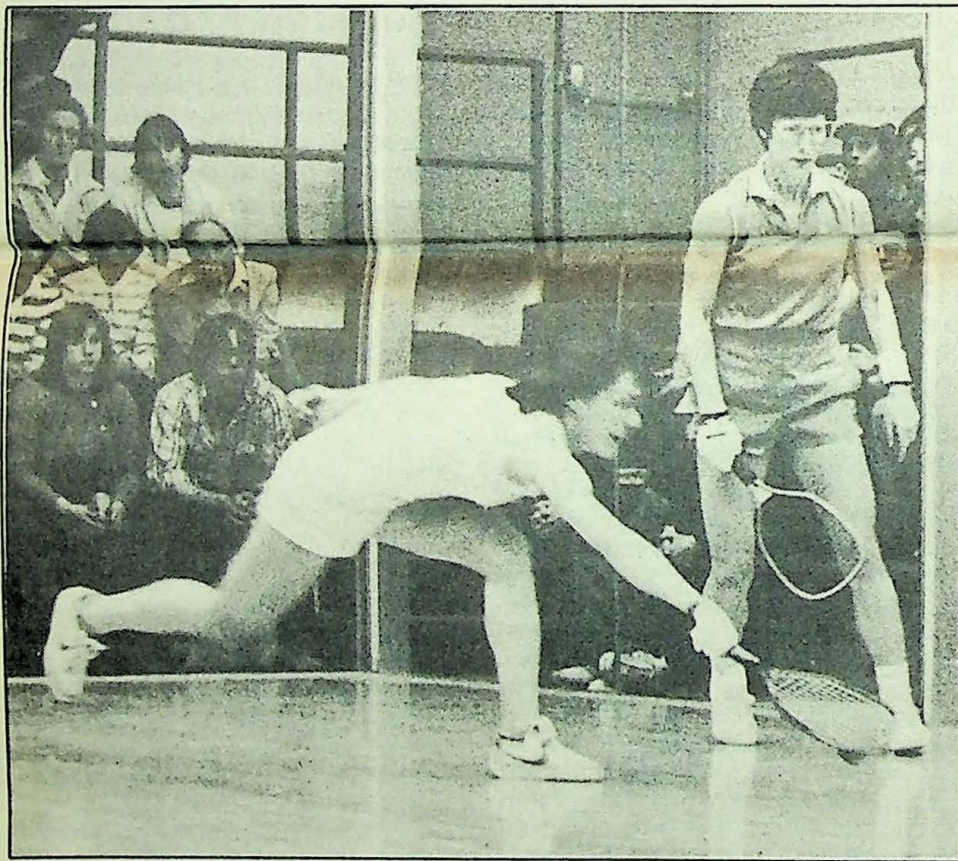
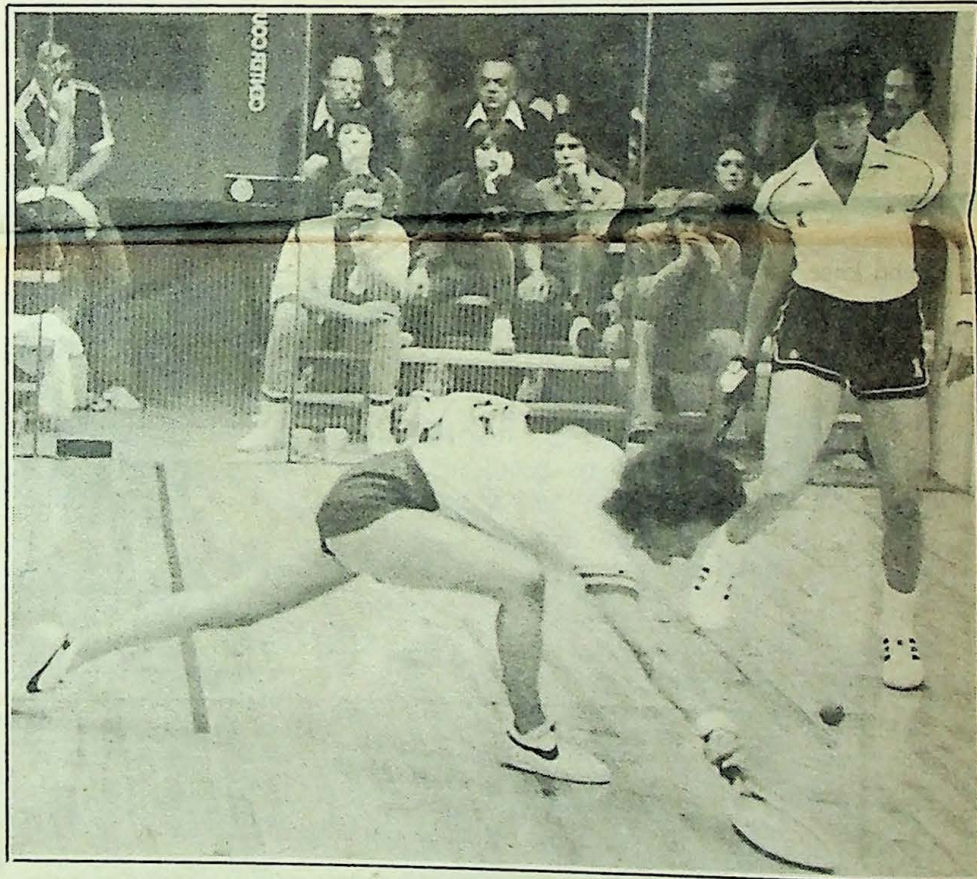
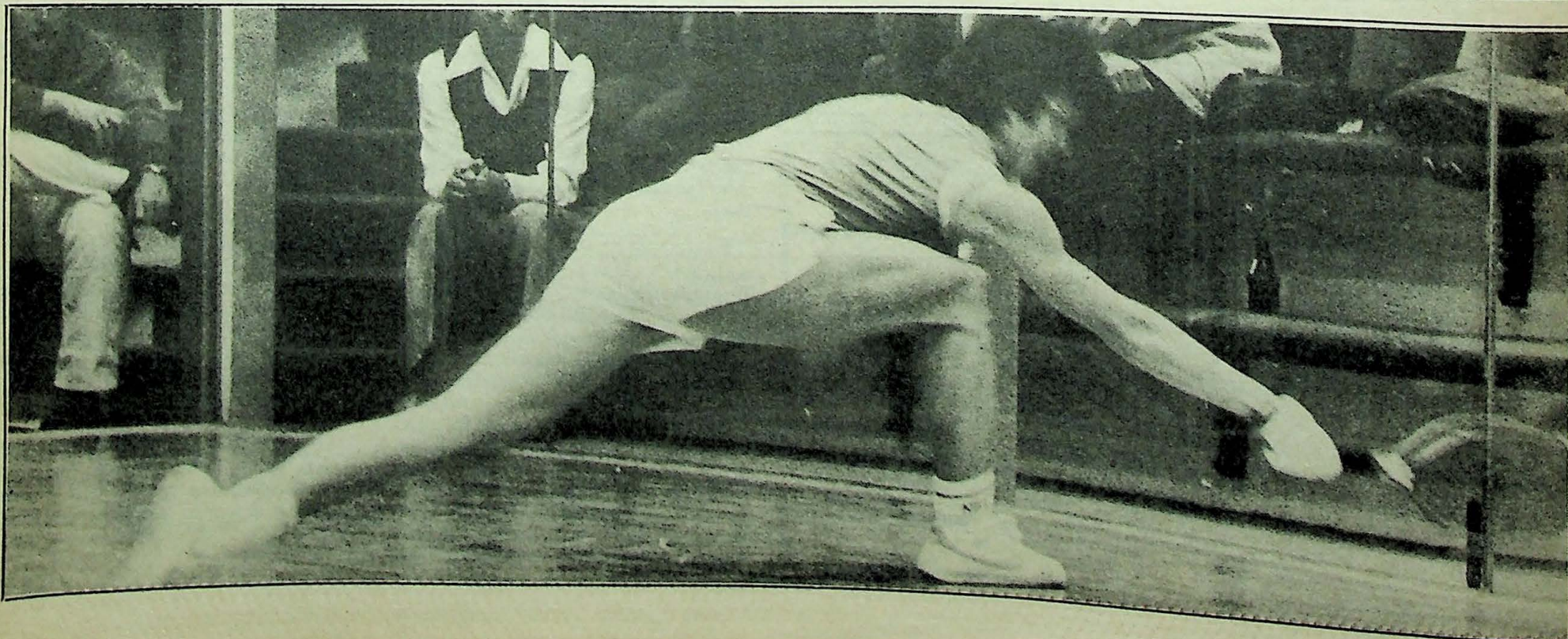
A player who is serious about getting his body in excellent racquetball shape learns one thing very quickly... There is more involved in good playing than the mere performance on the court. The few minutes spent in preparation before, coupled with the time spent immediately after, are actually as important as the period of time played. Why is this? The proper use of stretching will result in the development of more flexibility; thus,



Editor's Note: Kim Segal is an athletic trainer and Program Director of Plano Sports Medical Facility. She is a tournament water-skier, and finished second in trick skiing in the South Central Regionals, and tenth in the country in slalom skiing. She plays racquetball in her off season. Kim is the co-author of the first sports medicine book exclusive for the waterskier — THE WINNING EDGE. She is chairwoman of the Sports Medical Committee for the Waterskiing Hall of Fame. She is the pioneer of the up and coming Educational Knee School. Kim is available for seminars and clinics for those who wish to host them. RACQUETBALL TODAY is pleased to welcome Kim as a regular columnist.

Continued on next page

Photos by Ivan Fuldauer



becoming more agile, and less prone to injury or muscle strain.

In order to achieve good flexibility, the player must incorporate daily stretching into his routine.

Start in the morning, or if your time is limited, before your game. Begin with a low intensity activity such as stationary cycling, jogging in place, or jumping rope. Next, begin with the stretching exercises illustrated below. While performing a stretching exercise, hold the full stretch position for five counts. Then, relax and breathe easily. Be sure **never** to bounce the stretch because it places a great deal of strain upon the muscle. Follow the same directions either at night or right after your game for warm down.

Stretching is one simple method to improve your overall performance on the court. And isn't fifteen minutes a day worth the improvement?

Sitting Hamstring Stretch

(see illustration on facing page)

1. Sitting with one leg out straight, bring the sole of the other foot to the inside of the thigh.
2. Slowly reach with both hands for foot, bending at hips.
3. Hold for a slow count of five, **Don't Bounce.**
4. Return to relaxed position.

Supine Hamstring Stretch

1. Lie on Back.
2. Knees bent, feet on floor.
3. Slowly draw one leg towards chest.
4. Straighten knee, pointing leg up as far as able.
5. Bend knee.
6. Slowly return to rest position.

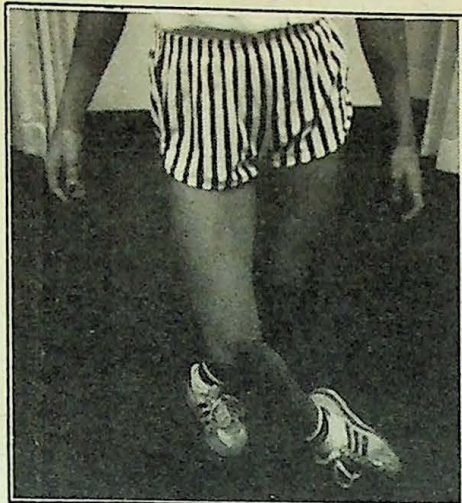
Standing Calf Stretch

1. Standing an arms length from wall.
2. One foot ahead of the other.
3. Slowly lean into the wall.
4. Keep both heels on the floor.
5. Bend the front knee, keeping your back, hip and knee straight.
6. Hold the stretch for a count of five.
7. Return to relaxed position.

Quad Stretch

Pick a point on the floor to look at. Pull ankle with both hands until you feel a stretch in the quads (front of the leg).

Anterior Tibialis Stretch

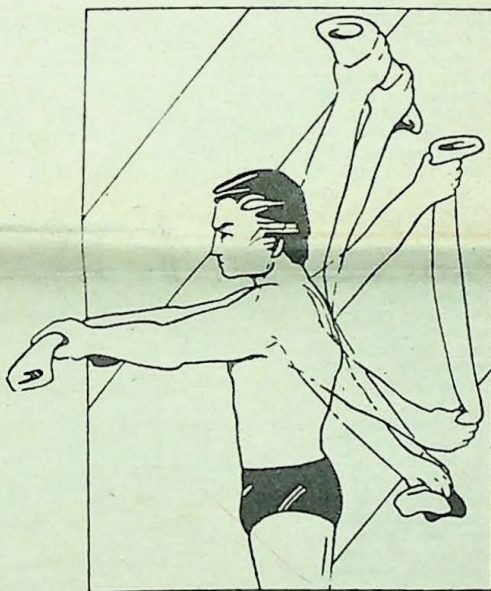


Trunk Stretch

Keep shoulder parallel to ground and slowly stretch to left side and then to right side. When you feel the stretch, hold that position for five counts and then come back up to standing position.

Low Back Stretch

Lay on back and bend knees slowly. Pull knees toward chest and gradually bring head forward also. Hold for count of five.



DOUGLAS DESIGNS

Towel Stretch (above)

Hold towel shoulder width apart with palms down. **Slowly!** Bring towel up and over head, you may use a broomstick instead. As you gain more flexibility bring hands in closer.

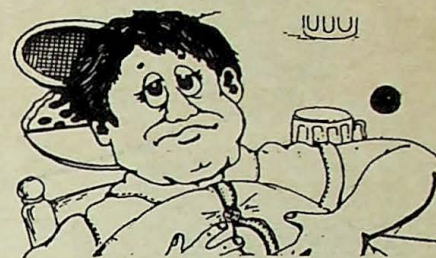
Nutrition for racquetball: The junk food jungle

by Teresa Moore

First, a definition: What is "junk food"? It's anything you eat or drink that serves no *real* nutritional value. Coffee and beer are good examples. Anything processed to such a degree that there's little worth left...like white bread. Anything with too much fat, like bacon, and anything with too much sugar, like candy and pop. Potato chips fall into that category of junk food, as they contain too much salt, as do many canned, frozen, bagged, and "preserved" items which contain more artificial additives and preservatives than nutrients.

Unfortunately, junk foods are very common. It's been estimated that 98 percent of the important nutrients of many foods are destroyed by the time they get to you! For example, according to the U.S. Dept. of Agriculture, a typical TV dinner loses approximately 40 percent of its vitamin E in processing. Fresh market veggies lose half of their vitamin C by the time you eat them, and even frozen vegetables lose half of their nutrients after six months in the freezer. The good news is, you can get 100 percent of your daily requirement of vitamin C (RDA) in just one glass of orange juice.

So one of the biggest problems with



junk foods is that you are filling up with items that are deficient in the substances (vitamins and minerals; in particular) that you need to perform at optimum. But, according to Dr. Williams Philpot, a noted Oklahoma City psychiatrist, junk foods can be directly responsible for behavioral problems such as poor concentration, aggressive behavior, and hyperactivity. In particular, foods high in sugar can cause a great deal of fluctuation in the blood sugar and insulin levels which directly effect areas governing the brain's perceptive functions.

The point is, you can only eat so many calories and so much bulk every day, and the less junk food you take in, the more "goodies" that your body really needs will be flowing down the hatch, and that is your best guarantee of hitting good kills and pinches in the tiebreaker. As for your ceiling game, you'd better check with Lynn Adams or Dave Peck about that!

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EAST REGION

The 1982 Cystic Fibrosis Racquetball Tournament Executive Court Club Manchester, NH 03101 October 8-10, 1982

MEN'S A

1st: Bruce Christensen, Manchester, NH
2nd: Phil Panarella, CT
3rd: Tom Reilly, Worcester, MA
4th: Mike Luciw, Fitchburg, MA

MEN'S B

1st: Edward Lavallee, Windham, NH
2nd: Ted Paulauskas, Bedford, NH
3rd: Mike Schagrin, Portsmouth, NH
4th: Nick Maggio, Lynn, MA

Consol: Robert Barnard, Weare, NH

MEN'S C

1st: John Raymond, Fitchburg, MA
2nd: Robert Kripe, Plaistow, NH
3rd: Doug Poirier, Derry, NH
4th: Walter Vickers, Windham, NH

Consol: Bob Brown, Windham, NH

MEN'S NOVICE

1st: Bob Joyce, Tewksbury, MA
2nd: Wayne Huard, Fitchburg, MA
3rd: Mitch Milewski, Nashua, NH
4th: Warren Sullivan, Salem, NH

Consol: Raymond MacDonald, Manchester, NH

MEN'S SENIORS

1st: Bob Sarvis, Manchester, NH
2nd: Bob Drouin, Dover, NH
3rd: Joe Ruggieri, Derry, NH
4th: George Pavlidis, Manchester, NH

Consol: Roger Crim, Franklin NH

MEN'S DOUBLES

1st: Mike Luciw/Tom Reilly, Fitchburg, Worcester, MA
2nd: Keith Shiel/Bruce Christensen, Manchester, NH
3rd: Edward Lavallie/Doug Poirier, Windham, Derry, NH
4th: Don Roberts/Bob Sarvis, Manchester, NH

Consol: Steven Kidder/George Pavlidis, Manchester, NH

WOMEN'S A

1st: Nan Higgins, Haverhill, MA
2nd: Debbie Wilbur, Concord, NH
3rd: Ginny Baeder, Derry, NH
4th: Gayann Bloom, Andover, MA

Consol: Karen O'Neill, Tyngsboro, MA

WOMEN'S B

1st: Candy Fox, Londonderry, NH
2nd: Rachelle Aubut, Salem, NH
3rd: Walker Hearsey, Rye, NH
4th: Gail Gikas, Chelmsford, MA

Consol: Tricia Vallencourt, Manchester, NH

WOMEN'S C

1st: Ann Seldman, Ballston Lake, NY
2nd: R.J. Ehrigott, Madison, CT
3rd: Marianne Palermo, Methuen, MA
4th: Annie Brown, Burlington, VT

Consol: Wanda Mitchell, Laconia, NH

WOMEN'S NOVICE

1st: Joanne Bennolt, Manchester, NH
2nd: Diane Brouillard, Hudson, NH
3rd: Susan Mathews, Deerfield, NH
4th: Suzanne Belnap, Merrimack, NH

Consol: Susan Tremblay, Manchester, NH

WOMEN'S DOUBLES

1st: Ginny Baeder/Susan Harris, Derry, Pelham, NH
2nd: Candy Fox/Carole Hackett, Londonderry, NH
3rd: Joanne Booth/Kathy Clarke, Manchester, NH
4th: Pauline Raclopp/Marie Perras, Manchester, NH

4th Annual Cape Cod Open The Racquetball Club S. Yarmouth, MA September 17, 18, 19, 1982

Sponsored by Penn, Footjoy, Beck's Beer

MEN'S OPEN

Finals: Dennis Aceto d. Howard Packer, 15-4, 15-6.
Semi's: Dennis Aceto d. Scott Eliasson, 15-2, 15-9. Howard Packer d. Charlie McKenna, 15-11, 15-9.

MEN'S B

Finals: Mike Yetman d. James Ludy, 15-6, 15-14.
Semi's: Mike Yetman d. Ken Stepanek, 15-12, 15-14. James Ludy d. John Colantoni, 15-8, 15-4.

MEN'S C

Finals: Jim Uberti d. Joe Jenkinson, 15-14, 15-12.
Semi's: Jim Uberti d. Dave Demers, 15-9, 15-9. Joe Jenkinson d. William Kelso, 12-15, 15-4, 11-0.

MEN'S NOVICE

Finals: Courtney Palmer d. William Kelso, 15-6, 15-11.
Semi's: Courtney Palmer d. John Brown, 15-6, 15-5. William Kelso d. Rick Venti, 15-12, 15-9.

MEN'S SENIORS 30+

Finals: Jack Nocera d. Howard Packer, 15-14, 15-14.
Semi's: Jack Nocera d. Mike Mike Luciw, WBF. Howard Packer d. Jim Laria, 15-10, 15-12.

MEN'S MASTER'S 40+

Finals: Jim Laria d. Jack Nocera, 15-11, 15-13.
Semi's: Jim Laria d. Oscar Clouter, WBF. Jack Nocera d. Sal Paterna, 5-15, 15-7, 11-9.

WOMEN'S OPEN

Finals: Janet Simon d. Sheryl Burlingame, 15-6, 15-4.
Semi's: Janet Simon d. Karen O'Neil, 15-11, 15-10. Sheryl Burlingame d. Maureen Holmes, 15-9, 15-9.

WOMEN'S B

Finals: Barbara Migdelany d. Judy Kellogg, 15-9, 15-9.
Semi's: Barbara Migdelany d. Anne Conway, 15-12, 15-1. Judy Kellogg d. Leigh Clancy, 15-1, 10-15, 11-10.

WOMEN'S C

Finals: Judy Kellogg d. Linda Thriault.
Semi's: Judy Kellogg d. Toni Cruise. Linda Thriault d. Heather Bry, 15-14, 14-15, 11-6.

WOMEN'S NOVICE

Finals: Karen Hatch d. Ruth Sherman, 15-13, 15-8.
Semi's: Karen Hatch d. Sheila Baddeley, 15-2, 15-10. Ruth Sherman d. Maureen O'Connell, 15-3, 15-6.

BOY'S JUNIORS 15 AND UNDER

Finals: John Gillooly d. Eric Gunderson, 15-6, 15-1.
Semi's: John Gillooly d. Jim Casavan, 15-3, 15-6. Eric Gunderson d. Eric Johansen, 15-11, 15-10.

The International Challenge 1982 Racquetball International Seabank, MA

September 10, 11, 12, 1982

Sponsored by Budweiser Light, Footjoy Shoes, Penn Athletic Products

MEN'S A

Finals: Cliff Swain d. Mike Coleman.
Semi's: Cliff Swain d. Tom Coleman. Mike Coleman d. Scott Stonge.

MEN'S B

Finals: Gary Bucci d. Shawn Matthewson.
Semi's: Shawn Matthewson d. Dave Monahan. Gary Bucci d. John Colantoni.

MEN'S C

Finals: Al Diamond d. Steve Materia.
Semi's: Al Diamond d. Jeff Correia. Steve Materia d. Jim Anderson.

MEN'S NOVICE

Finals: Dave Caplan d. Dave Lussier.
Semi's: Dave Caplan d. John Giles. Dave Lussier d. Jason Hicks.

MEN'S SENIORS 35+

Finals: Joe Indelicato d. Joe Fenster.
Semi's: Joe Indelicato d. Paul Henrickson. Joe Fenster d. Dennis Culbertson.

WOMEN'S A

Finals: Marilyn Ellis d. Cindy Alba.
Semi's: Marilyn Ellis d. Claire Couture. Cindy Alba d. Doris Horridge.

WOMEN'S NOVICE

Finals: Diana Dias d. Joyce Butler.
Semi's: Diana Dias d. Trish Marapese. Joyce Butler d. Louissa Di Tomasso.

WOMEN'S C

Finals: Denise Fafard d. Gail Waltz.
Semi's: Denise Fafard d. Cheryl Pontes. Gail Waltz d. Lora Marquis.

A-B DOUBLES

Finals: M. Coleman/A. Dogan d. B. Fissette/S. Stonges.
Semi's: Coleman/Dogan d. Savino/Codeiro. Fissette/Stonge d. Culbertson/Henrickson.

C DOUBLES

Finals: Farrell/Diamond d. Hewitt/Correia.
Semi's: Farrell/Diamond d. Matthewson/Fahey. Hewitt/Correia d. Smith/Fredrickson.

JUNIORS

Finals: Scott Stonge d. John Gillooly Jr.
Semi's: Scott Stonge d. Jeff Balboni. John Gillooly Jr. d. Sean Klingaman.

3rd Annual Columbus Day Weekend Shootout 1982 21st Point Club Albany, NY October 8-10, 1982

MEN'S OPEN

1st: Allan Lee
2nd: Gus Koumarelas
3rd: Aaron Katz
Consol: Ken Teape

MEN'S B

1st: Brian McDermott
2nd: Howard Millian
3rd: Ed Shivokevich
Consol: Rich Jacobson

MEN'S C

1st: Mark Zayas
2nd: Howard Spaeth
3rd: Ed Scolia
Consol: Brian Tollin

MEN'S NOVICE

1st: Joe Carniglia, Sr.
2nd: Rich Corso
3rd: Kevin Duggan
Consol: Joel Braverman

MEN'S SENIORS

1st: Jack Nocera
2nd: Neil Shapiro
3rd: Dennis Sbraga
Consol: Steve Nurbin

MEN'S MASTERS

1st: John Wheeler
2nd: Alex Shapiro
3rd: Mike Frankel
4th: Steve Nurbin

GOLDEN MASTERS

1st: Saal Lesser
2nd: Frank Anderson
3rd: Irv Cowle

MEN'S OPEN DOUBLES

1st: Neil Fudim/Roger Fudim
2nd: Jim Burns/Steve Volk
3rd: Jack Nocera/Howie Packer
Consol: Pat Mele/Mike Meyer

MEN'S B-C DOUBLES

1st: Bob Hooper/Ira Shapiro
2nd: Jay Calnen/Howard Spaeth
3rd: John Carbonneau/Mike Millian
Consol: Joe Carniglia Jr. & Sr.

MIXED DOUBLES

1st: Jessica Rubin/Garr Thompson
2nd: Claire Curlew/Brian McDermott
3rd: Julian Gershaw/Fiona MacKay
Consol: Sheila Mueller/Stu Brown

WOMEN'S OPEN

1st: Anne Baril
2nd: Jessica Rubin
3rd: Cheryl Irving
Consol: Louise Lanctot

WOMEN'S B

1st: Laurie Kitchen
2nd: Pat Riley
3rd: Barb Meredith
Consol: Fiona MacKay

WOMEN'S C

1st: Sue Graham
2nd: Carol Casilli
3rd: Diane Nero
Consol: Carol Liparelli

WOMEN'S NOVICE

1st: Janet Fabian
2nd: Ariene Capizzi
3rd: Robin Golden
Consol: Ann Prentiss

WOMEN'S B-C DOUBLES

1st: Diane Nero/Sue Graham
2nd: Carol Liparelli/Nina McGee
3rd: Jacki Carbonneau/Sue Craddock

BOYS 15

1st: Howard Millian
2nd: Brian Tollin
3rd: Scott Laprelli

BOYS'S 13

1st: George Delaney
2nd: Joe McGee
3rd: Kevin Duggan
Consol: John Carbonneau

EAST TOURNAMENT SCHEDULE

November 12-14

THE MAINE DOUBLES CHAMPIONSHIPS

Club North
Route 302
North Windham, ME 04062
Contact: Leesa Smith
207/892-3231

November 12-14

BROCKTON OPEN

Brockton Racquetball Club
85 Liberty St.
Brockton, MA 02401
Contact: John Kozart
617/588-3444

November 19-21

THE TURKEYFEST

Merrymeting Racquet & Swim Club
126 Main St.
Topsham, ME
Contact: Gerry Caron
207/719-0129

November 19-21

CEDARDALE HOLIDAY OPEN

Cedardale Racquetball Club
931 Boston Rd.
Haverhill, MA 01830
Contact: Ed Henley
617/373-1596

December 3-5

THE NATURAL LIGHT PRO/AM

Holiday Health & Racquet Club
424 dlin Rd.
Bangor, ME 04401
Contact: Keith Mahaney
207/947-0763

December 10-12

HOLIDAY OPEN

The Sporting House of Enfield
3 Weymouth Rd.
Enfield, CT 06082
Contact: Ken Navarro
203/745-2408

December 10-12

THE MAINE JUNIOR CHAMPIONSHIPS

Hillside Health & Racquetball Club
Rt. 26
South Paris, ME 04281
Contact: Randy Olson
207/743-5133

1982 Sawmills' 4th Annual White Rose Classic Sawmill Racquetball Club York, PA October 1, 2, 3, 1982

MEN'S OPEN

Finals: Jim Cascio, Bricktown, N.J., d. Rueben Gonzales, Staten Island, N.Y., 11-15, 15-12, 11-5.
Semi's: Gonzales d. Levine, 8-15, 15-5, 11-6; Cascio d. Horton, 15-9, 15-9.

MEN'S SENIORS

Finals: Ed Remen d. Al Ginsburg, 15-4, 15-2.
Semi's: Ginsburg d. Owen, 15-13, 15-1. Remen d. Munson, 15-4, 15-4.

MEN'S A

Finals: Cliff Swain d. Mark McCarthy, 15-9, 15-9.
Semi's: McCarthy d. Burkholder, 15-6, 15-8. Swain d. Hilt, 15-8, 15-3.

MEN'S B

Finals: Mike Myers d. Bob Phillabaum, 15-13, 16-18, 11-3.
Semi's: Phillabaum d. Vangreen, 15-12, 9-15, 11-7. Myers d. Lesser, 15-2, 15-11.

MEN'S C

Finals: Wallen Riecke d. Joseph Walters, 15-13, 19-17.
Semi's: Walters d. Douden, 14-16, 15-13, 11-6. Riecke d. Compton, 15-9, 15-8.

MEN'S DOUBLES

Finals: H. Klein/D. Obremski d. C. Horton/P. Panarella, 15-8, 15-10.

Semi's: Horton/Panarella d. Glogler/Rougeux, 15-10, 15-4.

Klein/Obremski d. Powell/Simonette, 15-6, 15-7.

WOMEN'S A

Finals: D. T. Fischl d. Pat Dorsheimer, 16-14, 15-7.
Semi's: Dorsheimer d. Fraer, 15-5, 15-5. Fischl d. Zarfos, 15-5, 16-14.

WOMEN'S B

Finals: Jody Landis d. Andica Turo, 15-3, 15-7.
Semi's: Turo d. Anderson, 15-9, 15-3. Landis d. Roggenbaum, 15-9, 15-5.

WOMEN'S C

Finals: Sharon Hershey d. Judy Schrecker, 15-12, 15-1.
Semi's: Schrecker d. Roggenbaum, 15-7, 15-9. Hershey d. Turo, 12-15, 15-6, 11-2.

TOURNAMENT DIRECTORS...To list your tournament in RACQUETBALL TODAY call 312/371-7616



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RACQUETBALL TODAY[®]

tips from the pros

PLAYING TIP:

If your serve lacks pace, you may not be transferring your weight forward during your service motion. Often, club players fail to take the momentum-generating step. Then they must rely solely on arm strength to put pace on the serve.

ETIQUETTE:

Watch how someone acts on the court. Usually, it's a reflection of how they deal with life in general.

RULES TIP:

Whether you are the server or receiver, you're entitled to up to 10 seconds between points. Use that time to think about your serve, or return, or strategy, or just to relax if you need to. 10 seconds is a lot of time, and if you use the time right, it can help your game.

PERSONAL NOTE:

Don't be afraid to "go for it"! If you really think you'd like to become a pro, you should give it a try. I had my second guesses about the tour. I thought if I didn't make it, at least I gave it a shot!



MARCI GREER

SOUTH REGION

SOUTH TOURNAMENT SCHEDULE

November 5-7

TIRE AMERICA CLASSIC
West Virginia Racquet Club
Waddles Run Road
Wheeling, WV 26003
Contact: Kevin Becker
304/233-5981 or 277-1352

November 12-14

ATLANTA FALCON FALL CLASSIC
Atlanta Falcons Racquet Club
PO Box 117
Suwanee, GA 30174
Contact: Club
404/945-8977

November 20-21

A & OPEN DIV. TOURNAMENT
Courts Royale
5505 Cherokee Ave.
Alexandria, VA 22304
Contact: Ray Simone
703/941-4848

December 3-5

2nd ANNUAL BIG BROS. & BIG SISTERS
Manatee County Racquetball Tournament
Westside Racquetball & Health Club
6500 Manatee Ave. West
Bradenton, FL 33519
Contact: Jim Brown
813/355-2911

December 3-5

SECOND ANNUAL TOURNAMENT OF CHAMPIONS
The Ultimate Courts Racquetball Club
6207 W. 34th
Amarillo, TX
Contact: Nina Acuff
806/355-5531

December 4-6

MIXED DOUBLES
Courts Royale
5505 Cherokee Ave.
Alexandria, VA 22304
Contact: Ray Simone
703/941-4848

December 9-12

WPRA PRO/AM
Imperial Courts
1525 W. Nasa Blvd.
Melbourne, FL 32901
Contact: Club
305/725-5120

December 9-12

4th TENNESSEE TURKEY SHOOT OPEN
Nashville Supreme Courts
4633 Trousdale
Nashville, TN 37402
Contact: Dorothy Dixon
615/832-7529

December 10-12

2nd ANNUAL BLUEGRASS OPEN
North Park Racquetball Club
North Park Shopping Center
500 New Circle NW
Lexington, KY 40505
Contact: Susan McDonald
606/231-7641

St. Jude's Classic
Charlotte Racquetball & Health Club
Charlotte, NC 28210

MEN'S OPEN

Finals: Peters d. Hart, 14-15, 15-6, 11-6.
Semi's: Peters d. Ledford, 15-7, 15-8; Hart d. Humphrey, 15-4, 8-15, 11-6.

MEN'S A

Finals: Shorthouse d. Dimoff, 14-15, 15-2, 11-4.
Semi's: Shorthouse d. King, 15-0, 15-9; Dimoff d. Surface, 9-15, 15-2, 11-6.

MEN'S B

Finals: Dick d. Burroughs, 4-15, 15-2, 11-2.
Semi's: Dick d. Hoffman, 15-7, 14-15, 11-1; Burroughs d. Bryant, 15-4, 15-10.

MEN'S C

Finals: Hunt d. Baxter, 15-5, 13-15, 11-8.
Semi's: Hunt d. Smith 15-5, 15-5; Baxter d. Merrill, 15-3, 9-15, 11-6.

MEN'S SENIORS

Finals: Wiles d. Freshwater
Semi's: Wiles d. Gwinn, 15-9, 15-3; Freshwater d. Thurbon, 12-15, 15-3, 11-3.

MEN'S OPEN DOUBLES:

Finals: Cobia/Yang d. Parker/Peters, 14-15, 15-4, 11-10.
Semi's: Cobia/Yang d. Shorthouse/Walsh, 15-6, 11-15, 11-1; Parker/Peters d. Freshwater/Wiles 15-13, 14-15, 11-8.

WOMEN'S A**ROUND ROBIN:**

1st: B. Hetzel
2nd: A. Cavin
3rd: M. Forde
4th: L. Freshwater

WOMEN'S B

Finals: Harper d. Hayes, 15-5, 15-12
Semi's: Harper d. Parker, 15-12, 15-4; Hayes d. Schiffman, 15-3, 15-12.

WOMEN'S C

Finals: Cansler d. Bundy, 15-11, 1-15, 11-10.
Semi's: Cansler d. Scott, 12-15, 15-2, 11-0; Bundy d. Huneycutt, 15-6, 15-5.

Racquetball Tournament For Cystic Fibrosis
Downtown Athletic Club
Norfolk, VA

September 24, 25, 26, 1982

Sponsored by Peoples Drugs

Sanctioned by Rajlco \$1800 for CF

MEN'S OPEN

Finals: Bobby Ison d. Randy Watkins, 15-13, 14-16, 11-9.
Semi's: Randy Watkins d. Glen Allen, 15-11, 15-12; Bobby Ison d. Jim Slate, 15-13, 7-15, 11-10.

MEN'S SENIORS

Finals: Glenn Allen d. Ed Taylor, 15-6, 15-17, 11-3.
Semi's: Glenn Allen d. Kevin Dorr, 15-13, 7-15, 11-5; Ed Taylor d. Carl Crown, 4-15, 15-10, 11-5.

MEN'S B

Finals: Luke Frear d. Bryan Graves, 16-14, 15-13.
Semi's: Bryan Graves d. Jeff Atkinson, 14-16, 15-2, 11-9; Luke Frear d. Larry Roberson, 15-3, 15-12.

MEN'S C

Finals: Jack Tiller d. Butch Persinger, 15-5, 15-9.
Semi's: Persinger d. Wade Markham, 16-14, 4-15, 11-6; Jack Tiller d. Gary Bachara, 6-15, 15-12, 11-2.

MEN'S NOVICE

Finals: John Phillips d. Francis Blake, 6-15, 15-4, 11-5.
Semi's: Francis Blake d. Steve Robinson, 15-4, 15-9; John Phillips d. Ken Matts, 15-8, 15-7.

WOMEN'S A

Finals: Maria Kanahoahoa d. Heather Gower, 15-5, 15-1.

WOMEN'S C

Finals: Martha Nolan d. Dalynn Patrick, 15-7, 15-1.

OKLAHOMA GRAND PRIX[®]

by Mark Fairbairn

POINT STANDINGS AFTER THE DR. PEPPER CLASSIC

OKLAHOMA GRAND PRIX STANDINGS 9/26/82

MEN'S PRO-AM

1. Mark Hegg (STLWTR)	18
2. Ken Smith (OKC)	15.7
3. Les Whitaker (MSKGE)	10.8
4. Charlie Willingham (LAW)	10.2
5. Matt Ost (TUL)	3.6
Tom Farley (STLWTR)	3.6
Bob Fitzgerald (TCUMSH)	3.6
8. Tom Norris (TUL)	3.5
9. Kent Taylor (STLWTR)	3.4
Joyce Jackson (NRMN)	3.4
Don Hammons (TUL)	3.4

MEN'S 35+ SENIOR

1. Gary Fest (ENID)	12.8
2. Phil Murrell (BVILLE)	9.7
3. Ken Sone (CHECTH)	6.8
4. Don Beach (TALALA)	6.5
5. Charles Talley (OKC)	6.4
6. Ray Tarwater (TUL)	3.2
Ed Koch (BVILLE)	3.2

MEN'S 18 & UNDER

1. Joe Botello (TUL)	17
2. Phil Lane (WTHFRD)	13.6
3. Kurt Meyers (LAW)	10.2
4. Jeff Myers (LAW)	3.4

Oklahoma Grand Prix "Kwon-Dr. Pepper Racquetball Classic"
Bartlesville Family YMCA (OK)
September 24, 25, 26, 1982

MEN'S PRO-AM (\$500)

Finals: Ken Smith, Oklahoma City, OK d. Mark Hegg, Stillwater, OK.
Semi's: Smith d. Les Whitaker, Stillwater, OK. Hegg d. Mark Newport, Springfield, MO.
Third Place: Whitaker.
Consol: Kurt Atwell.

MEN'S ADVANCED

Finals: David Kelly d. Tom Gilbert.
Semi's: Kelly d. Joe Frana. Gilbert d. Bob Horn.
Third Place: Frana.

MEN'S INTERMEDIATE

Finals: Rusty Bradley d. Dave Nichols.
Semi's: Bradley d. Nelson Head. Nichols d. Bob Horn.
Third Place: Head.

MEN'S NOVICE

Finals: Bob Villafior d. Wayne Bosna.
Semi's: Villafior d. Mark Malaby. Bosna d. Jerry Russell.
Third Place: Russell.

MEN'S SENIORS 35+

Finals: Phil Murrell d. Gary Fest.
Third Place: Don Beach.
Consol: Charles Ralley.

WOMEN'S INTERMEDIATE

Finals: Sherry Paschal d. Kathy Grice.
Third Place: Debbie Yocham.
Consol: Andrea Faucette.

WOMEN'S NOVICE

Finals: Kim Sullivan d. M. J. Figard.
Semi's: Sullivan d. Judith Kampschroeder. Figard d. Connie Walton.

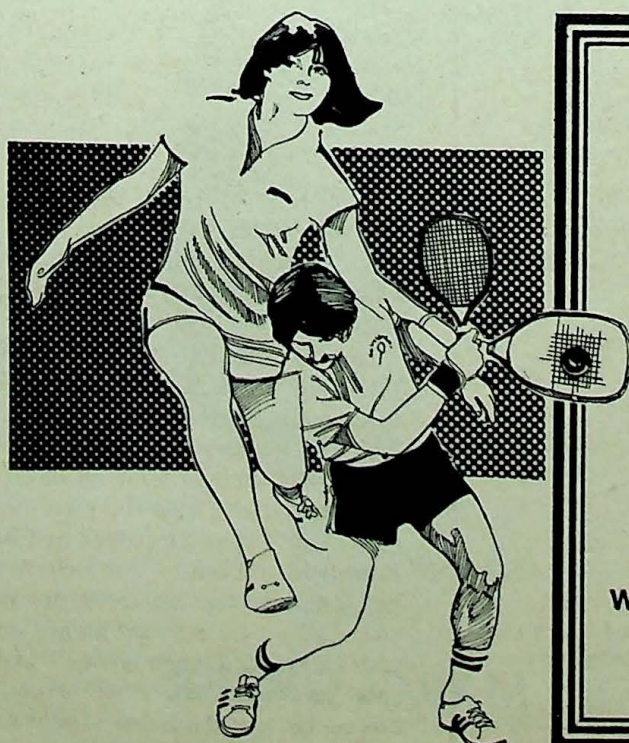
WOMEN'S SENIORS

Finals: Walton.
Third Place: Walton.
Consol: Leslie Leeds.

NEXT EVENT:

— Oklahoma Grand Prix
All-State Doubles Championships
— Early December
— Broken Arrow, Racquetball & Fitness
Broken Arrow, OK
Contact: 4-Wall Promotions
918/627-9109

KILLGORE CHILDREN'S CENTER TOURNAMENT OF CHAMPIONS



THE ULTIMATE COURTS
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DECEMBER 3 - 5, 1982

MEN'S OPEN	WOMEN'S OPEN
1ST \$1200	1ST \$700
2ND \$600	2ND \$350
3RD \$150	3RD \$150

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ENTRY DEADLINE: NOV. 29, 1982

WRITE FOR TOURNAMENT INFORMATION:
Killgore Children's Center
Bob Dodson, Box 1110
Amarillo, Tx 79175

South region

Continued

Kiwanis/Rivercenter Racquetball Tournament
Rivercenter Tennis Club
New Orleans, LA
September 17, 18, 19, 1982
For the benefit of
The Louisiana Special Olympics

MEN'S OPEN

1st: Mike Almerico, Lafayette, LA
2nd: Gene Mann, Lafayette, LA
3rd: Ricky Gonzales, New Orleans, LA
OPEN DOUBLES
1st: R. Gonzales/F. Gomila, New Orleans, LA
2nd: M. Almerico/G. Mann, Lafayette, LA
3rd: L. Calvin/J. Donelon, Kenner, LA
MEN'S A
1st: Charles Hollinger, Kenner, LA
2nd: Neil Woodhall, Kenner, LA
3rd: Art Beauchamp, Lafayette, LA
MEN'S B
1st: Frank Bruno, New Orleans, LA
2nd: Dan Habel, New Orleans, LA
3rd: Charles Metrailler, Baton Rouge, LA
B DOUBLES
1st: M. McAlpine/R. Childers, New Orleans, LA
2nd: B. Huber/T. Pecht, New Orleans, LA
3rd: C. Jackson/C. Bernard, Lafayette, LA
MEN'S C
1st: C. Jackson, Lafayette, LA
2nd: R. Harris, Baton Rouge, LA
3rd: O. Brown, Chalmette, LA
MEN'S D
1st: J. Baytli, Baton Rouge, LA
2nd: D. Lloyd, Shreveport, LA
3rd: B. Fitch, Chalmette, LA
WOMEN'S A
1st: C. Metrailler, Baton Rouge, LA
2nd: J. Lynch, Alexandria, LA
3rd: S. Besse, Chalmette, LA
WOMEN'S B
1st: S. Schultz, New Orleans, LA
2nd: K. Ehret, Gretna, LA
3rd: J. Schneider, Baton Rouge, LA
WOMEN'S C
1st: S. Lester, Kenner, LA
2nd: J. Novick, New Orleans, LA
3rd: L. Shane, New Orleans, LA
WOMEN'S D
1st: B. Paclik, Lafayette, LA
2nd: K. Legrand, New Orleans, LA
3rd: Margie Wiles, New Orleans, LA
WOMEN'S A DOUBLES
1st: C. Metrailler/J. Lynch
2nd: V. Shean/T. Andrews, Baton Rouge, LA
3rd: J. Schneider/J. Diapola, Baton Rouge, LA

Atlanta Juice Southern Open
Courtside Racquet & Fitness
Atlanta, GA

MEN'S OPEN

1st: Tidd.
2nd: Vincent.
MEN'S A
1st: Edwards.
2nd: Gearing.
MEN'S B
1st: Kupcewica.
2nd: Crowell.
MEN'S C
1st: Leist.
2nd: McIntosh.
MEN'S NOVICE
1st: Minkins.
2nd: Altaoquirre.
MEN'S BEGINNER
1st: Mason.
2nd: Sawyer.
MEN'S OPEN DOUBLES
1st: Sears/Hawkins.
2nd: Dunn/Monde.
MEN'S A DOUBLES
1st: Thomas/Cain.
2nd: Gearing/Wallace.
MEN'S B DOUBLES
1st: Dietrick/Kellum.
2nd: Larkin/Wulles.
MEN'S SENIORS 35 +
1st: Wuller.
2nd: Kellum.
MEN'S MASTERS 45 +
1st: Payne.
2nd: Pullard.
MEN'S VETERAN MASTERS 50 +
1st: Litsky.
2nd: Joe Arem.
MEN'S JR. VETS 27 +
1st: Wickliffe.
2nd: Pappatera.
MIXED DOUBLES
1st: Lupton/Lepley.
2nd: Birch/Poucher.
WOMEN'S B DOUBLES
1st: Bird/Gamel.
2nd: Bickles/Green.
WOMEN'S OPEN DOUBLES
1st: Fanning/Fagulin.
WOMEN'S BEGINNER
1st: Freeman.
2nd: McDunn.
WOMEN'S NOVICE
1st: Reed.
2nd: Bottles.
WOMEN'S A
1st: Byrd.
2nd: Chambers.
WOMEN'S B
1st: Lawton.
2nd: Bickles.
WOMEN'S C
1st: Fry.
2nd: Spivey.
WOMEN'S OPEN
1st: Sharon Fanning.



Feet First: Caring for high-arched feet

by Dr. Louis A. Sorto, Jr.

RACQUETBALL TODAY will feature monthly articles on foot care provided by the Community Health Information Council, a not-for-profit organization of consumers, health professionals and media professionals co-operating in the development and dissemination of health related information at the community level. Readers are invited to submit questions to be answered by Dr. Louis A. Sorto, Jr., 420 Lee Street, Des Plaines, IL 60016.

Question: I injured my big toe in an accident several years ago. It is now stiff and enlarged and I have a hard time playing racquetball now because of the pain. Why, then, has this problem developed?

Answer: Although standard X-ray techniques will usually reveal bone fractures, they will not necessarily detect joint surface injuries. It is this type of injury (involving joint) that will most commonly lead to progressive joint arthritis with associated pain and stiffness.

All joint surfaces are normally covered with a white, glistening material, called hayline car-

tilage. This cartilaginous surface allows the joint to move smoothly through a full range of motion. Unfortunately, we are dealt with but one allotment of hayline cartilage at birth, and if it is destroyed by injury or arthritis it can only be replaced by an inferior-quality scar tissue called fibrocartilage. Once arthritis develops at a joint there is no cure...we must rely on either temporary, symptomatic relief or surgical intervention in the most severe cases. The use of oral inflammatory medicines such as aspirin, as well as selectively used cortisone injections can be helpful in breaking a well-established pain cycle. Stiff soled shoes and arch supports can prevent excessive movement of the involved joint and thereby aid in the reduction of pain. Although ice can be very helpful in the early stages following an injury, moist heat seems to be more beneficial once arthritis and stiffness have set in. Heat causes expansion and will loosen an already too-tight joint.

If conservative measures fail to resolve the pain sufficiently, then one must either resign oneself to live with the problem or undergo possible joint replacement surgery if indicated.

How to handle those unusual racquetball situations

by Tom Grobmisi

IF YOUR OPPONENT HAS THREE ARMS. This often psyches people out. You walk into the court, introduce yourself, start to shake hands, and, OH BOY! You act shocked, embarrassing your opponent and end up feeling like an idiot for the rest of the week. In this situation, prevention is the cure. Simply get out of the habit of shaking hands with people you're "not sure of". And remember the words of Charlie Drake: "I laughed at a man with no arms until I met a man with three. Now I don't let either play on my tour."

WHEN YOU'RE PLAYING AN OPPONENT WHO SNEEZES A LOT. First, be sure to wear eyeguards. Concentrate more on hitting those wallpaper shots as they'll be more likely to stick to the walls. And watch carefully when he sneezes....if it's just before he contacts the ball, he will clearly hit the ball harder....think about taking more shots off the back wall. Most of all, get out of the habit of saying "bless you" as you could seriously injure your tongue.

WHEN YOU'RE PLAYING A LEFTY WHO CHEATS. Generally, use the same strategy you use against a righty who cheats, except you might want to slash the other tires on his car.

IF THE BALL TURNS GREEN DURING THE MATCH. Balls don't turn green during the match, idiot! Don't be so naive. Obviously, your opponent has slipped in one of those old, fast, pressurized balls the pros used to use....a ploy often employed by Charlie Brumfield and others who believe they have an advantage playing with a faster ball. Call a time out, get an axe out of your locker, and when no one's looking chop up the ball into little pieces. You can usually get the ref to supply a new ball and have the previous rally replayed.

WHEN YOU'RE SCHEDULED TO PLAY A KILLER. The guy has put his last three opponents in the hospital....two of them ended up with permanent string designs on their back. And you're next. I always bring a little bottle of white-out and a pen to tournaments. You not only get to choose your opponents, you get to decide who is going to play against Killer. And if you can't get to the draw sheet, you can always use the old bump-your-head-on-the-door going into the court routine and forfeit the match before it starts. The consolation division can be lots of fun!

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MIDWEST REGION

Schuyler Open
Sports Illustrated Court Club
Highland, IN
September 24, 25, 26, 1982
Sponsored by Thomas Schuyler Court Club

MEN'S OPEN

Finals: John Amatulli d. Sean Moskwa, 14-15, 15-7, 11-8.
Semi's: Amatulli d. Bartlett, 14-15, 15-2, 11-10. Moskwa d. Gabriel, 15-4, 15-13.

MEN'S OPEN DOUBLES

Finals: Andy Simpson/Tony Gabriel d. Bartlett/Pritchett, 15-7, 11-15, 11-7.

Semi's: Simpson/Gabriel d. Baker/Tillapaugh, 15-10, 15-3.
Bartlett/Pritchett d. Phillips/Bence, 15-5, 14-15, 11-7.

MEN'S A

Finals: Alan Disher d. Jim Hillman, 15-11, 15-7.

Semi's: Alan Disher d. Phil Simborg, 15-3, 15-10. Jim Hillman d. Lee Restaino, 7-15, 15-9, 11-7.

MEN'S B DOUBLES

Finals: Massie/Christenson d. Burns/Keelan, 15-7, 7-15, 11-7.
Semi's: Massie/Christenson d. Luther/Amstutz, 15-5, 15-2.
Burns/Keelan d. Cornwell/Campbell, 15-9, 15-3.

MEN'S B

Finals: Avalos d. Pritchett, 15-13, 15-10.

Semi's: Avalos d. Byrd, 13-15, 15-11, 11-0. Pritchett d. Fields, 3-15, 15-11, 11-10.

MEN'S C

Finals: Womack d. Day, 15-13, 15-1.

Semi's: Day d. Ours, 15-5, 15-5. Womack d. Hutchins, 15-10, 15-10.

MEN'S D

Finals: Reed d. Burkhart, 15-10, 15-5.

Semi's: Reed d. Ransam, 7-15, 15-12, 11-9. Burkhart d. Morris, 15-9, 3-15, 11-7.

MEN'S SENIORS

Finals: Larry Davis d. Rich Kamper, 15-8, 15-14.

Semi's: Kamper d. Campbell, 14-15, 15-5, 11-5. Davis d. Selva, 15-10, 15-14.

WOMEN'S OPEN

Finals: Chris Evon d. Dina Pritchett, 15-11, 15-5.

Semi's: Evon d. Carow, 5-15, 15-12, 11-1. Pritchett d. Prisching, 15-7, 7-15, 11-10.

WOMEN'S A

Finals: Paige Sutherland d. Pat Bornhurst, 15-10, 15-4.

Semi's: Bornhurst d. Trapp. Sutherland d. Claro, 15-12, 15-6.

WOMEN'S B PLAYED ROUND ROBIN

1st: Nancy Kamper.

2nd: Monica Doyle.

3rd: Dorinda Kammer.

4th: Carol Murphy.

Consol: Rita Mizecko.

WOMEN'S C

Finals: Betty Haas d. LuAnn Fatheree, 15-3, 15-13.

Semi's: Fatheree d. Karalaw, 15-8, 15-6. Haas d. Plunkett, 15-5, 12-15, 11-5.

WOMEN'S D

Finals: Virginia Nativio d. Tonya Withrow, 15-10, 15-1.

Semi's: Virginia Nativio d. Carol Julian, 15-11, 15-10. Tonya Withrow d. Pat Peterman, 15-8, 15-4.



Chris Evon wins Schuyler Open.

John Bearce — WRC
Courts N' Stuff
Washington, IL

September 17, 18, 1982

Sponsored by John Bearce Ford/Subaru
Washington Realty Co., DP — Leach

MEN'S A

1st: Dennis McKee.

2nd: Bob Schwab.

3rd: Bill Gray.

MEN'S C

1st: Terry Beecham.

2nd: Bob Pribble.

Consol: Dave Millard.

2nd Annual Kettering Classic
Suburban Athletic Club-Oak Creek
Kettering, OH

September 17, 18, 19, 1982

Sponsored by Jim Hooghe Insurance

MEN'S OPEN

Finals: Dan Clifford d. Brian Diegan, 21-10, 21-14.

Semi's: Dan Clifford d. Ray Brint, 21-10, 21-10. Brian Diegan d. Mike Sipes, 19-21, 21-18, 11-6.

MEN'S A

Finals: Maurice Sweet d. Lee Terry, 21-17, 21-17.

Semi's: Lee Terry d. Cole Kiser, 21-3, 21-8. Maurice Sweet d. Wayne Heffelfinger, 21-16, 21-12.

MEN'S B

Finals: Mike Wilkins d. Jonhenri Ball, 21-3, 21-20.

Semi's: Jonhenri Ball d. Buzz Long, 21-19, 19-21, 11-6. Mike Wilkins d. Jerry Rex, 21-8, 21-10.

MEN'S C

Finals: Kirk Haas d. Matt McClain, 21-6, 21-10.

Semi's: Kirk Haas d. Dan Krzyzanowski, 21-5, 21-15. Matt McClain d. Tony Maier, 21-6, 21-10.

MEN'S NOVICE

Finals: Jim Coahran d. Jerry Carter, 21-11, 21-6.

Semi's: Jim Coahran d. Jim Roberts, forfeit. Jerry Carter d. Kyle Stevens, 21-10, 21-5.

MEN'S SENIORS

Finals: Tom Nystrom d. Marshall Mildworm, 21-10, 18-21, 11-5.

Semi's: Marshall Mildworm d. Tom Sawyer, 21-7, 21-18. Tom Nystrom d. Tom Murray, 21-13, 14-21, 11-0.

WOMEN'S OPEN

Finals: Barb Harrison d. Suzie Helfrich, 21-20, 5-21, 11-5.

Semi's: Suzie Helfrich d. Tammy Horrocks, 21-19, 21-3. Barb Harrison d. Britt Hartz, 21-18, 21-2.

WOMEN'S A

Finals: Shannon Simmons d. Karen Mitchell, 5-21, 21-15, 11-9.

Semi's: Karen Mitchell d. Sharon Hardebeck, 8-21, 21-11, 11-6. Shannon Simmons d. Susan Hooghe, 21-18, 21-13.

WOMEN'S B

Finals: Tina Feudi d. Carol Wallace, 8-21, 21-20, 11-9.

Semi's: Carol Wallace d. Paul Patrice, 17-21, 21-19, 11-9. Tina Feudi d. Terri Williams, 20-21, 21-15, 11-5.

WOMEN'S C

Finals: Vicki Connor d. Penney Goodwin, 21-4, 21-13.

Semi's: Penney Goodwin d. Tammy Calhoun, 17-21, 21-11, 11-7. Vicki Connor d. Donna Venzke, 21-6, 21-5.

WOMEN'S NOVICE

Finals: Diana Smith d. Olivia Williams, 21-12, 21-4.

Semi's: Olivia Williams d. Sherry Tope, 21-5, 21-17. Diana Smith d. Donna Kraus, 21-19, 20-21, 11-7.

WOMEN'S VETERANS

Finals: Teena Walker d. Cathy Lennon, 11-0, 11-3.

Semi's: Teena Walker d. Sharon Bongiorno, 11-3, 11-6. Cathy Lennon d. Diane Broedling, 11-1, 11-2.

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National Club Guide

California

CENTURY PARK FAMILY FITNESS CENTER

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PLACERVILLE RACQUET CLUB

#1 Racquet Way, PO Box 844, Diamond Springs CA 95619. 6 racquetball courts, attended nursery, men and women's whirlpool and sauna; coed whirlpool; pro shop, cafe, jazzercise, exercise, complete racquetball leagues and lessons; Universal exercise room; 6 tennis courts; olympic swimming pool. Contact Jeff Hawking, Mgr. 916/626-0205.

ROYAL COURTS

400 Saratoga Avenue, San Jose CA 95129. 14 regulation courts, complete nautilus fitness center; attended nursery; men and women's steamroom, sauna and whirlpools; pro shop; TV lounge; exercise and aerobic classes; complete racquetball lessons and leagues under the direction of pro, Sylvia Hooks; for information contact manager, Jeff Ramona at 408/296-1676. OPEN TO THE PUBLIC.

SCHOEER'S RACQUETBALL SPA

5341 Hopyard Rd., Pleasanton CA 94566. 15 regulation racquetball courts, four with glass and one exhibition court with front and side wall "Twin-Vue" glass and seating for 300. Attended nursery; steamroom, sauna and whirlpool for men and women; pro shop, restaurant and lounge, aerobics, jazzercise, dane fitness, exercise classes, wallyball and court soccer and complete racquetball lessons and leagues. We have a 60' lap pool and separate, complete Nautilus fitness facilities for men and women. For information contact John O'Donovan, 415/846-0950.

Connecticut

CONNECTICUT COURT CLUB ASSOCIATION

The following clubs are members of the Connecticut Court Club Association. You can be assured of well-maintained facilities offering excellent, complete racquetball programs when you join or visit any of these fine facilities.

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2. ALL SPORT FITNESS, 240 North Road, Poughkeepsie, NY 12601 (914) 452-5050
3. BRISTOL CLUBHOUSE, 842 Clark Avenue, Bristol, CT 06010 (203) 583-1842
4. CEDAR HILL RACQUETBALL CLUB, 375 East Cedar Street, Newington, CT 06111 (203) 666-8451
5. CENTER COURT & HEALTH CLUB, 234 Route 83, Vernon, CT 06066 (203) 875-2133
6. CHESHIRE RACQUET & SWIM CLUB, Milldale Road, Route 10, Cheshire, CT 06410 (203) 272-5309
7. COURT CLUB OF NORTH HAVEN, 100 Elm Street North Haven, CT 06473 (203) 238-5665
8. COURT HOUSE ONE - OFFICE, Suite 201, 61 South Main Street, West Hartford, CT 06107 (203) 521-4858
9. COURT HOUSE ONE - AVON, 21 Waterville Road, Route 10 Avon, CT 06001 (203) 677-6073
10. COURT HOUSE ONE - MANCHESTER/VERNON, 47 Hartford Turnpike, Vernon, CT 06066 (203) 649-0597
11. COURT HOUSE ONE - SIMSBURY, 526 Hopmeadow Street, Simsbury, CT 06070 (203) 651-3701
12. COURTSIDE-AT-CROMWELL, 10 Hillside Avenue, Cromwell, CT 06416 (203) 635-5400
13. DANBURY RACQUETBALL CLUB, Route 6, Stoney Hill Road, Bethel, CT 06801 (203) 797-1244
14. DOWNTOWN RACQUET CLUB, 230 George Street, New Haven, CT (203) 787-6501
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17. LAKEWOOD RACQUETBALL CLUB, Lakewood Road, Waterburg, CT 06704 (203) 755-6699
18. MILFORD RACQUETBALL CLUB, Bridgeport Avenue, Milford, CT (203) 877-5126
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20. NORWICH RACQUET CLUB, 2 Wisconsin Avenue, Norwich, CT 06360 (203) 889-4489
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22. RACQUETBALL PLUS, P.O. Box 237, Burtville Avenue, Derby, CT 06418 (203) 736-9988
23. RACQUETBALL SPA, 500 Kings Highway - Cut-off, Fairfield, CT 06430 (203) 366-7888
24. ROLL-OUT, Silas Deane Highway, Rocky Hill, CT 06067 (203) 563-7999
25. SHORELINE RACQUET CLUB, At Twin Lakes, North Branford, CT 06471 (203) 481-3461
26. SOUTHPORT RACQUET CLUB, 266 Old Post Road, Southport, CT 06490 (203) 259-0882
27. SPOKI, 145 State Pier Road, New London, CT 06320 (203) 442-0588
28. THE SPORTING HOUSE AT ENFIELD, 3 Weymouth Road, Enfield, CT 06082 (203) 745-2408
29. STAMFORD RACQUETBALL CLUB, 49 Brownhouse Road, Stamford, CT (203) 324-6160
30. THE STRATFORD RACQUETBALL & NAUTILUS CLUB, 140 Watson Boulevard, Stratford, CT 06497 (203) 366-7600
31. SUPREME COURT, 155 Ashley Avenue, West Springfield, MA 01089 (413) 781-0181
32. TRI-PURY TENNIS & RACQUETBALL CENTER, P.O. Box 365, Route 188, Middlebury, CT 06762 (203) 758-1727
33. WALLINGFORD CLUBHOUSE, Neal Road, Wallingford, CT 06492 (203) 265-2861
34. WATERFORD RACQUET CLUB, 6 Fargo Road, Waterford, CT 06385 (203) 442-9466
35. WEST ROCK CLUBHOUSE, P.O. Box 3977, West River Road, Woodbridge, CT 06525 (203) 389-1544
36. WINDSOR RACQUET SPORTS, 109 Pierson Lane, Windsor, CT 06095 (203) 683-0236

Florida

MIAMI COURT CLUB

9395 Bird Road, Miami, FL 33165. 10 courts; attended nursery, steam, sauna, sauna and whirlpool for men, sauna and whirlpool for women. Exercise room; TV lounge, complete racquetball lessons and leagues directed by pro, Mary Ann Livingston. Open 6 a.m. to midnight. NO GUEST FEES for IRSA members, \$3 for others. Hotel guests in Miami may reserve non-prime time for \$7 per hour. Contact Manager, Sue Jackson, 305/226-4014.

Georgia

RACQUET SOUTH

4 Oglethorpe Professional Blvd., Savannah GA, 10 racquetball courts, attended nursery; steam, sauna and whirlpool for men and women; complete Nautilus exercise rooms; pro shop; TV lounge; Aerobics, Exercise classes, and complete racquetball lessons and leagues. Contact Fitness Director, Mikki Monroe, or Manager, William C. Miller, at 912/355-3070.

ATLANTA SPORTING CLUB

1515 Sheridan Rd., Atlanta, GA 30324. 16 Regulation racquetball courts, 8 tennis, and 1 squash court. Attended nursery, men's and women's steamroom, sauna and whirlpool; aerobics, volleyball, basketball; indoor and outdoor pools and running tracks; jazzercise and slimnastics; restaurant, lounge and bar, complete pro shop and complete Nautilus full weight training facility. Complete racquetball lessons, leagues and ladderboard competition. For information call 404/325-2700.

Illinois

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THE RACQUET HOUSES

1. O'HARE RACQUET HOUSE: 951 East Touhy Avenue, Des Plaines, Ill. (312) 296-6144. Club Pro: Shirley Scheithe
2. THORNDALE RACQUET HOUSE: 1220 Mark Street, Bensenville, Ill. (312) 595-2020. Club Pro: Colleen Shields
3. HILLSIDE RACQUET HOUSE: 4401 W. Roosevelt Road, Hillside, Ill. (312) 449-2255. Club Pro: Crystal Durcil
4. HARLEM IRVING RACQUET HOUSE: 4203 North Harlem, Norridge, Ill. (312) 457-2040. Club Pro: Sam Rizzio
5. ELMHURST RACQUET HOUSE: 233 West Grand Avenue, Bensenville, Ill. (312) 595-5060. Club Pro: Rose Magliano
All clubs have racquetball/handball on 8 regulation courts. Carpeted locker rooms, saunas, whirlpools, steamrooms, exercise facilities, free attended nursery, pro shop, racquet rental, group and private lessons, instructional and non-instructional leagues. Open 7 days a week. Director of all club operations: Carol Armstrong. Program Director/Public Relations: Mary Lou Burny.

CONTINENTAL CLUB

1701 Golf Road, Rolling Meadows, Ill. (312) 961-7777. 10 racquetball/handball courts, two squash courts, indoor swimming pool and whirlpool, indoor running track, Nautilus equipment, basketball, volleyball, Judo, Karate for men and women. Carpeted locker rooms for men and women with saunas, steam, sun rooms. Color TV in lounges, towels & toiletries, massages. Free attended nursery, pro shop, group and private lessons available. Open 7 days a week. This club is built in conjunction with restaurants, deli, shops and three twelve story office towers. Individual and Corporate memberships available, call Mary Lou Ghannam, Administrative Manager (312) 981-7777. Norb Duba, Athletic Director.

VETERANS PARK DISTRICT SPORTS MUSEUM & RACQUETBALL CLUB

1203 N. 24th Ave., Melrose Park, IL 60160. 8 regulation courts, basketball, wallyball and pickleball...an exciting new game similar to table tennis; attended nursery; men and women's sauna; aerobics, 8-station positive-resistance exercise equipment and exercise bike; complete racquetball lessons and leagues. Contact Jane M. Affleck, 312/343-5151.

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830 East Roosevelt Road, Lombard, Ill. (312) 629-3390. Racquetball/handball courts; exercise room; whirlpool; sauna, bar and lounge.

OLYMPIAN COURT CLUB

Governor's Office Park, Olympia Fields, Ill. (312) 748-6223. Racquetball/handball courts; indoor running track; exercise/fitness center; whirlpool; sauna; bar and lounge.

EVANSTON COURT CLUB

1101 Dodge Avenue, Evanston, Ill. (312) 866-9656. Racquetball/handball courts; exercise room; whirlpool and sauna.

Indiana

SPORTS ILLUSTRATED COURT CLUB

3150 45th St., Highland, IN 46322. 13 regulation courts, free attended nursery, men and women's sauna, coed whirlpool; snack bar and TV lounge; complete pro shop, indoor running track; aerobic, exercise and slimnastic classes, wallyball, complete exercise room featuring Nautilus and Universal equipment; complete racquetball lessons, ladders and leagues. For information contact Fred Bojrab, manager, at 219/924-0690.

Kansas

RACKETEER RACQUETBALL COURTS

720 W. 20th, Pittsburg, KS 66762. 6 regulation racquetball courts, 2 with glass walls, attended nursery, men and women's sauna, aerobic, exercise, slimnastic and wallyball classes; outdoor running track; exercise room; complete lessons and racquetball leagues. Contact Brent Hildyard, manager, at 316/231-4090.

Louisiana

RACQUETBALL ASSOCIATION OF GREATER NEW ORLEANS

The following clubs are members of the very active New Orleans association. If you live in the area or you are just visiting, you are welcome to stop in or call any of these clubs.

CLUB CHAMALE, 90 Chamale Cove, Slidell, LA 70458, 504/649-2500.
COURT KING RACQUETBALL & HEALTH CLUB, 10080 Morrison Rd., New Orleans, LA 70127, 504/246-1000.
COVINGTON COURT CLUB, Route 3 Box 713, Covington, LA 70433, 504/893-4800.
CRESCENT CITY HEALTH & RACQUETBALL CLUB, 524 Metairie Rd., Metairie LA 70005, 504/835-7121.
CROSSGATES RACQUET CLUB, 200 North Military Rd., Slidell LA 70458, 504/843-8194.
LOUISIANA RACQUETBALL & HEALTH CLUB, 2121 38th St., Kenner LA 70062, 504/443-4512.
NAUTILUS, 2007 Daniels Rd., Gretna LA 70053, 504/366-8161.
OFF THE WALL RACQUETBALL & HEALTH CLUB, 2605 Munster Blvd., Metairie LA 70075, 504/277-8414.
RACQUETBALL ONE, One Shell Square, Suite 1300A, N.O. LA 70130, 504/522-2956.
RACQUETBALL PLUS, 2138 Stumph Blvd., Gretna LA 70053, 504/362-2760.
RIVERCENTER RACQUETBALL, 600 South Front Blvd., P.O. Box 30728, N.O. LA, 504/568-9118.
YMCA—METAIRIE BRANCH, 3726 Houma Blvd., Metairie LA 70002, 504/888-9622.

Maryland

THE ATHLETIC EXPRESS CLUB

700 Russell Ave., Gaithersburg, MD 20789. 18 racquetball courts, attended nursery, men and women's steamroom and sauna, complete Nautilus exercise room, TV lounge, restaurant and bar. Aerobics, Jazzercise and exercise classes. Complete racquetball lessons and leagues, junior camps and monthly pro exhibition under the direction of Jim Daly. 301/258-0661.

Michigan

RACQUET KING COURTS

1630 Fort St., Trenton, MI 48183. 14 regulation courts, attended nursery, men and women's whirlpool and sauna, TV lounge, restaurant and bar; slimnastics, exercise classes, aerobics, wallyball and complete Universal exercise facility. For information contact manager/Pro Larry Jakinovich at 313/676-5850.

Pennsylvania

LANSDOWNE RACQUETBALL CLUB

436 S. Lansdowne Avenue, Lansdowne, PA 19050. 12 Championship courts, fully equipped weight rooms, separate whirlpools and steamrooms for men and women, a nursery and a well-stocked pro shop. An Exhibition court is adjacent to a beautiful two-story lounge, complete with fireplace and cathedral ceiling. We have leagues, challenge courts, clinics, wallyball, aerobics, and social activities for all ages. For information, contact Teresa Pyle, manager, 215/622-8300.

Rhode Island

THE CORNER SHOT RACQUETBALL CLUB

43 Jefferson Blvd., Warwick, RI. 12 racquetball courts; men and women's whirlpool and sauna; attended nursery; exercise room; Wallyball, Aerobics, Exercise Classes; TV Lounge, restaurant and bar; private or group lessons and leagues from one of our teaching pros. Call Ms. Regina Ricci, manager 401/781-1650.

Tennessee

MARYLAND FARMS RACQUET & COUNTRY CLUB

1 Maryland Way, Brentwood, TN 37027. 5 regulation racquetball courts, attended nursery, steam, sauna and whirlpool; pro shop, bar, TV lounge and restaurant; indoor and outdoor pool; exercise room; aerobic and exercise classes; complete racquetball lessons and leagues. For information contact Tom Philbrick, manager, 615/373-2900.

Texas

FITNESS UNLIMITED

Has 3 locations in North Central Texas...join one club and you join them all. 124 W. Main in Grand Prairie; 3375 Edgewood in Garland, and 2720 Hollandale in Farmer's Branch. There are a total of 25 courts, complete lessons and leagues, attend nursery, whirlpool and steamrooms for men and women, exercise rooms and complete exercise and aerobic classes. For information contact Kyla Turner, 214/484-4400.

Utah

FOUNTAIN OF YOUTH HEALTH CLUB

4300 So. 300 W. Salt Lake City, UT 84107. 10 regulation racquetball courts, 3 indoor and 4 outdoor tennis courts, men and women's steamrooms, saunas and whirlpool plus a coed whirlpool; TV lounge, indoor pool, Jazzercise and Aerobics; exercise room featuring Universal equipment; professional nutritional guidance service. For information, contact Novie Crocker, 801/262-7487.

Washington

LILAC CITY COURTS

W. 440 Sharp, Spokane WA 99210. 4 regulation racquetball courts; men and women's sauna. Complete pro shop; racquetball lessons and leagues. Come join our monthly Mixed Doubles with "pot luck" dinner league. Contact Sam Marshall, manager. 509/326-2323.

MINT VALLEY RACQUET COMPLEX

4004 Mint Valley Way, Longview WA 98632. 4 regulation racquetball courts, OPEN TO THE PUBLIC. Pro shop, TV lounge, wallyball, complete racquetball lessons and leagues, and 4 indoor tennis courts. For information contact Helen Bachman, 206/636-4770.

Wisconsin

LAKE GENEVA FITNESS & RACQUETBALL CENTRE

Hwy 50, Lake Geneva WI 53127 at the Playboy Resort. 6 racquetball, 4 indoor tennis and 8 outdoor tennis courts; attended nursery, men and women's steamroom, sauna, and whirlpool, TV lounge, restaurant and bar; outdoor pool; all kinds of exercise and aerobic classes. Complete racquetball lessons and leagues run by pro, Don Kloet; and complete Nautilus exercise room. Contact Ron Townsend, manager, 414/248-8811.

OREGON/WASHINGTON

Following are clubs belonging to the NWRRA. Please call for membership and guest information.

ALBANY SUPERIOR COURTS, 380 Hickory, Albany, OR 97321, 503/926-2264.
BAY AREA RACQUET CLUB, PO Box 3157, Coos Bay OR 97420, 503/888-5507.
CORNELL COURT CLUB, 13939 NW Cornell Rd., Portland OR 97229, 503/645-3535.
COURT HOUSE NORTH, 4132 Devonshire Ct. NE, Salem OR 97302, 503/585-2582.
COURT HOUSE SOUTH, 2975 River Rd. South, Salem OR 97302, 503/586-2582.
COURTSIDE SPORTS II, 2510 Oakmont Way, Eugene OR 97401, 503/687-2811.
COURTSIDE SPORTS II, 4242 Commerce, Eugene OR 97402, 503/687-2811.
FEDERAL WAY ATHLETIC CLUB, 31701 20th Ave. S., Federal Way WA 98003, 206/941-5990.
FIRST SERVE RACQUET CLUB, 24228 76th Ave. W., Edmonds WA 98020, 206/775-0667.
GRESHAM COURT CLUB, 19201 SE Division, Gresham OR 97030, 503/665-4142.
GRIFITH PARK ATHLETIC CLUB, 4925 SW Griffith Park Dr., Beaverton OR 97005, 503/644-3900.
KLAMATH FALLS RACQUET CLUB, 2524 Crosby Ave., Klamath Falls OR 97601, 503/621-4900.
LLOYD CENTER COURTS, 815 NE Halsey, Portland OR 97232, 503/287-4594.
MED-ORD SUPERIOR COURTS, 727 Cardley Ave., Medford OR 97501, 503/281-8665.
MILWAUKIE RACQUETBALL & FITNESS CTR., 4606 SE Boardman, Milwaukie OR 97222, 503/659-3845.
NEWPORT BAY CLUB, 1111 SW 10th Newport OR 97365, 503/265-9225.
PARC, 4191 Guide Meridian, Bellingham WA 98226, 206/676-1800.
SEATTLE ATHLETIC CLUB, 333 NE 97th, Seattle WA 98115, 206/527-2582.
THE RACQUET CLUB, Box 9584 Racquet Lane, Yakima WA 98909, 509/453-6521.
TIMBERHILL ATHLETIC & COURT CLUB, 2855 NW 29th, Corvallis OR 97330, 503/757-8559.
TUMWATER VALLEY RACQUET CLUB, 4833 Tumwater Valley Dr., Tumwater WA 98501, 206/352-3400.
UMPUQUA HEALTH & RACQUETBALL CLUB, PO Box 1561, Roseburg OR 97470, 503/672-6688.
U.S. SUPREME COURTS, 14513 SE Stark, Portland OR 97223, 503/254-8369.
WESTERN RACQUET CLUB, 8785 SW Beav. Hillsdale Hwy., Portland OR 97225, 503/297-3723.

Club Owners: To list your club in the Club Guide, call 312-371-7616

WEST REGION

**4th Annual Straw Hat Pizza Western
Cookout and Racquetball Shootout**
The Irvine Clubhouse
Irvine, CA
September 22, 23, 24, 25, 26, 1982
Sponsored by Straw Hat, Nike, SAI, Penn,
Champion, Coors

MEN'S OPEN

Finals: John Mack d. Mike Gustaveson, 15-7, 15-14.
Semi's: John Mack d. Jeff Conine, 15-6, 15-8. Mike Gustaveson
d. Jim Carson, 15-11, 15-8.

MEN'S B

Finals: Cardwell d. Vigil, 15-3, 14-15, 15-4.
Semi's: Cardwell d. Martin, 10-15, 15-9. Vigil d. Hysell,
15-12, 14-15, 15-4.

MEN'S C

Finals: Padilla d. Taffarella, 9-15, 15-12, 15-7.
Semi's: Padilla d. Gien, 14-15, 15-7, 15-12. Taffarella d. Wilson,
15-11, 15-2.

MEN'S NOVICE

Finals: Fernandez d. Favella, 15-2, 15-3.
Semi's: Fernandez d. Sutro, 15-11, 15-9. Favella d. Johnson,
11-15, 15-7, 15-14.

MEN'S BEGINNER NOVICE

Finals: Sinclair d. Morrison, 15-6, 10-15, 15-12.
Semi's: Sinclair d. Pike, 15-6, 15-14. Morrison d. Smith, 15-11,
11-15, 15-8.

MEN'S SENIORS

Finals: Marti d. Bellah, 15-10, 15-12.
Semi's: Bellah d. Gustaveson, 15-14, 15-9. Marti d. Fearing,
15-13, 15-14.

MEN'S OPEN DOUBLES

Finals: Carson/Chadwick d. Southern/Barker, 15-13, 15-10.
Semi's: Carson/Chadwick d. Olson/Cernicky, 15-7, 15-11.
Southern/Barker d. Gustaveson/Hubbard, 11-15, 15-12, 15-8.

MIXED DOUBLES—UPPER DIVISION

Finals: Chadwick/Rippy d. Humphries/Bruenmeyer, 15-11,
10-15, 15-12.
Semi's: Humphries/Bruenmeyer d. Tomar/Frolinko, 15-8, 15-10.
Chadwick/Rippy d. Zahn/Almazan, 15-5, 15-8.

MIXED DOUBLES—LOWER DIVISION

Finals: Brown/Stutheit d. Crowell/Loyaza, 15-13, 15-10.
Semi's: Crowell/Loyaza d. Hadley/Artale, 15-12, 15-9.
Brown/Stutheit d. Hendrix/McGuire, 7-15, 15-7, 15-14.

WOMEN'S B

Finals: Rippy d. Karas, 15-4, 15-4.
Semi's: Rippy d. Crowell, 15-3, 3-15, 15-4. Karas d. Tomar,
15-10, 15-14.

WOMEN'S C

Finals: Lovellette d. Favour, 15-6, 15-11.
Semi's: Favour d. Brown, 15-11, 15-14. Lovellette d. Robert-
son, 15-14, 12-15, 15-4.

WOMEN'S NOVICE

Finals: Medina d. Mulvanna, 15-7, 15-9.
Semi's: Mulvanna d. White, Medina d. Smith.

WOMEN'S BEGINNER NOVICE

Finals: Norquist d. White, 15-7, 15-4.
Semi's: Mary Ann White d. Cindy Melfi, 15-0, 15-8. Ellen Nor-
quist d. Linda Mihaylo, 15-11, 10-15, 15-12.

AARA Regional Doubles Championship
Cornell Court Club
Portland, OR
September 23, 24, 25, 26, 1982
Sponsored by Tanasbourne Mall
and Lite Beer

MEN'S PRO

1st: Marcus-Krause.
2nd: Larson-Snow.
3rd: Bannerman-Talaber.
Consol: Ford-Poppino.

MEN'S OPEN

1st: Bannerman-Talaber.
2nd: Grisz-Sheddy.
3rd: Deaton-Campbell.
Consol: Laurey-Stokes.

MEN'S B

1st: Laurey-Stokes.
2nd: Hull-Griffith.
3rd: Fischer-Schaberg.
Consol: Barney-Hinman.

MEN'S C/D

1st: Boersma-Sandberg.
2nd: Wise-Sullivan.
3rd: Dues-Keeley.
Consol: Carr-Franey.

MEN'S VETERAN

1st: Allen-Rios.
2nd: Hubel-Chamberlain.
3rd: Murphy-Graham.
Consol: Melton-Matheson.

MEN'S SENIORS

1st: Wallace-Bone.
2nd: Altman-Matheson.
3rd: Hubel-Chamberlain.
Consol: Wood-Newman.

WOMEN'S OPEN

1st: Peterson-Wilson.
2nd: Schoonover-Hill.
3rd: Carlos-Campbell.
Consol: Severson-Swanson.

WOMEN'S C/D

1st: Towne-Hunter.
2nd: Feliciano-Myers.
3rd: McCahn-Kraft.
Consol: Wickwire-Kirk.

MIXED ADVANCED

1st: Snow-Coluccio.
2nd: Schilling-Schoonover.
3rd: Peterson-Griffith.
Consol: Carlos-Slayer.

MIXED INTERMEDIATE

1st: Wise-Wilson.
2nd: Janssen-Fischer.
3rd: Gonzales-Judy.
Consol: Officer-Boersma.

MIXED BEGINNER

1st: Koeley-Sullivan.
2nd: Feliciano-Feliciano.
3rd: Rose-Boros.
Consol: Dues-Dues.



Jamie Barker dives in Irvine Doubles Finals. L to R are Jim Carson, Dan Southern and Bill Chadwick.

**Quail Lakes Athletic Club 6th Annual
Fat City Open Racquetball Tournament**
Stockton, CA
September 23, 24, 25, 26, 1982

Steve Lerner of Santa Barbara, California upset No. 2 seed Craig McCoy of Riverside to take the men's pro singles crown and the \$2,000 first place prize money at the Sixth Annual Fat City Open Pro-Am held in Stockton, California September 23-26. Lerner fought his way through a very fine field with wins over Ed Andrews in the quarters (15-12, 5-15, 11-10) and Scott Oliver (who beat No. 1 seed Rich Wagner) in the semi-finals (15-7, 15-5). The doubles action was furious with Ed Andrews and Mark Martino, current AARA National champions beating Steve Strandemo and Kyle Kamalu (15-9, 15-13). They picked up \$1,200 for their win. The women's open crown went to Karen Seavello who beat Debbie Sloan (15-8, 15-7).

MEN'S PRO

Finals: Steve Lerner d. Craig McCoy, 15-5, 5-15, 11-7.
Semi's: Craig McCoy d. Mark Martino, 15-6, 15-13. Steve
Lerner d. Scott Oliver 15-7, 15-5.

Quarters: Scott Oliver d. Rich Wagner, 12-15, 15-4, 11-9. Steve
Lerner d. Ed Andrews, 15-12, 5-15, 11-10. Mark Martino d. Gerry
Price, 15-9, 15-13. Craig McCoy d. Corey Brysman, 15-4, 15-8.

MEN'S A

Finals: Michael Lowe d. Bill Sparks, 15-6, 14-16, 11-5.
Semi's: Bill Sparks d. Dan Gualco. Michael Lowe d. Greg
Frasier.

MEN'S B

Finals: Dave Garcia d. Scott Sieker, 7-15, 15-3, 11-5.
Semi's: Dave Garcia d. John Hawkey. Scott Sieker d. Gary
Callister.

MEN'S C

Finals: Mike McAllister d. Ernest Robinson, 15-12, 15-8.
Semi's: Ernest Robinson d. Scott Davis. Mike McAllister d.
Steve Buck.

MEN'S D

Finals: Brian O'Connor d. Gilbert Chavarria, 15-12, 15-13.
Semi's: Brian O'Connor d. Dave Garcia. Gilbert Chavarria d.
Brian Mendelson.

SENIORS 35+

Finals: George DeLucca d. John Garcia, 15-12, 15-8.
Semi's: George DeLucca d. Dave Ellis. John Garcia d. Jim
Hazley.

MASTERS 45+

Finals: Harvey Clar d. Tom Morrow, 15-5, 15-2.
Semi's: Harvey Clar d. Ray Brudernich. Tom Morrow d. Al
Rossi.

MEN'S PRO DOUBLES

Finals: Andrews/Martino d. Strandemo/Kamalu, 15-9, 15-13.
Semi's: Ed Andrews/Mark Martino d. Craig McCoy/Charlie
Brumfield. Steve Strandemo/Kyle Kamalu d. Gerry Merrit/Dan
Factor.

MEN'S A DOUBLES

Finals: Hollenbeck/Durham d. Bronfield/Candaso, 15-13, 5-15,
11-10.
Semi's: Mike Hollenbeck/Jim Durham d. Steve Jensen/Tom
Morrow. Michael Bronfield/John Candaso d. Jeff Trubey/Dave
Vis.

MEN'S B DOUBLES

Finals: Quinn/Curry d. Hawkey/Willmarth, 6-15, 15-10, 11-9.
Semi's: Wayne Quinn/Jim Curry d. Gary Alegre/Glenn Pierson.
John Hawkey/Michael Willmarth d. Stephen Pease/Jim Marrufo.

MEN'S C DOUBLES

Finals: Asuma/Aydelott d. Schwarz/Johnson, 15-12, 15-12.
Semi's: Ronald Schwarz/R. G. Johnson d. Luis Mendoza/Sel-
forina Porras. David Azuma/Jeff Aydelott d. Steve St.
John/Pearson.

SENIOR DOUBLES

Finals: Bartell/Morrison d. Dietz/Bambino, 15-7, 15-7.
Semi's: Nick Bartell/Rich Morrison d. Oscar Johnson/Spider
Thomas. Chuck Dietz/Joe Bambino d. Mike Acosta/Jack Bursch.

WOMEN'S OPEN

Finals: Karen Seavello d. Debbie Sloan, 15-8, 15-7.
Semi's: Karen Seavello d. Michelle Morrow. Debbie Sloan d.
Marcia Yamashiro.

WOMEN'S C

Finals: Debbie Webb d. Amie Heath, 17-15, 15-17, 11-7.
Semi's: Debbie Webb d. Karen Shriber. Amie Heath d. Bar-
bara Myers.

WOMEN'S D

Finals: Michelle Ploof d. Jannine Cessna, 15-10, 15-8.
Semi's: Jannine Cessna d. Joan Ballard. Michelle Ploof d. Ellen-
Stenceli.

WOMEN'S C DOUBLES

Finals: Freggario/Auwing d. Johnigan/Ward, 15-8, 3-15, 15-8.
Semi's: Evette Freggario/Judi Auwing d. Ruth Flowers/Bev
Engkabo. Geneva Johnigan/Linda Ward d. Wendy Kee/Wil/Liz
Smith.

MIXED A DOUBLES

Finals: Nagel/Scott d. Seavello/Scott, 15-10, 15-13.
Semi's: DeeDee Nagel/Charles Scott d. Mike Palmer/Sandy
Palmer. Karen Seavello/Mark DeFranco d. Debbie
Sloan/Harrison.

MIXED B DOUBLES

Finals: Callister/Yonagihara d. Orr/Orr, 15-8, 15-11.
Semi's: David Orr/Rachelle Orr d. Jim Curry/Julie Crane. Terry
Yonagihara/Callister d. Wayne Quinn/Phillips.

MIXED C DOUBLES

Finals: Geneva Johnigan/Pat Curns d. Linda Ward/Ernest
Robinson, 18-16, 15-11.
Semi's: Linda Ward/Ernest Robinson d. Cecile Penland/Steven
Penland. Geneva Johnigan/Pat Curns d. Joy Kunde/Lee Shilts.

1st Annual Tony Lama Invitational
Tom Young's Racquet Club
September 17, 18, 19, 1982
Las Cruces, NM

MEN'S OPEN

1st: Greg Peck.
2nd: Ray Navano.
3rd: Nolan/Terry split.

MEN'S OPEN DOUBLES

1st: Jack Nolan/Evan Terry.
2nd: Greg Peck/Tom Gautreaux.
3rd: Raul Canales/Freddie Alvarez.

MEN'S A

1st: Bob Bailey.
2nd: Carlos Miranda.
3rd: Jerry Wynans/Ray Lind split.

MEN'S B

1st: Ruben Montelango.
2nd: Randy Thompson.
3rd: Rudy Plerro.

MEN'S C

1st: Rick Viramontes.
2nd: Erick York.
3rd: Mark Fisher.

MEN'S D

1st: Carlos Lozoya.
2nd: Ed Ogaz.
3rd: Fred Grado.

MEN'S NOVICE

1st: Javier Valadez.
2nd: Mike Johnson.
3rd: J. Candes Martin.

MEN'S B DOUBLES

1st: Sergio Armendariz/Gilbert Esquedero.
2nd: Carlos Miranda/Bob Bailey.
3rd: Bobby Lujan/Henry Apodoca.

MEN'S C DOUBLES

1st: Jorge Maya/Stan McMartine.
2nd: Randy Thompson/John Thompson.
3rd: Ray Armendariz/Mike Sikolock.

MEN'S 35+

1st: Simon Alvarado.
2nd: John Hellard.
3rd: Tom Sailor.

WOMEN'S OPEN

1st: Lynn Adams.
2nd: Marie Greer.
3rd: Brenda Young/Liz Alvarado split.

WOMEN'S B

1st: Theresa Duttie.
2nd: Sonya Adkins.
3rd: Kathy Martinez.

WOMEN'S C

1st: Renee Ramierez.
2nd: Rosario Rodriguez.
3rd: Concha Moy.

WOMEN'S NOVICE

1st: Sheila Coleman.
2nd: Wendee Feldman.
3rd: Barb Pino.

WOMEN'S OPEN DOUBLES

1st: Lyn Adams/Terri Gilreath.
2nd: Brenda Young/Liz Alvarado.
3rd: Marci Greer/Lynn Wojcik.

JUNIORS

1st: Mario Lozoya.
2nd: Darrel Day.
3rd: Carlos Quevado.

ILLUSTRATED RACQUETBALL TIP NO. 54

by Tom Grobmisi

Don't telegraph your shots...be
deceptive.



no



yes

WEST TOURNAMENT SCHEDULE

November 1-December 9

ISUZU RACQUETBALL GRAND PRIX OF SOUTHERN CALIFORNIA

Team competition in clubs throughout the
Southern California Area during the month.

Contact: Scott Winters
714/850-1324

November 19-21

NCRA JUNIOR RACQUETBALL CIRCUIT

Sponsored by Penn Athletic
Products Co.
Fairfield Court Club
1471 Holiday Lane
Fairfield, CA 94533
Contact: Kirk Howe
707/429-4363

November 19-21

MID-WINTER ROLL OUT

Albany Superior Courts
380 Hickory Avenue
Albany, OR 97321
Contact: Barry Frantz
503/926-2264

November 19-21

SENIORS SHOWDOWN AT RIVER CITY

Sacramento Handball Racquetball Club
725 14th St.
Sacramento, CA
Contact: Club
916/441-2977

December 3-5

THE MR. STEAK OPEN

Wall Street Racquetball Club
3120 Bradshaw Rd.
Sacramento, CA 95827
Contact: Club
916/363-4838

December 3-5

OPEN TOURNAMENT

Timberhill Athletic Club
2855 NW 29th
Corvallis, OR 97330
Contact: Randy Huber
503/757-8559

December 3-5

OPEN TOURNAMENT

PARC
4191 Guide Meridian
Bellingham, MA
Contact: Gene Altman
206/676-1800

December 10-12

OPEN TOURNAMENT

Gresham Court Club
19201 S E Division
Gresham, OR 97030
Contact: Frank Eisenzimmer
503/665-4142

TOURNAMENT DIRECTORS...

To list your
tournament in
RACQUETBALL TODAY
Call
Collect
312/371-7616

New Products

FOOT-JOY (Brockton, MA) has introduced Men's Tuffs TP, designed to "withstand the brutal abuse of hardwood court sports." The shoe features a unique staggered, eight-eyelet lacing system, a durable gym rubber outsole and a high rise toe guard that protects against drag. It is made from white nylon mesh and oyster suede leather, with silver Foot-joy side stripe and trim. For more information, contact Foot-joy, 144 Field Street, Brockton, MA 02403.



XINOX CORPORATION has introduced the Bodybreather, a revolutionary new product designed for people who like to run outside in cold weather. The unit uses the head generated by the runner's body to head the air which is channeled into the mouth through the light, adjustable mouthpiece. The unit sells for \$47.69 plus \$2.50 for postage and handling and may be ordered by calling Xinox toll free at 1-800/453-4000. For information contact Xinox Corp., 85 Watermill Lane, Great Neck, NY 11021.

EXCEL SPORTS PRODUCTS announces their new Digital Jump-it which comes complete with a jump board, computer, LCD display, and heavy gauge steel floor stand. The unit measures athletes jumps from 4 to 7 feet and provides instant readout. For more information, contact Excel Sports, 2901 Winona Ave., Burbank, CA 91504.

PENN has introduced a new racquetball glove fashioned from Grade A cabretta leather. This thin leather provides a durable, naturally tacky surface for a non-slip grip. The naturally absorbent sheepskin helps keep the grip dry.

Penn Athletic Products, is an operating unit of the General Tire & Rubber Company.



EKTELON has introduced a new racquet, designed specifically for junior players, 13 and under. Called the Comp Jr. the lightweight (230 grams) aluminum wishbone frame is designed for an enlarged sweet spot and a polyurethane foam handle is designed to feel comfortable in a smaller sized hand. The racquet is also shorter and more flexible than standard racquets which provides more power and control for juniors. The Comp Jr. is covered by a full, one-year frame warranty and a 90-day string warranty. Contact Ektelon Corp., San Diego CA.

Around the Clubs

FULL COURT CLUB, Muncie, IN congratulated the winners of its 1982 Junior league. The team was sponsored by State Farm Insurance Co. and featured Stacy Unroe, Kevin Butler, Stephanie Hitchcock, Ryan Davis, Tammy Butler and Steve Bickel.

OLYMPIAN COURT CLUB, Olympia Fields, IL has completed its new Fitness Room, featuring the latest in Universal and Paramount equipment. The club offers personal instruction on use of the equipment. Guests are welcome to inspect the facilities which include 9 racquetball courts, indoor running track, the Fitness Room, and many other amenities.

FIRST SERVE ATHLETIC CLUB, Edmonds WA has an interesting racquet-loaner program. They have a large variety of racquets available which their members can rent for \$3 each and the rental fees (up to \$15) may be applied to the purchase of any racquet from the pro shop. It gives the members a chance to try before they buy, and generates sales for the club.

WHAT'S YOUR RACQUET, Wall, NJ formerly had 16 racquetball courts. They now have 10, but they've expanded their fitness center from 800 to 4,000 sq. ft., installed a full-service restaurant, and a 6,000 sq. ft. room for meetings, parties, and special functions.

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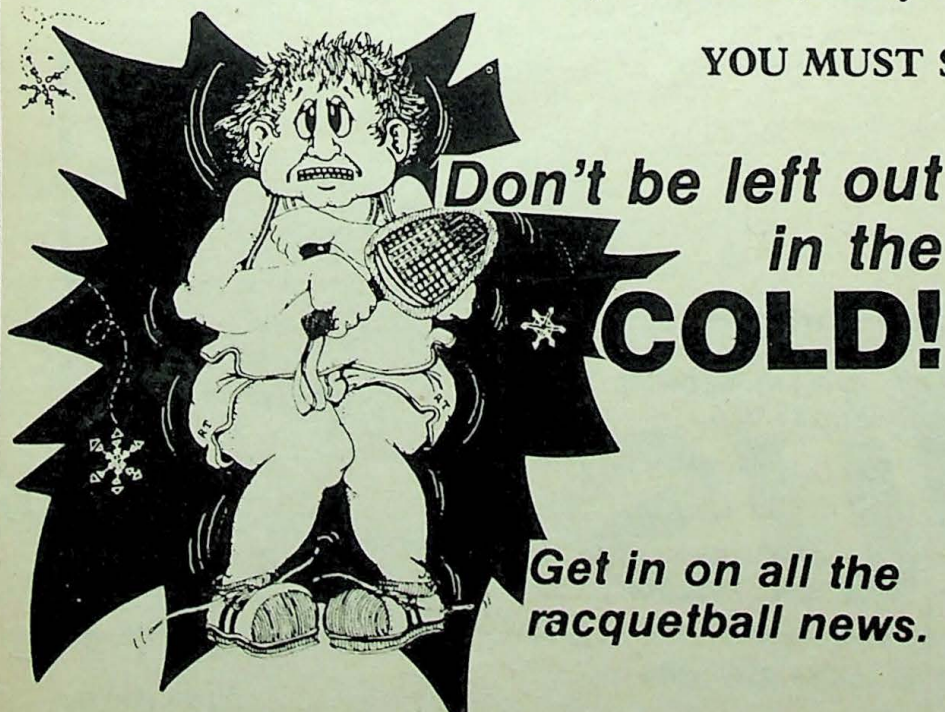
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