

# RACQUETBALL TODAY®

Volume 6 Number 1

January, 1983

Price \$1

## Hogan and Adams lead the pros Yellen & Wright score victories



Carroll Hall photo

Marty Hogan wins in Maine.



Mike Yellen scores first win in 2 years at New Haven.



Carol G. George photo

Shannon Wright takes Atlanta event.



Adams wins in Louisiana.

— Complete stories inside —

### Also in this issue:

- Amateur results from around the country
- Dave Peck on warming up
- Junior News
- Health and Fitness tips
- New Products, humor and more...

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EYEGUARDS

## We Get Letters . . .

Dear Diane,

In your editorial last month you painted a rosy picture of the sport for 1982. While much of what you say is right, what about all the things wrong with the sport? By most reports, play is down at many clubs and the economy has really hurt the sport. In the Midwest, I know clubs aren't getting the racquetball play they used to, and I know tournaments are down. While the women seem to be doing pretty well and having lots of tournaments, it looks like the men's pro tour is cutting back. And while the AARA has been officially recognized as the sole ruling body of amateur racquetball, I don't see a lot of activity out of them. I'm a racquetball lover too, but I think it's important to take a realistic look at what's really going on (and not going on).

Steve Horan,  
Calumet City, IL

Dear Teresa,

Your articles on nutrition are very helpful. Is there any special drink or food you recommend right before, during and after a hard match?

A. C. Sprigs,  
Dothan, AL

*The best is water, then orange juice. Stay away from alcohol right afterwards.*

Teresa

Dear RACQUETBALL TODAY,

I wish to thank you for your featuring deaf racquetball players in your December issue. By providing publicity, you encourage even more participation nation wide. That's good for the sport, and it's also very good for deaf people who can and should get quite a bit out of playing racquetball. Your entire paper is excellent.

Sincerely,  
Martha O'Connor  
Omaha, NE

Dear Editor,

The past two months I have read your newspaper from front to back. Your issues are getting better and better each month.

I would especially like to comment on Lynn Adams past two articles entitled: "The Competitive Woman" and "Conquering Your Fears." The first article was very timely because we have found that the women at our YMCA do not want to join the leagues and are afraid to play competitive racquetball unless it is with their close friends. I cut out the article and taped it to the mirror in the women's locker room. I hope there will be some positive reaction to Ms. Adams article.

I am also the only woman playing in the Men's AB division of our "Y" leagues. This is a very difficult position to be in and reading Ms. Adams article helped me to get tough on the court and to play to win. I have also found myself trying to be the real nice person on the court with the men and it has lessened my aggressiveness at times. I am not saying that I will throw tantrums on the court, but I will start playing with more intensity.

Ms. Adams recent article on "Conquering Your Fears" helped me get my game into the proper perspective. I am in a very difficult league division and I have not been winning as much as I would like. This has decreased my desire to play lately. But, reading the article helped me to realize that the more I play better people the better I become at playing racquetball.

Will Ms. Adams be giving any lessons or camps this next summer? Also, tell her that her articles on motivation etc. are better than the "how to" articles.

I also joined the WPRA, thanks to your newspaper.

Sincerely,  
Mary Francis Howard,  
Cedar Rapids, PA

Dear Phil,

The SUPREME COURTS RACQUETBALL/HEALTH CLUB from Worthington, MN would like to say THANK-YOU for all your help in helping us host the BUD-LIGHT INVITATIONAL RACQUETBALL TOURNAMENT on December 10, 11 and 12th. This tournament was also sponsored by Hagen Distributing from Worthington. The tournament package that RACQUETBALL TODAY provided was completely satisfactory and we had many compliments on the nice shirts. We look forward to working with you again this coming February or March. Again, we appreciate all the help and assistance.

Sincerely,  
Denny Youngwirth  
Manager



## My Point

from the editor

### Amateurs

You might find it interesting that the word "amateur" comes from the Latin word *amator*, meaning "one who loves." An *amateur* racquetball player, then, in the true sense of the word, is one who plays *for the love of it*. The designation of amateur over the years has come to have somewhat of a negative connotation — "amateurish behavior," "amateur performance," and so forth. I think it's important for us to remember what being an amateur is all about. There are an estimated 10 million-plus *amateurs* playing racquetball. Most of them will never win a prize, will never take home a trophy, or will never break into the professional ranks. They are true *amateurs*. They play for the love of the game.

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Published by Racquetball Today Promotions, Inc., P.O. Box D, Posen, Illinois 60469 (312) 371-7616. Second class postage pending at Posen, IL and alternate locations. Subscription rates for 12 issues: U.S. and possessions, \$10; Canada, \$14; Foreign, \$20. RACQUETBALL TODAY reserves all rights throughout the world. Reproduction in whole or in part in any language without written permission is strictly prohibited. All letters, sent to RACQUETBALL TODAY will be considered RACQUETBALL TODAY property and therefore unconditionally assigned to RACQUETBALL TODAY for publication and copyright purposes. All such letters, photos will be subject for editing by RACQUETBALL TODAY. RACQUETBALL TODAY welcomes manuscripts and photographs of interest to our general readership. Manuscripts must be double-spaced typed, and we cannot guarantee the return of photographs. RACQUETBALL TODAY reserves the right to refuse any advertisement for any reason.  
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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.

The IRSA is expecting a record turnout for it's January 16-20 Trade Show at the Riviera Hotel, Las Vegas. And the convention is also expected to be the largest gathering ever of club owners and operators, with over 700 club participants expected. In addition, the IRSA expects many people from related fields.

## Fun and games at the club

by Tom Grombisi

People used to go to the racquetball club just to play racquetball. But over the years, we seemed to have evolved to much more than that. Now people go to their local "health and fitness" facility for aerobics, wallyball, running, swimming, and a variety of other activities. But lately, I have noticed a sort of "underground" of new games and pastimes at my club. Here's a sample of what they're playing for kicks at The One Court Left Total Fitness Center:

How much dirty, wet clothes can you leave in front of someone else's locker?

How much soap can you get into the whirlpool?

How long can you use the hair dryer (while someone else is waiting for it)?

How wet can you get the scale?

How smelly can you get your clothes?

How many towels can you steal?

Timing the opening of the locker room door so it hits someone in the face.

Hitting the ball into the next court.

Peeking through the slot in the court door when ducking away just at the right time so the people inside don't know who's looking.

Knocking on the door just before the bell rings.

And the employees are getting into the act too. They're playing:

How many people can they squeeze into one corner of the locker room.

How long can they get people to listen to horrible music.

How long can they keep callers on hold.

How many people can they sign up for leagues at ridiculous times of the day.

And my favorite:

Pretending to forget to charge you for the court until you're almost out the door.

## News Briefs

### Aerobics workshop

"The Aerobic Workshop," sponsored by the Institute for Aerobic Research will take place in Dallas January 24-27. Sessions will center around benefits of aerobic exercise in preventive medicine. The course fee is \$400. For more information, contact the Division for Continuing Education, The Institute for Aerobics Research, 12200 Preston Rd., Dallas, TX 75230.

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### Court products named official head distributor

John S. Wineman, Jr., President of Court Products, Inc., the nation's largest distributor of racquetball equipment, has announced that his firm has been named an official distributor of AMF Head products. Court Products will maintain a full inventory of Head racquets, racquetball bags, and racquetball gloves. For information contact Court Products at 800/323-9388 (in Illinois, 312/831-5700).

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# Lynn Adams wins first ranking tournament of the season

The Sunkist Classic at Red Lerille's Health and Racquet Club was the first official ranking tournament of the season. \$18,000 was on the line, and 9 out of the top 10 were there, ready to grab for their fair share. McKay entered with a victory over nemesis, Shannon Wright, and a 2-1 head-to-head lead over Lynn Adams this fall. Lynn Adams came in with a strained thigh muscle, and strong determination to revenge her loss the weekend before.

In the opening rounds, Lynn Adams seemed to falter, as Joyce Jackson needed only seven points to knock off Adams in a first round tie breaker. On the far court, Heather McKay breezed past number 10 ranked Vicki Panzeri. Beth Crawley, a top amateur from Atlanta, was surprised by Pensacola player, Babette Bell, in a first round tie breaker 15-4.



Adams



Gilreath

The top eight seeds advanced into the quarterfinals. Barbara Maltby, another past squash champion, converted racquetball player, who previously won the Tire America tournament in Wheeling, West Virginia, twisted her ankle in the second set, and had to default to Laura Martino. Jennifer Harding avenged her earlier loss in Chicago by demolishing Martha McDonald 3-0, 3-0, to advance to the quarterfinals.

Lynn Adams, who at this point began taping both thighs, faced Terri Gilreath. After losing the fifth game of the first set, Terri collected thousands of mistakes, to drop the second set and the match, 3-2, 3-0.

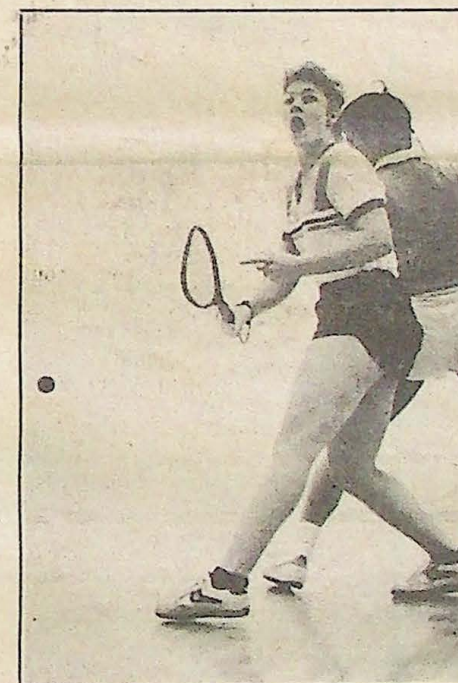
Fourth seed and tournament director, Marci Greer, faced a powerful Laura Martino. Greer seemed confident and eager in the first set, although she lost the fifth game of the first set. The second set struggle closed as Marci, drenched with sweat and worn out from running, could barely stay in the fifth game of the second set, and Laura prevailed.

Shannon Wright and Peggy Gardner faced off with no unpredictable outcome. Even a pumped up Jennifer Harding couldn't take but a game from Heather McKay.

In the semifinals, Lynn Adams had no problem with Laura Martino. But Heather McKay and Shannon Wright played one of the most exciting matches of the tournament.

The standing room only crowd hovered around to see whether Shannon Wright could overcome McKay to advance again to the finals. Heather breathed a sigh of relief when the pivotal fifth game of the first set went her way. A determined Wright picked off balls from the glass back wall to wipe out McKay in the second set 3-0. Then came the tie breaker.

Shannon Wright won the first two points of the tie breaker, giving her a comfortable cushion. Then it became 4-2, with Wright leading. Shannon had the lead at 8-5. But McKay put on the pressure and through a series of pinch shots and ceiling ball rallies, they tied the score at 9-9. Then 10-10. And at 10-10, Shannon could not pick off a backhand off the wall. Heather led 11-10. Wright drove an overhead into the floor to give McKay a real cushion of 12-10. The next three points blew away in seconds, and Heather McKay won the match and now leads Wright 2-1 in head-to-head match ups in 1982.



Wright

Heather McKay won the first two games of the finals. Lynn looked defeated, with two bandaged legs, and very inconsistent shots. She was playing the ball high to avoid stretching her thighs. She went to the ceiling instead of a kill. And Heather played into that game, by countering with ceilings, pinching where she should go down the line, and she dropped five straight games. The eighth game of the match was a jumble of errors on both players' parts, with McKay making fewer mistakes. Then Adams prevailed by going for the kill shots, running all over the court, and wanting so badly to win, no matter how much it hurt. Adams prevailed 3-2, 3-1.

Wright wins in Atlanta story on p. 12

Look for the WPRA page for all the news on the womens pros.



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Dave Peck exclusive:

# Warm-ups

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.)*

In previous columns, we've whipped ourselves into condition, selected a racquet and learned the correct way to grip that racquet. We're one step away from actually getting out onto the court and learning or improving the fundamentals of the game.

It's a step that is frequently overlooked and shouldn't be. Whether you're already in condition or turning to racquetball as a means of getting there, I cannot emphasize enough the importance of warming up before you get out onto the court to play or practice.

Racquetball is so physically demanding — though often deceptively so — that it is very important to be limber and flexible when you step onto the court. Without a proper warm-up, the likelihood of a muscle pull or sprain is greatly increased.

You may be carrying around a pet injury already: a pulled hamstring, a sore shoulder or a twisted ankle which you should take special care to stretch out and warm up before playing. Listen to your body. If you are feeling pain while playing, or pain a day or two after you've played, take extra care in warming up that particular muscle or joint. If the pain is severe, see your doctor.

Because there are really so many different stretching exercises that you can do, and because each person has different strengths and weaknesses, I can't give you an entire program here.

However, I suggest a thorough stretching of both your legs, arms, shoulders and groin areas because of the demands that are put on those muscle groups in racquetball.

Be realistic with yourself. Be thorough and give yourself time to warm up as long as you feel you need to. But don't take on so many warm up routines that it takes up too much of your time — you won't do them faithfully. Pick a few that can work out your major muscle groups and concentrate on those.

It's worth the money to invest in a good book on the subject — not just for racquetball, but for all sports activities. Pick out exercises suited to your level of fitness from the many that are given in sports journals, particularly the running magazines.

In the meantime, here are a few common stretching exercises that are generally suited to racquetball and will get you started:

**TOE TOUCH:** Simply put your feet together and bend over while keeping your heels on the ground and your knees absolutely straight. Just hang — don't bounce — and let the weight of your torso slowly stretch your hamstrings and spine. That steady, hanging stretch is called a static stretch because you're not moving. There are several static stretching devices on the market right now that will work to increase the benefits of that stretch even further. It's a great exercise, considering that in racquetball you need to bend over to shoot. Sore backs are one of the common casualties in racquetball, and this exercise can help avoid them.

If you can't touch the floor right away, don't worry. It takes time to stretch those muscles out. But don't bend your knees or the benefit of the exercise will be lost.

**BACK ROLL:** A variation of the toe touch. Lie on your back on the floor. Raise your legs over your head and touch the floor with your toes. Once again, it is important to keep your knees straight in order to stretch out your back and hamstrings. This is a great one to get your blood circulating.

**OVERHEAD REACH:** Remember doing this one in gym class? You can do it standing up or lying flat on your back on the floor. Stand on tip-toes or point your toes, raise your arms overhead and stretch as high as you can. This will work the kinks out just like a good stretch when you wake up in the morning.

**HEAD ROLL:** It is very important to loosen up your neck muscles. Standing up, relax all the muscles in your neck and roll your head, slowly, first left and then right. Nod front and back, side to side, and then slowly turn your head left and right as if you were shaking your head to say no. To loosen your shoulders, roll your shoulders first back, then forward. Then try to touch your shoulder tips to your ears. Perhaps more than

any of the other exercises, with this one you can really feel the tension drain from your muscles if you're doing it properly.

**ARM SWEEP:** Spread your feet — about shoulder distance apart — stretch your arms over your head and swing the upper half of your body around in a slow circle. Swing yourself around first sweeping the floor, then bending and continuing in a slow stretch first to your left and then to your right. This stretches out all of your upper body and side muscles...also helps improve your balance and coordination as well.

**BUTTERFLY:** Sit on the floor, put the bottoms of your feet together and pull them in as close to your groin as possible. Keeping your back straight, press your knees to the

floor with your forearms and elbows in a slow, firm stretch. After about ten seconds, release and loosely bounce your knees. This will help stretch out your groin and inside thighs.

Each of these exercises should be repeated seven to ten times — depending on your level of fitness. Again, listen to your body. Don't let the ease with which you are able to do some of the exercises, however, deceive you into thinking that they are of no benefit. Top pros spend a lot of time on the court warming up before they even begin hitting the ball.

I think you will notice that after you are through, you will be more limber, your heart will be beating faster and you may even be perspiring slightly.

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# AARA News. . .



Phil Simborg,  
National Referee Certification  
Director

## The official AARA rules



Jim Austin,  
AARA Rules Commissioner

### The most abused rules:

## Footfaults

The MOST IMPORTANT things to remember about the footfault rules are as follows:

1. The server must be **TOTALLY** within the service zone when he begins his service motion.

2. He must remain in the zone until the ball passes the short (back) line.

3. The "service zone" is the space between the outer edges of the short and service lines . . . therefore, the server may step **ON** the line, but no part of the foot may extend *over* the line.

4. In doubles, the server's partner may also commit footfaults which count *against* the server. The server's partner must stand with **BOTH** feet on the floor and back to the side wall from the moment the server begins his motion until the ball passes the short line.

These are truly simple rules to understand and apply, yet they are consistently abused in both tournament and recreational play. Many players simply never bothered to take the time to read and learn the rules, but many who know the footfault rules simply do not take them seriously. They often argue, "So what if your foot goes a little over the line?" and "So what if you back out of the zone on a lob serve a little too early?"

While it might be difficult to argue that a player has gained any significant advantage in stepping over the line "just a little," it's really a question of *where to draw the line*. How much is a little, and how much over the line truly gives the server an advantage? By enforcing the rule "by the book," the subjectivity is removed, and we can be assured of consistent play and rule enforcement throughout the country at all levels of play. As for backing out of the zone a little early on lob serves, one of the most common infractions, we not only have the question of where to draw the line, there is a safety factor involved. Backing out too soon greatly increases the risk of physical contact (in addition to greatly reducing the receiver's options as to how

and where to play the shot).

In tournaments, many inexperienced referees do not enforce the footfault rules, either because they are afraid of being thought of as "too authoritarian," or because they believe that watching for footfaults distracts from watching for other, more important calls (such as short serves and receiving line violations). In response to the first argument, the referee who does not enforce *all* the rules is truly falling down on his responsibility to insure the participants a safe and fair match . . . whether it be the footfault rules, avoidable hinders, amount of time between games, etc. And you don't have to worry about "ruining" a match by calling footfaults all the time. Generally, the ref need only watch closely at the beginning of the match and call it right away. This alerts the players to the problem, and they generally get in the habit of serving without footfaulting.

As for the second argument, it is true that footfaults are often hard to see from the referee's position, but again, you only have to watch closely for it at the beginning of the match and be sure to call it the first time you see it. Afterwards, you can watch for the footfaults peripherally. More experienced refs have no problem watching for footfaults and still following the ball to see if it's a short serve. Just as it is a matter of habit for the player to learn to serve without footfaulting, it's a matter of habit to ref while watching for footfaults. Once you do it enough, you get comfortable doing it, and there's no problem.

Our best advice to everyone is to *get in the habit of not footfaulting*. What you do in practice carries over into matches, and you could get burned. Further, if you're playing a "friendly" game with someone who footfaults, you're doing them and yourself a favor if you point it out to them and ask them to watch it.

Any questions regarding the rules of racquetball or officiating may be sent to Jim and Phil c/o this publication.

## The benevolent ref

by Jim Hillman



A new season of racquetball is well underway and once again it's time to discuss the forever enjoyable honor of refereeing. Some interesting questions have been raised concerning the referee's decision-making process that should be of interest to all. For instance . . .

**QUESTION:** What's a ref to do with players who continually flash obscene hand signals as a graphic illustration of how they feel about the last call that ended a particular rally?

**ANSWER:** The benevolent referee will subscribe to the ". . . One, two, three strikes you're out!" method. After strike one subtract one point from the offenders score. Likewise, do the same for strike two (it might be wise to issue a warning). Strike three is the old heaven.

**QUESTION:** What's a ref to do with the player who not only sweats buckets (akin to a monsoon) but hasn't another dry shirt?

**ANSWER:** Glad you asked. The benevolent referee will always consider buckets, or the act of bucketing, an extraordinary circumstance, and will even go as far as offering the sweat-er the shirt off his or her back (yes friends, it could get interesting over there above court #3). Seriously, anytime the referee feels that a wet shirt is interfering with the game and endangering the players, he/she may request a shirt change. This protects the sweatee (who's tired of sliding across the floor), as well as the sweater from bodily injury. The sweater has no more than two minutes (by AARA rule) to find a dry shirt or risk a forfeit. It's also important to remember that the referee should always have a towel handy in case of a sudden flood.

**QUESTION:** What's a ref to do when a player makes a request for linespeople?

**ANSWER:** The benevolent referee will generally grant the request and then begins a meticulous process of choosing qualified personnel for linespeople. The widely used "I want you . . .!" selection is a quick and efficient way of getting to the lounge earlier than anticipated. Once the linespeople are stationed in each corner, resume play and pray for a only a handful of appeals (If no linespeople are handy, play must go on without them.)

**QUESTION:** What's a ref to do about enforcing the thirty second time-out, and should this time-out be classified in the rule book under the heading of "Racquetball Mythology"?

**ANSWER:** The benevolent referee, as always, will think ahead of time and discuss with the players this subject as part of the pre-match duties. Explain to the players that time-in and then the score will be called after thirty seconds. Remember, if the ref gives an inch, the players will take a mile . . . the myth becomes reality.

Next time - the benevolent ref will discuss questions regarding ball breakage, rules adaptable for transexual mixed doubles, drunks in the gallery harassing the ref, and the benevolent ref's inevitable retirement at an early age.

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The AARA will now be in close contact with 18 other national governing bodies housed at the Olympic Village and will be lobbying to have racquetball in the Pan-Am games in 1987.

**INTERVIEW WITH A PRO**  
by Tom Grobmissi

An in-depth interview with a male racquetball pro has become quite a rarity. I was able to get this short, but exciting interview only after guaranteeing complete anonymity. Here's what the ex-St. Louis champ has to say about some of the more controversial issues facing the sport today:

TG: Do you prefer the Catalina blue or red outfits?

Pro: I have no real preference either way.

TG: You mean, you don't like any of the sponsor's clothes?

Pro: I didn't say that at all. As a matter of fact, I like all their clothes.

TG: Look, champ. You don't have to be afraid to say what you really feel. We've promised not to reveal your identity and our newspaper is protected by the first amendment from being forced to provide confidential information. There's no way anyone will ever know who you are. Now, as the No. 1 player in the sport over the past few years, do you prefer playing in the evening or in the afternoon?

Pro: I don't know. I guess I prefer the afternoons a little. I'm more wide awake then.

TG: So you think they've been intentionally scheduling your matches in the evening to make it more difficult to win.

Pro: Now wait just a minute. . .

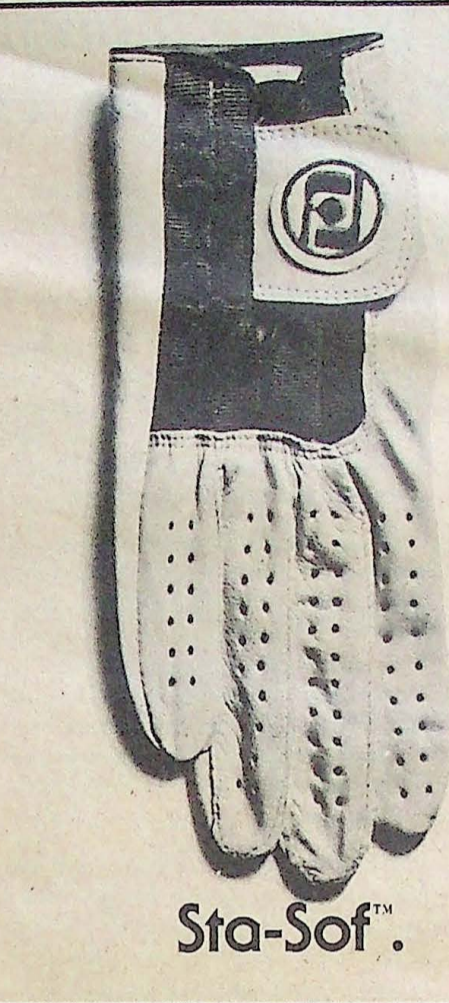
TG: Do you think there's a conspiracy between the people who run the tour and Dave Peck to make him the top player by making it tougher for you to win? Why are they dumping you for Peck?

Pro: Hold on! First of all, I don't play that many evening matches and it's no big deal to me if I do. Second, nobody's dumping me for Peck or anyone else. I'm good buddies with the people who run the tour, and there's no way they'd do anything to intentionally hurt my chances of winning. And I don't like the way you conduct an interview. I'm through.

And there you have it in his own words . . . one of the sport's all-time greats virtually admitting he has been receiving favorable scheduling and other considerations from "the people who run the tour."



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# Smacquetball: a new game in town

by King Lambert

Racquetball these days most assuredly reigns supreme in the court-sport scene. The sport's rapid rise and acceptance stunned tennis, squash and handball diehards. Racquetball boasts of instant mediocrity ability-wise for both guys and gals, a super workout in no time, not too much investment, and clubs that offer a variety of health/fitness programs in tandem. Enter SMACQUETBALL!

This most natural, innovative and creative court sport looms as a viable contender for future prominence. Players use a "handracquet:" an engineered racquet frame only, oblong, about 9" long and 7" wide, loosely strung, with a rounded cupped back that fits snugly into the palm of the hand. It straps securely to each hand giving the player a double-barreled, ambidextrous racquet offense. This affords many of the bonuses of other sports . . . strictly a forehand approach, like handball, but the palms of the hands are protected and the smack and velocity of racquetball are still there.

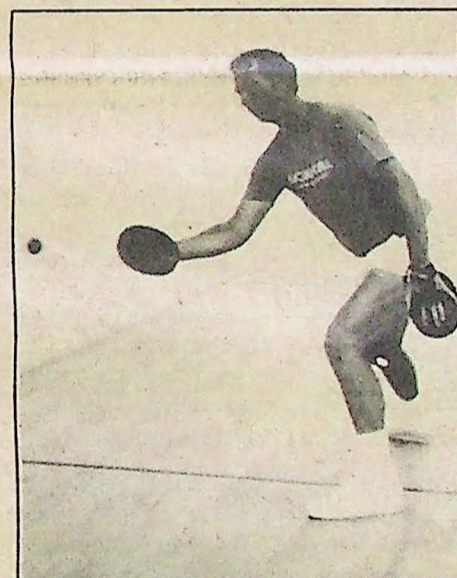
And Smacquetball is safer, with no racquetball heads flailing about; a slower speed permitting more extended rallies with somewhat less emphasis on that kill shot, and the thrill of mastering degrees of shot control that ensure use of the total court while pursuing different levels of expertise. The nature of the game requires more emphasis on the corners and manipulation of one's opponent.

The official ball was formulated by AMF Voit and is two-toned orange and blue and is somewhat slower than a standard racquetball.

The game is played much like racquetball but with a unique scoring system.

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Southern California is the current springboard for Smacquetball where it is being played both indoors and outdoors. Current U.S. handball champion, Natty Alvarado is an awesome player and has joined the Smacquetball Pro Staff. A pair of racquets sells for under \$60. Purchasing information, instructional brochures, and other questions may be directed to Steecon Enterprises, 17202 Sandra Lee Lane, Huntington Beach, CA 92649.



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## Junior Forum: Bodyworks

by Betsy Koza

While writing "Junior Forum," I have always avoided plugging specific products.

That was before I discovered the book **Bodyworks**.

**Bodyworks**, subtitled **The Kids' Guide to Food and Physical Fitness**, is a "must read" book for all kids. Especially for racquetball-playing juniors, all of whom already enjoy what **Bodyworks** talks about: food, sports, and fun. Racquetballers will not only enjoy *what* **Bodyworks** covers, but *how*: none of that dry and boring stuff that creeps into school science books. No chemicals to confuse you. No Latin names to twist your tongue. And, best of all, no "You're not going to grow big and strong if you don't eat your lima beans" lectures.

That's what I like best about **Bodyworks**. No lectures. Just a lot of information that lets you make an intelligent choice about how you're going to eat and exercise. Many factors you may not be aware of influence this choice, and **Bodyworks** covers all of them.

**Bodyworks** opens by examining how people live and eat. Traditional ways of eating and preparing food are contrasted to those of modern America, and authors Carol Bershad and Deborah Bernick show how and why cultural changes — changes in family lifestyles and methods of processing and preparing food — have changed American eating habits. On a personal level, several home projects let you take a look at how such factors as heritage, family tradition, cost, and even TV commercials affect what you eat!

As well as learning about what and why you eat, you discover what the food does *inside* of you. **Bodyworks** outlines how the body uses food as fuel, and gives the different "energy values" of foods. The importance of carbohydrates, proteins, fats, and vitamins and minerals is explained in easy to understand terms (for example, vitamin C is "The glue that holds cells together"), and a list of foods containing each nutrient are given.

This simple, down to earth approach of **Bodyworks'** nutritional chapters points you down the road to healthy eating without *insisting*. Rather than labeling certain foods "healthy" and others "unhealthy," which is usually a reverse invitation that causes you to run out and eat "unhealthy" food, **Bodyworks** presents facts about foods and lets you decide for yourself what to eat.

**Bodyworks** also has a "try it and find out for yourself" attitude about exercise. Sports, says **Bodyworks**, are for fun as well as fitness. Although all sports are generally recommended, group sports and several individual sports are emphasized, and then only those that

everyone can participate in with little or no equipment: running, walking, swimming, and tag-like games. Racquetball is not mentioned, but only because, unfortunately, not everyone has a court, racquet, and ball with which to play.

In any case, **Bodyworks** urges you to get some exercise at least three or four times a week. After showing how you can find your fitness with simple tests (sit-ups, running, jumping, and stretching), **Bodyworks** outlines how you can devise an exercise schedule. In doing so, you're reminded to set personal goals and compete against *yourself*, rather than everyone else.

All of this exercise affects your body, just as food does, and **Bodyworks** explains how. The workings of the heart, lungs, and muscles are shown imaginatively but simply, enabling you once again to make an informed choice — this time to enjoy the fun and benefits of exercise!

A thoroughly informative and positive book, **Bodyworks** does not "preach" good food, exercise, or health. It presents you with facts relative to all three, and shows how you can *choose* good food, exercise, and health! You've already chosen the fun and fitness of racquetball; now all you have to do is read **Bodyworks** and get the rest of the story!

**Bodyworks: The Kids' Guide to Food and Physical Fitness.**

By Carol Bershad and Deborah Bernick. 220 pp., Illus., \$5.95.

1979 by Random House. If **Bodyworks** is not available through your local bookstore, write:

Learning for Life  
Dept. BW  
141 Tremont Street  
Boston, MA 02111

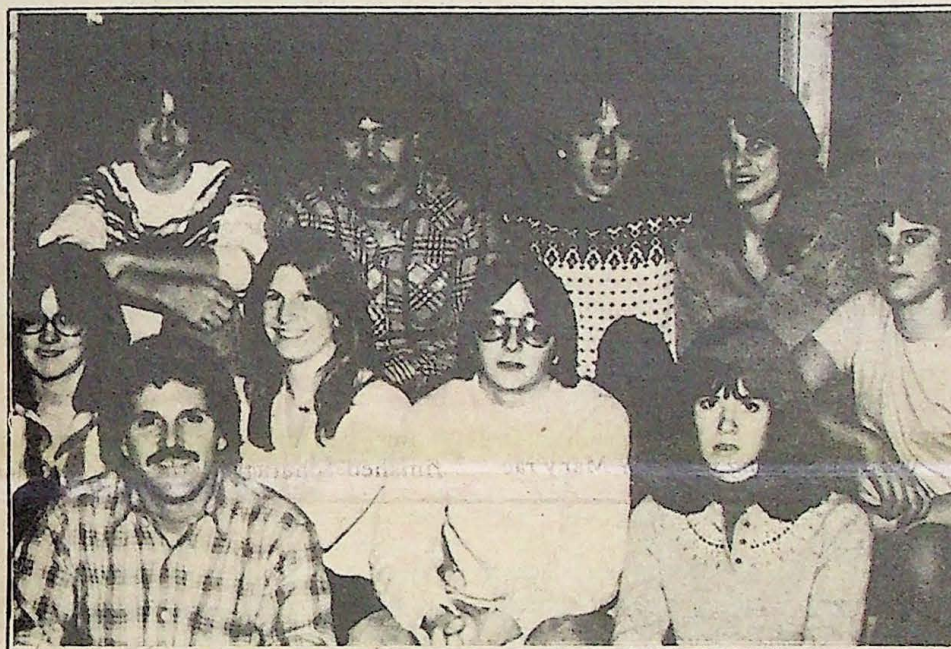
## Oregon club holds successful juniors program

The Racquet Factory in The Dalles, OR opens its doors to area kids, ages 9-18, for FREE racquetball classes each Saturday. Under the direction of John Massey and Chad Carbis, the children and their parents are invited to come to the club for a short session and demonstration, followed by an ice cream party and registration for the program. Children are provided with the free use of EKTELON DEMON racquets and EKTELON SpeedFlite balls through the **RACQUETBALL TODAY** Junior Program. The first session in September included 27 children. The program is open to both members and non-members. According to Ellie Danielson, Ad-

ministrative Assistant at The Racquet Factory, several of the children are already becoming involved in outside competition.

Racquet Factory owner, John McClaskey, relates, "We're happy to provide the use of this facility for this worthwhile program. We consider ourselves to be a Community Activity Center."

This kind of attitude, and this kind of program will help insure the future of the sport. **RACQUETBALL TODAY** is happy to provide direct help and advice to any club which would like more information about starting effective junior programs of their own.



Pictured above: Members of the Fair Layn High School Racquetball Club, Fair Lawn, NJ play together once a week at the Racquetime Court Club, thanks to a special arrangement made with club owner Gail Landzettel. Under the direction of Andrew Sachs, the club competes against other high school clubs in the area. The club has between 10 and 20 members and signs up new members every 8 weeks.

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by Dr. David  
Birnbaum  
MD, FACS, USPTA

David A. Birnbaum, MD, FACS, USPTA, is an Instructor (Affiliate) 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.

The medical profession has been criticized widely, and with good reason. What once was a healing art has become something of a sleeping monolithic giant. It responds unconsciously to the prevailing tides of public opinion. In this process, people are treated only symptomatically. These days "cure" is an overused word, and disease is rarely prevented by physicians (unless you count vaccines, in which case you get a different disease).

This, of course, is a rather severe view of my own profession. Having said that, I obviously cannot allow myself to practice medicine like other doctors. And I don't. As you may have gathered from my previous columns in **RACQUETBALL TODAY**, I am much more likely to dispense advice than prescriptions. I provide information and relate experiences, but it is up to you to take a course of action. It is up to you to decide what information is pertinent. It is up to you to decide whether or not you agree with me. It is up to you to do what you think is right.

Why am I telling you this? Many rac-

quetball pros complain about doctors just as any other kind of patient would. The source of their lament often has something to do with the way the pro and the doctor relate to each other. "The doctor doesn't spend enough time with me." "The doctor doesn't explain things to me." "The doctor won't answer my questions." "The doctor won't let me ask any questions."

Why is this? As incredible as it may sound, for a profession that deals daily with so many people, doctors in general communicate very poorly with their clientele and among themselves. Why? There are many reasons. Most of these reasons are good, but none are justifiable. The two major factors are the selection process whereby medical students are chosen, followed by the dehumanizing training they go through.

How do you deal with this as a prospective patient? If you feel that you really must consult a physician, do just that: consult him. Unless you are content to live like sheep, you should approach a doctor's office wide awake, ready to actively participate in your own health care. If you want to do this, you must be willing to understand what doctors tell you (or don't tell you, as is often the case). And if you want to understand, you must be willing to ask questions — lots of them.

But, you might point out, I've just finished characterizing doctors as

automatons who not only don't want to answer your questions, they don't want you to ask them!

You may remember, however, that I also said that the medical profession responds to public opinion. But you may still complain that whenever the medical establishment responds to public pressure, it does something even dumber, more backwards, more dogmatic, and less justifiable than before!

Now we're getting somewhere. Medicine responds, but apparently incorrectly. But is this invariably the case? Or is the public using this conditioned reflex ineffectively?

Consider a given doctor. Let's say he has a successful practice. Let's also say he's typical in that he's always in a hurry and can't spend much time with each of his patients. And let's also assume that his clients are fairly typical; in spite of the fact that their doctor doesn't have enough time for them and thus can never explain anything to them, they still come back to him for treatment. (This raises an interesting question: If he's so successful, why do his clients keep returning as patients?)

What is the result of people coming back for more? They get more and more of the same. The same hurried doctor who can't spend enough time with them, who can't explain anything to them, who can't be bothered.

But now let's suppose his clients get fed up. They get tired of a doctor with no time, a doctor who won't explain anything, a doctor who appears not to care. Or maybe they just get tired of being sick. Suppose all these people went to another doctor. Or better yet, don't go to a doctor at all!

Do you think that this would have an effect on the way our sample doctor practices? If he wants to make a living, it certainly will!

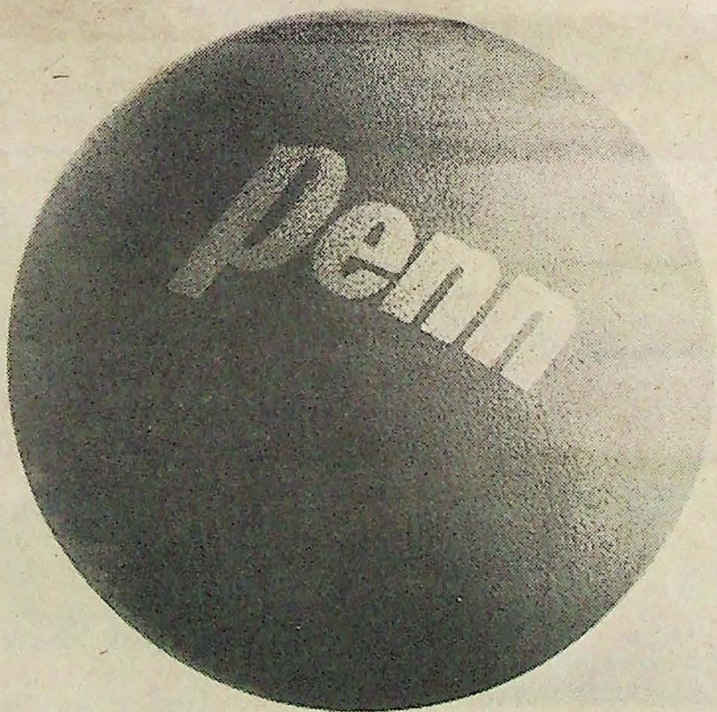
So why did I tell you all of this? So that you can be a more effective patient? Not really, although you might. But if you can recognize the flaws in another profession and realize how they can be dealt with, you can examine your own professional activities more critically.

After all, are you any different than a doctor? You have clients, too. They come to you with problems. They want their strokes treated. Do you listen to their questions? Do you respond to their needs? Or do you respond with a blanket "follow through" and a half-hour of sleepy instruction?

Of course not! So what's the point? Use the medical profession as an example and don't let the same thing happen to the racquetball profession.

Oh, by the way, I almost forgot. Let's you need any convincing, just remember: You're not the only one who read this column — all of your clients did too!

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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.*

Besides the prestigious DP/Leach-Catalina tour events thus far completed, two other noteworthy competitions have also taken place. First there was the 4th Annual CBC International Racquetball Classic in Winnipeg. This year's slate of competitors represented 22 of the world's best, the top eight US and Canadian men and the top 3 US and Canadian women. And again this year, the Classic was video taped, cut into 20 half-hour segments including an instructional tip, and will be aired throughout North America on cable TV. And millions will view Marty Hogan and Lynn Adams take the title from their respective arch-rivals, Dave Peck and Heather McKay. (Complete results in this issue of RT.)

With any luck, this next event will

move to my home town of Chicago next year depending on whether Steve Garvey decides to go with the Padres or with the Chicago Cubs. But as for this year, Steve Garvey and Multiple Sclerosis teamed up to stage a week-long fundraising spectacular which culminated with a pro/celebrity racquetball classic. TV, radio, media, and sports personalities were all on hand encouraging donors for the worthy cause, while six touring racquetball pros put on quite a show of their own. Playing a round-robin format, Marty Hogan progressed to the finals by winning his division over Don Thomas and Rich Wagner. Brett Harnett emerged the victor of his very formidable opponents, Dave Peck and Mike Yellen. Hogan took out the young Las Vegan in four games, but not until young Bret had a good chance to show everyone while he's being touted as "the Hogan of the 80's." Time will tell.

The Men's Professional Governing Board is currently reviewing a new system of ranking and seeding to be used for the remainder of this tour season, and I expect to have a complete report ready for next month's RACQUETBALL TODAY.

## Yellen takes New Haven

It's been over two years since Mike Yellen (Southfield, MI) won a major pro tour event, and he's spent plenty of time in the shadow of Marty Hogan and then, his Ektelon teammate, Dave Peck. And recently, young Bret Harnett had moved ahead of Yellen in the rankings. But in the November 20th final at New Haven, Yellen defeated Marty Hogan in the finals in an impressive 4-game victory, after squeaking by Harnett in the quarters by a margin of 1 point in the final game, and a routine victory over qualifier Reuben Gonzales (Staten Island, NY) in the semis. Dave Peck was out with the flu, and Hilecher was nursing his broken ankle, and Rich Wagner coming off his broken thumb was taken out by Gonzales in the first round. Just to prove he was for real, Gonzales eliminated Steve Strandemo easily in the quarters in 3-straight games.



J. Shellos photo

Said Yellen: "I've been working very hard to get back into winning. It's been a tough struggle." But a slimmed-down Yellen proved that the struggling paid off, and with the win was pushed into the number 2 rank on the tour, with Peck and Harnett trailing slightly.

## Hogan wins Bud Light

Bouncing back from his defeat at the hands of Mike Yellen in New Haven, racquetball's all-time hero (according to Charlie Garfinkel, all-time anti-hero), Marty Hogan won the Bud Light Dec. 5th at the Holiday Health & Racquet Club, Bangor, ME. (I think I've said it all in just one sentence, but you can go on with the article if you like).

Hogan breezed through qualifier Reuben Gonzalez and teammate, Don Thomas to face the "Hogan of the 80's" young Bret Harnett. To get to the finals, Harnett was forced to a five game battle against a qualifier who many believe should have a shot on the pro tour — New York's Mike Levine. Levine lost

that final game 11-1, but not after showing that he was capable of giving one of the game's 4 top players a run for the money.

In the semis, Harnett faced a rejuvenated Mike Yellen, slimmer, and recently, a winner. But Harnett had complete control of the match winning 3 straight games.

Not to take anything away from Hogan, this tournament was noticeably missing Dave Peck, Jerry Hilecher, Rich Wagner and others. But it was an exciting event none-the-less, and Hogan proved that he still has an edge over the young challenger from Las Vegas... at least for the time being.

### MEN'S PROFESSIONAL RACQUETBALL TOURNAMENT CALENDAR

January 13-16	Honolulu Club	DP Leach/Catalina/Voit
January 20-23	932 Ward Avenue Honolulu, HI 808/543-3900, Mickey Campanella	
February 11-13	Beaverton Racquet Club	DP Leach/Catalina/Voit
February 18-20	4925 SW Griffith Drive Beaverton, OR 97005 503/644-3900, Wayne Westwood	
March 11-14	Open Austin Texas	DP Leach/Catalina/Voit
March 18-20		
April	DP Leach/Catalina Championships	
May	Ektelon Championships	
May	DP Leach Nationals	

## Fourth Annual International CBC Classic results

Winnipeg: In the men's bracket, the sport's four hottest players, all from the US, squared off in the semis. Canada's only real threat, Lindsay Myers, went down to No. 1 seed, Dave Peck in the quarters, 15-11, 15-7. That left Peck to face the No. 4 seed, Mike Yellen, and on the bottom bracket, it was No. 2 seed, Hogan, against Bret Harnett. As if by script, Peck took out Yellen and Hogan eliminated Harnett in straight games. This set up the Hogan/Peck match, which is often the case these days, and as usual, they provided a tough, close match, this time with Hogan coming out on top 13-15, 15-5, 11-9.

In the women's division it was truly more of an international competition as the two top Americans, Adams and Wright fought out the top bracket and the top Canadians, McKay and Stupp were battling on the bottom. Again, as expected, Adams took Wright and McKay took Stupp, but Lynn had to go three to best her Nevada friend. That set up the Adams/McKay final which was expected to be a great one as Heather had just beaten Lynn the week before in Toronto. This time, Lynn got it together and won 15-9, 15-14.

Hogan took home the \$2,000 purse while Adams won \$1,500.

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# Women's Professional Racquetball

## Inside the pro tour

At the first ranking tournament of the season, a major athletic discovery was made. **MICHELE GADEKE** of Nike, with an awesome display of natural talent, showed that she could be a contender on either the racquetball or tennis tours! And even though everyone already knows about it, in case someone in America hasn't heard, Steve, also of Nike, did run in the Iron Man Triathlon and absolutely loved the experience. Congrats, Steve!



Rita Hoff

Some of the women on the tour have aspirations for the pro tennis tour. In a rousing game of doubles, WPR promoter, **BUFFY GORDON** and **VICKI PANZERI** strutted their stuff (groan) against **BONNIE STOLL** and Nike star, **MICHELE GAEDKE**. They drew oohs and ahs, especially when they managed to get the ball over the net! It was all in good fun. Speaking of fun, everyone missed the good humor and fun of **RITA HOFF**. Just recently married, Rita has missed the fall season of the tour. Hurry back, Rita, we miss you!!

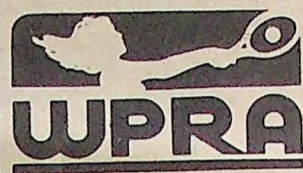
Another member of the WPR showed extreme promise in the strength department. **PEGGY GARDNER**, with the help from cheering fans and a touch of the bottle, took down all comers in an arm wrestling contest. Peggy, whose innocent airs belied the tiger within, plans on going to Petuluma this year to compete in the Women's Arm Wrestling Championships. Get 'em Peg! **MARCI GREER** again wowed the Louisiana fans with their silver tongue (in cheek). The doubles quinella at Red Lerille's club was a great success, thanks to Marci, who put the tournament together. She did a great job and all the women thank her.



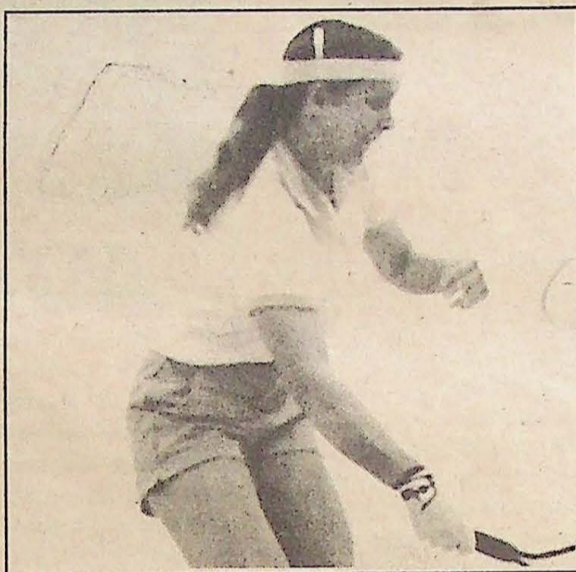
Marci Greer

There are rumors that **LYNN ADAMS** is sponsored by Ace Bandage. Sporting them on both legs, it was commented that since they looked so good, she would also wrap her arms and maybe even her head!

One last note. The WPR is really expanding. All on the same weekend, the WPR had a Future's Tour in Wheeling, WV, two players giving an exhibition at the Steve Garvey Classic in LA, and two others in Japan doing an opening of a club and giving clinics to promote racquetball. The women are making their mark and spreading positive promotion for the sport of racquetball.



Player of the month:  
**Laura Martino**



Bud Henley studio photo

For the first time in over three seasons, a new face has claimed a spot in the top four of women's pro racquetball. **LAURA MARTINO** is now the No. 4 player on the tour. She overtook **MARCI GREER** by playing strong and consistent racquetball over the past 6 months.

Laura has been a solid top 8 finisher for the last couple of seasons, with her highest previous ranking 6th. She had a great tournament of the 1982 Nationals in Denver, making the semis and finishing fourth. She again made the semis in the opening of the season in Toronto and followed that with her best tournament ever in Louisiana. Before a packed crowd at Red Lerille's Racquetball Club, she beat

#4 seed, Marci Greer, 3-2, 3-2 in the quarters to advance to the semis. It was the first time she had ever beaten Marci. "I felt confident. I knew I could beat her. I was in El Paso for the two weeks before Louisiana and I worked out really hard in a high altitude. I went into that tournament in great shape and feeling positive." The match was long and grueling, and it looked as though that the extra work paid off. Laura was strong and crisp all the way through the match, pushing Marci at every turn. It was one of the most intense and exciting matches of the tournament.

And now, how does it feel to break the top 4... the first new name in 3 seasons? "I didn't know I was the first! Breaking in to the top 4 has always been one of my goals. The competition is getting better and I think there will be more changes in the future. Right now, it feels great."

Laura has a terrific personality, both on and off the court. Her sense of humor is legendary and she is just loads of fun to be around anytime. She does a lot of teaching nation-wide, and really puts in the effort to promote racquetball. "I want to put back into the sport what it's given me. By doing clinics and camps I can help other people the way I've been helped in the past. I really want to see the sport grow."

Laura just recently graduated with a BS degree in accounting from San Diego State, but is currently devoting herself full time to racquetball. "By not having to divide my time between racquetball and school, I can now concentrate fully on my workouts and what I want to accomplish at the tournaments. My concentration has risen a level on the court, and my game is improving."

It looks as though it's all paying off for Laura. She is definitely a strong force to be reckoned with on the WPR tour.

<b>WOMEN'S PROFESSIONAL RACQUETBALL ASSOCIATION 1982 FALL TOUR</b>	
February 10-13	Rainbow Inspection Racquetball Pro-Am Wyoming, Racquet Club Casper, WY
February 17-20	Riverbend Athletic Club Fort Worth, TX
February 25-27	Bob's Big Boy Open Tucson Athletic Club Tucson, AR
March 4-6	Stroh's Port City Open Racquetball Plus Muskegon Heights, MI
March 11-13	Holiday Health and Racquet Club Bangor, ME
March 24-27	Pacific West Sport and Racquet Club Seattle, WA
April 1-3	Schoeber's Racquetball Spas San Francisco, CA
April 7-10	The Glass Court Lombard, IL
April 21-24	AllSport Fitness and Racquetball Club Fishkill, NY
May 12-15	Ektelon Racquetball Championships (special event) Sports Gallery Anaheim, CA

<b>Current Rankings as of November 21, 1982</b>		
Ranking	Name	Total Ranking Points
1.	Lynn Adams	547.50
2.	Heather McKay	455.36
3.	Shannon Wright	337.50
4.	Laura Martino	175.63
5.	Peggy Gardner	157.50
6.	Terri Gilreath	148.13
7.	Marci Greer	136.88
8.	Jennifer Harding	105.00
9.	Rita Hoff	101.90
10.	Barbara Maltby	84.64
11.	Caryn McKinney	82.50
12.	Vicki Panzeri	76.25
13.	Brenda Barrett	61.66
14.	Janell Marriott	53.75
15.	Stacey Fletcher	46.66
16.	Martha McDonald	40.00
T	Bonnie Stoll	40.00
18.	Fran Davis	37.50
T	Joyce Jackson	37.50
20.	Beth Crawley	31.67
21.	Peggy Steding	30.00
22.	Jean Sauser	28.33
23.	Linda Forcade	26.66
T	Gail Woods	26.66
25.	Kippi Bishop	25.00
T	Diane Green Bullard	25.00
27.	Cindy Baxter	21.66
28.	Susie Dugan	20.00
T	Betsy Koza	20.00
30.	Carol Pranka	18.33
31.	Babette Bell	15.00
32.	Elaine Riley	14.17

**WOMEN'S PROFESSIONAL RACQUETBALL ASSOCIATION**  
Board of Directors Meeting  
Lafayette, LA  
November 18, 1982

The meeting was called to order at 9:20 a.m. Present were: Francine Davis, Jennifer Harding, Joyce Jackson, Caryn McKinney, Lynn Adams, and Buffy Gordon.

**Minutes of 10/21/82**

The minutes were revised or clarified as follows:

**A. Membership**

- In the case of WPR Futures tournaments, a player must be a \$25.00 member of the main draw.

**B. Amateur Definition**

- The Board decided to table a change in their amateur definition. Therefore, the amateur is still defined as a player who earns less than \$1,000 in WPR events per year.
- The Board suggested discussion with the AARA to form one amateur definition.

**Ranking**

Caryn McKinney suggested a new ranking system (description upon request). It was voted that beginning January 1, 1983 all \$6,000 and over tournaments shall count for rankings using this new system.

**Membership**

Because players are entering WPR events without becoming a WPR member, the Board wants all tournament directors to include in all entries that all players in the WPR pro division tournaments must be WPR members.

To enforce this through the membership, the Board passed the following:

"If a player has not paid her current year membership by the entry deadline, a fine of \$25.00 is automatically assessed. Before the player is allowed to play her first match, she must pay to a Financial or Membership Committee chairman a fee of \$25.00 plus her entry or she will have defaulted her match."

All entries, membership applications, and dues will now be sent to Jennifer Harding.

**Disciplinary**

All fines will be kept on the books until paid.

**Financial**

Jennifer Harding reported on the Association's finances (available to all members upon request)

The meeting adjourned at 12:00 noon. The next WPR Board meeting shall be scheduled during the Melbourne, Florida tournament.



## The "Gar" holds court You can bet that lefty!

by Charlie  
Garfinkel

*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 (Atheneum, New York). You can write to Charlie c/o this publication.*

During a recent tournament in the New York City area, a friend of mine, who also happens to be our family doctor, was losing to a player that he should have defeated easily.

After watching for a few points, it was evident that he wasn't playing his opponent's very weak backhand. I shouted down, "Play his backhand!" My friend shouted back, "I am!" I shouted back, "No, you're not!"

Suddenly, with the score 15-11, 10-7, for my friend's opponent, my friend looked up at me with an incredulous look on his face. He took a timeout and motioned for me to come downstairs. He said, "Gar, I can't believe it. I've been playing for almost 35 minutes. I just realized that my opponent is a lefthander. I've been playing him as if he's been a righthander all day." I assured him that if he started playing his opponent's backhand, he could still win the match. (Secretly, I was thinking, "If it took him 35 minutes to figure out that his opponent was a lefty, perhaps it was time for me to change family doctors.")

Suffice to say that my doctor friend lost the match 15-11, 15-13.

However, his statements bring out an interesting point. What is there about a lefthander that strikes fear in our hearts, forces us to change our game, and many times causes us to be mentally defeated before we step on the court?

First of all, most of us feel that we have to completely change our game to cope with the lefthander.

Second, we envision all kinds of wierd and impossible shots flying off the lefthander's racquet.

Third, if we play in a tournament, we actually feel discriminated against if we have to play a lefthander during the course of a tournament.

However, do not despair! The Great Gar will show you how to play against and defeat your former lefty nemesis.

One of the main reasons that most of us don't play well against lefthanders is that we rarely play against them in practice or tournaments.

So, start playing against them more. You'll soon find that it really isn't that hard to adjust your serves and shots to the southpaw's game.

But, you must be aware that you're playing a lefty. And, if you want to hit most of your shots to his backhand side, you must concentrate at all times.

However, don't hit every single shot to your opponent's backhand. When you have a setup, take your shot. For in-

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stance, if you have an easy setup off the back wall on your backhand, and your usual shot is a straight in killshot, take the shot. If you roll the ball out or hit it so low that your opponent can't return it, why worry if the shot is on the lefty's forehand?

THEREFORE, when you've got your pet putaway, take it! Don't change your shot just because your opponent is a lefthander.

As you practice against lefties on a consistent basis, you'll find your confidence rising and your fears disappearing. If you don't have an opportunity to practice against many lefthanders, play against righthanders as if they were lefties. Just think, if you can defeat a righthander

playing to his forehand strength, just imagine what you'll be able to do to a lefthander's backhand when you play against him.

Even on the pro tour, lefthanders don't dominate. Bret Harnett, the rising young lefty on the tour has been having his troubles lately. And Craig McCoy, a seasoned veteran is having difficulty reaching the quarterfinals this year.

The message is clear. If you want to defeat the lefthander, you must practice against them and take your usual shots as you would against a righthander. When you meet the sinister southpaw in an upcoming tournament, you will be pleased with the results.

## Shannon Wright wins Atlanta

Shannon Wright, five time National Champion and currently ranked 3rd, was never pressed in the December 2-5th event in which both Lynn Adams and Heather McKay were noticeably absent. Shannon was never taken to the tie-breaker game, but she did have to work some to beat Terri Gilreath in straight sets in the semi's after easily downing Jennifer Harding in the quarters. Terri soundly defeated Joyce Jackson in the 16's and then took out Vicki Panzeri in a close one in the quarters, 2-3, 3-2, 15-7.

The big story was on the bottom side of the bracket as Miami's Diane Bullard came from "unseedland" to beat Janell Marriott in the 16's, home-town favorite Caryn McKinney in the quarters, and Marci Greer in the semis. McKinney had already been kind enough to eliminate No. 2 seed, Laura Martino for Diane, but the 23 year old Floridian did the rest on her own. The thin "unknown" surprised everyone with her power and crisp kills, but there just wasn't enough left for the finals as the veteran Wright pretty much had her way, winning 3-1, 3-0.

It's not totally fair to call Bullard an unknown. Prior to last year, Diane had seen very little action outside of Florida where she breezed to easy victories in the state and regional amateur championships. Then a group of businessmen in her hometown of Gainesville put up the money for Diane to do some traveling. This allowed her to go to the AARA Na-



Bob Henley studio photo

tionals in Buffalo. Unknown and unseeded, she was forced to face many of the top seeds right off the bat, but she took the title, handling Cindy Baxter easily in the finals. She then took 2nd in the Ektelon/Pony Championships, losing to Tammy Hajjar, and got her revenge against Tammy by beating her in the first round at the WPRAs Nationals in Denver.

Diane tried her luck in two other WPRAs events, but drew Adams and McKay in the first round, which is a dead end for anyone these days. Family health and finances kept Diane in Florida until this Atlanta event, but it looks like there might well be a new factor to contend with on the WPRAs tour: We'll see.

## It's how you look at it

by Tom Grobmisi

Following are some well-known facts about racquetball and Tom's observations about them.

**The average racquetball player is 25 years old.** (The mediocre ones are about 20.)

**There are 5 times as many bowlers as racquetballers.** (It just makes more sense to have balls going away from you than at you.)

**Most of the top pros are well under 6 feet tall.** (That's because of the size of the doors.)

**The ball must be hit on one bounce.** (But sometimes I bounce twice.)

**Many top pros are from California.** (You can't fault them for that.)

**Lynn Adams' husband coaches many of the top women pros.** (That's why Lynn's No. 1!)

**Many court clubs have added weight rooms and changed their names to "health" or "fitness centers."** (And they've also added bars and smoking lounges.)

**The ball must hit the front wall on a fly.** (When I was a kid we had to hit it on a mosquito.)

**They say that Davey Bledsoe was the fastest player.** (That's why the girls won't go out with him.)

**A racquetball court has four corners.** (And often has two squares in the middle.)

**Racquetball tournaments offer the most challenging form of competition.** (Yeh, you against the ref!)

**More people played in racquetball tournaments in the U.S. last year than voted in the Columbian general election.** (They must have really bad hospitality in Columbia.)

**Racquetball is a combination of tennis and handball.** (You dress like a tennis player and lie like a handballer.)

**Racquetball bruises generally go away in two days.** (But the hurt lasts forever.)

# EAST REGION

**The Bud Light Court Yard Open  
The Court Yard  
Saco, ME  
October 15-17, 1982  
Sponsored by Bud Light & National  
Distributors  
— Burger King — Lisa's Pizza  
— Saco Printing — Penn**

- MEN'S OPEN**  
Finals: Phil Belanger d. Erny Tarling, 15-7, 8-15, 15-7.  
Semi's: Erny Tarling d. Tim Griffing, 15-5, 15-6; Phil Belanger d. Mark St. Pierre, 15-8, 15-9.  
Consol: Lennie Hall. d. Ken Bailey
- MEN'S A**  
Finals: Robin Liller d. Gary Tito, 15-8, 15-10, 15-8, 14-15.
- MEN'S B**  
Finals: Ken Gray d. Scott Cochrane.
- MEN'S C**  
Finals: Brian Luce d. Mitch Gunty, 15-8, 15-5.
- MEN'S NOVICE**  
Finals: Ron Hicks d. Mark Eggleton, 15-11, 15-13.
- MEN'S SENIORS (35+ OVER)**  
Finals: Randy Smith d. George Paulidis, 15-3, 15-10.
- MEN'S MASTERS (45+ OVER)**  
Finals: Jerry Sedor d. Norb Lecompte.
- MEN'S OPEN DOUBLES**  
Finals: Griffing/St.Pierre d. Desrochers/Tarling, 15-3, 15-8.
- MEN'S B DOUBLES**  
Finals: Gardner/Gray d. Brunelle/Cochrane, 15-7, 15-12.
- JUNIORS (16 & UNDER)**  
Finals: Steve Trotter d. Greg Lennor.
- WOMEN'S OPEN**  
Finals: Terri Graham d. Joy Eon, 15-14, 5-15, 15-12.
- WOMEN'S B**  
Finals: Jackie Lawruk d. Lisa Tessler, 15-10, 15-11.
- WOMEN'S C**  
Finals: Tammy Tremholm d. Susanne Dennis, 15-9, 15-7.
- WOMEN'S NOVICE**  
Finals: Peggy Wilson d. Pam Dyer, 15-6, 15-14.
- WOMEN'S B DOUBLES**  
Finals: Gerrior/Guerin d. Donovan/Gay.

**9th Annual Brockton Open  
Brockton Racquetball Club  
Brockton, MA  
November 12-14, 1982  
Sponsored by Foot-Joy, 7-Up**

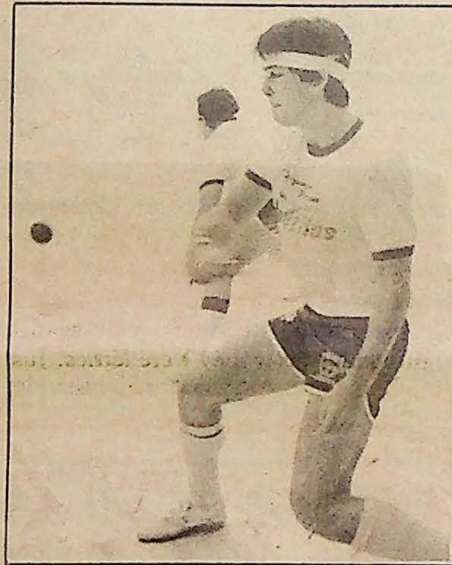
- MEN'S OPEN**  
Finals: Dennis Aceto d. Cliff Swain.  
Semi's: Mike Coleman d. Tom Riley.
- MEN'S B**  
Finals: Sean Mathewson d. Peter Dupuis.  
Semi's: Mike DeVincenzo d. Tom Reed.
- MEN'S C**  
Finals: Steve Edwards d. Bob Fontaine.  
Semi's: Steve Wirtes d. Tom White.
- MEN'S NOVICE**  
Finals: Joe Okuniewicz d. Bill Kelso.  
Semi's: Mike Yourell d. Mark Bloom.
- MEN'S SENIORS**  
Finals: Joe InDelicato d. Ritchie Voto.  
Semi's: Bob Schulz d. Mark Lieberman.
- WOMEN'S OPEN**  
Finals: Sheryl Burlingame d. Grace Lowe.  
Semi's: Ann Dadak d. Mary Primavera.
- WOMEN'S B**  
Finals: Debbie Jones d. Carol Wise.  
Semi's: Jane Staula d. Judy Carroll.
- WOMEN'S C**  
Finals: Lisa Filosa d. Marie Sales.  
Semi's: Lisa Riley d. Pat Holland.
- WOMEN'S NOVICE**  
Finals: Sue Swankin d. Jane Alfonso.  
Semi's: Julie Brack d. Paula Bergan.
- BOY'S JUNIORS**  
Finals: Scott St. Onge d. Peter Dupuis.  
Semi's: Adam Yourell d. Ray Alfonso.

**The 1982 Woodbridge Winter Classic  
Racquetball Tournament  
Woodbridge Club  
December 3-5, 1982**

- MEN'S OPEN**  
1st: John Bierman, East Orange.  
2nd: Steve Rubin, Brooklyn.  
3rd: Bob Malinetti, Waldwick.
- MEN'S A**  
1st: Steve Rubin, Brooklyn.  
2nd: Bruce Hamlin, Midland Park.  
3rd: Corso, Midland Park.
- MEN'S B**  
1st: Bill Young, Long Island.  
2nd: Frank Luchetta, Staten Island.
- MEN'S C**  
1st: Ted Korkos, Paramus.  
2nd: Jim Tice, Carteret.  
3rd: Art Lopez, Edison.
- MEN'S D**  
1st: T.C. Emmanville, Paramus.  
2nd: Terry Reading, N. Brunswick.
- MEN'S OPEN DOUBLES**  
1st: John Bierman/Warren Seartes.  
2nd: Bob Malinetti/Bruce Hamlin.  
3rd: Mark Berwick/Nick Vitoria.
- MEN'S MASTERS**  
1st: Derio Mas, Wilmington, DE.  
2nd: Mike Frankel, Hamburg, NJ.
- WOMEN'S C**  
1st: Evelyn D'Onofrio, Iselin.  
2nd: Penny Jacob, Fords.  
3rd: Sue Stoll, Cedar Knolls.
- WOMEN'S D**  
1st: Lisa Correia, Brooklyn.  
2nd: Karen San Filippo, Edison.
- WOMEN'S NOVICE**  
1st: Kate Skillman, Flanders.  
2nd: Barb Adamski, Waldwick.

**IBM WINS 1st Annual PHILYMPICS**  
Over 200 corporate executives competed in 5-man teams as Clark's Uptown in Philadelphia this fall in what was billed as "the battle of the corporate superstars." With terrific sponsorship and support from the community, and the entry fees going to benefit such charities as Cancer and Leukemia research, the event has been declared an official city annual event, and next year's invitations will go out on Mayor Green's letterhead.

Competition was held in team sports — swimming relays, volleyball, and 2.5 mile run, as well as the individual sports of tennis, racquetball, squash, golf putting, and basketball shooting. Philympics was the brain child of Uptown President, Doug Clark, who hopes to see the competition expanded to include a national championship. The five members of the IBM winning team each won a week's vacation for two in the Virgin Islands.



Execs battle it out in Philympics.

**The "Think Snow" Open  
Mountain Valley Court Club  
No. Conway, NH  
November 12-14, 1982**

- MEN'S OPEN**  
1st: Dale Bennett, Hampton, NH.  
2nd: John Marsden, Conway, NH.  
3rd: Joe Proctor, Derry, NH.
- MEN'S A**  
1st: Steve Smith, Portsmouth, NH.  
2nd: Steve Marcotte, Portsmouth, NH.  
3rd: Joe Ruggieri, Derry, NH.
- MEN'S B**  
1st: Tom Brown, Lawrence, MA.  
2nd: Dennis Varga, Somersworth, NH.  
3rd: Bruce Merrill, Laconia, NH.
- MEN'S C**  
1st: L. Arseneault, W. Hanwich, MA.  
2nd: H. Bowden, Lynn, MA.  
3rd: John Warburton, Rochester, NH.
- MEN'S NOVICE**  
1st: Mark Benson, Chester, VT.  
2nd: Joe Jenkins, Ashland, MA.  
3rd: Peter Kamel, Springfield, VT.
- WOMEN'S A**  
1st: Sue Harris, Pelham, NH.  
2nd: Della O'Dwyer, Salem, NH.  
3rd: Glnney Baeder, Derry, NH.
- WOMEN'S B**  
1st: Becky McGregor, Boxford, MA.  
2nd: Marion Whittier, Glen, NH.  
3rd: Sue Fritz, No. Lebanon, ME.
- WOMEN'S C**  
1st: Debbie DiLorenzo, Andover, MA.  
2nd: Sheri Duprey, Wells, ME.  
3rd: Marcia Crowley, Andover, MA.
- WOMEN'S NOVICE**  
1st: Mary Howland, Andover, MA.  
2nd: Marty LeRoy, Ctr. Harbor, NH.  
3rd: Betsy Lovejoy, Springvale, ME.

**First Annual Clyde Bartlett Bulck/BMW,  
Multiple Sclerosis Benefit Racquetball  
Tournament  
Manchester Court Club  
Manchester, NH 03108  
December 3-5, 1982**

- MEN'S A**  
1st: Phillip Belanger, Nashua, NH.  
2nd: Bill Polopek, Derry, NH.  
3rd: Greg Sarette, Manchester, NH.
- MEN'S B**  
1st: Barry Connelly, Manchester, NH.  
2nd: Dennis Vaillancourt, Manchester, NH.  
3rd: Richard Aubin, Pepperell, MA.
- MEN'S C**  
1st: Doug Bolerer, Manchester, NH.  
2nd: Murray Aldous, Nashua, NH.  
3rd: Paul Racioppi, Manchester, NH.
- MEN'S NOVICE**  
1st: Warren Sullivan, Salem, NH.  
2nd: Dennis Michaud, Manchester, NH.  
3rd: Andre Vaillancourt, Manchester, NH.
- MEN'S SENIORS**  
1st: Bob Drouin, Portsmouth, NH.  
2nd: Ed. Lavallee, Manchester, NH.  
3rd: Stu Anderson, Nashua, NH.
- MEN'S DOUBLES**  
1st: Phil Belanger/David Loisel, Nashua, NH.  
2nd: Bill Polopek/Jim Rapoport, Derry/Merrimack, NH.  
3rd: Keith Shelds/Jim Barrett, Manchester, NH.
- WOMEN'S A**  
1st: Debbie Wilbur, Concord, NH.  
2nd: Shannon Levondowski, Derry, NH.  
3rd: Chris Turner, Nashua, NH.
- WOMEN'S B**  
1st: Tricia Vaillancourt, Manchester, NH.  
2nd: Marie Boucher, Laconia, NH.  
3rd: Paula Racioppi, Manchester, NH.
- WOMEN'S C**  
1st: Susanne Dennis, Hampton, NH.  
2nd: Diane Splewak, Manchester, NH.  
3rd: Doris Lawrence, Manchester, NH.
- WOMEN'S NOVICE**  
1st: Ann Howard, Manchester, NH.  
2nd: Brenda Greenwood, Manchester, NH.  
3rd: Dianna Wood, Manchester, NH.
- WOMEN'S DOUBLES**  
1st: Chris Turner/Gaye Rosenfeld, Nashua/Hollis, NH.  
2nd: Shannon Levondowski/Sharon Kelley, Derry/Manchester, NH.  
3rd: Joyce Francis/Sue Mullen, Manchester, NH.

**2nd Annual Garden State Open  
Ricochet Racquet Club  
South Plainfield, NJ  
November 19-21, 1982**

- MEN'S OPEN**  
Costliegh d. Deritts.
- MEN'S A**  
McDermott d. Cline.
- MEN'S B**  
Marley d. Bellof.
- MEN'S C**  
Feldman d. Scola.
- MEN'S CC**  
Wieseltier d. Campanale.
- MEN'S NOVICE**  
Ripoll d. Yelencsics.
- MEN'S NEWCOMERS**  
Duggan d. Baumann.
- MEN'S VETERAN**  
Bloxom d. Schirm.
- MEN'S SENIORS**  
Latter d. Saretsky.
- MEN'S OPEN DOUBLES**  
Teape/Costliegh d. Corso/Trummina.
- MEN'S B DOUBLES**  
Bellof/Quisoulo d. Ochtwat/Mortimer.
- MEN'S C DOUBLES**  
Evans/Scola d. Healy/Poliseo.
- MEN'S NOVICE DOUBLES**  
Tolina/O'Brien d. Remetta/Hubsch.
- WOMEN'S OPEN**  
Tammy Hajjar d. Teri Gatarz.
- WOMEN'S A**  
Anna Calderon d. Mande Sudol.
- WOMEN'S B**  
Skolits d. Maloney.
- WOMEN'S C**  
Weill d. Haestad.
- WOMEN'S CC**  
Stoll d. Stamm.
- WOMEN'S NOVICE**  
White d. Ripoll.
- WOMEN'S NEWCOMERS**  
Stoll d. Campanale.
- WOMEN'S VETERAN**  
Scharffenberger.
- WOMEN'S B DOUBLES**  
Barr/Grubow.
- WOMEN'S C DOUBLES**  
Maloney/Maloney.
- WOMEN'S NOVICE DOUBLES**  
Christiansin/Romano.
- MIXED B DOUBLES**  
McDermott/Curlew.
- MIXED C DOUBLES**  
Howard/Sanfilippo d. Healy/Barr.
- MIXED NOVICE DOUBLES**  
Rohl/Rohl d. Ripoll/Ripoll.

**Maine State Closed Doubles Championships  
Club North  
No. Windham, ME  
November 12-13, 1982  
Sponsored by Genesee-Coke**

- MEN'S OPEN**  
Finals: Olson/Bouchard d. Bilodeau/Caron.  
Semi's: Olson/Bouchard d. Quirk/Trenholm, Bilodeau/Caron d. Duboid/Larabee.
- MEN'S B**  
Finals: True/Luce d. Fransoso/Saldahma.  
Semi's: True/Luce d. Homa/Lambart; Fransoso/Saldahma d. Cammon/Georgetti.
- MEN'S C**  
Finals: Lambert/Homa d. Mingo/Dyer.  
Semi's: Lambert/Homa d. Turner/Smith; Mingo/Dyer d. Puerriemen/Gordon.
- OPEN MIXED**  
Finals: Graham/Quirk d. Caron/Belanger.  
Semi's: Graham/Quirk d. Bilodeau/Bilodeau; Caron/Belanger d. Eon/Eon.
- B MIXED**  
Finals: Hubbard/Georgetti d. Mailman/Mailman.  
Semi's: Hubbard/Georgetti d. Fasulo/True; Mailman/Mailman d. Hackey/Hicks.
- WOMEN'S OPEN**  
Finals: Belanger/Frizzle d. Eon/Graham.  
Semi's: Belanger/Frizzle d. Giroux/Hubbard; Eon/Graham d. Gerrior/Fransoso.
- WOMEN'S C ROUND ROBIN**  
1st: Hall/Merrill.  
2nd: Fasulo/McEwen.  
3rd: Dyer/Leodbetter.  
4th: Esmond/Peters.

## EAST TOURNAMENT SCHEDULE

January 14-16

**MAINE CLOSED CHAMPIONSHIPS**  
Andy Valley Racquet Club  
Lexington Avenue  
Lewistown, ME 04240  
Contact: Dave Nolette  
207/786-2161

January 28-30

**LITE 2ND ANNUAL NEW JERSEY MIXED DOUBLES**  
Racquetball of Cedar Knolls  
119 East Frederick  
Cedar Knolls, NJ 07927  
Contact: Club  
201/267-2686

January 28-30

**NIKE III**  
The Court Yard  
Route 5  
Saco, ME 04072  
Contact: John Bouchard  
207/284-5953

February 4-6

**ST. VALENTINE'S DAY OPEN**  
Twenty First Point Club  
McKown Rd. off Western  
Albany, NY 12203  
Contact: Vincent M. Wolanin  
518/489-3276

February 18-20

**WINTER BLUES OPEN**  
Cornershot Racquetball Club  
43 Jefferson Blvd.  
Warwick, RI 02888  
Contact: Regina Ricci  
401/781-1650

February 26-28

**NJ/AARA STATE DOUBLES CHAMPIONSHIPS**  
King Arthurs Courts  
1355 15th St.  
Ft. Lee NJ 07024  
Contact: Karen Bednarski  
201/944-1120

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

# SOUTH REGION

**Tab Holiday Cup Pro/Am**  
**Courtside Racquetball Club**  
 Atlanta, GA  
 December 2-5, 1982  
 Sponsored by Tab, Bud Light, Keebler  
 Cookies, Head Sportswear & Racquets

**WOMEN'S PRO**  
 1st: Shannon Wright.  
 2nd: Diane Bullard.  
**WOMEN'S OPEN**  
 1st: Anne Barneburg.  
 2nd: Karen Donofrio.  
**WOMEN'S B**  
 1st: Cindy Branch.  
 2nd: Margaret Light.  
**WOMEN'S BB**  
 1st: Sherry Dixon.  
 2nd: Kathy Touhey.  
**WOMEN'S C**  
 1st: Donna Hills.  
 2nd: Mary Ann Sturken.  
**WOMEN'S NOVICE**  
 1st: Norma Delinarter.  
 2nd: Judy Lee.  
**16 AND UNDER**  
 1st: David Grier.  
 2nd: Derrick Governall.  
**12 AND UNDER**  
 1st: Derrick Governall.  
 2nd: Joe Morgan.  
**10 AND UNDER**  
 1st: Chan Brown.  
 2nd: Lee Schor.

**MEN'S OPEN**  
 1st: Mike Ray.  
 2nd: Jerry Wickieffe.  
**MEN'S A**  
 1st: David Grier.  
 2nd: Cary Reese.  
**MEN'S B**  
 1st: Rob Wilkins.  
 2nd: Billy Turner.  
**MEN'S BB**  
 1st: Tony Sklanka.  
 2nd: Rusty Witt.  
**MEN'S C**  
 1st: Ed Hagg.  
 2nd: Gene Cohen.  
**MEN'S CC**  
 1st: Cliff Shuman.  
 2nd: Neal Joice.  
**MEN'S NOVICE**  
 1st: Ryan Deleatch.  
 2nd: Bob Barker.  
**MEN'S BEGINNER**  
 1st: Andy Melnich.  
 2nd: Dennis Fice.  
**MEN'S SENIOR OPEN**  
 1st: Joe Pappaterra.  
 2nd: Wayne Vincent.  
**MEN'S SENIOR C**  
 1st: Tom Bero.  
 2nd: Bill Billingsly.  
**MEN'S VETERAN**  
 1st: Jerry Wickliffe.  
 2nd: John Parks.  
**MEN'S MASTERS**  
 1st: Butch Shamberger.  
 2nd: John Wheeler.

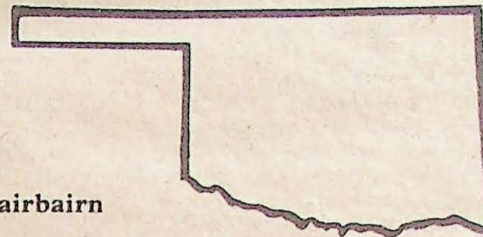
**Fairfox Racquet Club Open Turkey Shoot**  
 Fairfox Racquet Club  
 Fairfax, VA  
 November 19-21, 1982  
 Sponsored by Penn, D.P. Leach, Nautilus  
 Fitness Center, Athletic House, Carole Sturges  
 Assoc., Inc., Sundra Printing

**MEN'S OPEN**  
 Finals: Steve Evans d. Steve Bernard, 15-9, 15-4.  
 Semi's: Steve Bernard d. Mike Mankin, 15-14, 15-14; Steve  
 Evans d. Mark White, 15-4, 15-3.  
**MEN'S A-ADVANCED**  
 Finals: Roger Rossi d. Dan Campbell, 15-13, 15-3.  
 Semi's: Dan Campbell d. Steve Pironti, 15-9, 15-6; Roger Rossi  
 d. Michael Salkind, 15-5, 15-9.  
**MEN'S B-INTERMEDIATE**  
 Finals: Frazier Gardella d. Robert Johnson, 15-5, 15-5.  
 Semi's: Robert Johnson d. Richard Zaring, 15-11, 15-11; Frazier  
 Gardella d. Don Pickard, 15-6, 15-11.  
**MEN'S C-BEGINNER**  
 Finals: Bill Lawson d. Wayne Toyne, 15-4, 15-7.  
 Semi's: Wayne Toyne d. Mike McCormick, 15-7, 15-13; Bill  
 Lawson d. Robert Hines, 15-6, 15-13.  
**MEN'S VETERANS-40+**  
 Finals: Robert Harwood d. Ted Taylor, 15-13, 15-13.  
 Semi's: Ted Taylor d. George Scamhorn, 15-5, 6-15, 11-5;  
 Robert Harwood d. Billy Barrett, 11-15, 15-13, 11-6.  
**MEN'S SENIORS-35+**  
 Finals: George Orton d. Nick Claudy, 15-7, 15-12.  
 Semi's: George Orton d. Cliff Hoyue, 15-14, 15-12; Nick Claudy  
 d. Fred Metcalf, 15-14, 15-6.  
**WOMEN'S OPEN-ROUND ROBIN**  
 Finals: Brenda Loube d. Debra Weber, 15-4, 15-12.  
 Semi's: Debra Weber d. Myla Kroeker, 15-5, 15-11; Brenda  
 Loube d. Eunice Zacary, 14-15, 15-10, 11-4.  
**LADIES A**  
 Finals: Sharon Loube d. Karen Lachat, 15-4, 15-12.  
 Semi's: K. Lachat d. P. Chappellear, 15-6, 15-3; S. Loube d. L.  
 Roberts, 15-10, 15-1.  
**LADIES B**  
 Finals: Lou Ann Caruthers d. Sandra Stewart, 15-13, 15-12.  
 Semi's: Lou Ann Caruthers d. Jeri Coe, 15-3, 13-15, 11-11; San-  
 dra Stewart d. Caria Besosa, 15-3, 15-11.  
**LADIES C**  
 Finals: W. Stevens d. W. Campbell, 8-15, 15-13, 11-9.  
 Semi's: W. Stevens d. P. Schmidt, 15-9, 15-5; W. Campbell d.  
 F. Hallihan, 15-11, 15-8.  
**MIXED DOUBLES-ADVANCED**  
 Finals: L. Backston/B. Loube d. D. Weber/K. VonErenfried,  
 11-15, 15-4, 11-8.  
 Semi's: L. Backston/B. Loube d. E. Zachary/P. Kaplan, 14-15,  
 15-9, 11-9; D. Weber/K. VonErenfried d. D. Cambell/P. Chap-  
 pelear, 15-3, 15-8.  
**MIXED DOUBLES-INTERMEDIATE**  
 Finals: Caruthers/Caruthers d. Grovesnor/Marino, forfeit.  
 Semi's: Caruthers/Caruthers d. D. Nixon/J. Coe, 15-7, 15-4;  
 Grovesnor/Marino d. C. Besosa/J. Dormody, 15-12, 15-13.  
**MEN'S OPEN**  
 Finals: Mike Myers, MD d. Clarron Render, VA, 15-5, 13-15.  
 Semi's: Myers d. Greg Costantino, VA, 15-7, 15-9; Render d.  
 Robin Doble, MD, 15-6, 11-8, 15-7.  
**MEN'S C**  
 Finals: Steve Grist, VA d. Phil Teague, VA, 15-6, 15-11.  
 Semi's: Grist d. Gary Grubby, MD, 15-3, 15-2; Teague d. Brian  
 Lauan, MD, 14-15, 15-8, 11-2.  
**WOMEN'S OPEN**  
 Finals: Becky Pickett, VA d. Jean Tull, VA, 15-11, 15-13.  
 Semi's: Tull d. Janet Jacobson, MD, 15-7, 15-7; Pickett d. San-  
 dy Stewart, MD, 15-8, 15-9.  
**WOMEN'S C**  
 Finals: Kathy Walte, VA d. Tami Beals, VA, 15-9, 15-8.  
 Semi's: Beals d. Ruth Wagonhoffer, VA, 11-15, 15-14, 11-3;  
 Walte d. Lida Whitaker, MD, 15-7, 15-7.

**Courts Royal A/C Open**  
**Courts Royal East**  
 Alexandria, VA  
 December 4-5, 1982

**MEN'S OPEN**  
 Finals: Mike Myers, MD d. Clarron Render, VA, 15-5, 13-15.  
 Semi's: Myers d. Greg Costantino, VA, 15-7, 15-9; Render d.  
 Robin Doble, MD, 15-6, 11-8, 15-7.  
**MEN'S C**  
 Finals: Steve Grist, VA d. Phil Teague, VA, 15-6, 15-11.  
 Semi's: Grist d. Gary Grubby, MD, 15-3, 15-2; Teague d. Brian  
 Lauan, MD, 14-15, 15-8, 11-2.  
**WOMEN'S OPEN**  
 Finals: Becky Pickett, VA d. Jean Tull, VA, 15-11, 15-13.  
 Semi's: Tull d. Janet Jacobson, MD, 15-7, 15-7; Pickett d. San-  
 dy Stewart, MD, 15-8, 15-9.  
**WOMEN'S C**  
 Finals: Kathy Walte, VA d. Tami Beals, VA, 15-9, 15-8.  
 Semi's: Beals d. Ruth Wagonhoffer, VA, 11-15, 15-14, 11-3;  
 Walte d. Lida Whitaker, MD, 15-7, 15-7.

## OKLAHOMA GRAND PRIX



by Mark Fairbairn

**OKLAHOMA GRAN PRIX ALL-STATE DOUBLES**  
**BROKEN ARROW RACQUETBALL AND**  
**FITNESS CENTER**  
**BROKEN ARROW, OK**  
**DECEMBER 11-12, 1982**  
**SPONSORED BY MICHELOB LIGHT**  
**& CONSUMERS IGA**

**MEN'S OPEN**  
 Finals: Ken Smith/Kevin Chambless d. Matt Ost/Ron Renn  
 Semi's: Smith/Chambless d. Mike Turner/Jerry Hill; Ost/Renn  
 d. Kent Taylor/Tony Linville  
**MEN'S B**  
 Finals: Pat Merkle/Bill Jurbala d. Jack Powers/Dave Eland  
 Semi's: Merkle/Jurbala d. Mike Robison/Clay Camerer;  
 Powers/Eland d. Tom Gilbert/Gary Deshazer  
**MEN'S C**  
 Finals: Bill Blown/Rich Allman d. Ron Daley/Jerry Gilleland  
 Semi's: Brown/Allman d. Brad & Steve Smallwood; Daley  
 Gilleland d. Kerry Kifer/Jim Deason  
**MEN'S 35+ SENIORS ROUND ROBIN**  
 1st: John Scott/Ben Faulkner  
 2nd: Jack Powers/Dave Eland  
 3rd: Mike Renfro/Dan Thompson  
 4th: Mike Turner/Jerry Hill  
**MEN'S D SINGLES**  
 Finals: Jim Roberson d. Dan Schinke  
 Semi's: Roberson d. Monte Compston; Schinke d. Mark Shay  
**MEN'S PRO DOUBLES EXHIBITION (\$400 Purse)**  
 Finals: Smith/Chambless d. Andrews/Fairbairn, 4-15, 15-4, 11-8  
**WOMEN'S B**  
 Finals: Ricki Morgan/Joyce Nichols d. Pam Wilson/Sherry  
 Paschal  
 Semi's: Morgan/Nichols d. Rita Jannsen/Jill Schmidt; Wilson  
 Paschal d. Donna Jaucher/Julie Elliot  
**WOMEN'S D SINGLES**  
 1st: Sue Goss  
 2nd: Patti Smallwood  
 3rd: Joyce Christy  
 4th: Linda Cleveland  
**MIXED DOUBLES**  
 Finals: John Hammock/Toi Bousman d. Randy Brooks/Sherry  
 Paschal  
 Semi's: Hammock/Bousman d. Tom Gilbert/Pam Wilson;  
 Brooks/Paschal d. Leo Dobrich/Suzuko Fieue

Players at the Second Annual Michelob Light Doubles Championships were delighted to have the amazing Ed Andrews present. Ed represents Ektelon in his many clinics and tournaments.

Host for the doubles only weekend was the Broken Arrow Racquetball and Fitness Center, located at the edge of Tulsa. Results appear elsewhere. Special thanks to George Serwein, Darrel Schultz, and Tom Gilbert.

### UPCOMING EVENTS:

February 11-13, 1983  
**Southwest Racquetball Revival**  
**Pro-Am International Fitness &**  
**Racquetball Ctr.**  
 11033 Quail Creek Rd.  
 Oklahoma City, OK 73120  
 Contact: Kevin Chambless  
 (405) 751-5950 or  
 4-Wall Promotions  
 (918) 627-9109

## SOUTH TOURNAMENT SCHEDULE

January 21-23

**YMCA DOUBLES TOURNAMENT**  
 Louisville, KY  
 Contact: Sharon Russell  
 502/584-7886

February 11-13

**KENTUCKY RACQUETBALL TOUR**  
**OPEN**  
 Racquetball Plus  
 9913 Shelbyville Rd.  
 Louisville, KY 40223  
 Contact: Paul Williams  
 502/425-4471

January 21-23

**UNITED CEREBRAL PALSY**  
**TOURNAMENT**  
 Quadrangle Racquetball Club  
 2160 University Drive  
 Coral Springs, FL 33065  
 Contact: Club  
 305/753-8900

February 17-20

**WPRA OPEN TOURNAMENT**  
 Riverbend Athletic Club  
 2201 E. Loop 820 N  
 Ft. Worth, TX 76118  
 Contact: Odell Adley  
 817/284-3353

January 21-23

**1983 SOUTHWEST RACQUETBALL**  
**REVIVAL PRO/AM SERIES**  
 Off the Wall Racquetball  
 2605 Munster Blvd.  
 Meraux, LA 70075  
 Contact: 4-Wall Promotions  
 918/627-9109

February 18-20

**RACQUET HOUSE ST. VALENTINE'S**  
**DAY MASSACRE**  
 The Racquet House  
 4951 Lower Rosewell Rd.  
 Marietta GA 30067  
 Contact: Mary Beth Bickes  
 404/971-1700

January 21-23

**4TH ANNUAL TIGER OPEN**  
 Racquet Club  
 467 N. Dean Rd.  
 Auburn, AL 36830  
 Contact: Bob Huskey  
 205/887-9591

February 25-27

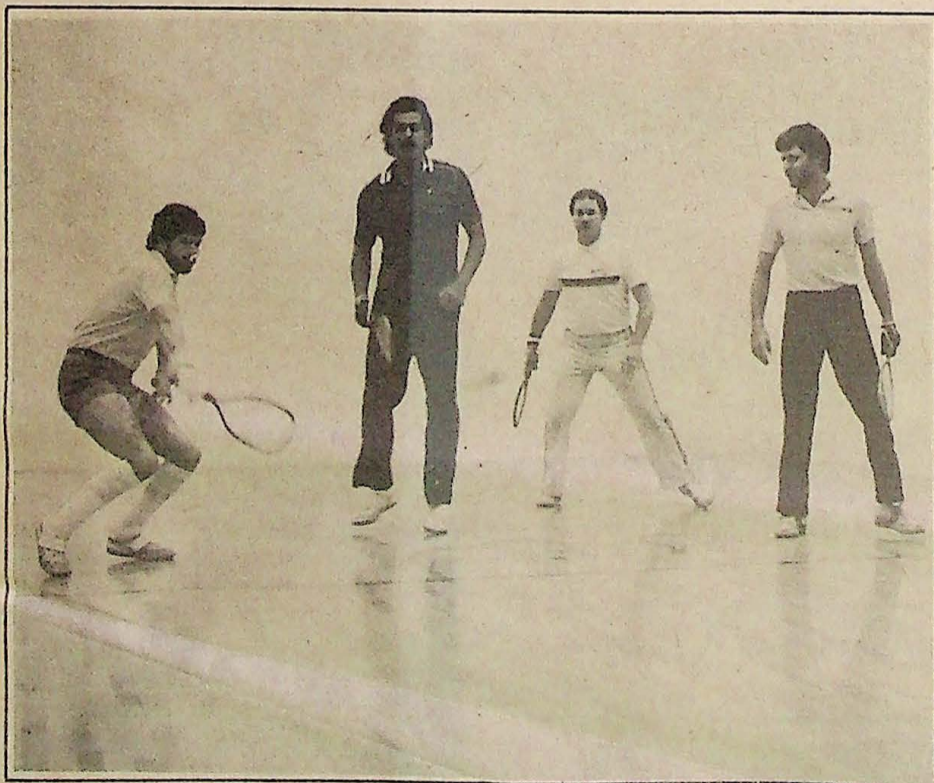
**KENTUCKY RACQUETBALL ASSN.**  
**STATE DOUBLES**  
 Site to be announced

January 29-31

**AARA FLORIDA STATE SINGLES**  
 The Racquetball Ball Club  
 5165 Adamson St.  
 Orlando, FL 32804  
 Contact: Club  
 305/645-3999

February 25-27

**MUSIC CITY TOURNAMENT**  
 YMCA  
 1000 Church St.  
 Nashville, TN 37203  
 Contact: Frank Burkholder/Steve Tarver  
 615/254-0631



Oklahoma Grand Prix doubles (l. to r.) Kevin Chambless, Ed Andrews, Ken Smith and Mark Fairbairn.

Tom Gilbert photo

## Conditioning for racquetball

## Keeping those knees strong

by Kim-Robin Segal

*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.*

Those aching knees! How do you keep them strong? Through the use of progressive resistant exercise equipment. This type of method of strength training is called the Delorme principal. It has

been found that if the athlete strength trains properly by using a type of P.R.E. equipment, you can increase in strength. Examples of this type of equipment are Nautilus, Universal, Dynacam etc... The player should keep in mind the following when beginning a program:

- 1.) Begin with a weight that allows the player to reach 10-12 repetitions.
- 2.) Use equipment that allows for flexibility so the muscle is worked through a full range of motion.
- 3.) Work approximately 12 exercises per workout.
- 4.) Each exercise should be done slowly and smoothly. The smoother the movement, the less trauma to the joint.
- 5.) To assure a good total body strength training program, check with a fitness center near you.

Although the best way to increase strength is through the use of progressive resistant exercise equipment, sometimes it is difficult to take the time to work out in a center two or three times per week. Illustrated below is a home program that is done with surgical tubing. If you do not have this available, a bicycle tube would work well. Tie the tubing into a small circle so you can feel the tension from the tube.

Exercises should be done in three sets of fifteen repetitions. Remember keeping those muscles strong around the knee joint will decrease your aches and pains. If you have a chronic problem, it would be best to check with your physician for contraindications. Remember staying strong during the season will decrease injuries!

**Quadricep Exercise**

1. Lie on floor with rubber tube around both ankles. Slowly raise one leg straight as high as you can keeping other leg flat on floor.
2. Hold for a count of 5 seconds.

**Hamstring Exercise**

1. Lie on stomach with rubber tube around ankles. Head down in a comfortable position.
2. Raise leg straight up keeping the other leg straight.

**Sartorius Exercise**

1. Lie on floor with rubber tube around both ankles.
2. Turn toes out, and raise leg straight up keeping other leg flat on floor.
3. Repeat with other leg.

**Knee Extension**

1. Attach rubber tube to leg of chair and around ankle.
2. Push out away from chair to approximately 40 degrees.
3. Hold for a count of 5.

**Hip Abduction**

1. Stand up or lie on back, and place rubber tube around ankles.
  2. Standing, you are to walk sideways first to the left bringing left foot to the side first then right.
  3. Then walk sideways the opposite direction.
  4. Lying on your back spread your legs apart as far as you can.
- Hold for count of 5.

**Hip Adduction**

1. Stand on unoperated leg and place rubber tube around ankle of operated leg.
2. Pull operated leg towards other leg keeping it straight.
3. Hold for count of five.

## Older folks have different nutritional needs

by Teresa Moore

According to a report by Dr. Myron Winick, director of the Institute of Human Nutrition at Columbia University Medical School, the nutritional needs of the elderly are not the same as they are for young adults. Older people have a higher percentage of fat tissue in their bodies, and their metabolism will convert more calories to fat than when they were younger. Dr. Winick stressed that exercise is very important as the more exercise you get, the more calories you consume and don't store as fat. Too much salt and too many saturated fats, as well as too many unused calories can contribute to heart disease and other problems. Elderly people should have a diet higher in fiber (bran, fruits and vegetables), calcium, iron and vitamin B12, and lower in phosphorus than younger people. How about a game of racquetball and a granola bar?



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presents

RACQUETBALL TODAY Penn

1983 SOUTHWEST  
RACQUETBALL REVIVAL  
PRO-AM SERIES!

OVER 1000 AMATEURS AND 250 PROFESSIONALS

\$4000 PURSE FOR THE PROFESSIONALS

\$6000 WORTH OF PRIZES FOR AMATEURS

Qualifying Dates: Jan. 14-16 Arkansas Health World

Jan. 21-23 Off The Wall Racquetball

Jan. 28-30 Westchase Racquetball

Feb. 4-6 Racquet Time of Bedford

Feb. 11-13 International Fitness Center

4-WALL PROMOTIONS, INC.

(918) 627-9109

Pro Championship: Feb. 25-27 Racquet Time of Bedford

# MIDWEST REGION

**Vacation Resorts International Open**  
**Sun Prairie Racquetball Club**  
 Sun Prairie, WI  
 November 12-14, 1982

**MEN'S OPEN**  
 Jim Wirkus d. Bruce Thompson, 11-6, 11-5, 11-2.

**MEN'S A**  
 Jim Buchert d. Kevin Gutterman, 10-11, 11-10, 9-11, 11-8, 11-10.

**MEN'S B**  
 Tom Passero d. John Steger, 11-7, 5-11, 4-11, 4-11.

**MEN'S C**  
 Matt Thompson d. Doug Parks, 11-9, 11-8, 11-7.

**MEN'S D**  
 Tim Thompson d. Dick Edwards 11-7, 11-4, 10-11, 11-0.

**MEN'S SENIOR OPEN**  
 Larry Zanoni d. Duane Appledoon, 9-11, 11-7, 11-4, 11-9.

**MEN'S SENIOR B**  
 Tom Murray d. Glenn Bestor, 11-5, 11-4, 11-4.

**MEN'S VETERAN B**  
 Ralph Blanchett d. John Steger, 11-9, 11-4, 6-11, 11-2.

**MIXED DOUBLES OPEN**  
 Bob Kinney/Cheryl Krause d. Joe Wirkus/Pat Hulst, 11-10, 11-4, 11-7.

**MIXED DOUBLES B**  
 Bob Gorsuch/Alice Cook d. Jim Compton/Lou Bradley, 11-6, 3-11, 8-11, 11-10, 11-10.

**MIXED DOUBLES C**  
 Connie Schmid/Ron Peterson d. Ken Krause/Marjorie Meyer, 11-10, 11-10, 11-10.

**WOMEN'S OPEN**  
 Diane Singler d. Peggy Woods, 4-11, 11-6, 5-11, 11-7, 11-2.

**WOMEN'S B**  
 Judy Rohloff d. Diane Bower, 11-10, 11-10, 11-10.

**WOMEN'S C**  
 Julie Hubacher d. Deena Repka, 11-7, 11-8, 11-2.

**WOMEN'S D**  
 Marjorie Meyer d. Mary Goldopske, 11-7, 11-8, 11-2.

**JUNIORS OPEN**  
 Kirk Wick d. Mike Burie, 11-10, 11-8, 11-10.

**3rd Annual Stroh Light Christmas Classic**  
**Charlie Club**  
 Palatine, IL  
 December 2-5, 1982  
 Sponsored by: Best Western Charlie Club  
 Sports Hotel/AMF Voit/Stroh Light

**MEN'S OPEN RACQUETBALL**  
 Finals: Tom Gouleke d. Herb Grigg, 21-15, 12-21, 11-10.  
 Semi's: Herb Grigg d. Rick Ricksecker, 21-20, 21-13; Tom Gouleke d. Mike Jalovec, 21-15, 21-4.

**MEN'S A RACQUETBALL**  
 Finals: Dave Olson d. Jim Hillman, 21-9, 21-14.  
 Semi's: Dave Olson d. Gary Hunley, 21-14, 21-16; Jim Hillman d. Paul Bennett, 21-13, 21-15.

**MEN'S B RACQUETBALL**  
 Finals: John Dolby d. John Baumelster, 21-12, 18-21, 11-4.  
 Semi's: John Dolby d. Dennis Valentino, 21-9, 19-21, 11-8; John Baumelster d. John Stockowitz, 10-21, 18-21, 11-4.

**MEN'S C RACQUETBALL**  
 Finals: Bill Harrison d. Sam Okner, 14-21, 21-10, 11-0.  
 Semi's: Bill Harrison d. Jeff Schrank, 21-6, 21-18; Sam Okner d. Steve Olson, 21-9, 21-20.

**MEN'S D RACQUETBALL**  
 Finals: Vic Sawko d. Dan Klarsky, 21-8, 21-4.  
 Semi's: Vic Sawko d. Chuck Rankin, 21-18, 18-21, 11-2; Dan Klarsky d. Scott Field, 21-7, 18-21, 11-6.

**MEN'S SENIORS 30+ RACQUETBALL**  
 Finals: Clyde Senters d. Terry Marker, 21-10, 21-6.  
 Semi's: Clyde Senters d. Dan Bertolucci, 21-12, 6-21, 11-5; T. Marker d. John Cassis, 21-12, 21-6.

**MEN'S OPEN DOUBLES RACQUETBALL**  
 Finals: Jim Babbitt/Tom Gouleke d. Steve Smith/Gary Hunley, 21-9, 21-4.  
 Semi's: Babbitt/Gouleke d. Keca/Nativo, 21-4, 21-3; Smith/Hunley d. Rich Batliner/Rich Covelli, 21-7, 21-19.

**MIXED OPEN DOUBLES RACQUETBALL**  
 Finals: Shirley Stelchen/Craig Steichen d. Jim Hillman/Ree Keca, 21-14, 21-16.  
 Semi's: Stelchen/Steichen d. Mike Jalovec/Tyna Heath, 17-21, 21-19, 11-7; Hillman/Keca d. Larry Gamm/Karen Minsky, 21-9, 21-10.

**WOMEN'S A RACQUETBALL**  
 Finals: Karrie Nolan d. Liz Burns, 21-8, 10-21, 11-10.  
 Semi's: K. Nolan d. Nancy Whinna, 21-10, 19-21, 11-5; L. Burns d. Kim Cooling.

**WOMEN'S B RACQUETBALL**  
 Finals: Joyce Morgan d. Lori Horn.  
 Semi's: J. Morgan d. Marian Bala, 21-12, 21-19; L. Horn d. Donna Radcliffe, 21-1, 21-12.

**WOMEN'S C RACQUETBALL**  
 Finals: Rose Pisano d. Pat Jennings, 21-19, 21-16.  
 Semi's: Pisano d. Glenda Stewart, 21-8, 15-21, 11-5; Jennings d. Julie Burdick, 21-16, 6-21, 11-2.

**WOMEN'S D RACQUETBALL**  
 Finals: Connie Hunley d. Dean Radcliffe, 21-12, 21-4.  
 Semi's: Hunley d. Sue Logsdon, 18-21, 21-11, 11-7; Radcliffe d. Pam Gall, 8-21, 21-18, 11-3.

**Bud-Light Invitational Racquetball**  
**Tournament**  
**Supreme Courts Racquetball/Healthclub**  
 Worthington, MN  
 December 10-12, 1982  
 Sponsored by Hagen Distributors, Godfather  
 Pizza, Hy-Wee, Pepsi-Cola, Andy's Pantry,  
 Maxi Lounge, Racquetball Today

**MEN'S A**  
 Finals: Kevin Thouson d. Lew Hoosec, 21-16, 19-21, 11-9.  
 Semi's: Ed Hunter d. Lee Flente, 21-3, 21-20.

**MEN'S B**  
 Finals: Gregg Erickson d. Clyde Inike, 21-10, 18-21, 11-4.  
 Semi's: Dan Goede d. Bob Ginger, 21-12, 21-0.

**MEN'S C**  
 Finals: Kim Milbrandt d. Ken Horner, 15-21, 21-7, 11-7.  
 Semi's: Ralph Norman d. Marc Gustafson, 21-13, 21-14.

**MEN'S D**  
 Finals: David Wilson d. Daryl Sopko, 21-17, 21-0.  
 Semi's: Bob Yaske d. Bryce Nlenkerk, 21-9, 21-14.

**WOMEN'S OPEN**  
 Finals: Karen Swanson d. Beth Buehler, 21-9, 15-21, 11-2.  
 Semi's: Carol Horak d. Sharon Sopko, 21-18, 21-16.

**2nd Annual Kiks Crippled Children Open**  
**Centralia Racquetball Club**  
 Centralia, IL

**MEN'S OPEN**  
 1st: Dave Gross, St. Louis d. Marty Dryer, St. Louis, 9-15, 15-5, 15-10.

**MEN'S A**  
 1st: William Ronnefeldt, St. Peters, MO.  
 2nd: Greg Smolens, Carbondale, IL.

**MEN'S B**  
 1st: Kirk Post, Carbondale, IL.  
 2nd: George Huelsman, St. Louis.

**MEN'S C**  
 1st: Terry Page, Carbondale.  
 2nd: Mike Miller, Granite City, IL.

**MEN'S NOVICE**  
 1st: Rick Rokop, Charleston, IL.  
 2nd: Brent Swartzlander, Centralia.

**MEN'S SENIORS**  
 1st: Bob Exleben, Salem, IL.  
 2nd: Joe Simon, Red Bud, IL.

**MEN'S OPEN DOUBLES**  
 1st: Dave Gross/Andy Gross, St. Louis d. Barry Allan/Bill Howk, Chicago, 15-11, 15-12.

**WOMEN'S OPEN**  
 1st: Deni Roman, St. Louis.  
 2nd: Sue DiPiano, Manchester, MO.

**WOMEN'S A**  
 1st: Stephanie Hawks, Belleville, IL.  
 2nd: Valerie Bush, Evansville, IN.

**WOMEN'S B**  
 1st: Theda Bara Ellis, Belleville, IL.  
 2nd: Donna Simon, Red Bud, IL.

**WOMEN'S C**  
 1st: Marti Blue, Charleston, IL.  
 2nd: Dawn Bacino, Normal, IL.

**WOMEN'S NOVICE**  
 1st: Christie Martin, Charleston, IL; wnd: Kim Dushane, Carbondale.

## MIDWEST TOURNAMENT SCHEDULE

January 7-9

**11th ANNUAL ILLINI OPEN**  
 U of Illinois  
 Champaign, IL  
 Contact: Don Webb  
 217/328-3143

January 28-30

**FOUR SEASONS OPEN**  
 Four Seasons Sports Center  
 1350 W. Lake St.  
 Roselle, IL 60172  
 Contact: Eric Bredhoert or Greg Cross  
 312/980-8882

January 7-9

**INDY OPEN**  
 The Court Club  
 3455 Harper Rd.  
 Indianapolis, IN 46240  
 Contact: Brenda Garvey  
 317/847-1111

February 4-6

**BRIDGKORT OPEN**  
 Bridgkort Racquet Club  
 720 Shady Lane  
 Neenah, WI 54956  
 Contact: Lefty Clark  
 414/739-0474

January 7-9

**OPEN TOURNAMENT**  
 Mt. Clemens Racquet Club  
 40501 Production Dr.  
 Mt. Clemens, MI 48045  
 Contact: John Becchio  
 313/463-2000

February 11-12

**ST. VALENTINE'S DAY MASSACRE**  
 Cherokee Golf & Tennis Club  
 5000 N. Sherman Ave.  
 Madison, WI 53704  
 Contact: Teresa Gnewuch  
 608/241-4601

January 14-16

**SOUTHRIDGE WINTER CLASSIC**  
 Southridge Racquetball Club  
 6815 W. Edgerton  
 Greenfield, WI 53220  
 Contact: Paul Ernst  
 414/421-5770

February 11-13

**ST. VALENTINE'S DAY MASSACRE**  
 Killshot Ltd.  
 321 Edgewater  
 Bloomingdale, IL 60108  
 Contact: Sue Sulli  
 312/893-9575

January 14-16

**REVV SOREY OPEN**  
 Lehmann Courts  
 2700 N. Lehmann Court  
 Chicago, IL 60614  
 Contact: Joe Rossi  
 312/871-8300

February 11-13

**FULL COURT OPEN**  
 Full Court Club  
 3501 Chadam Lane  
 Muncie, IN 47305  
 Contact: Jim Bartlett  
 317/286-0676

January 21-23

**OFF THE WALL OPEN**  
 Off the Wall  
 3100 Willowcreek Rd.  
 Portage, IN 46268  
 Contact: Michelle Sarkisian  
 219/763-2123

February 17-20

**EKTELON REGIONAL**  
 Evergreen Bath & Tennis Club  
 2700 W. 91st St.  
 Evergreen Park, IL 60642  
 Contact: Dave Dohman  
 312/425-7200

January 28-30

**NORTHRIDGE WINTERFEST**  
 Racquetball Club & Fitness Center  
 8940 N. 85th St.  
 Milwaukee, WI 53224  
 Contact: Bill Drogemuller  
 414/355-3340

February 25-27

**YMCA STATE DOUBLES**  
 Park Ridge YMCA  
 1515 W. Touhy  
 Park Ridge, IL 60068  
 Contact: Art Michaely  
 312/825-2171



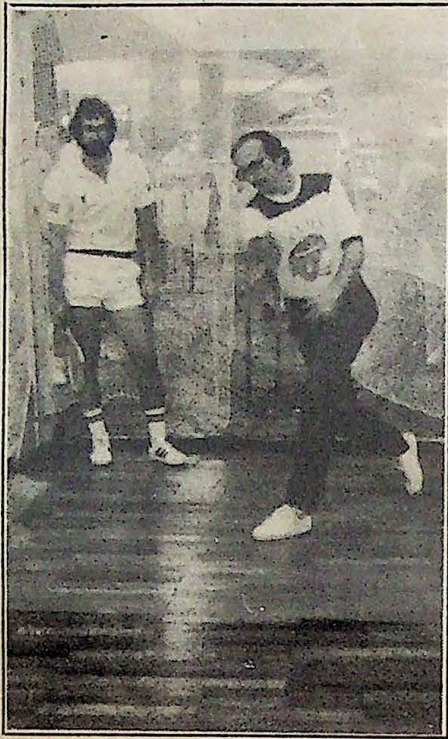
Jim Wirkus (r) defeats Bruce Thompson in Vacation Resort finals.

# WEST REGION

## Racquetball featured at So. California May stores

If you happen to be browsing through one of the May Company's Southern California stores in the near future, you might be able to catch one of Charlie Brumfield's traveling racquetball exhibitions. Brumfield is honorary chairman of the 1982 Isuzu Grand Prix, which is an inter-club traveling league currently in progress in the four-county area of Orange, San Diego, Los Angeles and San Bernardino. The exhibitions are designed to promote interest in the sport and in the Grand Prix.

At the exhibitions, any May Company shopper can have their strokes analyzed by the 5-time National Champ, Brumfield, and Irvine Clubhouse Pro, Scott Winters, via the use of video tape equipment set up in a portable racquetball court which travels from store to store. Shoppers are also invited to test their service speed as checked by a Penn Speedgun, with the hardest hitters winning Penn racquetballs. May, Adidas, Wilson, Champion and Penn are all co-sponsors of the Grand Prix which features a raffle of an Isuzu 4-door LS Sedan in conjunction with the event.



Scott Winters photo

Charlie "The Master" Brumfield coaches a May shopper in portable court.

**"Here's To Health"  
The Club  
Twin Falls, ID  
November 19-21, 1982**  
Sponsored by: Magic Valley Regional Medical Center, Me'n Ed's Pizza, 7-Up, Coors

**MEN'S OPEN**  
Finals: Marty Boozer (Pocatello, ID) d. Kevin Blake (Twin Falls, ID), 9-11, 11-5, 2-11, 11-7, 11-9.  
3rd Place: Kent Pressman (Ketchum, ID).

**MEN'S B**  
Finals: Jon Gilman (Ontario, OR) d. Peter Ahrens (Ketchum, ID), 11-8, 4-11, 11-6, 10-11, 11-7.  
3rd Place: Randy Szenas (Boise, ID).

**MEN'S C**  
Finals: Lynn Davids (Burley, ID) d. Mike Fisher (Ontario, OR), 7-11, 11-7, 11-8, 11-7.  
3rd Place: Pete Turner (Twin Falls, ID).

**MEN'S D**  
Finals: Michelle Gilman (Ontario, OR) d. John Houser (Twin Falls, ID), 11-2, 11-7, 11-5.  
3rd Place: David Hutchins (Twin Falls, ID).

**MEN'S OPEN DOUBLES**  
Finals: Kevin Blake/Jerry Paulsen (Twin Falls) d. Marty Boozer/Kip Kachaturian (Pocatello, ID), 4-15, 15-0, 11-7.  
3rd Place: Kent Pressman/Ron Kaercher (Ketchum, ID).

**MEN'S B DOUBLES**  
Finals: Bill Howell/Martin Netson (Boise, ID) d. Peter Ahrens/Brian Saks (Ketchum, ID), 15-12, 13-15, 11-8.  
3rd Place: Fred & Dave Malone (Boise, ID).

**MEN'S C DOUBLES**  
Finals: Pete Turner/Jim Jenkins (Twin Falls) d. Lynn & Wayne Davids (Burley, ID), 15-8, 15-6.  
3rd Place: Joe Gaitan/Richard Cooke (Twin Falls).

**WOMEN'S A-B**  
Finals: Karen Pressman (Ketchum, ID) d. Michelle Gilman (Ontario, OR), 7-11, 8-11, 11-4, 11-7, 11-5.  
3rd Place: Shirley Baumert (Twin Falls, ID).

**WOMEN'S C**  
Finals: Sherry Jenkins (Twin Falls) d. Rennee Spooner (Twin Falls), 11-4, 11-2, 10-11, 11-6.

**WOMEN'S D**  
Finals: Shana Brewer (Twin Falls) d. Peggy Spooner (Twin Falls), 11-4, 11-2, 10-11, 11-6.  
3rd Place: Sandi Fisher (Ontario, OR).

**3rd Annual Turkey Shoot  
For Benefit of M.S.  
Rallysport Health & Racquet Club  
Boulder, CO  
November 19-22, 1982**

**MEN'S OPEN**  
Finals: Doug Zirkle d. Gary Sanchez, 20-21, 21-10, 11-7.  
Semi's: Zirkle d. Mark Greenman, 21-3, 21-7; Sanchez d. Eric Hanson, 21-11, 21-20.  
Third Place: Eric Hansen (forfeit).

**MEN'S A**  
Finals: Pat Conley d. Mick Eitzel, 21-15, 16-21, 11-1.  
Semi's: Conley d. Bill Parker, 13-21, 21-13, 11-3; Eitzel d. Jim Verghis, 21-17, 21-18.  
Third Place: Jim Verghis (forfeit).

**MEN'S B**  
Finals: Frank Matson d. Joel McCabe, 21-19, 9-21, 11-8.  
Semi's: Matson d. Dan Walker, 21-13, 21-12; McCabe d. S. Sellers, 21-13, 10-21, 11-5.  
3rd Place: Dan Walker (forfeit).

**MEN'S C**  
Finals: Steve Bryant d. John Oberto, 21-8, 21-18.  
Semi's: Bryant d. Ted Villanueva, 21-7, 21-14; Oberto d. Chip Doro, 19-21, 21-12, 11-3.  
Third Place: Ted Villanueva.

**MEN'S NOVICE**  
Finals: Jim Allen d. Brian Wells, 17-21, 21-4, 11-4.  
Semi's: Allen d. Fred Rubin, 21-20, 21-6; Wells d. Bob Blair, 21-13, 21-10.  
Third Place: Fred Rubin.

**MEN'S SENIORS**  
Finals: Monte Huber d. Steve Sahn, 21-18, 21-6.  
Semi's: Huber d. E. Creel, 21-5, 21-4; Sahn d. Don Campbell, 21-5, 21-8.  
Third Place: Don Campbell.

**MEN'S MASTERS**  
Finals: Dave Snyder d. Dick Manson, forfeit.  
Semi's: Snyder d. Charlie Chaffee, 21-13, 21-18; Manson d. Lou Smario, 21-20, 17-21, 11-6.  
Third Place: Lou Smario.

**WOMEN'S OPEN**  
Finals: Terri Higgins d. Barb Dahl, 21-14, 21-6.  
Semi's: Higgins d. Melanie Britton, 21-4, 21-11; Dahl d. Janice Flores, 21-17, 21-16.  
Third Place: Janice Flores.

**WOMEN'S A**  
Finals: Pat Schorer d. Melanie Britton, forfeit.  
Semi's: Britton d. Marsha Swoboda, 21-11, 21-4; Schorer d. Peggy Hulet, 21-20, 21-9.  
Third Place: Peggy Hulet.

**WOMEN'S B**  
Finals: Diane Almeida d. Megan Doukakis, 21-7, 21-10.  
Semi's: Almeida d. Mary Tjelmeland, 21-14, 21-11; Doukakis d. Rebecca Fortney, 21-16, 21-12.  
3rd Place: Mary Tjelmeland.

**WOMEN'S C**  
Finals: Maggan Arapkiles d. Kathy Kloor, 21-12, 21-6.  
Semi's: Arapkiles d. Jackie O'Hare, 21-14, 13-21, 11-8; Kloor d. Barb Baker, 14-21, 21-4, 11-5.  
Third Place: Jackie O'Hare.

**WOMEN'S NOVICE**  
Finals: Lori Gustafson d. Kim Barnett, 21-5, 21-7.  
Semi's: Gustafson d. Gette Bond, 21-19, 21-9; Barnett d. C. Davis, forfeit.  
Third Place: Gette Bond.

## WEST TOURNAMENT SCHEDULE

January 14-16

**NCRA JUNIOR CIRCUIT**  
Sacramento Handball/Racquetball Club  
725 14th St.  
Sacramento, CA 95815  
Contact: Jose Phillips  
916/441-2977

February 11-13

**NCRA JUNIOR RACQUETBALL CIRCUIT**  
Supreme Courts  
3033 Alvarado  
San Leandro, CA 94577  
Contact: Brian Straight  
415/351-5323

January 27-30

**2nd ANNUAL ARTHRITIS OPEN**  
Sponsored by Burger King, Olivetti & Entertainment Systems  
Scottsdale Clubhouse  
7303 E. Earl Drive  
Scottsdale, AZ 85251  
Contact: Larry Lee  
602/949-0643

February 17-20

**EKTELON REGIONAL**  
Racquetball World of Fountain Valley  
10115 Talbert Avenue  
Fountain Valley, CA 92708  
Contact: Mark Martino, Scott Berry  
714/962-1374

January 28-30

**WINTER RACQUETBALL CLASSIC**  
Federal Way Athletic Club  
31701 20th Ave. S.  
Federal Way, WA 98003  
Contact: Jerry Henderson  
206/941-5990

February 18-20

**DO IT IN SACRAMENTO NCRA OPEN**  
Wall Street Racquetball Club  
3120 Bradshaw Rd.  
Sacramento, CA 95827  
Contact: Club  
916/363-4838

February 10-13

**WPRA RAINBOW INSPECTION PRO/AM**  
Wyoming Racquetball Club  
455 Thelma Drive  
Casper, WY 82609  
Contact: Rick Carbaugh  
307/265-6928

February 25-27

**WPRA BOB'S BIG BOY OPEN**  
Tucson Athletic Club  
4220 E. Bellevue  
Tucson, AZ 85712  
Contact: Carl Porter Jr.  
602/881-0140

February 11-20

**DP LEACH/CATALINA/VOIT REGIONAL**  
Beaverton Racquet Club  
4925 SW Griffith Drive  
Beaverton, OR 97005  
Contact: Wayne Westwood  
503/644-3900

February 25-27

**VALENTINE DAY MASSACRE**  
Bay Area Racquet Club  
PO Box 3157  
Coos Bay, OR 97420  
Contact: Kathy Officer  
503/888-5507

**Wendy's/2100 Fall Open  
Platinum Racquetball & Fitness Club  
Pueblo, CO  
November 11-14, 1982**

**MEN'S A SINGLES**  
Finals: Terry Cheney d. Alan Korkus, 21-12, 21-16.  
Semi's: A. Korkus d. John Tancock, 21-13, 21-10; T. Cheney d. J. Vohland, 21-8, 21-10.  
**MEN'S B SINGLES**  
Finals: Allen Korkus d. Ken Foster by forfeit.  
Semi's: A. Korkus d. J. Jubert, 21-19, 21-19; K. Foster d. D. Cannella, 21-18, 21-10.  
**MEN'S C SINGLES**  
Finals: Jeff Hawkins d. Leigh Coker, 21-8, 21-15.  
Semi's: J. Hawkins d. J. Schneider, 21-11, 20-21, 11-6; L. Coker d. J. Trujillo, 15-21, 21-8, 11-2.  
**MEN'S NOVICE SINGLES**  
Finals: Mark Foster d. Troy Brennan, 21-18, 21-16.  
Semi's: T. Brennan d. D. Daus, 21-6, 21-6; M. Foster d. M. Ross, 21-17, 21-5.  
**MEN'S INTERMEDIATE DOUBLES**  
Finals: Foster/Foster d. Franco/Lococo, 21-13, 21-17.  
Semi's: Foster/Foster d. Delpizzo/Vallejos, 21-5, 21-19; Franco/Lococo d. Letourneau/Bramlett, 16-21, 21-6, 11-10.  
**WOMEN'S B SINGLES**  
Finals: Lindsey Bramlett d. Jill Tancock, 21-16, 11-21, 11-4.  
Semi's: L. Bramlett d. C. Radiff, 17-21, 21-2, 11-3; Jill Tancock d. S. Letourneau, 21-13, 9-21, 11-7.  
**ROUND-ROBIN PLAY**  
**WOMEN'S DOUBLES**  
First Place Tie: Cannella/Brennan, Landry/Letourneau, Ryan/George.  
**WOMEN'S C/NOVICE**  
1st: Helen Smith.  
2nd: Kami Creech.  
3rd: Debra Radiff.  
**MEN'S ADVANCED DOUBLES**  
1st: Ryan/Cheney.  
2nd: Bratt/Mooney.  
3rd: Alexander/Bedard.

**Mid-Winter Rollout  
Albany Superior Courts  
Albany, OR  
November 19-21, 1982**

**MEN'S OPEN**  
1st: Jim Housgard.  
2nd: Kelly Rasmussen.  
3rd: Joe Cho.  
Consol: Don Hogan.  
**MEN'S A**  
1st: John Miller.  
2nd: John Barry.  
3rd: Susie Carlos.  
Consol: Pete Lood.  
**MEN'S B**  
1st: Terry Peterson.  
2nd: Rick Ikeda.  
3rd: Mike Cheney.  
Consol: Chester Brown.  
**MEN'S C**  
1st: Blair Hart.  
2nd: Dave Franey.  
3rd: Bob Feiring.  
Consol: Doug Carr.  
**MEN'S D-NOVICE**  
1st: Gary Holliday.  
2nd: Gordon Walker.  
3rd: Gary Frantz.  
Consol: Dalton Johnson.  
**MEN'S OPEN/A DOUBLES**  
1st: Kelly Rasmussen/Jim Boyce.  
2nd: Dean Wallace/Jerry Bone.  
3rd: Pete Lood/Bunco Camus.  
Consol: Mike Graff/Don White.  
**MEN'S B/C DOUBLES**  
1st: Ken Johnson/Michael Back.  
2nd: Robin Becker/Bill Miller.  
3rd: Jim Davidson/Dana Andrews.  
Consol: Maria Hyne/Brian Fitzsimmons.  
**MIXED DOUBLES**  
1st: Don Hogan/Susie Carlos.  
2nd: Joe Cho/Uiki Gardner.  
3rd: Tim Fischer/Karen Janssen.  
Consol: Laurie Miller/John Miller.  
**WOMEN'S OPEN or A/B**  
1st: Cathy Wilson.  
2nd: Maria Hyne.  
3rd: Happy Erickson.  
Consol: Kathy Kerth.  
**WOMEN'S C**  
1st: Mary Holley.  
2nd: Pat Wood.  
3rd: Scottie Johnson.  
Consol: Kim Wilkerson.  
**WOMEN'S D-NOVICE**  
1st: Cindy Rasmussen.  
2nd: Stelly Fjaril.  
3rd: Chris Lyons.  
Consol: Cindy Meares.

# Where to play in the USA

## California

### CENTURY PARK FAMILY FITNESS CENTER

9911 West Pico, Los Angeles, CA 90035. Seven regulation courts; complete exercise facilities including Lifecycle, Nautilus, Dyncam, Hydrogym and free weights; steamroom, sauna and whirlpool for men, sauna and whirlpool for women; pro shop; TV lounge, restaurant and bar. Racquetball lessons and programs under the direction of "Professor" Jim Schatz. Call 213/553-7600.

### 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.

### SCHOEBER'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.

1. ALL SPORT FITNESS, 17 Old Main Street, Fishkill, NJ 12524 (914) 896-5678.
2. ALL SPORT FITNESS, 240 North Road, Poughkeepsie, NY 12601 (914) 452-5050.
3. BRISTOL CLUBHOUSE, 842 Clark Avenue, Bristol, CT 06010 (203) 583-1843.
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 Stret 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) 877-6073.
10. COURT HOUSE ONE — MANCHESTER/VERNON, 47 Hartford Turnpike, Vernon, CT 06068 (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) 835-5400.
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.
15. EMPIRE ONE RACQUETBALL CLUB, 85 Lemay Street, Chicopee, MA 01013 (413) 536-8574.
16. HAMMONASETT RACQUETBALL CLUB, 1291 Boston Post Road, Madison, CT 06443 (203) 245-2927.
17. LAKEWOOD RACQUETBALL CLUB, Lakewood Road, Waterburg, CT 06704 (203) 755-8699.
18. MILFORD RACQUETBALL CLUB, Bridgeport Avenue, Milford, CT (203) 877-5126.
19. NEWTON HEALTH & RACQUET CLUB, P.O. Box 425, Commerce Road, Newtown, CT 06470 (203) 426-8591.
20. NORWICH RACQUET CLUB, 2 Wisconsin Avenue, Norwich, CT 03360 (203) 889-4489.
21. RACQUETBALL EAST, 45 Crane Avenue, East Longmeadow, MA 01089 (413) 525-3931.
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) 583-7999.
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) 324-6180.
30. THE STRATFORD RACQUETBALL & NAUTILUS CLUB, 140 Watson Boulevard, Stratford, CT 06497 (203) 386-7800.
31. SUPREME COURT, 155 Ashley Avenue, West Springfield, MA 01089 (413) 781-0181.
32. TRI-PURY TENNIS & RACQUETBALL CENTER, P.O. Box 385, 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, 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, G, 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 slimmastics; 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

### CHARLIE CLUB

Route 53 and Dundee Road, Palatine, Ill. (312) 934-4900. Open 24 hours, 7 days. Complex includes restaurant and lounge (open to the public), plus 181 room Best Western Hotel. 17 racquetball/handball courts, featuring two-sided glass-enclosed court with gallery seating; two indoor tennis courts; gym/basketball court; indoor/outdoor tracks, separate fully equipped exercise rooms for men and women; indoor pool with co-ed whirlpool and sun patio; co-ed olympic weight rooms; carpeted locker areas with steamrooms, saunas, whirlpools, sunlamps, massage, supervised playroom; table tennis/pocket billiards; pro & health food shop. Individual and corporate memberships for those over 18. Free use of club to hotel guests. Other Charlie Club locations include: 2701 Black Road, Joliet (815) 729-4503 and coming in early 1981, 501 Midway Drive, Mt. Prospect (312) 384-6415.

### 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 Durdill.
  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, Continental Towers, Rolling Meadows, IL 60008 (312) 981-7777. 10 regulation handball/racquetball courts, two squash courts, indoor swimming pool and whirlpool, indoor running track. Basketball, ballet, table tennis, Cestaball. Complete exercise room featuring 15-station Nautilus and men and women's Paramount equipment. The club is built in conjunction with two restaurants; individual and corporate memberships available. Complete lessons and leagues under pros Norb Duba and Sue Carow. For information contact Mary Lou Ghannon, Manager.

### 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.

### GLASS COURT CLUB

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 slimmastics 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, slimmastics 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 RACQUETBALL CLUB, 200 North Military Rd., Slidell LA 70458, 504/643-8194.
- 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, 504/382-2760.
- 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; slimmastics, exercise classes, aerobics, wallyball and complete Universal exercise facility. For information contact manager/Pro Larry Jakinovich at 313/676-5850.

## Pennsylvania

### LANSLOWNE 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, attended nursery, whirlpool and steamrooms for men and women; exercise rooms and complete exercise and aerobic classes. For information contact Kyle 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 RACQUETBALL 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

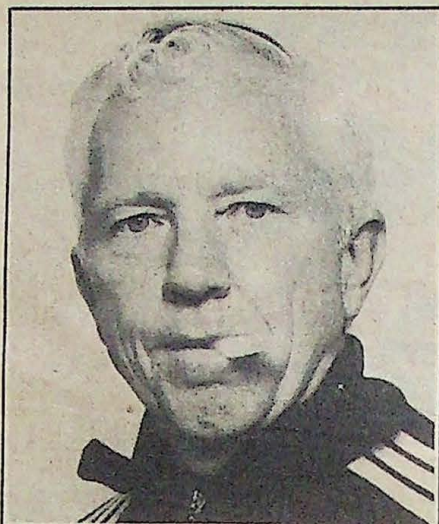
Following are clubs belonging to the NWRRA. Please call for membership and guest information.

- 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 I, 2510 Oakmont Way, Eugene OR 97401, 503/687-2811.
- COURTSIDE 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, 503/685-4142.
- GRIFFITH 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.
- MEDFORD 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.
- UMPUA 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, 503/3723.

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

# New Products

**EKTELON CORP.** announces the new Citori racquet, billed as "the stiffest, most durable racquet in the game." The new aluminum alloy 7178-TG is 100% stronger than competitive alloys and 56% stronger than other Ektelon aluminum racquets. The Citori utilizes the wishbone frame and Ektelon's Sunburst string pattern and comes with a full, 90 day string warranty and two-year frame warranty. For information, contact Ektelon Corp., PO Box 23510, San Diego, CA 92123.



Hanlon Air Conditioner

The latest in computer technology, including software and hardware, specifically designed to aid in the management and control of racquetball and tennis facilities is now available from **CIRCLE COMPUTER SERVICES**. Their systems cover marketing, scheduling, billing, tracking payments, permanent court time and single reservations . . . virtually all aspects of court control and club management. For more information, contact Circle Computer Services, 920 Remington Rd., Schaumburg, IL 60195 or call 312/884-2424.

**INTERNATIONAL TRACK CLUB, INC.** announces the new Hanlon Air Conditioner. Developed by Dr. Raymond J. Hanlon, after 30 years of coaching in the U.S. and Europe, primarily to reduce the temperature of inhaled air when running in extremely cold weather. The unit also controls air supply which affords a variety of other benefits and uses. For information, write International Track Club, Inc., 4 Wildflower Rd., Barrington, RI 02806.

**SPORTS RESEARCH CORPORATION** has come out with a new reducing cream called BBF Maxercise Cream. The "BBF" stands for "breakdown of body fat." Invented by Jeff Pedersen for the purpose of helping the members of his San Pedro Athletic Club lose weight, the basic idea of the cream is to "insulate body heat which is generated during exercise and open the pores tremendously drawing out the excess fluid which has been deposited in fat areas with age." For sales information, contact Sports Research Corporation, 3425 Mulldae, San Pedro, CA 90732.

Anti-Mist is a new product marketed by **PARKELL**. A Swiss-made product, Anti-Mist was originally developed by dentists to keep their mouth mirrors from fogging. It worked so well that the dentists began using it on their own eyeglasses. Anti-Mist sells for \$8.95 ea or two for \$17.00 (includes shipping). To order, or for further information, contact Bob Burke, PARKELL, Box S, Farmingdale, NY 11735.

**CUMFORT CUSHION MILLS** announces the introduction of cushioned footwear, named Cushees Socks. The new socks are scientifically designed to put extra padding under the foot and at the heel and toe. To emphasize the protective cushioning, the heel and toe area are colored. The socks are 90% Hi Bulk Turbo Orlon, with 10% Spandex for stretch and come in four models: Crew Style, Tube Socks, Anklelets, and Rolldowns. All are priced at \$4 a pair. For more information, write Tennis Togs, Inc., 2520 N.W. Second Avenue, Boca Raton, FL 33431 or call 800/327-5012.



Anti-Mist

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