



RACQUET RACKET

Inside this issue...

- ▶ Doubles Only Entry.....3
- ▶ Results.....6
- ▶ Nat'l Champ Entry9
- ▶ Hall of Fame Honorees 14
- ▶ Tournament Trail.....24
- ▶ NMRA Board.....24

Official Newsletter of the National Masters Racquetball Association (NMRA)

FALL 2013

New USAR Rules

By Cindy Tilbury / Steve Cohen

This is a repeat of last newsletter's announcement. The USAR Board of Directors approved four rule changes that went into effect September 1, 2013.

- In short, during play (as opposed to warming up on the court), players must wear athletic shoes (not just socks and no bare feet).
- Also during play, players cannot wear audio gear except to hear better.
- Unintentional carries are okay. (Crazy, but I'm getting used to it!)
- All USAR division play, including "Open" divisions, will be two-serve games, except for US Team Qualifying events at National Singles and National Doubles. The one-serve rule for US Team Qualifying divisions makes that competition more compatible with international play, as the winners represent the United States in IRF events.

Room Winners West Allis Brookfield Suites in July

Congratulations to the winners!

Sue Schatz - James Elliott - Gladys Leonard - Michael Hiles - John Prigmore

MILITARY CORNER —

By Cindy Tilbury



I'm not trying to fool you—I was never in the military. But I recently got a special request from the Military Racquetball Federation and I have to pass it along. He is planning something special in the months to come and would like for all NMRA members who are veterans, current duty military personnel, and (most importantly) wounded service personnel racquetball players to please make yourselves known to **Jack Hughes**. 702.413.7269 racquetballplus@comcast.net. Thanks! And **THANK YOU** for defending this country.

PRESIDENT'S CORNER — Check Your Venues

By Howard Walker

Hey everyone! It's been a great couple of months since the last newsletter—we had a great time in West Allis, Wisconsin, at the Wisconsin Athletic Clubs, and, although it wasn't run by the NMRA, some of our members got together in Las Vegas at an unsanctioned rotating-doubles tournament that we sponsored. More of our group played in the IRF World Seniors Racquetball tournament in Albuquerque and did a little socializing there.

Our July tournament in West Allis was a huge success!! Numbers were down just a bit, but the competition was tougher than ever in almost every event. And the club was in great shape, as usual, with one of the best staffs we see every year.

The banquet was highlighted by two events...1) our generous members donated almost \$1700.00 towards the travel expenses for **Justus Benson**, a local USA Junior Team member, to attend the World Junior Tournament in Sucre, Bolivia. And 2) the NMRA Hall of Fame inducted three new members. **Howard Walker** (me, woohoo) and **Marquita Molina** entered as players/athletes, and **Jim Elliott** as a contributor.



Our NMRA board of directors met in West Allis before the tournament, and, if you were at the banquet, you saw that we were working on the venue for our March, 2014, tournament. It wasn't quite set then, and we were trying to secure a venue in the eastern half of the US. Kansas City was our first choice, Orem/Provo was our second, and then we had a list of other options. We figured out that the Overland Park Athletic Club in the Kansas City area is still trying to sell their six-court club and could not promise the court hours that we needed, so we moved on to looking at Utah. The hotel management had changed since we were last there, and we could not make a guestroom/banquet room deal that would work for our members. At that point, it was getting close to newsletter deadline time, so we had to do a little scrambling, but we know you'll think the effort was worth it.

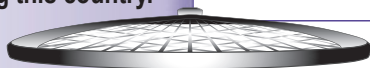
We are going to be back in Tucson, Arizona, at the Tucson Racquet and Fitness Club and the University of Arizona. The date is now firm, March 5 through 8. The host hotel will be the Doubletree again, at the same room rate we had for this past March. We heard from the players that one of the best things about the Tucson set of clubs was the "NMRA \$2.00 wooden coins," as they were so easy to use and required no extra catering that the tournament directors had to oversee. Win/win, for sure. We are excited about going back—especially since the clubs and hotel are so happy to see our group again.

continued on page 5...

To the NMRA—A great big thank you to your membership. It was very touching to sit at your banquet and witness the support your association provides. Thank you so much.

Jeff Benson

I want to thank the NMRA and their members for their generous contributions supporting myself and Team USA for the upcoming Junior World Championships. I enjoyed being part of your banquet and meeting your players. Sincerely, Justus Benson





NMRA 2013 Doubles-Only Championships

Maverick Athletic Club – Arlington, Texas

December 5-7, 2013 (Thursday, Friday & Saturday)

****Round Robin Age Divisions Starting at 40 Years Young****

TOURNAMENT INFORMATION SHEET www.nmra.info

Tournament Directors / Staff Mail-In Registration to: Steve Cohen 714.767.4622 scohen@nmra.info
 Tournament Director – Howard Walker 682.365.3655 hwrball@aol.com
 Tournament Director – Patrick Gibson 817.451.3380 prgibson5@hotmail.com
 Carmen Alatorre-Martin – Membership Director
 Leo Vasquez – Maverick Athletic Club Contact

Host Club



Maverick Athletic Club (10 Panel Courts) www.themav.com 1919 W Pioneer Parkway, Arlington, TX 76013 714.961.0400
 Bring a lock. Towel service available free. All club facilities are available to tournament players and paid guests. Great club and locker room amenities available during the event.

Host Hotel

La Quinta Inn & Suites (Arlington South) 4001 Scots Legacy, Arlington, TX 76015, 817.467.7756 - Within ten minutes of the Maverick Club; Rate: \$79 per night! Use code NMRA when registering. Reserve early - only 40 rooms reserved for NMRA! Free parking / free hot breakfast / free internet.

Enter Online Maximum of Two Divisions

Enter online by November 18, 2013
<http://www.r2sports.com/tourney/home.asp?TID=11497>;
 First event--\$140 Second event--\$40 Two Doubles Division Limit.
 Guests Fee \$65 for the week (Must sign waiver for club use).
We can help find doubles partners and/or roommates.

Enter via US Mail Maximum of Two Divisions

Fill out the entry form at www.nmra.info (Tournament Info page).
 Mail completed entry form and fees by November 15, 2013, to:
 NMRA c/o Steve Cohen, 5832 E Bluebonnet Court, Orange, CA 92869
 Two Doubles Division Limit.

Doubles Partners/Roommates

Contact Cindy Tilbury for a doubles partner (cindy.tilbury@att.net) or roommate request.

Special for Ladies!

We are trying something new to the NMRA—two new B/C age divisions for ladies 59 or younger. If you feel you are not an Open/A-level player, you may enter B/C. Choose 40+ B/C or 50+ B/C.

Nearest Airport

Dallas Fort Worth (DFW); Twenty minutes north of the Maverick Club; Book flights at www.dfwairport.com ; Super Shuttle Approx \$20.00 – Taxi Approx \$40.00

Airlines Flying into DFW Airport

Air Canada; Air Tran; Alaska Airlines; American Airlines; Continental; Delta; Frontier; Spirit; Sun Country; United; US Airways; Virgin America

Alternate Airports

Dallas Love Field (DAL); Five miles northwest of downtown Dallas; Southwest Airlines flies here.

Airport/Taxi Shuttle Ground Transportation

Shuttles may be available from the airport to the host hotel. Ground transportation can be found at: <http://www.dfwairport.com>

Shuttle from Hotel to Maverick Athletic Club

Host hotel will provide a complimentary shuttle to the club for hotel guests. The club is approximately 5 minutes from the hotel.

Directions from DFW Airport to Host Hotel

<http://mapq.st/16613lm>
 20 Miles – 30 Minutes South
 Exit Airport heading south using TX-360 for 11.8 mi; Merge onto I-20 West toward Fort Worth for 3.2 mi; Take Exit 449 toward FM-158/Cooper St for .4 mi; Turn slightly left onto West I-20 Highway (parallel to I-20) for .1 mi; Take the first right onto Scots Legacy Drive for .1 mi; LaQuinta will be on your right.

Directions from DAL Airport to Host Hotel

<http://mapq.st/15LaleY>
 29 Miles – 37 Minutes Southwest
 Exit Dallas Love Field using Mockingbird Lane southwest for 2.3 mi; Turn right onto E John W Carpenter Freeway for .6 mi; Merge onto TX-183 West toward Fort Worth and stay left; Go 2.5 mi; Merge onto TX-12 Loop S and go for 7.8 mi; Keep right to take TX-408 Spur S toward I-20 for 4.2 mi; Merge onto I-20 West toward Fort Worth for 10.1 mi; Take Exit 449 toward FM-157/Cooper St for .4 mi; Turn slightly left onto W I-20 Highway parallel to I-20 for .1 mi; Turn right onto Scots Legacy Drive for .1 mi; Host hotel will be on your right.

Directions from Host Hotel to Maverick Club

4 Miles – 7 Minutes Southeast
 North (right) out of parking lot toward Highlander Blvd for .1 mi; Take second right onto West Arbrook Blvd for .6 mi; Turn left onto Matlock Road for 1.6 mi; Turn left onto W Pioneer Parkway/TX 303 for 1.4 mi; Club will be on your right.

Parking at Host Club Free. RVs may park with no hookups/utilities.

Tournament Check-In/Player Meet-and-Greet

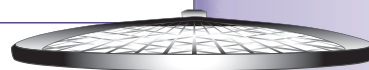
Wednesday, December 4, 2013, 5 pm to 8 pm, at the Maverick Club. Complimentary reception with beverages and hors d'oeuvres. Pick up tournament souvenir, play schedules, etc. and socialize.

Play Begins/Ends Starting at 8 am

every day. Ends by 10 pm Thursday
 Ends 5 pm Friday and Saturday
 Every division plays every day (Thursday through Saturday)

Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. Sign-In is required at club.

continued on page 4 ➤





ENTRY FORM

NMRA DOUBLES-ONLY CHAMPIONSHIP



DECEMBER 5-7, 2013 (Thursday, Friday & Saturday)

* * Round Robin Age Divisions Starting at 40 Years Young * *

MAVERICK ATHLETIC CLUB - 1919 W Pioneer Parkway - Arlington, TX - 817.275.3348

Mail-In Entry Must Be POSTMARKED NLT NOV 15, 2013

Online Entries Must Be COMPLETED BY NOV 18, 2013

Online entries at: <http://www.r2sports.com/tourney/home.asp?TID=11497> Limit of 120 Players - ENTER EARLY

Tournament Directors: Howard Walker 682.365.3655 & Pat Gibson 817.319.0080

Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Cell _____

Home _____

Work _____

Fax: _____

Email: _____

DOB: m ____ / d ____ / yr ____ Age on 12/5/2013 ____

Waiver: I hereby, for myself, my heirs, executors, and administrators, waive & release any & all rights and claims that I may have against the NMRA, USAR, Maverick Athletic Club Arlington and their staff, and all sponsors or their respective agents, for any and all injuries or damages of any nature which I, my spouse or my guest(s) may incur as a result of my participation in this tournament. I also acknowledge the potential risk of eye injury during competition, and can certify in writing that my protective eyeguards (including prescription frames/lenses) conform with all standards specified in USA Racquetball Rule 2.5(a). By registering to compete in this event, I consent to and release all rights to the use of event photographs in which my image appears.

Signature: _____ Date: _____

ENTRY FEES:		
First Event	\$ 140	\$ _____
Second Event	\$ 40	\$ _____
Spouse/Guest(s)* (each)	\$ 65	\$ _____
NMRA Membership ** (3 years)	\$ 45	\$ _____
USRA Membership (1 year)	\$ 50	\$ _____
Additional Tournament Jacket	\$ 35	\$ _____
Future Fund Donation:	\$	_____
Total Due:	\$	\$ _____

* Spouse/Guest(s) Name(s): _____

** Check here if your first NMRA tournament
First time participants do not have to join the NMRA, but we hope you do. New NMRA members receive a T-Shirt.

Registration Wednesday night 5-8 PM location TBD.
 Includes complimentary reception featuring cocktails and hors d'oeuvres

PAYMENT: Send entry form & payment in U.S. dollars, made payable to **NMRA**. Mail to:
 Steve Cohen, 5832 E. Bluebonnet Court,
 Orange, CA 92896, 714.767.4622

NO REFUND OF ANY FEES AFTER 11/18/2013

NMRA Official Website: www.nmra.info and [Facebook](#)

Players may enter a maximum of two (2) doubles events.

DOUBLES

	MEN	WOMEN	MIXED
40+			
40+ B/C	N/A		N/A
45+			
50+			
50+ B/C	N/A		N/A
55+			
60+			
65+			
70+			
75+			
80+			
85+			
90+			

Doubles Partner(s): Please print

Name/Div/Age Bracket: _____

Name/Div/Age Bracket: _____

___ I need a ___ doubles partner ___ roommate.

JACKET SIZE: MEN _____ or WOMEN _____

S ___ M ___ L ___ XL ___ 2X ___ 3X ___

Emergency Contact Name and Phone Number:

NMRA 2013 Doubles-Only Championship INFORMATION SHEET

continued from page 2...

Practice Courts Courts may be available free of charge November 28-30, 2011. Special guest fee \$5 for tournament-related guests.

Tournament Ball Ektelon Classic Black is the official ball of the NMRA.

Tournament Scoring All round robins, self-refereed matches. Every division will play two games to 15. Large "pool play" divisions will have Saturday playoff matches. Playoff format will be two games to 15, tiebreaker to 11 if needed. Bonus points are awarded for winning games (2 per game) and the match (4). Ties will split the extra four match points. Points are automatically calculated by the R2sports tournament software. When any team or player must forfeit, average scores will be used to determine final results of the division or pool. If a forfeit occurs during a match, the opposing team or player will be awarded points required to finish the match.

Appeals The NMRA has a rules committee that can be used by the players to submit an appeal on a rule or issue that arises during the event. The decision of the rules committee is final and binding on all parties concerned.

Eligibility USAR-sanctioned; Current USAR membership is required to participate. Your membership must be valid thru the last day of the tournament, December 7 2013. Entries will not be accepted without payment for USAR membership. USAR membership is available at www.usra.org. NMRA membership is required for all EXCEPT players who are playing in their FIRST NMRA event. Special recognition and gift for first-time players and new NMRA members. You must be a current member as of the last day of the tournament.

Tournament Awards NMRA medals will be awarded to First through Fourth place winners for each age division. Combined divisions will be awarded medals based on separate age divisions.

Morning Hospitality Breakfast is available at the hotel for hotel guests. Fruit and drinks available at the *Maverick Athletic Club*.

Lunch Lunch is served at the *Maverick Athletic Club*; you will need to present your tournament pass or bag tag.

Evening Hospitality on Thursday Not a substitute for dinner. Will be served at the *Maverick Athletic Club*. You will need to present your tournament pass or bag tag.

Banquet on Friday night *Maverick Athletic Club* activity room, included in your entry fee. Cash bar at 6:00 pm; Dinner and program from 7 pm to 10 pm

Local Activities www.arlington.org

Sights to See Pro Sports Stadium Tours, Six Flags Amusement Park, Comedy Club, Museums, Shopping, Ice Skating, Billy Bob's, Stockyards, Zoo, Restaurants, JFK Dealey Plaza Museum, Dallas Aquarium, American Airlines Center (NBA Mavericks Arena and Nightlife Area). Austin is a three-hour drive; Houston and San Antonio are four-hour drives; Mexico and other Texas historical cities are longer drives.

Average Temps Year – 77° F December – High 56° F – Low 37° F
Average December Precipitation 2.57 Inches

RV Parks RV parks near the club are:
KOA Kampground, 2715 S Cooper, Arlington, TX 817.277.6600
Lakeview RV, 4793 E Loop 820 S, Fort Worth, TX 817.457.6771

Things to Do in the Arlington Area

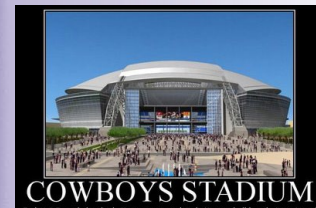
By Howard Walker



Arlington, Texas, is considered "the entertainment district" of the Dallas/Fort Worth area, due to the malls, sports arenas and amusement parks. It is about 20 minutes south of the airport, and is centrally located between Dallas and Fort Worth. Make sure you check out the attractions in both cities while you're in Arlington for the tournament.

Arlington Area

Hyena's Comedy Club
Six Flags Amusement / Roller Coaster
Dallas Cowboys NFL Stadium Football Tour
Texas Rangers MLB Stadium Tour
Shopping / Ice Skating at Parks Mall
Wax Museum
Movie Theaters
Restaurants



Dallas Area

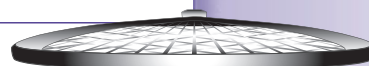
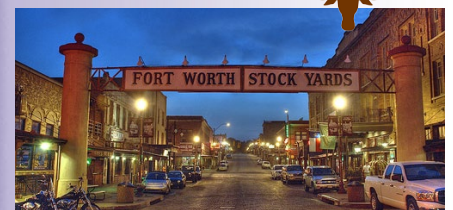
JFK Dealey Plaza Site / Museum
Dallas Aquarium
NBA Mavericks American Airlines Arena / Shops
Restaurants



Fort Worth Area

Billy Bob's
Stockyards
Dallas Fort Worth Zoo
Restaurants

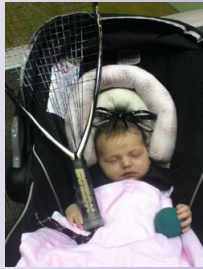
FORT WORTH



NMRA Tidbits

By Cindy Tilbury

Professional Racquetball Player Andy and his lovely racquetball-playing wife, Tracy, had a baby in June.



They sent me the obligatory “racquet in hand” picture and it’s awfully cute!

Membership for the NMRA is currently at about 600--480 three-year memberships, with another 120 first-time members that we acquired this past year during our three tournaments. We will encourage them to join our organization. If your email address is correct in your *USAR/R2Sports* profile, you should be getting automatic renewal notices so you can keep your membership up-to-date. Thanks for joining!

With the recent passing of Ben Marshall, our oldest NMRA member is currently **Bob McAdam**, 92, from Crowley, Texas.

It’s back to the southeast US for the NMRA! We are pleased to announce that we will be going back to *North Carolina State University* in July of 2014 for our *International Championships!!! Ed Remen*, who is an excellent player and a teacher/coach there, helped get this all arranged for our group. They have 18 panel-walled courts and student energy that is infectious. For the off-court activities of our tournament, we will be hosted by the *Doubletree* right near the campus, so we are excited to have AT LEAST 200 players. You east-coasters should be very happy and we hope you will invite all of your player friends. We plan to offer B/C divisions for ladies, in case they are a little intimidated to play Open/A players.

Do you like what the NMRA or another racquetball organization does to further our sport? Sponsor them or volunteer your time to them! The NMRA has been very fortunate in having great sponsors who help us put on better tournaments and keep our sport going (especially for the older players) and we really want to thank you all and encourage you to keep us in mind when you are putting your time or checkbook where your heart is. If you don’t know what will help or where to volunteer your time, just ask an NMRA board member and we’ll help find a great fit for you.

PRESIDENT’S CORNER - Check Your Venues *continued from page 1...*

The R2sports.com tournament website will be up any day and you’ll be able to enter online or use the paper entry form in this newsletter. Bring all of your 45+ friends and introduce them to our NMRA family. See you in March.

Before the spring tournament, however, **Pat Gibson** and I will be the tournament directors for our extra-fun doubles-only tournament that runs December 5 through 7 in *Arlington (Dallas), Texas*. For those of you who do not play singles anymore, this is the tournament for you. Sign up early—in case we have to cap the number of players—even if you don’t yet have your partner(s) finalized. We can find you partners, so don’t be afraid to ask us.

The date is now set for the 2014 tournament that will be held in *Raleigh, North Carolina*, at *NC State University*. It will be July 15 through 18. All of you *Easterners* and *Central US* players will want to take advantage of the shorter “commute” in July of 2014. With 18 courts on the campus, and the buzz of students under the age of 45, it will be another great event in *North Carolina*.

While we hope you’ll be able to join us in the next few months for our tournaments, if your membership is expiring, we would love for you to renew it, even if you can’t. The three-year membership dues help us defray some of our costs, including this newsletter and our support of the sport. Contact **Carmen Alatorre-Martin** if you need some help getting that done.

We always want to thank our sponsors!! *Ektelon, NES, Chris Poucher, Rick Betts*, and all of you that make donations online and with your time and efforts. These gifts make our tournaments the best in the nation..... THANKS!!

For Ladies Only: The 25th Anniversary of the Women’s Senior/Masters National Racquetball Championships

By Kendra Tutsch

The 25th annual *Women’s Senior/Masters* singles tournament will be held January 17 through 19, 2014 (MLK holiday weekend) in *Fountain Valley, CA* at *Los Caballeros Racquet Club*. This will be a very special event to celebrate this milestone tournament.



The annual fun doubles on Thursday from 2:30 to 5 pm will kick things off, and singles will be played Friday morning until Sunday afternoon. The banquet will be on Saturday night, and the tournament committee has some special plans for an affair worthy of Hollywood! The *WSMRA* will be rolling out the Red Carpet for all our players and guests!

When not playing, you will have a great time. The club has fantastic amenities. *Disneyland* and the beaches are very close, or you can tour Hollywood and look for the stars!

This is a round-robin tournament for all women 35+. There are both open/A and B/C skill level divisions, so there is a spot for everyone. And, as with the NMRA, you are never out of the draw!

The best airport to fly into is *John Wayne Orange County* (8 miles away). Other airports are *LAX* and *Long Beach (LGB)*. The host hotel, *Marriott Courtyard Costa Mesa South*, is very close to the club. Reserve by December 18 for the special rate. There will be a shuttle between the club and hotel.

There is much more information on the tournament website. Also, be sure to “like” The *Women’s Senior/Masters* on Facebook to get updates.

Please enter online at <http://www.r2sports.com/tourney.asp?TID=11327>. Or download an entry form at *wsmra.com*. The entry deadline for online entry is January 11, US Post entries must be postmarked by January 8.

*****HOPE TO SEE ALL OF YOU LADIES IN CALIFORNIA---AND BRING A NEW PLAYER FRIEND WITH YOU*****

NMRA TOURNAMENT RESULTS

National Championship Results

West Allis and Waukesha, WI / Steve Cohen & Bruce Adams, Tournament Directors / July 17-20, 2013



Division Place Names State Points

M45 1st **Steve Nevin** MN 30.14
2nd Bryan Turtle MN 25.57
3rd Rick Welytok WI 23.43

M50 1st **Mike Grisz** TX 36.00
2nd Rick Schacht MN 33.00
3rd Steve Lerner OH 32.86
4th Scott Stevens MN 1243

M55 1st **Tyrone Gilmore** VA 38.00
2nd Philippe Jean-Baptiste VA 29.38
3rd Greg Cummings MN 25.50
4th Paul Rokke ND 20.13
5th Robert Arroyo FL 13.88

M60 1st **Kim Keltner** MO 36.13
2nd Jim Luzar WI 35.88
3rd Rick Bett CA 34.38
4th Dave Briski CA 29.13
5th Michael Zimmerman WI 28.00
6th George Rogers CA 24.25
7th Darrell Kay NY 18.50
8th Gerald Godfrey IN 16.63

M65 1st **Don Checots** MN 38.00
Playoff 2nd Michael Wouk CO 35.40
3rd Donald Gunderson WI 33.60
4th Mitch Milewski NH 28.60
5th Dave Warner MN 33.60
6th Warren Bailey AK 30.80
7th Gordon Levy CO 27.60
8th Larry Johnson IL 22.40

M70 1st **Dan Jones** GA 37.63
2nd Patrick Taylor IL 30.00
3rd Donald Sperber FL 27.00
4th Donald Childs TX 16.88
5th Alberto Palacias IL 5.25

M75 1st **Arthur Hotchkiss** CT 36.00
2nd James Weeks GA 35.50
3rd William Baker CA 29.17
4th Francis Florey WI 28.67
5th Jerry Raddatz MN 25.67
6th Rex Lawler IN 18.50
7th Cy Dietrich GA 12.17

M80 1st **John O'Donnell** IL 36.00
2nd Paul Banales AZ 34.13

M85 1st **Mike Martin** CO 23.13
M95 1st **Ben Marshall** TX 18.88

MD45 1st **Michael Grota / Steve Sensiba** WI 36.33
2nd Bryan Turtle / Steve Nevin MN 29.33
3rd Eric Robinson / Michael Limsy MD 23.17
4th Lee Kimball / Rick Welytok WI 18.67



LEFT, Row 1 - Marshall M95 /Gibson MD50; Banales M80/MD80; O'Donnell M80/MD80; Weeks M75/MD75; Row 2 - Checots M65; Curran/Mesic XD65; Meltner/Marsocci MD65; Warner/Bailey MD65; ROW 3: Keltner M60;Luzar M60; Adams MD55; Bagwell/Gonzales MD55/MD60; Cummings M55; Row 4 - Jones W55; Kirchoff W55; Limsky/Robinson MD50/MD55; Nelson/Schatz XD50/XD55. **RIGHT**, Row 1 - Hotchkiss M75; Sperber M70/MD70; Gwinn W65/Molina W70; Sonnenberg/Palacios MD70; Row 2 - Wouk/Levy MD65; Zabinski/Pustorino MD70; Briski M60/MD60; Hobbs XD60; Row3 - Bailey/McNeill WD55; Alatorre-Martin/Cole XD50; Gilmore M55; Cohen/Rios XD55; Row 4 - Cain MD50; Gomila/Jeral MD55/MD50; Grisz M50; Whalen/Whalen WD50/W50; Schacht M50/MD50; Row 5 - Stevens MD50; Francowiak/Grota XD45; Marchie W45; Nevin/Turtle M45/MD45; Welytok M45

Division Place Names State Points Division Place Names State Points

MD50 1st **Lars Cole / Tyrone Gilmore** VA 34.43
2nd Rick Schacht / Patrick Gibson MN 33.14
3rd Mike Grisz / Thomas Cain TX 32.29
4th Frank Gomila LA 32.29
5th Gary Jeral MD 32.29
6th Scott Kraemer / Leon Jackson WI FL 31.14
7th Eric Robinson / Michael Limsy MD 20.14
8th Bruce Green / Scott Stevens MN 11.43
9th Lee Kimball / Alan Hunter WI MN 9.00

MD55 1st **Bruce Bagwell / Ruben Gonzalez** ME NY 38.00
2nd Frank Gomina / Gary Jeral LA MD 33.20

3rd Curtis Perry / Philippe Jean Baptiste DC VA 30.60
4th Bruce Adams / Michael Hiles OK MN 21.20
5th Alan Hunter / Greg Cummings MN 18.00
6th Paul Rokke / Gerry Godfrey ND IN 15.20
MD60 1st **Bruce Bagwell / Ruben Gonzalez** ME NY 36.60
Playoff 2nd Howard Walker / Steve Cohen TX CA 33.40
3rd Joseph Capozzoli / Russ Montague PA PA 28.40
4th Barry Hendricks / Jim Elliott AZ AZ 19.80
5th Dave Briski / Brandt Bower WI WI 22.20
6th Jim Curran / Robert Ferrara MA MA 14.00



Division	Place	Names	State	Points
W65	1st	Mildred Gwinn	NC	19.20
W70	1st	Marquita Molina	CA	12.80
WD45	1st	Jean Halahan / Sandy Rios	NY / TX	37.00
WD50	1st	Kelly Whalen / Kim Whalen	WI / WI	33.00
	Playoff 2nd	Gladys Leonard / Sallie Benedict		32.20
WD55	1st	Cheryl Jones / Page Kern	MN / MN	22.20
	2nd	Althea Bailey / Sharon McNeill	MD / MD	18.60
	3rd	Brenda Messick / Jane Worden	FL / FL	8.40
XD45	1st	Jenny Franckowiak / Michael Grotz	WI / WI	33.50
	2nd	Tina Marchie / Bruce Adams	NY / OK	15.67
XD50	1st	Gladys Leonard / Scott Kraemer	VA / WI	38.00
	2nd	Anita King / Howard Walker	TX / TX	29.33
	3rd	Carmen Alatorre-Martin / Lars Cole	VA / VA	29.67
	4th	Susan Schatz / David Nelson	MN / MN	18.50
XD55	1st	Carmen Alatorre-Martin / Patrick Gibson	VA / TX	36.14
	2nd	Leon Jackson / Sallie Benedict	FL / MD	33.71
	3rd	Sandy Rios / Steve Cohen	TX / CA	32.86
	4th	Cindy Tilbury / Jim Elliott	CA / AZ	27.00
	5th	Don Checots / Page Kern	MN / MN	26.43
	6th	Sharon McNeill / Michael Hiles	MD / MN	23.71
	7th	Susan Schatz / David Nelson	MN / MN	18.41
	8th	Melanie Newsome / Curtis Perry	NC / DC	14.29
XD60	1st	Brenda Messick / Jim Curran	FL / MA	32.50
	2nd	Mildred Gwinn / Neal Hobbs	NC / WI	32.33
XD70	1st	Marquita Molina / Len Sonnenberg	CA / CA	17.00

Division	Place	Names	State	Points
MD65	1st	Leonard Marsocci / Steve Meltsner	FL / CT	37.50
	2nd	Dave Warner / Warren Bailey	MN / AK	30.17
	3rd	Gordon Levy / Michael Wouk	CO / CO	30.00
	4th	Dan Jones / Mitch Milewski	GA / NH	29.17
	5th	Donald Gunderson / Barry Hendricks	AZ / AZ	26.50
	6th	Jay Heilman / Michael Honea	TX / TX	16.67
	7th	Fred Tabak / Greg Podolsky	WI / MB	8.17
MD70	1st	David Zabinski / Peter Pustorino	MN / MN	35.50
	2nd	Donald Sperber / Francis Florey	FL / WI	30.38
	3rd	Alberto Palacios / Leonard Sonnenberg	IL / CA	26.25

Division	Place	Names	State	Points
MD76	1st	James Weeks / Rex Lawler	GA / IN	22.75
	2nd	Cy Dietrich / William Baker	GA / CA	17.63
MD80	1st	John O'Donnell / Paul Banales	IL / AZ	38.00
	2nd	Michael Henchy / Amos Rosenbloom	GA / MN	16.00
MD85	1st	Mike Martin / John Prigmore	CO / KS	17.83
W45	1st	Jean Halahan	NY	38.00
	Playoff 2nd	Tina Marchie	NY	10.60
W50	1st	Kelly Whalen	WI	32.20
	Playoff 2nd	Kim Whalen	WI	32.40
W55	1st	Mary Kirchoff	NC	38.00
	2nd	Cindy Tilbury	CA	32.40
	3rd	Kelly Kirk	MN	28.80
	4th	Cheryl Jones	MN	25.40
	5th	Melanie Newsome	NC	17.80
	6th	Althea Bailey	MD	14.00

www.nationalmastersracquetball.org



NMRA 2013 National Championships

TUCSON TOURNAMENT INFORMATION SHEET

March 5-8, 2014 www.nationalmastersracquetball.org Please read carefully

Tournament Directors / Staff Cindy Tilbury 303.888.4461 cindy.tilbury@att.net
 Steve Cohen 714.767.4622 nmra_treasurer@yahoo.com - Registration
 Tom Cain – On-Site Host
 Panel of Three Members – Rules Committee

Host Club  **Tucson Racquetball & Fitness Club**
 (11 Cement-Walled Courts)
 4001 North Country Club, Tucson, AZ 85716
 520.795.6960
<http://www.tucsonracquetclub.com>

Bring a towel and a lock; Towel service available at a \$1 fee. Full use of the club 24 hours a day is available for participants and spouses.
 Practice courts available on March 5, except during registration time.
 Café will host all hospitality for TRFC players.

Secondary Host Club  **THE UNIVERSITY OF ARIZONA®**
University of Arizona (8 Panel-Walled Courts)
 1400 East Sixth Street, Tucson, AZ 85721
 Candace Cleverly, Student Rec Center <http://campusrec.arizona.edu>

Bring a towel and a lock; Towels may be available.
 Use of club is limited to practice (March 4), match play and watching.
 Fuel Café will host all hospitality for UofA players.

Host Hotel  **Doubletree Tucson Reid Park** 445 South Alvernon Way, Tucson, AZ 85711
 Call 520.881.4200 to Register. Request the NMRA Discount
 Tom Lewis, Sales
 \$109 Per + Tax Night Regular Room (Up to 2 People)
 \$10 More For Each Additional Person
 Rates available until February 7, 2014, but please reserve early
 Rate includes full hot breakfast, wireless internet access, upgraded Hilton bedding, parking, mini-refrigerator, fitness center, more
 RV parking is free in a designated area of the parking lot, without hookups
 Registered guests will be entered into a “free night” lottery.
http://doubletree1.hilton.com/en_US/dt/hotel/TUSBTD-DoubleTree-by-Hilton-Hotel-Tucson-Reid-Park-Arizona/index.do

Enter Online Maximum of Two Divisions Enter online by November 18, 2013
<http://www.r2sports.com/tourney/home.asp?TID=11773>
 First event--\$140 Second event--\$40
 Guests Fee \$65 for the week. You may request a doubles partner and/or roommate and we will do our best to accommodate you.

Enter via US Mail Maximum of Two Divisions Fill out the entry form at www.nationalmastersracquetball.org
 (Tournament Info page).
 Mail completed entry form and fees by February 15, 2014, to:
 NMRA c/o Steve Cohen, 5832 E Bluebonnet Court, Orange, CA 92869

Nearest Airport Tucson International Airport (TUS)
 7250 South Tucson Road, Tucson, AZ 85706
 I-10 and I-19, Tucson, AZ – Make your reservations early.

Airlines Flying into TUS Aeromexico; Alaska Airlines; American Airlines; Continental; Continental Express; Delta; Express Jet; Frontier; Jet Blue; Southwest; United; US Airways

Alternate Airport Phoenix Sky Harbor (PHX)—2 hours north of Tucson

Airport Taxi / Shuttle

Check with DoubleTree for possible pickup/dropoff; Airport shuttle service available for a fee. Suggestions:

- Alpha Cab 520.322.0868
- World Express Service 520.445.3791
- Discount Cab 877.539.5607
- Scotty VIP Cab Company 520.445.3733
- Tucson & Phoenix Express 520.622.6262
- Yellow Express Cab 520.300.6585

Shuttle to Clubs

Shuttle van provided from host hotel between clubs.

Parking at Host Clubs

Tucson Racquet Club – Free
 University of Arizona – Take the shuttle from the hotel—Paid parking only in Cherry Street Ramp.

Directions from TUS Airport to Host Hotel Doubletree <http://mapq.st/OGljyg>

Less than 10 miles north of airport, or 17 minutes; Exit airport; Right onto Valencia 1.5 mi; Left onto S Alvernon Way for 2.4 mi; Veer left; Continue on Alvernon for 3.1 mi.

Directions from Doubletree Host Hotel to Tucson Racquet & Fitness Primary Club <http://mapq.st/QmHE5D>

5.5 Miles North of Hotel; North (right) onto Alvernon Way for 3.4 mi; Left onto E Fort Lowell Road for 1 mi; Right onto N Country Club Rd for 1 mi; Club is on the left.

Directions from Doubletree Host Hotel to U of Arizona Secondary Club <http://mapq.st/Uk3yr3>

3.3 Miles West of Hotel; North (right) onto Alvernon Way for .4 mi; Left (west) onto E Broadway Blvd for 2 mi; Right (north) onto N Campbell Ave for .4 mi; Left (west) onto E 6th St for .4 mi; Club is on the left.

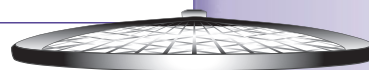
Directions from Tucson Racquet Primary Club to U of Arizona Secondary Club <http://mapq.st/RvKmuq>

4.9 Miles South West of Primary Club; South on N Country Club Road for 1 mi; Right (west) onto E Fort Lowell Road for 1 mi; Left (south) onto N Campbell Ave for 2.6 mi; Right (west) onto E 6th St for .4 mi; Club will be on the left.

Tournament Check-In

Tuesday, March 4, 2014, 5 to 8 pm at the Tucson Racquet Club pool; (Check www.r2sports.com for venue changes); Full BBQ dinner with beer and wine.
 Plan to stay and socialize!

continued on page 10 ➤





NMRA NATIONAL CHAMPIONSHIP

MARCH 5 - 8, 2014

TUCSON RACQUET and FITNESS & UNIV. of AZ at TUCSON, AZ

Entry By Mail Must Be POSTMARKED NO LATER THAN: 2/15/2014

Online Entries Must Be COMPLETED BY: 2/21/2014

Online entries at: <http://www.r2sports.com/tourney/home.asp?TID=11773>



Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Cell _____

Home _____

Work _____

Fax: _____

Email: _____

DOB: m ____ / d ____ / yr ____ Age on 03/07/2014 ____

Waiver: I hereby, for myself, my heirs, executors, and administrators, waive & release any & all rights and claims that I may have against the NMRA, USAR, the TFRC and U of AZ and their staff, and all sponsors or their respective agents, for any and all injuries or damages of any nature which I, my spouse or my guest(s) may incur as a result of my participation in this tournament. I also acknowledge the potential risk of eye injury during competition, and can certify in writing that my protective eye guards (including prescription frames/lenses) conform with all standards specified in USA Racquetball Rule 2.5(a). By registering to compete in this event, I consent to and release all rights to the use of event photographs in which my image appears.

Signature: _____ Date: _____

ENTRY FEES:

First Event	\$ 140	\$ _____
Second Event	\$ 40	\$ _____
Spouse/Guest(s)* (Each)	\$ 65	\$ _____
NMRA Membership ** (3 Years)	\$ 45	\$ _____
USRA Membership (1 Year)	\$ 50	\$ _____
NMRA Future Fund Donation (\$5 increments):		\$ _____
Total Due:	\$	\$ _____

* Spouse/Guest(s) Name(s): _____

****Check here if your first NMRA tournament**
(First time players do not have to join the NMRA, but we hope you do.)

SHIRT SIZE: MEN _____ OR WOMEN _____
S _____ M _____ L _____ XL _____ 2X _____ 3X _____

PAYMENT: Send entry form & payment in U.S. dollars, made payable to **NMRA**.

Mail to: Steve Cohen
5832 E. Bluebonnet Court,
Orange, CA 92896, 714.767.4622

NO REFUND OF ANY FEES AFTER FEBRUARY 26, 2014

Please provide Emergency Contact Name and Phone Number:

Name _____

Phone # _____

DOUBLES		SINGLES		MIXED
MEN	WOMEN	MEN	WOMEN	
		45+		
N/A	N/A	45+ B/C	N/A	N/A
		50+		
		55+		
N/A	N/A	55+ B/C	N/A	N/A
		60+		
		65+		
		70+		
		75+		
		80+		
		85+		
		90+		

Doubles Partner(s): Please print partner(s) names below

Name/Div/Age Bracket: _____

Name/Div/Age Bracket: _____

___ I need a ___ doubles partner ___ roommate.

NMRA Official Website: www.nmra.info for Information Sheet and Tournament updates.

NMRA 2013 National Championships INFORMATION SHEET

continued from page 8...

Play Begins/ Ends 8 am Wednesday, March 5, to 5 pm Saturday, March 8, 2014; Every division plays every day (Wednesday through Saturday); Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. Courts will be available at the Tucson Racquet club 24 hours per day. ID/bagtag may be required at both venues.

Tournament Ball Ektelon Classic Black is the official ball of the NMRA.

Tournament Scoring All round robins, self-refereed matches. Every division will play two games to 15. Large "pool play" divisions will have Saturday playoff matches. Playoff format will be two games to 15, tiebreaker to 11 if needed. Bonus points are awarded for winning games (2 per game) and the match (4). Ties will split the extra four match points. Points are automatically calculated by the R2sports tournament software. When any team or player must forfeit, average scores will be used to determine final results of the division or pool. If a forfeit occurs during a match, the opposing team or player will be awarded points required to finish the match. In rare circumstances a "watcher" may be requested of the tournament director to settle disputes.

Appeals The NMRA has a rules committee that can be used by the players to submit an appeal on a rule or issue that arises during the event. The decision of the rules committee is final and binding on all parties concerned.

Tournament Awards NMRA medals will be awarded to First through Fourth place winners for each bracket. Combined brackets will be awarded medals based on age.

Eligibility USAR-sanctioned; Current USAR membership is required to participate. Entries will not be accepted without payment for USAR membership. NMRA membership is required for all EXCEPT players who are playing in their FIRST NMRA event. Special recognition and gift for first-time players and new NMRA members.

Breakfast / Morning Hosp. Full hot breakfast is included in the price of the host hotel. Fruit and drinks available at both clubs.

Lunch Available at both clubs; Tucson Racquet café will collect tournament dollars for their menu items; University of Arizona café will collect tournament dollars for their menu items. Check for details during the tournament.

Evening Hospitality Available at both clubs—not a substitute for dinner.

Banquet Friday night, March 7, 2014, at the *Doubletree Hotel* Cash bar at 6:30 pm; Dinner and program from 7 to 10 pm or so Videos, slide shows and possible awards presentations are customary.

Tucson Activities and Attractions Golf, hiking, biking, birding, horseback riding, shopping, Saguaro National Park, Arizona-Sonora Desert Museum, Kitt Peak National Observatory, Kartchner Caverns State Park, Mission San Xavier del Bac, Pima Air and Space Museum, Arizona State University Museum/Historical Society, Cactus League Spring Training, Symphony, Gaslight Theatre

RV Parks There are several RV parks with hookups near the host hotel.

Doubles Partners Contact Cindy Tilbury for a doubles partner or roommate cindy.tilbury@att.net or 303.888.4461

Player Profiles It is **extremely important** that you keep your **player profile, including shirt size**, up-to-date in the www.r2sports.com system. The profile is used to help you enter tournaments online and, more importantly, to contact you with the latest tournament information and changes when you enter tournaments. This profile is the same as your www.usra.org and www.nationalmastersracquetball.org profile. Contact the USAR staff in *Colorado Springs* at 719.635.5396 if you need a little help getting started or remembering your password for this feature.

Average Temps Tucson in March – High 74°F / Low 48°F / Average 61°F / Precipitation .8 In.

Things to Do During the NMRA 2013 Championships in Tucson, Arizona

By Ed Messing, Tucson Native and NMRA Member Paul Banales' Son in Law
Reprinted from the Fall 2010 RacquetRacket

Activities and Attractions

When visiting Tucson in March, the question isn't "What is there to do?"; the question is "What should we do next?" Blessed with fantastic weather in an unparalleled setting, Tucson has something for everyone. Nestled between four beautiful mountain ranges, Arizona's oldest city (the "Old Pueblo") offers a rich history and a great variety of activities for every interest.

Outdoor Activities

Bring your clubs--dozens of great golf courses will test your skill. Within easy walking distance of the host hotel is the *Randolph Golf Complex*, which offers 36 holes of championship golf at one of America's "Top 50 Municipal Courses."

Bring your cameras and binoculars--hiking and superb birding opportunities abound within a very short drive. Ranging from leisurely to challenging, desert to alpine, over 100 miles of hiking / biking / horseback-riding trails radiate from the Tucson valley.

Nature and Science

Visiting the internationally-acclaimed *Saguaro National Park, Arizona-Sonora Desert Museum, Kitt Peak National Observatory* and *Kartchner Caverns State Park* will instill a sense of wonder and curiosity about the desert and universe in which we live. All are an hour or less drive from town.

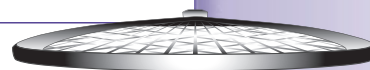
History and Culture

Mission San Xavier del Bac and the *Pima Air and Space Museum* are don't-miss attractions that frame Tucson's history. On the *University of Arizona* campus, you will find the *Arizona State Museum* and *Arizona Historical Society*, which complete a 10,000-year journey.

Entertainment and Dining

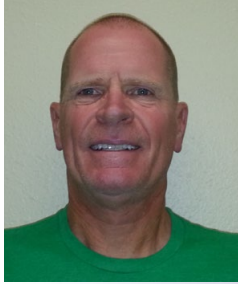
From *Cactus League Spring Training* and a hot dog, to a *Symphony Concert* and five-star dining, a *Gaslight Theatre* melodrama with a sundae, or great *Mexican* food with mariachi music, the combinations are endless.

Of course, you can just hang out by the pool and enjoy the desert sunshine. Whatever sounds the most fun is for you to decide. ○



NMRA 2014 Election CANDIDATES

Jim Elliott, AZ



My name is **Jim Elliott** and I am running for a position on the *NMRA Board*. I have been a member of the *NMRA* for 15 years. I was the

tournament director for racquetball at the *Huntsman World Senior Games* for seven years; also served as co-tournament director for several *NMRA* events, helped with scheduling, registration, set up, and several more items.

I am a past recipient of the *NMRA Sportsmanship Award* and also inducted into the *NMRA Hall of Fame* as a *Contributor*. I would like a chance to serve on our board as we move our organization into the future.

I can be reached at jmfrn2@msn.com.

Chris Poucher, GA

I am passionate about racquetball and try



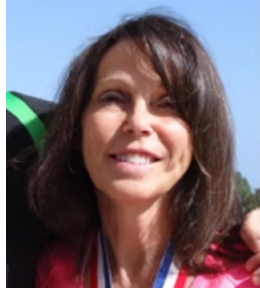
to do what ever I can to promote our sport. Some of the things done in the past include serving as the treasurer for the *Georgia State Racquetball Play-*

ers Association, refereeing as a certified referee, stepping up as the tournament director or co-director for over 20 *Local, State and Regional* tournaments, acting as our local club pro, and coaching the *University of Georgia* racquetball team/club.

In addition to my volunteer duties for the sport, I can bring a lot of business experience to the board. I am a small business owner, having owned and successfully operated more than seven companies over the past twenty years. I still own and operate three of them.

I have the time, energy, resources and passion to assist the *NMRA* with their continuing efforts to promote and grow the sport. I can be contacted at cpoucher@gmail.com. Thank you!!

Cindy Tilbury, CA



I am running for reelection to the *NMRA Board* for a third term. I believe the round-robin/unquestioned sportsmanship concept is the best format for tournaments, and the best way to attract racquetball player friends for life.

After I had played many *NMRA* tournaments, in 2006, **Paul Banales** asked me to consider running for the board so that the women of the *NMRA* would be better represented. That seemed to be a simple request, but I had no idea what I was in for. Over the last seven years, I have put in a lot of hours for the *NMRA* and feel very gratified for my efforts on the members' behalf. Currently, I am your *Vice President*, your newsletter editor, doubles-partner-finder, occasional *Tournament Director*, occasional *Election Director*, and fundraiser. I still try to take care of the ladies and recruit new ones all the time. I am also involved in a few racquetball organizations outside of the *NMRA*, including *World Team Racquetball* and *Women's Senior Masters*.

If you have met me, I hope I have shown you that I really care about our members—players, non-players and future players. I try to be an ambassador for the *NMRA* and for racquetball. Both have given me so many riches in my life that I want to share the wealth and bring more players into the *NMRA* family, and then make sure they have a great tournament experience. We know it is not cheap to come and play, so we do our best to make it the best value in our sport. If you have ideas of what our board can do better, please pass them along so we can consider them. You can reach me at cindy.tilbury@att.net or 303.888.4461.

John Winings, CA



I have been playing competitive racquetball since 1982. I became a racquetball-aholic at age 19 and have never looked back. I have been an *AMPRO* certified instructor since 1995 and have taught a number of lifetime racquet ballers. I am passionate about our sport and have enjoyed playing the *NMRA* events the past five years.

I really enjoy the formatting of the *NMRA* tournaments because it accomplishes four main functions: (1) Promoting fair play (2) Promoting player interactions/lifelong friendships (3) More racquetball play for all players and (4) Great value vs. cost.

My biggest racquetball honor and most humbling experience was receiving the *NMRA Sportsman of the Year Award* in 2012.

Throughout my thirty years of playing racquetball I have met so many friends. The *NMRA* has been instrumental in renewing some of these friendships and giving me the opportunity to make new ones. I have been active in recruiting new players to join the *NMRA* from *California* and *Oregon*. This sport has brought me thirty years of joy, health, and the love of my life (my wife Marni, of course).

It is time for me to give back. I can be reached at johnwinings@hotmail.com or (209) 743-6487.

VOTE

<http://www.r2sports.com/tourney/home.asp?TID=11542>

Manny Organista Remembered

By Cindy Tilbury

Sometimes, when a valued NMRA member passes away, I don't have a sense of that person, or fond memories. But this time, I am probably the NMRA person closest to **Manny Organista**. Manny lost his battle with prostate cancer on September 20, 2013, in California. He was almost 87. I was so glad I had just met him for lunch about a month prior. He looked really sharp--healthy and happy-- so I had no idea he was near the end of his long life.

I first met Manny at the 2000 World Seniors Doubles racquetball tournament in Paris, France. **Gary Mazaroff** had matched up Manny and me for the *Mixed-Up Doubles* division. We didn't win a match, but we became friends forever. Manny always came up to Colorado to ski, and he invited me to join him a few times. He knew all the ladies in the chalet, and he kept us all laughing each night until it was time to head home. When I moved to California, Manny was one of the first people I called to go out to dinner. He played a few more racquetball tournaments after 2005, but golf was his first love. Working up until the end, he was a salesman for Royal Paper Box Company, and playing golf with his customers was his dream job.

Manny was very special to me, so I have to thank the racquetball gods for having our paths cross. Manny will be dearly missed. ○



Oldest NMRA Member and Player, Ben Marshall, Passed Away

By Tom Curran



On September 8, 2013, the oldest NMRA member, **Ben Marshall**, passed away. Ben was laid to rest at Fort Sam Houston, in San Antonio, Texas, where he lived. The full military honors ceremony honored Ben's long and respected military career that included combat service in WWII, Korea, and Vietnam. A Caisson, 21 gun salute, riderless horse, Bagpiper, and, of course Taps, honored the memory and service of this truly great human.

His family, especially his son Jack, daughters Dana and Allison, wanted me to convey to the National Masters Racquetball

Association members how much they appreciated the kindness and support given during their time of loss. They told stories of how important the sport of racquetball, but mainly the connection to the NMRA, gave some of the best times and memories late in his life.

Ben, of course will be missed by everyone who had the honor to meet and compete with him in the sport we all love, but most important, he will not be forgotten. Below are some of the details of his passing.

Colonel Ben Fridge Marshall, US Army (Retired), passed away peacefully in San Antonio, Texas on Sunday, September 8, 2013, after a brief illness. He was born November 19, 1916 in Atmore, Alabama and moved to Mobile a few years later. He graduated from Murphy High School in 1936 and the University of Alabama in 1941. Commissioned as a 2nd Lieutenant

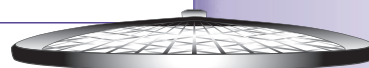


Ben Marshall and Keith Calkins at USAR Hall of Fame Night

through ROTC, Ben entered the United States Army immediately after graduation and joined the 9th Infantry Division at Ft. Bragg, North Carolina; later transferring to the US Army Air Force for pilot training. He served as a fighter pilot until his separation from the service in 1946. From 1946 until January 1951, he worked as a baker and production manager for Marshall's Electric Maid Bakeries in Mobile. Ben re-entered the service as an Infantry Captain assigned as an Assistant

Professor of Military Science and Commandant of Cadets at Marion Institute. His next assignment was with the 24th Infantry Division in Korea. Throughout his career in the Army, Ben served in Command and Staff positions in the United States, Europe and the Far East, including the command of a battalion in Germany and a tour in Vietnam in 1966-67. He retired as a Regular Army Colonel from Fort Polk, LA in June 1973 and re-entered the baking business as Vice-President of Marshall Biscuit Company in Mobile. In 1986, Ben retired from the baking business. He and his wife, the former **Carolyn Aleshire Wilson** of Mobile, moved to San Antonio, TX and into the Army Resident Community. In Texas, Ben became an avid racquetball player competing in tournaments all over the country; most recently in a tournament in Milwaukee, WI in July of this year. The move to Texas also brought them closer to their children, grandchildren and great grandchildren. Donations in Ben's memory may be made to the American Red Cross and the American Cancer Society.

His life was long and full. He will be missed by all of us in the Racquetball community--especially his beloved National Masters Racquetball Association. Rest in peace, Ben. ○



Richard (Dick) S. Kenealy is Remembered at the NMRA

By Joseph Tilton, Son-in-law of Dick Kenealy



Richard (Dick) Sherman Kenealy of Ohio passed away December 15, 2012 – two weeks after his 88th birthday. Up until his final moments, he was

upbeat and young at heart! This photo was taken during a family lunch at *San Clemente Pier*.

Dick was an avid sportsman who really enjoyed his *Racquetball*. It was a sport he picked up while teaching at *East Los Angeles College*. He always said teaching at a *Community College* was perfect...it allowed him and his fellow players to regularly schedule afternoon games of Handball during the 60's, and then progressed into *Racquetball* during the 70's – continuing well into his retirement years! He was a skilled player and his competitive spirit was never as intense as on the court.

Off the court, he simply was a very polite and considerate man. He will be missed, but remembered fondly. ○

MORE NMRA Tidbits

One of our special player friends is Julia Mouser. She has not been playing in the last few tournaments, because she is a busy litigator and she has had to be in court. We have been trying to present her with an *NMRA* sportsmanship award and plaque for a while, so we finally just had a fellow *Californian* player accept on her behalf. Congratulations, Julia, for the award and thank you for all you do to help make our tournaments successful.

If you know of someone in the NMRA family who deserves a sportsmanship award in the future, please let us know!

We are always looking to showcase the brightest stars in our group, so don't be shy to give us some names. You can mention your nomination to any board member or email me at cindy.tilbury@att.net.

EDITOR'S CORNER –

Do You Stay at the Host Hotel? Here is why you should...

By Cindy Tilbury

Sure, everyone is on a budget. You not only want to save money, but you also want the best value for your tournament dollar. There is a big difference between the \$100-per-night-with-breakfast price for the *NMRA* tournament host hotel and the \$40-a-night Motel 6 a few miles away. If you are tempted to stay at a low-end hotel in the future, just consider these points before you do.

The *NMRA* tournament directors want to make a small profit on every tournament so we can continue to grow the sport. The current entry fee of \$140/\$180 is set to allow us to break even if we pay our regular rate for court rental, shuttle service, shirts, etc. There are many expenses based on the number of players, but some costs are fixed. If you play a second event, it gives us some hope of making a profit without any additional sponsor dollars.

The *NMRA* tournament directors negotiate the very best hotel price they can get (and court rental and hospitality prices, too, but that is a whole other article). The negotiations involve your room/breakfast rate, but also the banquet room and food rates, as well. There is usually a complimentary room for the tournament directors, and a board meeting room in the price. Based on our history, we know generally what kind of rates we can get and can sway a sales manager to lower the "best" rate a little if we show him what rates we have gotten at similar hotels in other cities.

Here is the tricky part. We have to estimate how many rooms we will need for each night of the tournament, and we also need to approximate how many banquet attendees we will provide places for on Friday night. There is some margin for error, but there are also minimum dollars that we will agree to spend with a hotel. If we are arranging a tournament a year in advance, it is not always easy to guess how many people will play the tournament. Some locations are more well-attended than others (Tucson in the winter, for example), but also, the economic recession has contributed to our player numbers being lower, so we plan for that.

If we guess a quantity of room nights that is too low, we have unhappy players who cannot get a room at the host hotel. They might then have to rent a car to get to the club, and possibly pay more for a hotel than the host rate. If we guess a quantity of room nights that is too high, we will probably have to make up the difference. We base the initial banquet capacity planning on the number of reserved rooms, so if we have guessed too high for rooms, we have probably compounded the problem with the banquet. This happened the last time we went to Orem/Provo, Utah. We guaranteed more hotel guests than actually stayed at the hotel, and we ended up owing the Marriott a lot of money for which we got nothing. Instead of actually paying the dollar amount we owed them, we asked if we could come back and give them more business that they would not have gotten otherwise. They agreed to that and we are looking forward to staying there in March of 2014.

The main point to take away from this is that we, the *NMRA* board and tournament directors, want to give you the best tournament experience for your dollar, and to do that, we need you to help us get the best discounted rates by booking your room at the host hotel. The higher number of rooms we fill for our event, the higher the discount we can negotiate for our banquet expenses. And, of course, we get more free room nights to give back to the *NMRA* players who stay at the host hotel.

If you have any questions on how this all works, just ask one of our board members and we can give you more details and examples of past hotel contracts. Thanks for understanding the spot we find ourselves in each time we plan a tournament. ○



DOUBLETREE
BY HILTON



LAQUINTA
INNS & SUITES

Brookfield Suites
HOTEL & CONVENTION CENTER

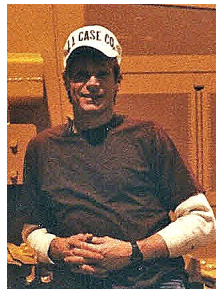
National Masters Racquetball Association – Hall of Fame Honorees - 2013

By Len Sonnenberg, Hall of Fame Executive Director

NMRA Hall of Fame winners are selected on criteria such as sportsmanship, character, volunteering, and the number of medals won. Recipients can win the award as a *Competitor*, or as *Contributor* – such as one who volunteers by working tournaments and serving on the *Board of Directors*, serving on specific committees, and/or contributing financially. The following three individuals were voted into the *Hall of Fame* by the 25-member *Hall of Fame Committee* and then inducted in July 2013 in *West Allis, Wisconsin*.

Jim Elliott, Arizona --

Jim Elliott has been a tireless volunteer supporter of the NMRA tournaments for the past 15 years. He served as a *Board* member during the transition years from **Ron Pudduck** to **Tom Curran**. Although he isn't currently on our *Board*, he is a virtual tenth Board member. He regularly sets up everything while the *Board* is in its *Board* meeting, the day before the start of the tournaments. Many times, he schedules the matches for us on a limited amount of courts, using our exact specifications. He is our current expert on how to do this. In the past, he has also run the tournament desk whenever we need him. This is crucial, as many of the *Board* members (desk workers) are the same age and play in the same divisions, leaving a hole in the worker schedule. After the tournaments, Jim always helps with the cleanup and tear-down and has used his vehicle and house to transport and store big, heavy items that would cost us a lot to ship. Jim has also promoted the NMRA to his racquetball players at the *Huntsman Games* in *Utah*, which he ran for several years. Jim has contributed his time and effort and talents to the NMRA for years when others were content to sit on the sidelines and only just "show up for their matches." Jim is a top competitor, having won a dozen NMRA medals in singles, doubles, and mixed. Jim is retired now. He is an avid outdoorsman. Jim also plays pickle-ball. Jim is well-known for his sportsmanship and friendly personality. Jim is also very modest. Jim is very worthy of his nomination to the NMRA Hall of Fame.



Marquita Molina, California --

Marquita grew up in *Illinois* and *Michigan*, and was always active in sports. She played softball and basketball and track in high school and college and for teams sponsored by her employment. Her high school basketball team won 50 games without a loss. At one point, she played on a professional basketball team, the *Texas Cowgirls*, which performed before some of the *Harlem Globetrotters* games. Marquita was an *LVN* for 23 years in *Henry Ford Hospital Detroit* and then at *Plasma Center- Los Angeles*. After graduating from *East Los Angeles College*, she undertook a career in law enforcement, first a *Deputy Sheriff* in 1985 and then as *Sergeant Molina* in 2003. She competed in *State Prison Summer Games* and won numerous medals in track and racquetball. She earned a 25-year anniversary certificate in 2011 from *California Dept of*



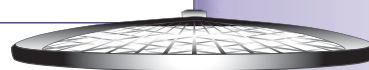
Corrections, and was able to retire. Marquita has competed in the *National Senior Games* for many years and won



medals in those *Games*. Marquita won her first NMRA singles title in 1999, and now has won a total of 61 medals! Marquita plays in almost every NMRA, *USAR*, and *Senior Games* now and is a big supporter of our *Games*. Her words of wisdom' "Never lose sight of what the NMRA stands for, which is competitive racquetball with sportsmanship being the main focus! Great friendships have been built around this association because of its ability to bring together people from all walks of life to play and socialize." Marquita is a winner, a good sport, friendly, and highly deserving of being enshrined in the NMRA Hall of Fame.



continued on page 16...



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Hall of Fame Honorees *continued from page 14...*

Howard Walker, Texas --

Howard Walker plays racquetball six days a week, from between 90 minutes to four hours daily. He just loves to play. Howard originally was a tennis player, starting at 6 years old. He was a national 16s champion as a junior tennis player. He then attended *East Texas State University* (now called *Texas A&M Commerce*) on scholarship from 1970 to 1974. The team won the national championship in 1972. Not long after graduating, he transitioned to racquetball in 1975 at age 24. He says, "Racquetball is faster than tennis with more action. It's an all-weather sport because you play indoors." Howard embarked on a career in *Geology* after *ETSU...* owned and operated several businesses after that. He owned and managed a health club in *Arlington, Texas*, from 1991 to 1997...a 30,000 sq/ft club, 6 racquetball courts and full gym. Howard won the *U.S. Open* for racquetball in *Memphis, Tennessee*, in 2004 in the 50s age-group, which ranks as one of his most memorable accomplishments. In 2008, he moved to *Austin* where he began playing mostly national events, and helped coach the *University of Texas* team for several years. Over the course of his 38-year amateur career, Howard has played in countless state, regional and national division competitions, accumulating dozens of national, State, and regional medals, including 45 *NMRA* medals. He and a partner also won a National Men's 60s doubles title at *Arizona State University* in 2012, and with doubles partner, Anita King, they earned a national mixed-doubles title. Howard and Anita have won numerous *NMRA*, regional and state titles together. "Racquetball is something I enjoy and have a passion for," Howard said. "I hope to further promote racquetball for anyone who wants to play, especially on the junior level. Howard offers advice for racquetball players who want to further their skills. "Play a lot and don't be afraid to play someone better than you." Howard is retired now, and just plays racquetball, gives some lessons and strings racquets for club members of his current club. He works hard for *NMRA* as current *Board President*. Howard is equally deserving of election to the *NMRA Hall of Famer* as either a *Performer* or as a *Contributor*.

Please join me in congratulating the three newest inductees to the *NMRA Hall of Fame*.



Racquetball Floors are often Just Played On and Taken for Granted

By Randy Stafford, Owner, *The Court Company, Chattanooga, Tennessee*

Racquetball floors are often just played on and taken for granted, until you start to have dead-sounding areas when a ball strikes the floor. Or your knees really start to ache after a hard game. Playing on a floor that has dead spots or hollow areas can become a nuisance and it can affect the ball bounce.

If the floor boards are in good shape, the main area of concern is how soft the floor is that you are playing on. Most racquetball floors use maple strip flooring on some type of underlayment that hopefully have some type of rubber pads that cushion the players' legs. Unfortunately, once a floor is installed, it is too late to address the softness of the floor. This needs to be done before the court is built and is still in the design stage. The worst type of floor to play on is some type of parquet flooring that is glued down to the concrete slab. These floors are about the same as playing on concrete, which, for my old knees, is a big no-no. I like to combine playing on a "sleeper system" floor that has rubber pads with adding

a good rubber cushion insole to replace the ones that come with racquetball shoes. By doing this, you are doing the most to protect your joints and can enjoy your game longer with less pain.

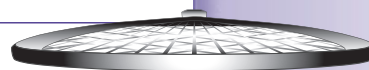
The most noticeable concern about your racquetball floor is when you hear the thud of dead boards. This is not fun when you are dropping the ball for a serve and it makes a dead sound and does not bounce correctly. Or, for that matter, any shot that makes a dead sound because the floor is hollow is always a sign of a floor that needs some work.

Typically what has happened is that the floor boards have come loose from the underlayment and the individual floor board vibrates when a ball strikes the floor. A quick fix is to take small wood screws and countersink the floor boards back into the underlayment. This underlayment or subfloor could either be sleepers with rubber pads attached, or plywood with pads attached underneath the plywood. Either way, the fix is the same. Sometimes another step needs to be done, and that is injecting some urethane between the sleepers in the hollow areas to fill up these voids to reduce the dead sounds. You would only do this injection if securing the maple to the subfloor does not work.

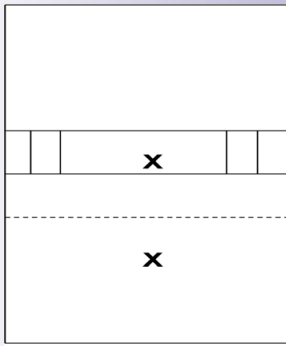
These loose boards occur as a floor system ages, usually because of movement caused by changes in humidity in the room. As the moisture in the wood fluctuates, the wood either grows or shrinks, putting pressure on the anchors and dislodging them from the underlayment. A gym floor company can usually be called in to fix these boards. A smart idea is to have the players mark the individual spots with a non-permanent ink or tape so the repair guy can know the exact locations. Not a hard fix, but on older floors it needs to be done to keep the floor from having these hollow areas.

Wet-mopping before play and re-varnishing your floors every few years can make a huge difference too. A slippery floor is an accident waiting to happen.

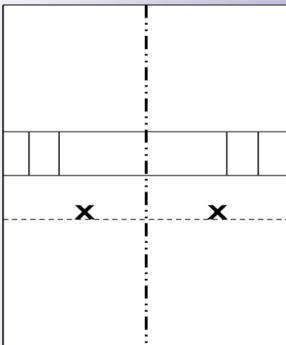
To ensure a true bounce of the ball and minimize safety issues, it is really important to keep court floors in good condition. If you need any suggestions for your court floor maintenance people, please email me at thecourtco@aol.com.



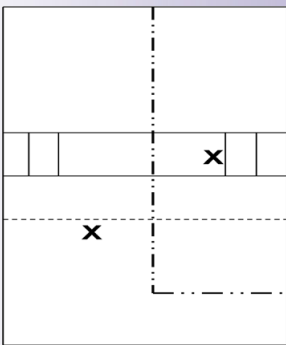
Front-to-Back
(I Formation)



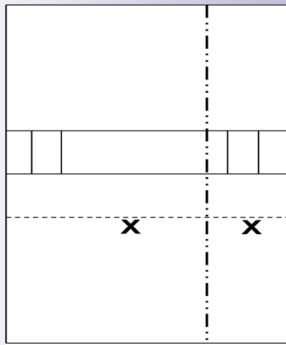
Side-to-Side
Formation



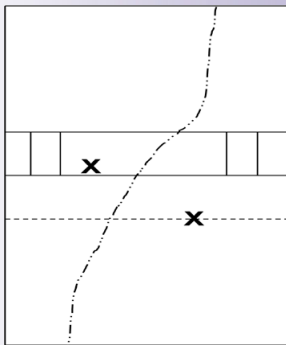
Side-to-Side
(L Formation)



Side-to-Side
(2/3 Formation)



Side-to-Side
(S Formation)



General Doubles Strategy (Part 2)

By Leon Jackson

As mentioned in *Doubles Part 1*, racquetball is a very different game than singles, and requires more scheming regarding player positioning to ensure that maximum effect can be gained from each player's abilities, while minimizing his/her liabilities. Excellent doubles play should be an orchestrated dance where teams rotate in a choreographed ballet and not a human bumper car ride. Yes, it is less physically demanding, and each team naturally covers more court area than a single player, but the game requires more planning and strategy to make sure that the players do not interfere with offensive opportunities, nor with defensive coverage.

Before a suitable doubles formation is selected, there are a number of factors that need to be considered. Court positioning requires a great deal of non-verbal communication and lots of court sense; factors such as game style, specialty positions, as well as lefty/righty, and righty/righty teams must be taken into consideration. Doubles teams that have contrasting styles of play and personalities usually perform better, as their styles tend to balance out their disadvantages and showcase their advantages. As stated previously, select a strategy style and stick with it, until you and your partner determine that a different strategy may work better. There are three basic strategies (1) Front-to-Back I-formation; (2) Side-to-Side, or (3) three variations of the Side-to-Side position. Neither style is right or wrong, as during the course of a game you may very well find you and your partner rotating through each position setup, dependent on your opponents' shot selection/execution. Regardless of which positioning style you select, each has some strengths and weaknesses, and you should choose the style that best suits your team's strengths. Typical positioning and advantages and disadvantages are listed below.

Front-to-back (I formation)

The "Front-to-Back" formation is the least popular positioning style. The up-front player is positioned within the service zone and is responsible for covering the front part of the court. The second player is responsible for all back court action. The up-front player should be quick and an excellent retriever. The back court player should be the shooter.

Side-to-Side

This method is popular, especially among lefty-righty teams. Court coverage is split evenly down the middle of the court, with each player responsible for his/her side of the court. This format works well with strong left side and right side players. The major weakness is with down-the-middle shots, as they force strong communication between the players in order to adjust and execute properly.

Staggered Side-to-Side (L formation - 2/3 Side-by-Side)

These staggered formations are considered intermediate and advanced positioning formats. Although similar to the *Side-to-Side* method, the up player plays forward a few feet closer to the front wall and the back player a few feet further back toward the back wall. These are considered more aggressive doubles strategies and require players with exceptional court coverage skills. The advantage of this format is that it places tremendous pressure on the opposing team, taking advantage of their weaknesses. The major disadvantage is that each one, especially the *L formation* and *2/3 Side-by-Side* formation, is very dependent on the abilities of the stronger player. That individual has to cover the majority of the court, which sometimes pulls him/her out of position. Another advantage is that the weaker player is only required to execute within his/her skill set as the stronger player is responsible for all else.

Staggered Side-to-Side (S formation)

The S formation is the positioning format most often used by professional and top level amateur players. This format enables both players to maximize their court coverage and maneuverability within the court. The S formation is difficult to exploit, as players are able to effectively cover cross-court, wide-angle, and down-the-line passing shots, as well as pinches and splats.

continued on page 22 ➤

Not for Ladies Only

By Cindy Tilbury



LADIES PROFESSIONAL
RACQUETBALL TOUR

It constantly amazes me how much volunteer time is put into the business of running racquetball. It is always something. In addition to NMRA board duties, there is the USAR board, the *International Racquetball Federation* board, all of the State association boards, coaching the adult and junior teams while they compete, and the tournament director tasks for every tournament, year after year.

Right before I started working on this newsletter in earnest, I had to first finish up a task I volunteered for—the evaluation of the applications for the LPRT (*Ladies Professional Racquetball Tour*) scholarship. Six scholarships were to be awarded, where the winners would each get about \$1700 to help them defray expenses of playing pro stops. It seems that this offering struck a chord with ladies wanting to play the pro tour, because 14 applications were sent in. It took a lot of time to evaluate them and a small committee agonized over the merits and worthiness of each one. Finally, we had them ranked in order and knew the winners' names. I thought that was the most difficult part, but NO! The next part was even tougher. I had to contact the winners, and I decided to do that over the phone. They were appropriately thrilled and thankful and grateful to the scholarship donors. I then emailed each of the non-winners to let them know that they would not be getting a scholarship, and how they might improve their application next time to bubble up to the top. I also suggested they use a website like "GoFundMe" or "Kickstarter" to raise the equivalent dollars on their own and play the tour despite the setback.

Several of our NMRA members helped fund this scholarship, as well as *Wilson*, and the *Women's Senior Masters Racquetball Association*. If you would like to contribute to this goal, contact **Andy Kulback** or **TJ Baumbaugh** of the LPRT. In addition, if the LPRT has a pro stop near you, if you have room, please consider housing some of the players during the tournament to minimize expenses.

The winners were:

- **Carolina Luque**, San Luis Potosi, San Luis Potosi, Mexico
- **Sharon Jackson**, Atlanta, GA, USA
- **Michelle Key**, Phoenix, AZ, USA
- **Maria Renee Rodriguez**, Santa Catarina Pinula, Guatemala
- **Aubrey Kirch O'Brien**, Citrus Heights, CA, USA
- **Ceci Orozco**, Guadalajara, Jalisco, Mexico

Congratulations to the winners! Look for their progress at www.lprtour.com.

And please consider playing in the *Women's Senior/Masters 25th Annual Racquetball Tournament* in *Fountain Valley, California*, during the *2014 Martin Luther King Junior* weekend. See **Kendra Tutsch**'s article in this newsletter for details.



critique your form and correct mistakes so you don't practice the shots incorrectly. If there is no pro or coach available, pay a fellow player to do it for you. It takes some practice to learn to hit setups, but after a while, it gets easier.

Record yourself on video doing your practice drills, and review the videos. You'll be able to tell WHY you are skipping and leaving the shot up, or not making the shot you want to make. Videos are an invaluable tool for improving your game.

Have you seen this yet? It's a new 20-ball racquetball feeder machine, similar to a tennis ball feeder machine, that will help you practice your tough shots alone. I have not yet tried it, but we have plans to make this machine available at the *Arlington Doubles-Only* tournament in December. All players and guests will be able to try it out. It is manufactured by *XK Sports* in *Houston*, sells for \$1,800 retail, and is available at *Racquetball Warehouse* and other online retailers. They are on *Facebook* <https://www.facebook.com/XKfeeder> or can be reached by email info@xksports.com. I can't wait to try it.

Suggested shots to drill on alone or with a coach/friend/pro include:

Forehand and Backhand Shots

- Down the line / straight in (front court, mid-court and off the back wall)
- Cross-court (mid-court and off the back wall)
- Wide angle (mid-court)
- Same-side pinch / splat (front-court, mid-court and off the back wall)
- Reverse pinch (front-court, mid-court and deep court)
- Ceiling (deep court)
- Lob serve cutoffs
- Lob serve short-hops
- Drive serve (left and right)
- Lob / half-lob / nick-lob serve (left and right)
- Z drive / Z lob serve (left and right)

Take a few of these shots each time you drill—don't try to get them all done in one session. If you need some instruction on how to hit these shots, look for YouTube videos or ask your local pro. I can also help, so feel free to contact me.

Happy drilling!

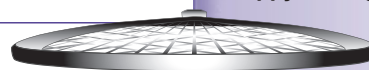
Keep Your Game Young – Drill, Drill, Drill

By Cindy Tilbury

Do you kindof hate to drill and only want to play? If there is always someone at the club with whom to play, you may never drill. Although it is not as fun as playing, it really improves your shots and your game to spend time on the court to work on your shots and concentrate on your technique without the pressure of being in a game. Here are some ideas to get yourself to do this regularly.

First, make a date with a player friend to set up shots for each other. Set him/her up for half of the time and have him/her set you up. If you have a few hours, you can really get focused on the bread-and-butter shots of the game. You can always add fancy shots later.

Pay a player or pro or coach to set you up for an hour. That player or coach can ➤



The Good Old Days of Racquetball Tournaments

By Cindy Tilbury

Many of us have our sweetest memories of racquetball shenanigans from the 1980s and '90s. I started playing racquetball in Minnesota where a 36-inch snowfall might cause a slight delay before the plows came through and we had a celebrity tournament where one of the *Vikings* (**Scott Studwell**, I hope you are still playing racquetball) or a pro wrestler (**Vern Gagne** or **Bobby Heenan**) would play the tournament and take pictures with all of the players. The state tournaments were big and we had the 24-court clubs to handle them. We had a great group of players and I wonder where many of them went.

Recently, *NMRA* members **Randy** and **Bernadette Godwin** of *Mountain Home, Arkansas*, told me a great "The Way We Were" story about a HUGE tournament in *Melbourne, Florida*, where she won a 1982 *Toyota Tercel*. **Norm Blum** wrote about it in a 1982 edition of *Racquetball* magazine. He granted me permission to reprint it.

I asked Bernadette for a little background on the article. She told me this. "Can you believe I still have the tournament shirt?? The tournament was in July 1982. It was in *Melbourne Florida*. Randy (Godwin, how her husband) had hired me to work at the *YMCA* racquetball courts in *Sarasota, Florida* in January of 1981. Of course, we started going to a lot of tournaments together. When we heard about this tournament in *Melbourne* and that they were giving away a car, we decided we had to go. I played in *Women's C* and, no, I did not win. I think I lost during my 3 am match. After I won the car, Randy decided he better marry me, so we got married in December 1982. And we have been playing racquetball ever since. . . Plus, our boys are really good players so I can confidently say that racquetball has been very, very good to me!"

Randy is now playing in the 55s and his youngest son just went off to college. Bernadette doesn't always play the tournaments, even if she travels with Randy, but she assured me that she will play in the January 2014 *Women's Senior Masters in California*. I love it that her 1982 shirt still fits perfectly!

Read the story of the *Melbourne Stroh's*-sponsored tournament with 504 people/775 entries in one weekend. And let me know if you have some Good Ol' Days tournament stories to share in future newsletters. ○

Melbourne Sleeps — Racquetballers Compete

Reprinted from a 1982 *Racquetball Magazine* with Permission by Norm Blum

Melbourne, Florida—The streets are barren at 3 am in this densely-populated community. The moon reflects on the intracoastal waterway and the crickets, out in force, chirp in unison. There's little sign of life during the wee hours of the morning. Occasionally a car speeds through the main intersection. The convenience stores are open but there are no customers. Melbourne is asleep for the night.

Almost!

About two miles from the quiet downtown, *West NASA Boulevard* resembles one giant flea market parking lot. Call it the middle of the night or early in the morning, competitive racquetball is still being played at the Imperial Courts.

The second annual *Stroh's Classic*, the largest tournament ever held in *Florida*, if not the nation, forced the Imperial Courts to schedule matches around the clock. Participants breathed a sigh of relief over 8 am starting times. Five hundred and four racquetballers signed up and somehow 802 matches were completed within two and a half days. The C draw was larger than most tournaments. One hundred and fifty-four players signed up for the C division and there was barely enough space on the wall to put up the drawsheets. Add another 90 doubles teams and it's no wonder matches were delayed two to three hours throughout the tournament.

Unlimited *Stroh's* beer, along with a door prize ticket that enabled participants to win a car or moped, attracted the throngs of competitors.

John Brown, one of the many C players, knew it would be a long weekend when it took him four long-distance phonecalls to get his starting time. Informed it was 3:30, Brown marveled at the prospects of playing his first-round match in the middle of the afternoon. He anticipated a leisurely drive from *Jacksonville*. But his glee was short-lived. Right after thanking the girl at the front desk, he was quickly corrected. "Mr. Brown. Mr. Brown. That's 3:30 in the morning." Brown's silence set the tone for the weekend.

Miss *Stroh's*, **Liz Smith**, kicked off the festivities at 5 pm. Clad in a skimpy outfit, she officially started the tournament. "Come and drink some *Stroh's* all weekend," she announced.

And drink they did. Half the field was eliminated within the first few hours and the *Stroh's* booth, located in the *Wallbanger Lounge*, became a refugee camp for losers. The winners weren't so fortunate. They were faced with playing at 4 in the morning and when they showed up at the correct time, the tournament was behind two hours. Most deplored the conditions and badmouthed the club. Paying for a motel room and not being able to use it angered several players.

The last match of the first day went off at 4 am. Nightowls had a tremendous edge in the competition. Play resumed at 7:30 am Saturday and didn't end until 6 pm Sunday. Players caught a couple of hours of shut-eye just about everywhere. One man was spotted sleeping on the hood of his car Sunday afternoon during an electrical storm. However, the *Nautilus* room appeared to have the most comfortable lodging.

Continued on page 20...



Spectators jockeyed for position to watch the matches. Norm Blum/photo

Melbourne sleeps — racquetballers compete

By Norm Blum, Publisher
MELBOURNE — The streets are barren at 3 am in this densely populated community. The moon reflects on the intracoastal waterway and the crickets, out in force, chirp in unison. There's little sign of life during the wee hours of the morning. Occasionally a car speeds through the main intersection. The convenience stores are open but there are no customers. Melbourne is asleep for the night.

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Miss Stroh's, **Liz Smith**, kicked off the festivities at 5 p.m. Clad in a skimpy outfit,

the morning and when they showed up at the correct time, the tournament was behind two hours. Most deplored the conditions and badmouthed the club. Paying for a motel room and not being able to use it angered several players.

The last match of the first day went off at 4 am. Nightowls had a tremendous edge in the competition. Play resumed at 7:30 am Saturday and didn't end until 6 pm Sunday. Players caught a couple of hours of shut-eye just about everywhere. One man was spotted sleeping on the hood of his car Sunday afternoon during an electrical storm. However, the *Nautilus* room appeared to have the most comfortable lodging.

About 825 players competed during the early morning hours. Some enjoyed the change of pace while others deplored it. The Imperial Courts management, aware of the inconvenience, placed the players with a free breakfast pass at *Santitas* and all

Melbourne Sleeps — Racquetballers Compete *continued from page 19...*

About 125 players competed during the early morning hours. Some enjoyed the change of pace while others deplored it. The *Imperial Courts* management, aware of the inconvenience, placated the players with a free breakfast pass at *Sambo's* and all but 15 people took advantage of the offer.

Manager **Mike Phillips** didn't plan on holding a marathon racquetball tournament and he was the first to admit playing all day and night was not conducive to a good tournament.

"We anticipated 500 entries on nine courts and had 775. We turned down over 100 entries and those people were ticked off for being turned down. We anticipated having 14 courts ready and didn't find out until Monday that they weren't ready. It rained two weeks in a row and when the glass came, it was busted. Next year we will have the courts and be able to accommodate a large turnout."

Phillips adhered to the entry deadline of midnight Tuesday and, along with **Ken Lutz**, **Chip Meadows** and **Scott Nelson**, worked until 4 am the entire week. Due to the large turnout, Phillips was forced to use three of the four courts at the *Palm Bay Recreation Center*, six miles from *Imperial Courts*. He scheduled the D (novice) and junior division matches at *Palm Bay* and gave each player a "Survival Kit" for their trouble. The kit consisted of an *Imperial Courts* license plate, a map to *Palm Bay*, a free court pass to the *Imperial Courts*, a certificate for a free drink in the *Wallbanger Lounge*, an ink pen and a key chain.

"The time element was the only complaint. There weren't complaints about hospitality, prizes, trophies, shirts or hats. We gave quite a bit for \$22," Phillips commented.

The tournament's highlight and the main reason for the large number of entries occurred at 10 pm Saturday when the drawing for the car was held. All matches were stopped and *Imperial Courts* fitness director **Charles Dobson** began calling out the winning tickets for the lesser door prizes.

Melbourne's **Lana Morse** won the moped from *Con's* *Kawasaki* as ticketholders waited in anticipation for Mike Phillips to draw the winning ticket for the car. After it was drawn, Dobson repeated the winning number several times and waited ten minutes before asking the crowd if another number should be drawn. A resounding chorus of approval rocked the club and Phillips selected another number from the barrel. Moments later *Sarasota's*

Bernadette Augustine

(now **Godwin**) made her way through the crowd and claimed the 1982 *Toyota Tercel*. The crowd slowly began to thin out and a few disappointed people muttered to themselves how they were only one lousy number away from winning the car.

And the others? They continued to play racquetball while the rest of Melbourne slept. ○



Just Hangin' Around

By Bruce Adams



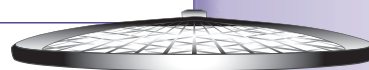
We all have our favorite places to hang out and hang around. It may be the water cooler or the break room at work; the kitchen at home or some other comfortable place to "share" oral information. There are even times you may be waiting on something or someone else, and find yourself accidentally 'hangin' around'. Such was the case before the *West Allis* tournament in July.

I was minding my own business when a *Board* member was talking to someone else about chronic back and leg pain. The member had gone to his doctor, chiropractor, ju ju doctor, physical therapist, and others without relief from three straight days of pain. This had been going on for some time. Some of you are familiar with sciatica nerve pain. Finally, the member got some free advice to try. Go to your local gym and grab an overhead chin-up bar or pull-up bar, and hang for three 30-second sessions.

After a few (very few) days of this, all of the pain DISAPPEARED!!! The member and doctor agreed that there was some kind of spinal compression that got relieved with the hangin' around. The *Board* member passed on the simple procedure to another *NMRA* member that dropped out before the event with a similar issue. I am told that on the second 30-second "hanging", the member's height increased three inches immediately. I have to assume the pain subsided.

I have to admit that I tried it also at *West Allis*, even though my 30 second sessions were more like 12 to 15 seconds in length. I too got quite a bit of back pain relief and did not wake up with a sore back as I have the past two months. I am still hangin' around my gym back home. I have also reverted back to wearing my *Z-Coil* shoes (*Google* them) which also helps reduce spinal compression.

So the next time you have a nagging, lasting pain in the back or legs, try HANGIN' AROUND. It could be beneficial and is very inexpensive. ○



Almost Tax Time

By Tom Curran

Tax time is a great time to be thinking about making a donation to the *NMRA Future Fund*. As a member of the *NMRA* you know the *NMRA* has, separate from our General Fund, set up a *Foundation* that is designed to ensure the financial FUTURE of the *NMRA*. It is covered under our 501 (c) (3) IRS designation as a Charity.

With the recent loss of a number of our older members, it is an opportunity to make a donation in their memory.

Every *Foundation* gift is recognized by a letter of 'charitable donation' to the person who honored us with a gift. All donations to the *Foundation* are fully Tax-Deductible.

We are also grateful and thankful to everyone who remembers us in their estate planning and donates to the *NMRA Future Fund*. It is a sign of their support in the present and honoring us by identifying the *NMRA* as so important in their lives.

Thanks for considering a donation to the *NMRA Future Fund*.

Donations can be sent to: *NMRA Future Fund*, C/O Tom Curran, Executive Director 1015 Cardinal Drive NW, Wilson, NC 27896

MORE *NMRA* Tidbits

As of the last newsletter, I was deeply involved in starting up the *World Team Racquetball* leagues in Southern CA.

You may remember that these team leagues are similar to tennis *USTA* leagues and are arranged by skill level—one level per team, playing teams of the same level from other area. They were well-received and we had lots of fun being teams, representing our teammates, meeting new players from *California* and figuring out how best to roll out *WTR* to the rest of the racquetball world. We had about 50 players who participated and the feedback was mostly positive. The new season was supposed to start in September, but it seems to be on (temporary, I hope) hold for now. **Laura Fenton**, who owns *WTR*, has had some roadblocks this summer that have kept her from putting 100 percent of herself into *WTR*, so the project is on pause until she gets past those challenges. I'm sure the decisions will be made soon and I will update you all in the next newsletter. If you have any questions or want information about starting a team league in your area, please contact me.

Here Comes Indoor/Four-Wall Paddleball

By Steve Cohen

Paddleball is a natural game for racquetballers to pick up quickly and is a great workout.

Tournaments have skill and age divisions. **Ron Pudduck**, former president of *National Masters Racquetball*, was a formidable paddleball player before and after making the transition to racquetball. Ron was a three-time national champion in the senior division (35 years and old): 1976, 1977, and 1978.

THE GAME: Each match consists of best of three (3) games played to 21 points with a tie-breaker to 11 or 21. The rules are basically the same as racquetball with some exceptions. A ball struck by you that hits your opponent before bouncing is played over whether or not the ball could have reached the front wall. Also, the receiver must remain behind the receiving lines until the ball crosses the short line. Lob serves are very effective in the corners. In doubles, servers do not have to alternate serves to their opponents.

THE BALL: The ball is bigger, softer, and slower than a racquetball. It looks and feels like the Ektelon classic black ball but its circumference is somewhere between a racquetball and a tennis ball. The official ball of the *National Paddleball Association (NPA)* is the Ektelon ball. When dropped from a height of 6 feet, it should rebound approximately 3-1/2 feet.

THE PADDLE: The paddle is made of wood or composite material and must have a safety strap worn at all times.

Dimensions:

- 1) Length – Maximum of 17.25 inches
- 2) Width – Maximum of 8.5 inches
- 3) Thickness – Maximum of 0.75 inches (handle may be thicker)
- d) Weight – Maximum of 16 ounces
- e) Must be safe: no metal rims or protrusions

The *National Paddleball Association* style of four-wall paddleball started at University Michigan in 1930. Soldiers training at the *University of Michigan* during *World War II* began playing paddleball. It was adopted as an official sport of the American military.

The *National Paddleball Association* was formed in the 1950s and sanctioned its first national tournament in 1962. Several of *NPA's* national champions also were highly-rank racquetball players including: **Steve Keeley**, **Charlie Brumfield**, **Marty Hogan**, and **Chris Crowther**.

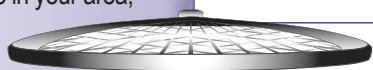
The 2013 *National Paddleball Doubles* was held April 26-28 in *Riverside, CA* at the *Tournament House Sports & Fitness Center*. *NMRA* members participating were **Steve Cohen** winning the C's and **Scott Winters** playing in the A's.

Paddleball, both 1-wall and 3-wall, was played outdoors at the 2013 *3WB World Championships* in *Las Vegas* hosted by the *Stratosphere Hotel*, September 18-22, 2013. www.paddleball.org

A paddleball demo is being planned during the December *NMRA* tournament at the *Maverick Club* in *Arlington, Texas*. Come on down and give it a whack. ○

MORE *NMRA* Tidbits

At the suggestion of Jim Harper of Wisconsin, we are now encouraging our 75-year-old and older players to play their matches using rally scoring. Rally scoring is where a point is scored even if you are not serving. The match scoring format will be the same—two games to 15. This makes the matches go faster, because even a side out gets a point for the receiving player. If the two players agree to play with regular scoring rules, that is okay too. This was suggested for a few reasons. 1) When combining divisions, some matches are a little lopsided skill-wise, so the score might be more even. 2) Players with limited stamina (and mobility, possibly) will have shorter games so they can sign up for the tournament without having to forfeit their last matches (of the day or the tournament). We try to be flexible and make everyone happy, so please feel free to give us feedback on this type of scoring.



General Doubles Strategy (Part 2) continued from page 17...

Some additional tips on court positioning:

- Stay off the wall (!) and near center court.
- Never be in the same court area as your partner. It minimizes coverage and increases the chance of interference and jamming.
- Have an honest assessment and understanding of your own, and your partner's, strengths and weaknesses, so that you can select the best positioning format for your team.
- Be prepared to adjust your position formats as required to take advantage of opponent weaknesses and to defend against their strengths. Doubles is a fluid game and adjustments will have to be made.
- Communicate – regardless of the player skill level, none of these positioning formations will work effectively without continuous on-court communication. ○

**National Masters Racquetball Association
TOURNAMENT STATS**

2007 to Present

Tournament	Total Players	Guests	One Event	Two Events	Men	Women
Portland March 2007	178	28	66	112	152	26
Kansas City July 2007	190	34	58	132	149	41
Provo March 2007	167	18	46	121	135	32
West Allis July 2008	178	23	52	126	137	41
Denver December 2008	94	5	58	36	73	21
Canoga Park March 2009	152	12	69	83	123	29
Champaign July 2009	159	21	49	111	124	35
Pleasanton December 2009	109	5	58	51	75	34
Tucson March 2010	190	24	57	133	150	40
Allentown July 2010	143	24	44	99	114	29
Fullerton December 2010	121	4	62	58	97	24
Portland March 2011	151	20	47	104	122	29
Fullerton July 2011	127	10	43	84	108	10
Arlington July 2011	85	5	28	57	63	22
Provo March 2012	98	10	28	70	78	20
Raleigh July 2012	172	25	56	115	133	39
Pleasanton December 2012	96	8	42	53	75	21
Tucson March 2013	152	12	50	102	121	31
West Allis July 2013	110	13	32	78	87	23

MORE NMRA Tidbits

Jan Warren, Paul Banales and **Tony DiCesare** put on a fun little rotating-partner doubles tournament in Las Vegas in June. Toby works for the LVH (formerly Las Vegas Hilton), who sponsored the tournament and got us a great room rate. The temperatures were blister-hot outside, but the courts were cool inside for the 30 people signed up. There were ten people in each of the three divisions—55 to 64, 65 to 74, and 75+. It's always fun to go to Las Vegas for a few days, so think about attending this unsanctioned tournament in 2014. They are planning to move it to early May instead of late June. Maybe they will even allow some younger players to play this time! Let Jan or Paul know if you are interested so they can plan better.

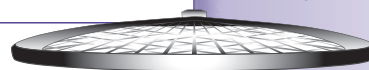
You may not know that the NMRA is a big supporter of international racquetball. Most years, as a money-raising auction item for the *International Racquetball Federation*, we provide a two-event entry into one of our NMRA events. The big IRF tournament is in Albuquerque in August each year. There are many NMRA members who also play IRF events, so our entry is quite a popular item. In exchange, they also provide an entry to the NMRA to auction off for charity. The format of the tournaments is similar (self-refereed and round-robin) but the match formats are a little different. The goal is the same—promoting the sport and its social aspects to get players coming back year after year. If you want more information on the IRF, its tournaments, and its impact on the world racquetball scene, click on www.internationalracquetball.com.

If you have anything I should report or reprint in this newsletter, please send it along. Recently, the *Charlotte Observer* newspaper highlighted one of our NMRA players. Here is the link to the article on **Mildred Gwinn** of Waxhaw, North Carolina, who plays in the 70+ division. You go, Girl! <http://www.charlotteobserver.com/2013/08/23/4251257/mildred-gwinn-is-familiar-with.html#.UiILvzZJMeQ>

In the July 16 NMRA board meeting, the board of directors voted to extend the term limits of board members from two consecutive terms to four consecutive terms. There will always be board members who do not run for re-election, but this extension will allow hard-working board members to keep working hard for the NMRA. ➤



www.nationalmastersracquetball.org



Congratulations to Jose Rojas from Stockton, California, who won the Overland



Park, Kansas, IRT pro stop! This was the first Tier 1 pro stop of the new season, and Jose had to beat **Kane Waselenchuk** in the semi-final and **Rocky Carson** in the final. The seeding for the *US Open* should be shaken up a little by this win. In fact, the whole 2013/2014 season just got a little more interesting. Follow all the action being streamed live each week at www.irtnetwork.com. You can also watch Jose's wins in the archives. **John Scott** and his crew do an excellent job commenting on the matches and keeping the viewers entertained. Sign up to get the email notices about upcoming online coverage.

NMRA online store goods are still available for sale, but we will be shutting down the "store" we have on racquetspot.com soon. Remember that you can get great *NMRA* shirts, shorts, arm-warming sleeves, and the famous racquetball-lover stick family car window stickers through the *NMRA*. Contact me, **Cindy Tilbury**, for more information.

I think I've mentioned already that we are very proud of the NMRA fundraising efforts at the past two tournaments. Just a few dollars from each member who chooses to contribute has made all the difference to two of our racquetball athlete causes who are no where near old enough to join our group. You can bet they will join when they get a little older, though. In March, the *University of Arizona* at *Tucson* racquetball club/team got *NMRA* banquet attendees to donate over \$1,000 to their quest to attend the *USAR* Intercollegiate tournament. They also received a ton of equipment that they can use or sell to further their racquetball endeavors for 2014 Intercollegiates. We did even better in *West Allis*, where we had *USA Junior Team* 14+ player **Justus Benson** and his dad come to our banquet. They helped us donate our *NMRA* dollars to the *USA Junior Team* cause of sending him and his 16+ doubles partner (**Sam Bredenbeck** of *Minnesota*) to *Sucre, Bolivia* to compete for the USA in the *IRF Junior World* championships. We sent Justus home with over \$1600. I have included Justus' and his dad's thank-you notes to the *NMRA*. You are all so amazing when it comes to supporting racquetball efforts. We may just come around again sometime, so thank you in advance. Every \$10 or \$5 really makes a difference—just read Justus' note. Thank you from me, personally, as I think this is a very worthwhile cause. ○

2014 NMRA Election Ballot and Voting Process

By Bruce Adams

Our yearly election is at hand. This year, we solicited players at the *Tucson* and *West Allis* tournament for *NMRA* board member candidates and made many email and phone call communications to find qualified candidates for the open positions. Several people let us know they wanted to run. **Cindy Tilbury** of California decided to run for re-election, and **Chris Poucher** from the Atlanta area, **Jim Elliott** from Sun City West, Arizona and **John Winings** from northern California would each like your vote for a first three-year term.

We will again be offering online voting. The election will be available to all current *NMRA* members at the www.r2sports.com website (event type is Election, rather than Tournament). It only takes a few minutes to vote, so log on and voice (click) your opinion! Click this link to vote. You must have a *USA Racquetball* profile in www.r2sports.com, but you may set it up or find your password, if you don't already know it.

<http://www.r2sports.com/tourney/home.asp?TID=11542>

If you would like to run and you are NOT listed in this newsletter, we can do several things to further your campaign:

- Send a blast email with your intent to run, along with your bio and picture. In addition to phone calls/emails you initiate, you can run an effective write-in campaign.
- Invite you to run for the Board in one year. We welcome your involvement before the next election, and you can get a feel for the group's efforts.

If you are considering running for the board in the future, please contact a current or past board member to ask about the duties and commitment. You might have in mind an area of interest where you feel you can contribute. We sincerely welcome that.

Official NMRA Board of Director ELECTION BALLOT

Postmark Deadline – February 1, 2014 Online Deadline – February 1, 2014

October, 2013 -- Vote for a maximum of three (3) candidates

Review the candidates' qualifications in this newsletter, or online at <http://www.r2sports.com/tourney/viewDivsFees.asp?TID=11542>.

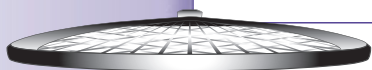
To make your vote count:

1. Vote online at <http://www.r2sports.com/tourney/home.asp?TID=11542>

-OR-

1. Cut this ballot out of the newsletter
2. Keep the address label on the back of it to validate that a current *NMRA* member is voting.
3. X your candidate choices.
4. Put it in an envelope by February 1, 2014
5. Send it to Bruce Adams, 8950 S. Erie Avenue, Tulsa, OK 74137 918-576-9753 Cell

Vote X	Name	State
	Jim Elliott 60+	AZ
	Chris Poucher 60+	GA
	Cindy Tilbury 55+	CA
	John Winings 50+	CA
		Write-In
		Write-In
		Write-In



NMRA TOURNAMENT Trail 2013-2014

Check the www.nationalmastersracquetball.org website or Facebook for the latest updates.



Oct 9-12	Huntsman Senior Games 50+	St. George, UT	Dick Morgan	www.seniorgames.net/sports/racquetball
Oct 24-26	Men of October 75+	Sun City, AZ	Greg Steger Jan Warren	ipowerfade@yahoo.com
Nov 8-10	All Military National Championships	San Diego, CA	Steven Harper	www.militaryracquetball.com
Dec 5-7	NMRA Doubles-Only 40+	Arlington, TX	Howard Walker	www.nationalmastersracquetball.org
Jan 17-19	25th Annual WSMRA Singles Ladies-Only 35+	Fountain Valley, CA	Kendra Tutsch	www.wsmra.com or kdtutsch@wisc.edu
Feb 12-16	USAR National Doubles	Phoenix, AZ	USAR	www.usra.org
Mar 5-8	NMRA National Championships 45+	Tucson, AZ	Cindy Tilbury	www.nationalmastersracquetball.org
May TBD	USAR National Singles	Fullerton, CA	USAR	www.usra.org
May TBD	Rotating Doubles 50+	Las Vegas, NV	Jan Warren	jalarae@gmail.com
Jul 16-19	NMRA International Championships 45+	Raleigh, NC	Carmen Alatorre-Martin	www.nationalmastersracquetball.org
Dec 4-6	NMRA Doubles-Only 40+	Fullerton, CA	Steve Cohen	www.nationalmastersracquetball.org
Mar TBD	NMRA National Championships 45+	Tucson, AZ (tentative)	Cindy Tilbury	www.nationalmastersracquetball.org
Jul TBD	NMRA International Championships 45+	Springfield, MO (tentative)	Cindy Tilbury	www.nationalmastersracquetball.org
Dec TBD	NMRA Doubles-Only 40+	Pleasanton, CA (tentative)	Steve Cohen	www.nationalmastersracquetball.org

Also on www.r2sports.com

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Check the www.nationalmastersracquetball.org website or Facebook for news.



NMRA RacquetRacket Newsletter
Cindy Tilbury, Editor
23308 Bocana Street
Malibu, CA 90265

PLEASE CONTACT US
TO RENEW YOUR MEMBERSHIP



Be sure to check the www.nationalmastersracquetball.org website for updates and immediate election results!