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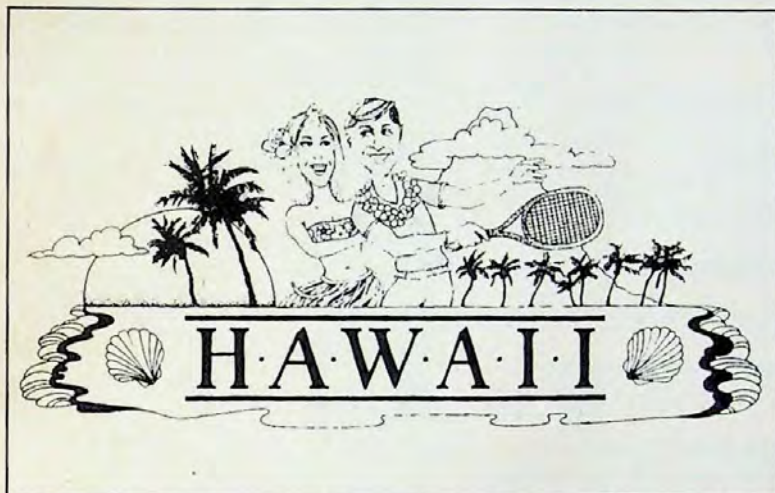
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Cover photo by Ed Ikuta



Happy Anniversary

In June, 1978, *Racquetball Illustrated* came out with its first issue, with O.J. Simpson on the cover. To some people, we were a breath of fresh air. We gave people a new and exciting package. To others, however, we were a threat.

Following the first issue, we were sued by somebody whose name will go unmentioned. The suit stated that we couldn't use the word "Racquetball" in our magazine title. Since "Racquetball" is a generic term, it was obvious the suit wouldn't hold up. But it cost our company some money in legal fees, and let us know that some people were going to make it hard for us to get started and, hence, get accepted.

It has been three years since that issue appeared on the newsstands. The issue you hold in your hands now is, in effect, our anniversary issue. Despite the suit and other threats and hurdles, we are now into our fourth year of existence.

I remember one person telling me that no matter how many suits, or threats, or hate letters we got, the final decision as to whether we were accepted would come from the marketplace—the consumer.

So, with this "anniversary" issue, we would like to take the opportunity to thank you for your acceptance and continued support.

We promise to maintain our attractive package and to offer you some new ideas in the future.

We are already expanding our advertising department. Shortly we will announce new advertising reps in New York, Chicago, Atlanta and Dallas in addition to our regular staff in Los Angeles.

We would also be glad to receive any ideas from you. But be specific. Don't just say more instruction or more tournament coverage because for every one of those letters, we also get another asking for less instruction and more celebrity features.

Our consumer policy of a little bit of everything will remain the same but we do plan on adding more self-help articles in the future, not necessarily on instruction but on all facets of self-improvement whether it be health or physical fitness or hardcore racquetball.

This month we offer our annual travel section with features on Honolulu, San Francisco and the various resorts which offer racquetball. You will also find the annual camp guide.

Our instruction section is highlighted by a quick, easy-to-read self-help instruction guide written by a professor from Appalachian State University in Boone, N.C., and articles on proper wrist action and outdoor racquetball.

We have never appealed to readers or club owners in the past to help us out with tracking down feature subjects but we are asking for some help now. We are planning an article on senior citizens who play the game, and are looking for the oldest active players. If you or your club knows of a player or players over the age of 70, please drop us a note with his or her name and information as to how we can get in touch with them.

Ben Kalb

RACQUETBALL ILLUSTRATED

JUNE 1981

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SIDE OUT

More Instruction

As a subscriber to your magazine, I think overall *Racquetball Illustrated* is very good. However, I believe there are a couple of things that could change it for the better.

I buy *Racquetball Illustrated* to read about racquetball, not someone's television or movie career. I'm sure any serious racquetball player would much rather see more instruction in place of your attempt to copy *People* magazine. Even more articles on pros would be nice.

It is also very nice to read about all of the tournaments, and how they turned out. It would be even nicer to know about these and other tournaments before they happen. Why not devote two pages to upcoming tournaments in every state? There are many good players who live in isolated areas and find out about tournaments after they have already happened.

Please consider these suggestions. It could only improve an already outstanding publication.

Bob Voss
Jacksonville, NC

Editor's note: We have considered running a racquetball calendar and have decided against it. The main reason is that we find out about the local amateur tournaments even after you do. Tournaments are rarely planned with enough advance notice to meet our editorial deadline, and even if they are planned far in advance, most tournament coordinators do not have the foresight to send us the information. We will continue to print advance notices of professional events and post-tourney coverage of anything sent us.

DMSO

I have just read with interest the article in the March '81 issue on Daryle Lamonica and his experiences with DMSO. I also noted the advertisement in the issue reportedly selling DMSO as a "solvent-degreaser."

Unfortunately, it seems that DMSO will soon become fashionable among weekend athletes. However, there are many points concerning this drug and its properties which need to be made clear. I would like to mention one of them that is often overlooked.

DMSO freely penetrates the skin. It has the added and potentially harmful property of being able to facilitate transport of foreign substances through the skin and into the body. Thus the unknowledgeable user may run the risk of serious infection. With this in mind, one must also be concerned with the purity of the DMSO used. Solvent grade DMSO is not intended for medicinal applications and its use in such instances seems, to me, highly dubious at best.

I am sure that Daryle Lamonica and many others have used DMSO with positive results and suffered no ill-effects. However, if I may quote Lamonica from the article, "I had top

physicians and orthopedic surgeons administering it to me..." My argument is not with the effectiveness of the drug but with its use under uncontrolled circumstances. I would think that anyone wanting to use DMSO would certainly be advised to contact a knowledgeable authority.

I am afraid that the sudden upswing in the illicit use of DMSO may prove to be a good illustration of the old saw, "a little knowledge is a dangerous thing."

Vincent T. Spaziano
St. Louis, MO

Memphis State

Thank you for printing the fine article on the Memphis State University racquetball team. It is encouraging to see a racquetball publication give college racquetball the coverage it deserves.

College competition, so far, has been relatively small. But through the coverage you give, more colleges will become involved.

Dan Cohen
Memphis State Univ.
Memphis, TN

Prison Story

I think your March issue was outstanding, especially the article on racquetball in the prison system.

I know that several of your hard-core racquetball nuts ask you to fill up the magazine on instruction. But I want you to keep it as it is. I'll take a well-written, interesting article any day.

Instruction gets old. There is not much new you can say. But stories such as the one on the prison system are what keep the intelligent reader buying your magazine.

Barbara Kroll
Vancouver, BC

Stretching

I usually enjoy your magazine and agree with most of its contents. I think your February issue was excellent. Because of that issue I decided to write you about an article in your January issue. The article concerns stretching.

I noticed that several of the stretches had the knee tightly flexed with weight on the knees. This has been proven detrimental to the knees. To make sure of my information, I checked with some of my consultants in biomechanics and physiology. In their opinions, several of the stretches could easily change ligaments of the knee. This, in turn, would produce instability of the joint.

Larry Cole
Flint, MI

Instruction Section

I have been getting *Racquetball Illustrated* since October of last year and I find it is excellent. I consider it as much a part of my game

as my racquet and shoes.

I play at the North Suburban YMCA in Milwaukee, Wisc., and your instruction section has contributed to my success.

The March issue was just super, especially the article on strategy and ceiling shots off the back wall. Your Rx For Winning column—"Problems and Solutions"—also answered many of my questions.

Pat Ryan
Brown Deer, WI

First Issue

I recently purchased your March 1981 issue. This was my first purchase but I don't intend it to be my last. I found it interesting and informative, although I must say I'm personally not interested in B.J. (Greg Evigan) playing ball with Steve Garvey.

The nuts and bolts of your publication is what interests me as a player, and the instruction and strategy aspects helped me bury my nemesis.

John Tichy
Mondovi, WI

A Thank You

I want to say thank you for all the support *Racquetball Illustrated* has shown me. I think you do an outstanding job, and it makes me proud to be a part of your magazine.

I also want to thank *Racquetball Illustrated* for the awards party on the S.S. Princess Louise. I may have been tongue-tied at the time but I appreciate the (Most Improved) award. It is the only trophy I have displayed out of the hundreds I've won through the years. It means a lot to me.

Lynn Adams
Costa Mesa, CA

Hinder Rule

Could you help me with a rule? After you complete your second serve, having faulted on your first, a "dead ball hinder" occurs. Do you go back to a second serve, or are you allowed two serves again?

Bill Ricker
Tipton, MI

Editor's note: You are allowed two serves again.

Healthy Skin

I note with interest the article on page 50 of your March, 1981 issue. It states, "To keep your skin healthy, wear cotton socks so that sweat from the feet will be absorbed."

I'd appreciate your author's (Dr. Ralph Gorrell) definition of "healthy skin" and copies of any medical proof that exists confirming that the presence of sweat has a deleterious effect on the skin.

I.J. Kappes
DuPont Corp.
New York, NY

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Ron Cey Celebrity Racquetball Classic



(Above) Actor Dennis Cole, actress Susan Richardson (*Eight Is Enough*) and Los Angeles Dodger third baseman Ron Cey.

(Left) Los Angeles Dodger manager Tommy Lasorda



Celebrities and sports figures turned out at the Mid-Valley Racquetball Club in Reseda, Calif to support the Ron Cey Celebrity Racquetball Classic for the benefit of the American Diabetes Association.

The one-day event included a celebrity-am tournament, exhibition matches and a dinner party in honor of Cey's birthday.

Photos by David M. King and Craig Grimes



Cey (left) and Dodger pitcher Terry Forster (not shown) defeated Jerry Henderson of Seattle (center) and *Racquetball Illustrated* editor Ben Kalb (right) in a special doubles exhibition.



Actor Bruce Weitz (*Hill Street Blues*)



Actor Tim Culbertson (*Hill Street Blues*)



Singer Diane Lennon (Lennon Sisters)



(Top left)
Brian Mitchell (*Trapper John, M.D.*)

(Top right)
Dodger pitcher Jerry Reuss and son

(Above)
Dodger pitcher Terry Forster

(Right)
Michael Young, host of *Kids Are People Too*



TRAVEL



Illustration by Jeff Weekley

Racquetball In Paradise

By Ben Kalb

Editor's note: Racquetball Illustrated editor Ben Kalb is a former sportswriter for the Honolulu Advertiser.

When I returned to Hawaii for the first time since 1976, some things had not changed—the ocean was still clear and blue, Waikiki was still inundated with tourist shows designed for Middle America and everybody was still walking around with tans (residents) or sunburns (tourists). But there were also some changes—more high rises, more shopping malls, more condominiums and more places to play racquetball.

Back in the mid-70s when I wrote about the World Football League and Ilie Nastase, who was playing World Team Tennis for the Hawaii Leis, racquetball was hardly spoken of. About the only places to play were the local Ys and the outlying military bases. Today, long after the World Football League and World Team Tennis have been buried and people are more into health and fitness sports, racquetball is popular in Hawaii.

In most of these geographical racquetball reports, the reader usually finds that a city's growth is on the upswing, and that more clubs are on the drawing board, or that the city has reached its peak, and there is an overabundance of clubs. In Hawaii, there is a

paradox of sorts. The sport is still on the rise but very few, if any, new clubs will be built soon. That is due to the high cost of land and construction.

"The cost of land and the cost of operating a facility are the biggest reasons we don't have more clubs over here," says Woody Cox, head pro at the Central YMCA. "You can't buy land in Hawaii. It's a state law. You have to lease it. So the potential owners from the Mainland turn and run."

But not everybody ran. Four clubs have been constructed, a few of the local high schools have added courts, one club is planned for Maui and there is talk of one in Hilo on the Big Island.

The most expensive club is the Honolulu Club, a \$12 million high-rise facility with 15 courts, a sports medicine clinic, private restaurant and disco-lounge. "That \$12 million figure is misleading," says one member. "If it were on the Mainland, it would probably be only three or four million."

The Honolulu Club is owned by about 40 people. The president is Gene Axelrod and the athletic director is Dave Glander, who came over after an extended stay at the Aspen Athletic Club in Aspen, Colo. Membership is about \$2,000 with dues about \$50 a month. There are about 2,000 members now.

"We're selling it as a well-rounded club with the emphasis on social activities," says Glan-

der. "We don't get the hardcore racquetball player. We get the hardcore businessman who is going for it all."

But with all the foresight to spend \$12 million on a fancy club, one wonders why the owners didn't spend a few extra dollars to put in a stadium court for pro tournaments and exhibitions. At the recent Catalina Classic, featuring all the top male pros, portable bleachers had to be set up on the exercise floor to accommodate the crowds. "This club was built for members, not to bring in people to watch racquetball," says Glander. "A stadium court is not in use very often, and I want to get as many members involved at one time as possible. That's why I like Walleyball so much. I can get six or eight people on a court at one time."

The emphasis on the social atmosphere becomes apparent when the Hula Bowl and Pro Bowl football games are played in town. The club buys up blocks of tickets to sell to members, then transports everybody out in buses for a pre-game brunch. The social atmosphere also becomes apparent in the private disco-lounge, which allows smoking, and is as crowded as any place in Waikiki on Friday nights.

"Most members look to use the club as a supplement to life," says Glander. "To stay in shape, get exercise, and most important, to meet other people."

Rainbow Falls on the Big Island of Hawaii.





The Honolulu Club is located across the street from Blaisdell Arena, the site for most of the local athletic events and concerts in town. Because of the close proximity, several celebrities, including Melissa Manchester, George Benson and Tanya Roberts of *Charlie's Angels* have dropped in for a little exercise. Other frequent users of the facilities are mem-

bers Jim Nabors, Tom Selleck (*Magnum P.I.*) and New England Patriot tight end Russ Francis.

If the Honolulu Club is the social club in town, the Nuuanu YMCA, the Central YMCA and the Oahu Athletic Club seem to be the places for the real players.

The Oahu Athletic Club is owned by busi-

nessman Marvin Wong, who won the state singles racquetball championship twice, and then decided he wanted to give players a little more atmosphere than one can get at the local Ys.

Annual fees for the Oahu Athletic Club run about \$600 to \$800 with over 1,200 members fighting for the use of the eight courts. Most of the players are new to the game.

"When I came over here two years ago from Newport Beach (Calif.), tennis was big," says Tawny McCloud, activities director at the Oahu Athletic Club. "Now it's racquetball. People play hour after hour. There are very few A players but we have a whole load of novices. Pounders we call them. They pound the ball at the front wall."

The Oahu Athletic Club also has its share of celebrity players—local entertainers Danny Kaleikini and Al Harrington, Karl Lorch of the Washington Redskins and former Harvard quarterback Milt Holt, now a state senator being groomed for governor.

"Because racquetball is so new in Hawaii, we have an influx of new members," says Wong. "Some are so enthusiastic they play everyday."

Racquetball, it has been said, is a cold weather sport. When the sun shines, people tend to stay outside. When it rains, they come in for their exercise. So, how does racquetball survive in Hawaii with its year-round warm weather and a heavy emphasis on water activities? "There are a lot of golf courses in Hawaii but you can play golf four or five hours and still not get a workout," says Wong. "With racquetball, you have the best of both worlds. You can get your exercise in an hour, and then go outside and hit the beach."

In addition to the Honolulu Club and the Oahu Athletic Club, there are a few other places to play racquetball but not an overabundance of clubs as other cities have experienced.

There are the Ys—Central and Nuuanu—which still field some of the state's top competitors; the King Street Club, near the old Honolulu Stadium, which is a tennis club with two racquetball courts; Punahou and Kamehameha schools, which each have six courts; the military bases such as Pearl Harbor, Schofield and Hickam; and on the windward side of the island, you have The Courthouse (Kaneohe).

The Courthouse, owned by businessman Don Dymond, has 12 courts that get a lot of use. "It rains more over here," says Pam Westmeyer, general manager of The Courthouse. "It brings more people inside."

According to Westmeyer, racquetball has only recently caught on in her area. "Hawaii is really young as far as racquetball is concerned but there seems to be this self-breeding atmosphere. Friends tell friends and pretty soon we are crowded. We didn't do any advertising. All word of mouth."

All the racquetball facilities in the state are located on the island of Oahu—the one with the largest population—but there is talk about building a club on Maui and possibly another in Hilo on the Big Island.

The most likely choice for the Maui club is in Kaanapali where most of the fancy hotels



Top: The \$12 million Honolulu Club which takes up most of the eight-floor building. Bottom: Athletic director Dave Glander leads one of his exercise classes at Honolulu Club.



Top: Aerial view of Waikiki with Diamond Head in background: Left: Iao Needle lava formation on Maui. Above: Oahu Athletic Club.

WHY KNOT?

No matter how well you warm up, most times you finish your exercise feeling a little worse for the wear. Nothing to call the ambulance about. Just a few knots, a knarl, and a couple of tender spots here and there.

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are located. "Racquetball seems like a natural for Maui," says Gary Campbell of Amfac, which owns and operates several hotels in Hawaii. "The hotels have a wait and see attitude now. They think the tourists will want to stay outdoors. It's just a matter of convincing them."

Overall, one can't compare Hawaii's top players to those in other major racquetball capitals such as San Diego, Los Angeles, or Memphis. But the state still has its share of quality competitors.

Randy Lau, Joe Decker and Cox usually fight it out for local titles, and Glander is a former Colorado state champion, although a knee injury has kept him off the courts recently. Then you have the local police department trio of Manny Rezentes, Owen Lovell and

George Akeo who won the United States Police Olympics team championship. Former national doubles champion Les Skelton calls Hawaii home as does 51-year-old Sam Koanui, a garbage collector who won the 1975 USRA Nationals Masters title, and lost in the finals of the USRA event in 1979. "When you talk about racquetball in Hawaii," says Cox, "probably no one has done as much as Sam."

As far as women are concerned, there are very few legitimate open division players. Lorna Naluai is the state's top woman. "We hardly have any good women players in the sport here yet," says McCloud. "We had one girl who started the game and two weeks later she was a B in this club (OAC). She won two tournaments in a row."

The quality of the Hawaii racquetball player will obviously improve as the local players are introduced to a higher level of competition. That could come from either seeing the pros when they come to Hawaii or traveling to the Mainland to play in open tournaments.

"Hawaii has a lot of outstanding athletes," says Cox, "but as far as a serious tournament player, there is not enough competition here. The local players need to play more top players but it's hard to do because we are so isolated over here."

The local player, however, is now getting a chance to see the top pros more often. The Oahu Athletic Club hosted an invitational pro tournament last summer, the Catalina Classic—a regular NRC pro stop—was held at the Honolulu Club in January, there is talk of a women's pro stop in November, and the men will probably return to Hawaii next year.

"It didn't go over here," says Wong, referring to public acceptance of his pro invitational. "I expected a bigger turnout. Maybe it's a little too early for the pros to come here. The public needs an education. We may suffer for a while."

Attendance and media coverage, however, picked up considerably for the Catalina Classic, which means that acceptance is coming slowly.

"Racquetball is relatively new here," says McCloud. "Like anything else, people need to learn about it. But we'll make it. Nothing goes wrong in Paradise."



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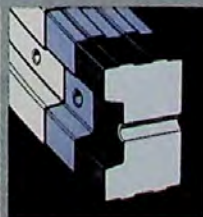
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TRAVEL



Illustration by Jeff Weekley

Racquetball By The Golden Gate

By Amy Rennert

San Francisco. 3:00 p.m. Another sunny Saturday afternoon. At Golden Gate Park, thousands of residents and tourists are enjoying the outdoors. Frisbees, footballs and softballs take flight while bicyclists and roller-skaters compete for space. Runners and picnickers appear everywhere. The tennis courts are crowded with a two-hour wait to play.

At the other end of the city, just a few blocks from Fisherman's Wharf, 20 people are inside a remodeled warehouse. No, they're not working or being held captive and yes, they know it's a beautiful day. Right now, they're perfectly content hitting racquetballs at a fast and furious pace in the San Francisco Bay Club.

"The California athlete wants it all," explains Jim Gerber, part-owner of the Bay Club. "Racquetball provides a good quick workout and challenge. After a game, there's still plenty of time for picnics and the rest. Adding racquetball to one's day leads to a healthier lifestyle."

Before the Bay Club opened in 1977, San Francisco residents had a difficult time finding courts in their city. The two private athletic clubs had limited racquetball facilities FOR MEN ONLY and the few public courts at the Jewish Community Center and YMCA were overcrowded.

It was for precisely these reasons that frus-

trated racquetballers Jim Gerber and John Melin converted a boarded up warehouse into a racquetball/health club. And the need for their club in a convenient downtown location was so great that all 1,500 available memberships were sold out two months before opening day.

Four years and thousands of racquetball players later, only one other major racquetball facility has entered the San Francisco city limits. The Telegraph Hill Club is a mere three blocks from the Bay Club in a studio where *The Streets of San Francisco* was filmed and, coincidentally, is owned by the same group, Gerber, Melin, and Pete Jones.

In a city with 700,000 residents, a working population of 1,000,000 and close to 500 competitors in a recent Perrier/Ektelon tournament, one might have expected clubs to spring up like the Golden Arches did a decade ago. But that didn't happen and no further development is underway.

Bill Dunn, president of the Northern California Racquetball Association, has an explanation. "The Bay and Telegraph Hill Clubs cornered the city market just as racquetball reached the big time. And both clubs offer a full-range of activities, which means would-be competitors have to be able to afford the extras. And, needless to say, anyone opening up a club in the city today needs a lot more money."

Gerber estimates that if he started out

today, he'd have to at least double the \$4.5 million it took to open both clubs.

Such high costs and the classy competition have taken developers and clubowners to the suburbs. In Northern California there are approximately 160 clubs. For a while a new one seemed to appear on the map monthly but lately things have come to a screeching halt. What's happening instead is that most of the established facilities are reaching capacity and enjoying healthy monthly statements as well as members.

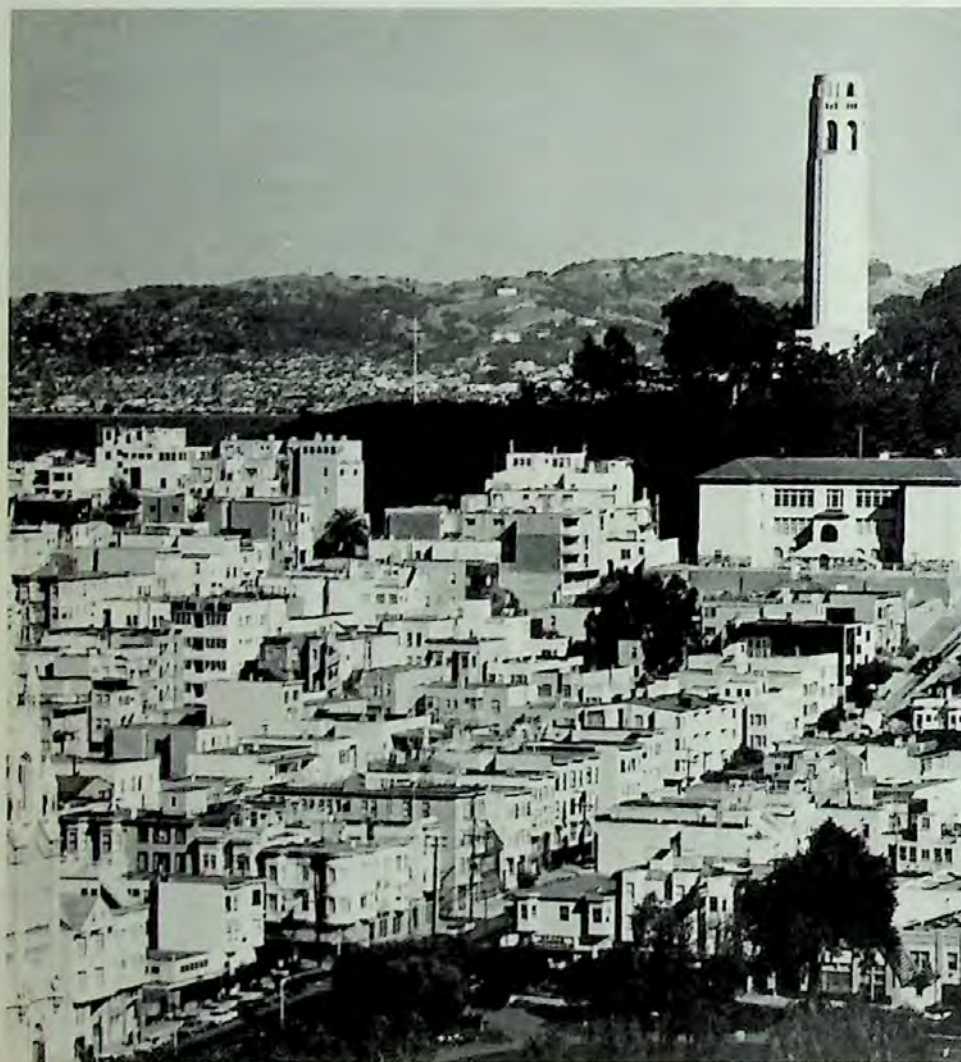
Sam "Colonel Coors" Hickey of the NCRA, who has seen a majority of the clubs, says, "The key to success lies in the ability to provide more than just a few courts. A club has to be an entertainment center as well as an exercise facility in order to survive."

Dunn agrees and cites the case of Wallbanger's as an example. "When the Family Fitness Center of Seattle took over the Wallbanger's chain, the first thing they did was rip out two courts and put in a health club."

The owner of the Oakland Athletic Club, Gary Talbers, says, "The clubs in trouble are the ones which have zero or little recreational space. Multifaceted operations mean big business."

Recognizing that man—and woman—cannot live by racquetball alone, Bay Club members can play tennis, squash, basketball, badminton or volleyball. They can swim in the co-ed 20-meter pool, work out in the weight





Photos courtesy San Francisco Convention Center

A view of Colt Tower on Telegraph Hill, the area in which one of San Francisco's two clubs is located.

room and enjoy panoramic views from the sundeck. Conditioning and dance classes are part of the program too. There's a TV room, snack bar, sauna, and jacuzzi for after-sports relaxation. Each month, social events and lectures are planned for interested members.

Everything about the club—including the cost, a \$625 initiation fee and about \$45 for monthly dues—attract an upper middle-class membership primarily between 25 and 40 years old. Two-thirds of all members live in the city. Right now the Bay Club has a six month waiting list of 250.

The Telegraph Hill Club, which recently reached capacity membership, has fewer "extras" and the emphasis is on racquetball. At that club, 50-60 racquetballers are on a six-week waiting list.

"Both clubs are geared to the recreational player," says Jeff Green, the Bay Club's athletic director. "The typical racquetballer may enter a tournament occasionally or join the club ladder but usually it's for the fun of a challenge and the opportunity to meet other entrants."

Scott Hawkins, Northern California's only

touring pro, doesn't disagree with Green but says, "Players in this part of the country are of high quality. A 'B' player in the NCRA would be an 'A' player almost anywhere else in the country, except, of course, San Diego. San Diego has more depth on the professional level, but we have just as much depth in the amateur ranks." Hawkins thinks Jerry Price and Shawn Fitzpatrick and two up-and-coming players.

At the Oakland Athletic Club, the second largest health facility in Northern California, several seniors are making their mark. According to Talbert, "We have some fine players in their 60s and 70s. They play for the fun and competition." At the OAC, racquetball is only a small part of the business even though the 10 courts added in 1974 are usually in use.

No one was playing on Superbowl Sunday, however. Because the hometown Raiders were playing, the owners knew the courts would be empty all day, and so they closed the club.

"Oakland is a city of football fans," says Talbert, "and I'm sure most people were glued to their sets. But if we were open I'll bet members would have showed up during halftime and before and after the big game."

Bay Area residents like to fit "getting healthy" into the rest of their daily routine. That's why most clubs are busiest during lunch hours and right before and after work. The Bay and Telegraph Hill Clubs operate a bus to shuttle members to and from the club during lunch hours.

By catching the bus, members can play several games of racquetball, shower, have a quick bite in the snack bar and return to their offices in less time than it takes to consume the two-martini lunch. Or suburban members can arrive at the club for a 5:15 p.m. game, thereby missing the rush hour commute entirely.

Convenience means a lot to Northern Californians. "I enjoy the exercise and I like being able to get in and out of the club quickly if I want," says Mathew Levy, a member of the Bay Club. "It's nice to be able to spend just an hour here or the whole day."

Clearly the trio who own the only two clubs in San Francisco have two major successes on their hands. But will they aim for a third?

"We're looking to expand," explains Gerber. "But we have no intention of investing more here. Actually I think the racquetball explosion will ultimately affect other cities across the country more than San Francisco because here there's so much people can enjoy year-round. Back East there are fewer sports to compete for one's time during the winter months."

But the trio is not headed for the East Coast. Next stop is Houston, where the influx of oil companies and corporations has led to a major racquetball boom.

A copy of the March, 1981 *Racquetball Illustrated* sits on Gerber's desk. That's the issue which welcomes readers to racquetball country in Houston. Gerber is scouting the competition in that city because clearly, in San Francisco he has none.

TRAVEL

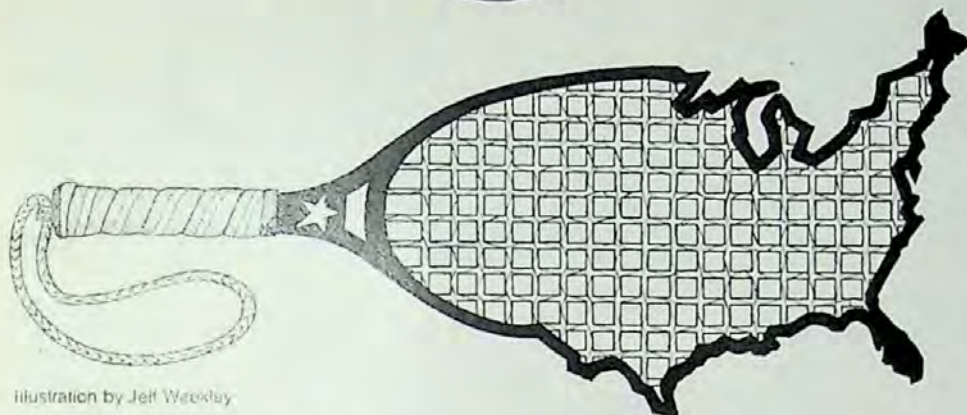


Illustration by Jeff Weekday

Racquetball Around the USA

By Michele Kort

Once you get into a regular racquetball routine, it's hard to forego—even when you're away on vacation or business. Racquetball fever may strike at the most inopportune moments: When you're sunning on a Florida beach, shussing down a ski slope in Aspen, wrapping up a big sale or deal in New Orleans, or flying to a town you've never laid eyes on and wouldn't have the slightest idea where to find a racquetball court.

Fortunately for those so afflicted, more and more locales maintain accessible playing facilities just waiting for your visit. There are even membership associations designed for travelers. Three groups of this nature have sprung up in the past year, each offering a directory of participating clubs, an opportunity to play at those clubs without being a member, and a reduction of normal guest fees as well as occasional additional discounts. Although their basic concept and offerings are similar, each has a rather distinct flavor.

The first of these plans to hit the market was Ed Kirkpatrick's **Traveling Players Association** (TPA). Kirkpatrick, a TWA pilot who's currently on furlough, was looking for something healthier to do on boring layovers than drink or otherwise carouse, so he began to seek out local racquetball clubs during stopovers. But, Kirkpatrick learned, "Until a person tries to go out and play racquetball in a strange town, they don't know what they're getting into."

Kirkpatrick, who lives in Kansas City, Missouri, decided that pilots like himself, as well

as flight attendants and frequent air travelers, could use a service that not only located the clubs but provided access to them without payment of exorbitant guest rates. For a \$65 two-year membership (\$18-24 per year renewal rate) in the TPA, one receives a card and a booklet listing clubs in 106 cities (one or two clubs in each one), with details about the facilities, directions for reaching the clubs from the airport, and occasional transportation hints. The card cannot be used within 60 miles of the member's hometown.

Since the service was initially designed for airline personnel, the directories are the same size as pilots' books and flight attendants' manuals, and cities are listed according to airline codes (LAX, JFK, etc.). Kirkpatrick has located clubs closest to each airport, and, if possible, chosen a second club in each city near the downtown hotel where flight crews stay for long layovers.

Most TPA members are young flight attendants and men around 40 years old, says Kirkpatrick. "I don't know if that's indicative of a male menopause or what," he adds. Whatever the reason, Kirkpatrick claims a membership of just under 1,000, and is enthusiastic about the club's chances for success. "I never get a negative from a club," he says (and they pay him to be listed). He also feels that the membership fee is reasonable. "You can drop that on a couple of martinis in one week," he says.

Aiming for a slightly different market—the corporation and its frequent traveling executives—is **United Sportsclubs** (US), a more elaborate venture operating out of Aurora, Colorado. This organization lists about 170 clubs, including one in Canada, of which 90 percent are private.

"We're basically into nothing but private clubs," says Mike Kaveny, one of three partners in US. "We're after the traveling executive, and it's coming across very well on the corporate end. They're buying blocks of cards."

US has been marketing their plan to anti-stress groups at corporations, promoting racquetball as one of the best ways to release tension while in transit. They've also worked out group programs with airlines such as Continental and Western.

For a fee of \$24 per year (their current introductory offer, with discounts available for groups), United Sportsclubs offers a membership card good for entrance at the clubs listed on their one-sheet directory. Unlike Kirkpatrick's detailed book, however, US doesn't provide directions to the clubs (which don't pay for their listings).

Although only in operation since last November, US already claims to have 2,000 members, and Kaveny predicts that, "It's going to take off and go like crazy. In three months we should have 25-30,000 members." Interestingly, almost a third of the membership is female, which Kaveny attributes to a woman's desire to locate safe, enjoyable recreation in strange cities.

A former restaurateur, Kaveny expressed a personal reason for being so interested in racquetball. "Being in the restaurant business," he says, "you can really get out of shape."

The newest organization is **Traveling Sports**. "I'm a traveling salesman, and I got frustrated with not having any place to play," says the founder of the club. "Frank," as we'll call him because he hasn't yet left his sales job and prefers anonymity, has geared his club toward those who travel on the road as well as in the air. His directory also includes golf, tennis, and general health clubs in addition to racquetball facilities.

Frank signed 35 California clubs to his organization (at \$10 each), but at press time he had not signed any individual members, having been in business only a month. "It's going," he says. "People are responding."

For a \$48 initial yearly fee, members will get a newsletter and be entitled to play at participating clubs for a reduced fee. For an additional \$39, they can receive a computer-determined fitness program developed by Fitness Systems, Inc.

Frank thinks that women should be especially interested in his club. "Women on the road are very conscious of their vulnerability," he notes, "and they don't feel safe in a lot of places." As for men: "It can get a guy out of his motel room," says Frank.

Because he's aiming at the road traveler, Frank has a different outlook than US or TPA on which clubs to include in his roster. "They're going for the one or two class clubs in the town. I'm not. I'm going for clubs near the motels where guys stay," he says.

"It is interesting that several of us are responding to this need at once. We'll see who does the best job in serving that elusive traveler."

For further information on these organizations, contact:

Traveling Players Association, Ed Kirkpatrick, 812 N.E. 100 Terrace, Kansas City, Missouri 64155.

United Sportsclubs, 3 Parker Place, 2600 S. Parker Road, Suite 334, Aurora, Colorado 80014.

Traveling Sports, 2923-A Nicholas Way, Modesto, California 95351.

RACQUETBALL AROUND THE USA

For the business traveler who doesn't want to leave his or her hotel to find a good racquetball game, or for the vacationer who's looking for a resort that includes racquetball, several places around the country will fit the bill perfectly. The hotels in question often include complete health clubs, and some resorts provide facilities for golf, tennis, and even polo.

Our tour of Racquetball USA begins in the northeast. At Summit Resort in **Killington, Vermont**, racquetball is "very very popular," says a resort representative. Killington is the biggest ski area in the state, and Summit is located only four minutes from the slopes. But when the sun goes down over your favorite run—or when there's no snow—the resort provides two racquetball courts where guests can play for \$8 per hour. The resort also has jacuzzis, saunas, game rooms, six outdoor tennis courts, and, for the more sedentary types, a library.

Just a bit southwest of Killington is another ski resort offering racquetball—Seven Springs Mountain Resort in **Champion, Pennsylvania**. Located in the Laurel Mountains of western Pennsylvania, Seven Springs has 395 rooms, plus chalets and cabins, and a ski hill with nine lifts, two indoor and 10 outdoor tennis courts, indoor swimming pool, and an 1,800-foot concrete "Alpine Slide" on which one can ride down the ski hill in summertime. There are four racquetball courts at which resort guests can play for \$8 per hour (\$10 for non-guests).

Located in **Philadelphia's** Franklin Plaza Hotel, is Clark's Uptown club with three indoor racquetball courts, four outdoor racquetball courts, four squash courts, and seven tennis courts. Hotel guests do not have to pay club guest fees (the hotel picks that up) but must pay \$8-10 court time. Guests also have use of the indoor-outdoor pool, running track, and health gym.

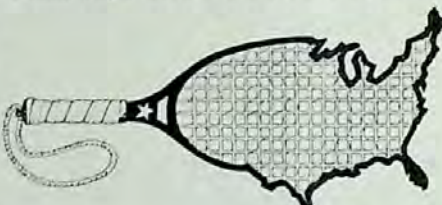
Moving south to historic **Williamsburg, Virginia**, travelers will find two racquetball courts at the Hilton Inn and National Conference Center, a 300-room facility. Court cost is \$7 per hour for hotel guests, \$10 for others, and includes use of sauna, whirlpool, indoor and outdoor pools, and exercise room. Hotel guests can also play on two tennis courts for no charge. The Inn is located practically next door to the Busch Gardens amusement park, and near Kings Mill, an exclusive gated residential area that maintains a PGA golf course.

Polo, anyone? The Palm Beach Polo and Country Club in **Palm Beach, Florida**, offers ample opportunities for the riding set on its 1,650 acres, along with golf, 13 outdoor tennis courts, swimming, squash, croquet,

biking, and horsebackriding. But if you prefer four walls indoors, the club also maintains a racquetball court which is free for guests of the 200 condominium units it manages.

About 20 miles down Florida's beach front is another resort offering racquetball—Laver's Resort and Racquet Club in **Delray Beach**. Owned by tennis player Rod Laver's cousin, Ian, the club also features clay tennis courts, a lake, and accommodations in condos. If you're a condo guest, you can play on one of the two racquetball courts for \$3 per person before 3:00 p.m.; \$4 after. Non-guests must each pay an additional \$7.50 fee.

Located about 30 minutes from Tampa, in **Tarpon Springs, Florida**, a tourist can find the plush Innisbrook resort and its new one million dollar racquetball complex. Located on 1,000 acres, the resort also has 17 tennis courts, 1,000 rooms and the usual amenities. Guests pay a fee for the use of the six courts



and outsiders can play on an availability basis.

While traveling through bayou country, you can find a racquetball game at the Rivercenter Racquet and Tennis Club at the **New Orleans Hilton**. The club offers eight courts perched atop the hotel's parking garage, and Hilton guests can play for \$13 per hour. The facility also includes a complete health club, three outdoor and eight indoor tennis courts, and a jogging track.

Going north from New Orleans, vacationing racquetball junkies might want to stop at Marriott's new Tan-Tar-A Resort at **Lake of the Ozarks, Missouri**. Located in the lovely green hills of Central Missouri, the resort includes four racquetball courts (\$8 per hour before 3:00 p.m., \$10 after and on weekends) which opened last December with exhibitions and clinics given by pro Rita Hoff. Racquetball is very popular in the area, and Marriott is already thinking of adding more courts to the facilities, which also include indoor and outdoor tennis and swimming pools, a health spa, bowling, and a full marina. The resort also maintains an ice rink and a small ski hill for winter sports, and creates its own special social events—like a Germanfest or a Mardi Gras—to make up for the dearth of "action" in Osage Beach, population 1,000.

Even if you can't pronounce the name of the Wisconsin town of **Oconomowoc**, its Olympia Princess Resort seems like a scenic and activity-filled place to visit. Four racquetball courts rent for \$8 an hour, and one can also play tennis indoors (four courts) or out (seven courts), horsebackride, bike, paddle boats on the pond, water ski and sail on the nearby lake (one of about 40 within a 15-mile radius), or steam and jacuzzi in the health spa. Located 45 minutes west of Milwaukee near a hilly state forest area, the resort also

features a man-made ski hill that allows a quick two-minute downhill run. Building that hill had another effect on the resort, though. "That's why we have a pond," said the desk clerk.

Further south in Wisconsin, just above the Illinois border, is another full resort offering racquetball—Lake Geneva Fitness & Racquet Center at the Playboy Club Hotel in **Lake Geneva**. Open almost a year, the center has complete men's and women's health clubs, a Nautilus center, two 18-hole golf courses, riding stables, skeet and trap range, a ski hill and cross-country trails plus snowmobiling, two swimming pools, biking, a lake for sailing, and if that isn't enough, its very own airport. The six racquetball courts are available to hotel guests for \$8 an hour before 5:00 p.m. and \$10 after 5:00 p.m. and on weekends until 5:00 p.m. Sunday. For that fee, one also receives health club privileges.

Another club just reaching its first birthday is located in **Palatine, Illinois**, a suburb of Chicago. Charlie II Club Resort Hotel & Fitness Center is a serious racquetball center with 17 courts. Guests can play for \$3 an hour before 4:00 p.m., \$6 after and until 5:00 p.m. weekends. And if you're an insomniac racquetball enthusiast, you can play all night long, since the club is open 24 hours. For those not staying at the hotel, an \$8 guest fee (in addition to court costs) entitles one to use all the facilities: Swimming pool, two indoor tennis courts, a jogging track, complete fitness center, and a basketball court.

Flying down from the Midwest to the Lone Star State, racquetball players will find two hotels in **Dallas, Texas** where they can combine racquetball with business or other pleasures. In the downtown area, Loew's Anatole provides three racquetball courts, two indoor and two outdoor tennis courts, and a complete health club for men and women. Hotel guests pay \$8 an hour for a racquetball court, while visitors from other hotels can play for an additional \$5 per person guest fee.

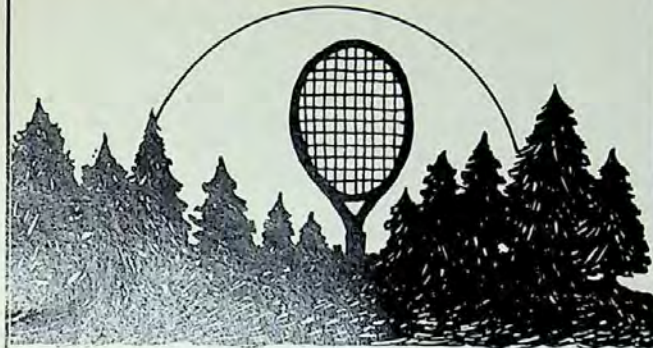
Near the **Dallas-Ft. Worth Airport**—within its grounds, actually—is the Bear Creek Golf and Racquet Center, connected with the Amfac Hotel. Open less than a year, it features 10 courts on which guests can play for \$5 an hour (\$10 for non-guests). Hotel guests can also use the health spa, not located at the Center. The resort-within-a-city also includes covered outdoor tennis courts, two 18-hole golf courses, and a jogging trail through the airport. Is it noisy? "Only when planes fly over," said an inadvertent wit at Bear Creek.

The Inn at Turtle Creek in **San Antonio** has four racquetball courts for its members and hotel guests. The resort has 331 rooms, 11 lighted tennis courts, a golf course and health club. Racquetball players pay a \$10-an-hour guest fee.

RACQUETS IN THE SNOW

Skiers in the Western mountain states seem to have taken to racquetball with the kind of fervor reserved only for, well, *skiing*. No less than seven resorts in several famous ski areas offer racquetball as an apres-ski/non-winter activity.

Racquetball Camp Guide



DAVEY BLEDSOE

Dallas-Ft. Worth, Texas, July 12-17, 19-24, 26-31, Bear Creek Golf and Racquet Center (part of Amlac resort complex at D-FW Airport, \$350 (not including accommodations). Special hotel rates available. Information: Ron Wickers or Randy Carter, Bear Creek Racquet Center, West Airfield Dr., P.O. Box 61025, D-FW Airport, Tex. 75261. (214) 453-8400.

Steamboat Springs, Colorado, August 2-7, 9-14, Steamboat Athletic Club, \$350 (not including accommodations). Special condominium rates available. Information: Harold Lujan, Steamboat Athletic Club, P.O. Box 1566, Steamboat Springs, Colo. 80477. (303) 879-1036.

STEVE STRANDEMO

Aspen, Colorado, July 6-10, 13-17, 20-24, Aspen Club, \$350 (not including accommodations). Information: P.O. Box 2355-51, San Diego, Calif. 92123. (714) 268-8707.

Cape Cod, Massachusetts, August 3-7, 10-14, 17-21, 24-28, Hyannis Racquetball Club, \$350 (not including accommodations). Information: P.O. Box 2355-51, San Diego, Calif. 92123. (714) 268-8707.

JANELL MARRIOTT/RITA HOFF

Warwick, Rhode Island, July 5-10, 12-17, Celebrity Courts, \$250 (not including accommodations). Special rates available. Information: Frank Rawcliffe, Celebrity Courts, 500 Quaker Lane, Warwick, R.I. 02886. (401) 826-1800.

DAVE PECK

Champion, Pennsylvania, June 28-July 3, July 5-10, 12-17, 19-24, 26-31, Seven Springs Mountain Resort, \$425 (including room and board). Assisted by Gregg Peck, Elaine Lee, Laura Martino. Information: Jeff Shearer, Seven Springs Mountain Resort, Champion, Pa. 15622. (814) 352-7777.

Poughkeepsie, New York, August 2-7 (juniors), August 7-9 (adults), All-Sports Fitness and Racquet Club, \$318 (including room and board) for juniors, \$209 (including meals, not lodging) for adults. Assisted by Gregg Peck and Jim Winter-ton. Information: Mike Arteaga, All-Sport Club, 240A North Rd., Poughkeepsie, N.Y. 12601. (914) 452-5050.

MIKE YELLEN

Chicago, Illinois, July 5-9, 12-16, 19-23, Charlie II Club, Palatine, Illinois. Information: Terry Fancher (312) 673-4000.

Editor's note: Camp Guide update will appear in next month's issue.

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In **Vail, Colorado**, the Vail Athletic Club operates six racquetball courts and one squash court. Hotel guests (there are 30+ rooms) can play racquetball for \$5 an hour in non-prime hours, and \$6 otherwise (4-7 p.m.). The club's additional health facilities include weight equipment, a 20-meter lap pool, sauna, steam, jacuzzi, an exercise room, and on-going classes in such disciplines as karate and country swing dancing.

The Vail Racquet Club, which serves 160 condos located five minutes from the ski slopes, has one racquetball court priced at \$6 an hour for those staying at the club. Outsiders can also use the court for an additional fee of \$2 per person during the week and \$3 on weekends. The club also has an entire health facility, a squash court, and three indoor tennis courts.

In spectacular **Aspen, Colorado**, the Aspen Athletic Club charges a daily \$12 membership fee for use of its club facilities, and an additional \$5 an hour (or until someone else shows up) to use one of their two racquetball courts. The other facilities, all co-ed, are a 60-foot lap pool, jacuzzi, steam, sauna, and 55 degree Swedish cold plunge.

The Aspen Club, which has 14 racquetball courts, is connected with a group of condominiums, seven of which are available for rental. Two of the courts are glass-walled for exhibitions and tournaments. While staying in a condo (they're located on a lake and the banks of the Roaring Fork River), racquetball costs \$4/person/hour. Non-guests must pay a daily fee as well as \$3/person/hour to play. Located on expansive acreage just outside the town of Aspen, the club also has two indoor and eight outdoor tennis courts, and one bubble-enclosed tennis court; a five-mile jogging trail and a cross-country ski trail; swimming pool; indoor and outdoor jacuzzis; sauna and steam; exercise classes; and a cold plunge for men.

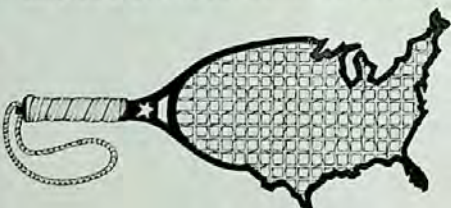
If you prefer hot pools to cold, not far from Aspen is the resort town of **Glenwood Springs** and the Hot Springs Athletic Club. From the highway you can see steam rising from the world's largest hot spring mineral pool, 405 feet long and 90 degrees hot in winter. There's also a "small" pool, 100-feet long, which sets its temperature at 102-104 in the snowy months. Three lodges surround the pool, but non-guests as well as lodgers can use any of the four racquetball courts and the other recreational facilities for \$8.50 per person (daily rate). Overlooking the pools are sauna, steam, jacuzzi, weight room, and an exercise room where stretching and aerobic classes are held.

Further north in Colorado's Rockies is **Steamboat Springs** and the handsome Steamboat Athletic Club. You can ski right to the club and its 275 surrounding condos, and once you unlatch your skis you can play racquetball on any of four courts for \$6 an hour. An additional \$3 a day allows use of other club facilities—sauna, steam, hot tub, exercise room, and outdoor pool. The club also has two indoor and 20 outdoor bubble-topped tennis courts. Steamboat has been

sponsoring summer racquetball camps for about eight years, and offers sessions for campers of all ages. "We call it a family racquetball vacation," said a representative.

In **Denver, Colorado**, the Stapleton Plaza Hotel and Athletic Center, located across the street from the airport in the corridor between the hotel and an office building, has three racquetball courts. For an equal number of dollars, hotel guests can obtain at least an hour's court time and also use the sauna, steam, whirlpool, swimming pool, jogging track, weight room, and attend aerobic classes. From Friday noon to Sunday at 9:00 p.m., guests can use the facilities free of charge, and non-guests can reserve a court for \$8.50 an hour.

Up in **Wyoming** ski country, the **Jackson Hole** Court Club at Jackson Hole Racquet Club Resort provides eight racquetball courts, two of which are glass-backed. Located three minutes from the ski slopes and seven minutes from the town of Jackson Hole, the courts can be used by condo guests for \$6 an hour, and by non-guests for an additional daily fee of \$7. The self-contained resort also



includes lap and outdoor pools, sauna, jacuzzi, steam, weight room, jogging track, cold plunge, tennis courts (two indoor, six outdoor), and for parents looking to get away, a day care center.

Nearer to **Yellowstone National Park** in Wyoming is the Cody Athletic Club and Motel, where racquetball is "getting to be really popular." The 11-room motel in Cody, a "real small town" right before the mountains, features a mineral water swimming pool—co-ed sauna, steam, jacuzzi, a women's exercise room, and a co-ed weight room. The three racquetball courts are available to guests for \$4 an hour and to non-guests for an additional \$5 daily fee.

Leaving the cold climates again for dry desert heat, one can find four racquetball courts at The Pointe in **Phoenix, Arizona**, located on the outskirts of town and surrounded by mountains that are "really pretty," says an employee of the resort. Court fees are \$6.25 an hour plus tax. Only hotel guests and club members can use the facility, which include eight tennis courts, hiking trails, sauna, exercise room, seven jacuzzis, horseback riding, and access to a nearby golf course. The five heated swimming pools include underwater music and swim-up bars, where no one has yet drunk themselves to the bottom of the pool, insists a hotel source.

In the posh Phoenix suburb of **Scottsdale** is another resort for racquetball lovers, Del Webb's La Posada. The two courts at La Posada are among the more unusual in the country—they're partially open to the sky, with only a screen covering the area from just

behind the serving line to the back wall. "If you hit the screen," says the club's pro, "it probably wasn't a good shot anyway." Since the courts don't have lights, playing is limited to daylight hours, at \$10 an hour for guests and non-guests alike. Other facilities include six outdoor tennis courts, a putting green, unisex weight room, saunas, pool, and ping pong "arena." Nestled under Camelback and Mummy Mountains, the resort is nonetheless subject to the intense desert environment, and the courts can really heat up by the middle of the day. If you're not acclimated to it, admits the friendly pro, "you'll probably feel like you're in Alcatraz."

Tucson, Arizona's Canyon Ranch describes itself as a total fitness resort and its 28 acres offer two racquetball courts, three swimming pools, six tennis courts, a jogging track and an array of spa facilities. The resort can accommodate 125 guests.

A cooling breeze would be sure to hit racquetballers visiting the Atlas Health Club in **San Diego, California's** Mission Valley area. Owned by Atlas Hotels, Inc., the club services a number of their hotels along the three-mile curved strip known as Hotel Circle. Hotel guests only can play on the seven racquetball courts, for \$7.50 a day, which also includes use of men's or women's weight room, jogging track, sauna, steam, jacuzzi, a 25-yard lap pool, and six tennis courts.

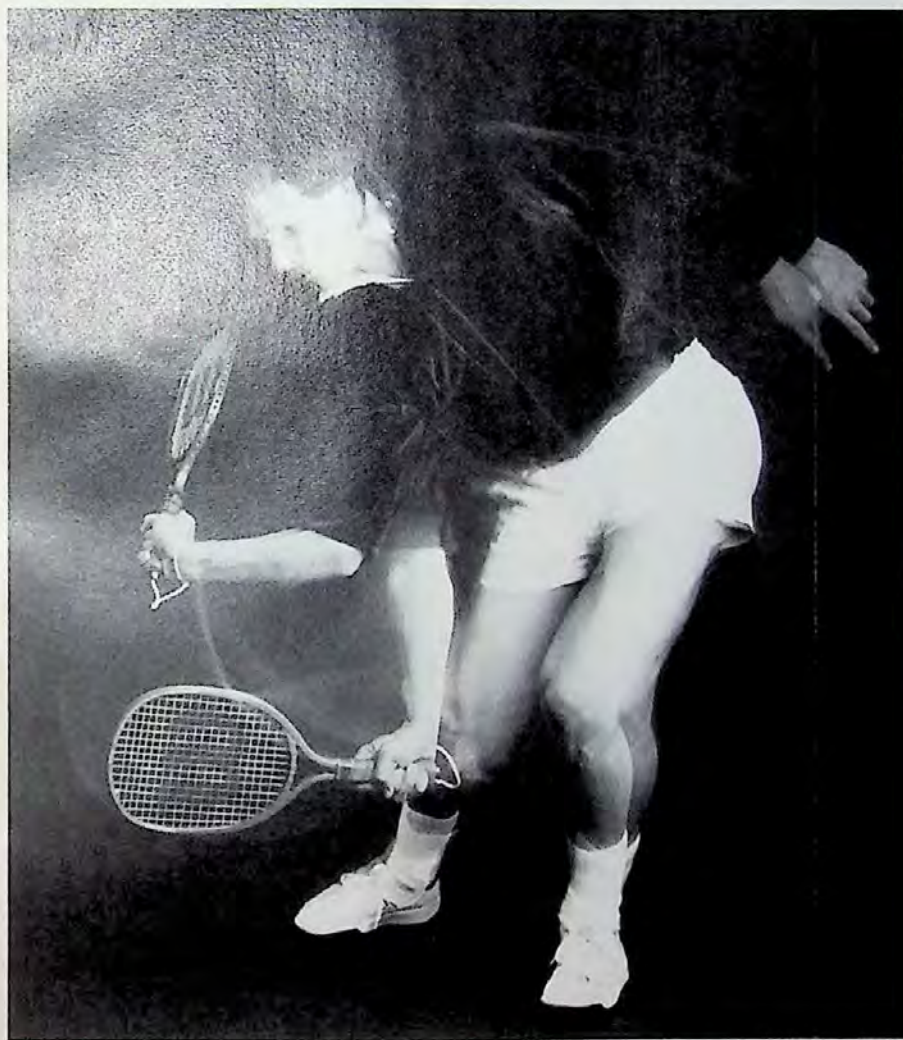
Venturing to a different kind of desert resort—the air-conditioned confines of **Las Vegas**—one can find exercise at a couple of hotels on the Strip that goes beyond merely pulling the handles of one-armed bandits. Anyone can play at the five racquetball courts of the Tropicana Hotel Sports Complex for \$4 an hour before 4:00 p.m., \$6 after and on weekends. The Tropicana also has an Olympic swimming pool, 18-hole golf course, two outdoor and several indoor tennis courts, and a complete health spa.

Caesar's Palace in Las Vegas also has one racquetball court open to the general public for \$7 an hour, and also operates a health club for men and women.

We end our racquetball tour of the continental United States in **Eugene, Oregon**, where the New Oregon Motel offers two racquetball courts free to guests, along with sauna, jacuzzi, and an indoor pool. The 129-room lodging is located across the street from the University of Oregon.

One more resort-connected racquetball court bears mention, though it's not really located in any U.S. city. Rather, this court's location can best be pinpointed by a ship's compass, since it rides aboard the 1,035-foot SS Norway. Based in Miami, the ship cruises weekly to St. Thomas in the Virgin Islands and to Little San Salvador. The combination hotel/floating resort includes indoor and outdoor swimming pools, sauna, golf, skeet shooting, and jogging. The outdoor racquetball court is free for passengers, and "very popular" says a ship's representative, with as many as 15 people sometimes lined up waiting to play. The ship is so big, added the rep, that you don't feel a sway while you're playing. That is, she admitted, "unless you hit a storm." **R**

USING YOUR WRIST . . . THE CORRECT WAY



Photos by Ed Ikula

A stop-action photo showing correct wrist movement. Davey Bledsoe says the wrist is not snapped. It is bent.

By Davey Bledsoe

There is no such thing as wrist snap. Yeah, I know you've read every racquetball book in the world, and gone to a clinic every month, and they all talk about how wrist snap is a must. But it is wrong to think of it as a "snap." There is wrist action but you don't snap it.

Perhaps what we are really talking about here is semantics. Wrist "snap" connotes one thing, "cocking" your wrist connotes something else. I prefer to use the word "flexion."

If you were to "snap" your wrist, your arm would experience a supination effect. In other words, you would have a rotation of the forearm and hand so the palm would face toward you and upward. The bottom portion of your elbow would go upward, creating a movement in which the racquet begins to come back toward the forearm.

In order to use the wrist correctly, it is necessary to look at what initiates a proper stroke, the contact point of the proper stroke and the follow through.

There are many factors in executing the

proper stroke but we are concerned here with the wrist and its relationship to the point of impact with the ball.

As you look at your downswing motion just prior to contacting the ball, you can see that the elbow and the butt of the racquet are leading forward toward the target.

At the point where the elbow is in full extension forward, what begins to take place is the extension of the forearm from the elbow. A 90 degree angle is maintained between the forearm and upper arm up to this point. But, by extending the forearm, you are increasing this angle of the forearm and the upper arm.

Here is where people go wrong. The "flexion" of the wrist should be maintained throughout the entire stroke, not just at the point of contact.

In order to obtain the proper position of the wrist, the racquet should be held straight out in front of you as you face the side wall. The face of the racquet should be parallel to the back wall. Pull the racquet straight up from the wrist toward your forearm and tilt the front face of the racquet slightly in the direction of the side wall. With this position of your wrist, you will be able to take the elbow back into the backswing position while maintaining the wrist flexion position.

People think they have to snap their wrist. A flexion or bending motion is what you really want. The wrist flexion is maintained in a locked position throughout the stroke until contact. At the point of contact what actually occurs is a wrist motion that is NOT independent of the remainder of the arm. At point of contact, you are not snapping but using a forearm roll.

You maintain that wrist stiffness during the forearm roll and the point of contact but you don't have to maintain it during the follow through.

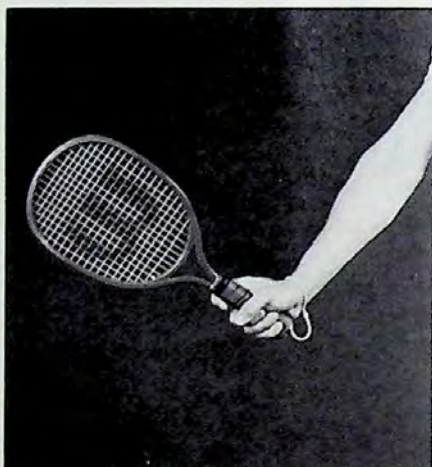
The wrist should be flexed right from the start of the stroke, through the downswing until you get to the follow through. Leading with the elbow helps here. It allows you to get your wrist in the proper position at the point of contact. It helps you make proper contact with the ball instead of pushing the shot. The elbow initiates the proper swinging motion.

Follow these tips with the forehand and backhand, and you'll find more power and control in your strokes.

INSTRUCTION

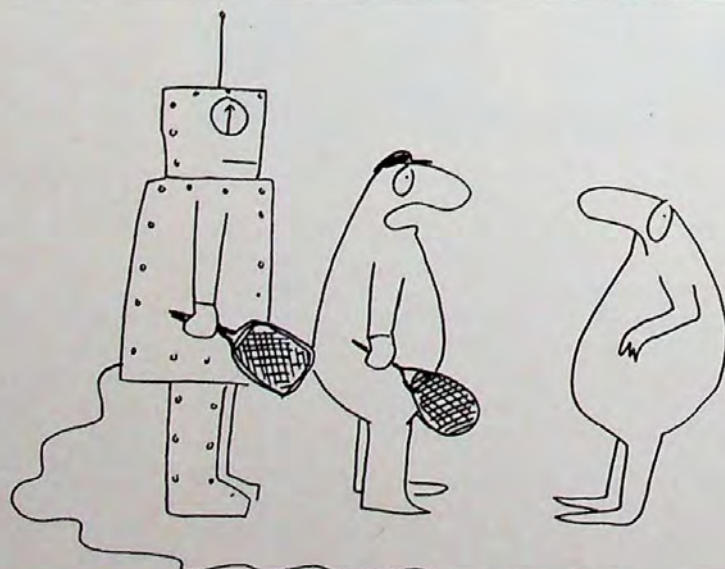


Wrist action is an extension of the forearm, and the wrist flexion should be a part of that extension. But one need not continue with flexion in the follow through.



To obtain the proper wrist position, hold racquet straight out in front of you as you face the side wall. Pull the racquet straight up from forearm and then tilt the front face slightly in the direction of the side wall.

R



"But we've got to have a court with an electrical outlet. My partner's a power player."

PINCH SHOTS



By John Egerman

During my somewhat brief career on the pro racquetball tour I haven't gone one day without learning. I've seen how power and control can mix on the racquetball court. I've noticed

how to spotlight my strengths and hopefully hide my weaknesses.

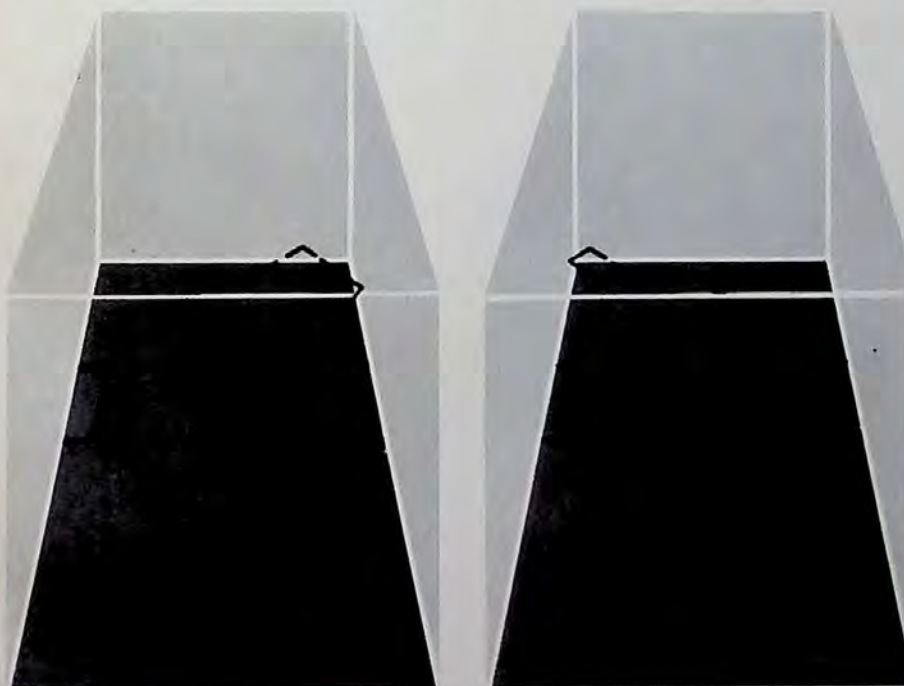
In a recent tournament in Hawaii, I played some of my best racquetball of the year. My pinch shots, in particular, took over from the rest of my game and I believe I proved to the Hogans, Pecks and Yellens that I can play with them in the months and years to come.

Pinch shots, I've found, are the perfect complement to my quick control, passing game. In racquetball you have to have a balanced attack. Even a kill shot artist such as Hogan or Peck cultivates his control game. Conversely, beginners or strict control players who rely on ceiling and passing shots must also mix those shots up with the pinches.

As the name implies, the pinch shot is one which pinches out between the side and front wall in one of the front corners.

It is hit off the normal forehand or backhand strokes and differs from the execution of the kill shot only by the placement of the ball. In fact, when hit sufficiently low, the pinch rolls out from the front wall and is sometimes referred to as the "kill pinch."

Generally, try to make all of your shots off the same stroke, changing only the direction that the ball takes. If you have a different stroke for all of your shots, you might just find yourself hitting the wrong shot at the right time. So, keep it consistent. Hit the pinch off your lead foot at knee height or lower.



Diagrams of right- and left-corner pinch shots. Note how player A is in front of the opponent. If player A was behind the opponent, a passing shot would be a better shot.



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HOW TO PLAY OUTDOORS

Under most circumstances, the pinch should contact the side wall six inches to two feet from the front wall and as low as possible. The ball will travel from the side wall to the front wall and out toward the opposite side wall but, if placed low enough on the side wall, it won't get past the service line before bouncing two or three times.

Like any other shot, there are right and wrong times to hit the pinch. The cardinal rule applies here as with other shots: Don't hit it all the time. If you do, your opponent will quickly pick that up and simply be there everytime.

The ideal situation for the pinch is when you are in the middle of the court anywhere from the short line to 10 feet back and your opponent is next to you halfway to one of the side walls. Pinch the ball off the side wall he is closest to and it will either die in the corner or rebound low toward the opposite side of the court away from your opponent. The only danger is if you hit the ball too high and it bounces to the opposite wall and then into the middle of the court.

It has probably occurred to you that this is also the ideal situation in which to hit a passing shot. That's as it should be since the pinch and pass are complementary shots.

The pinch will also work very well if your opponent is behind you or as an alternative to the down-the-line pass when your opponent serves to your backhand. Very often, your opponent will position himself to prepare to defend against a crosscourt pass. The backhand pinch into the side wall on the backhand side of the court is a difficult shot, but will go a long way toward keeping your opponent honest.

You might also want to pinch the ball after being given a poor ceiling return. Certainly, when your opponent is in the back court, it is inadvisable to pass because the ball will come right back to the area he is in.

One situation in which you do not want to hit a pinch is when your opponent is in front of you in the forecourt. It is too easy for him to cover the front wall. It is better to hit a shot past him into the back court. Also, as dangerous as it is to hit your pinch shot too high on the side wall, it is even riskier to hit the front wall first. Depending on the angle of your shot, the ball could come directly back to your opponent. Better to hit the ball a little farther down the side wall away from the front wall and be safe.

The secret to a good pinch, though, like any shot, is practice. You have to expect to hit a certain number of bad pinches before you get the shot right, so hit all those bad pinches in practice and develop a good pinch for your matches.

Most importantly, learn to recognize the proper situations for hitting a pinch, a kill or a pass and mix them up.



The serve is the most important part of outdoor play and the best type of serve is one off a high bounce.

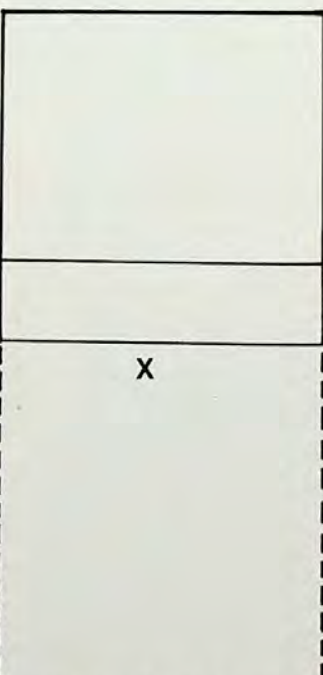
By Dave Peck

I laughed when it was requested I do a story on outdoor play. I thought if anyone had seen me play at the Outdoor Nationals last year at Orange Coast College (California), they would have found themselves another author. I was terrible.

But because of my abilities as a four-wall player and the observations I made at the Outdoor Nationals, I think I can summarize the switch from four- to three-wall play, hopefully offering some information and insight along the way.

Rule No. 1: Do not, I repeat, do not go into three-wall-play acting cocky. You'll end up like I did: A first round loser to a guy with a crazy lob serve. I'm not even sure who it was. All I remember is the humiliation.

The most important aspect of outdoor play is to be prepared. Know the rules, understand the change in game style and setting and don't forget to bring a visor, sun screen and lots of water.



Your strategy should be to control center court while keeping your opponent somewhere off in the next court. Don't forget, the side walls usually end right at the service box.

First, let's review the physical differences between four- and three-wall racquetball. Obviously, there's no back or top wall, so forget about ceiling shots. The side walls end at the service line, the court extended by white lines. Balls hitting outside the lines on the fly are out, yet balls bouncing inside the line and traveling to wherever, are in.

Traveling, by the way, is the name of the game. You run in outdoor play, side to side, back and forth, mostly back, chasing passing shots, drives, even lobs. The backcourt knows no boundaries in most cases (except fences, faces of buildings, etc.), so be prepared to sweat.

So much for preparation. How about implementation? Understand first that most rallies in three-wall are won from shots chest high or above. When a three-wall player starts playing down to an indoor opponent, that's when he or she most often loses. It is not a serve-and-shoot contest.

With that in mind, also understand, like indoors, the serve is the most important part of outdoor action. You want to move your opponent outside the court as much as possible, keeping yourself in the key center court area to handle passes, drives and pinch shots.

To serve your opponent away from center court, utilize drive or walking drive, Z or walking Z and high, higher and even higher lob serves. Force your opponent to leave the confines of the court if you can. Then play center court like you would be if playing inside.

You could say the serve really starts the science of three-wall. It sets up the volley, the inbounds pass (remember, the ball has to bounce between the white lines). It sets up the drive. And, most importantly, it sets up regular and inverted pinch shots that, thankfully, stop the action.

The importance of keeping the ball in front of you cannot be underestimated. There's a saying of sorts among outdoor players. It goes something like this: "I was hitting a lot of 42- and 43-foot kill shots out there today." Translation: The ball was getting past me and I was forced to try kills and semi-kills from no man's land.

Therefore, to retain center court, practice volleying—hitting the ball out front with a firm punch stroke. Practice touch shots into the corners. Practice your pinches. And always know where your opponent is in relationship to the ball and upcoming shot.

If you can keep some of these things in mind and take a humble attitude to the court, you'll fare much better in tournaments than I did.



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INSTRUCTION

SECOND-HAND SERVES



By Karin Walton-Trent with Carol George

The reason one reads instructional articles is to pick up helpful hints from someone else's game which you can then incorporate into your own. The pros do the same thing. Not only do we experiment with new ideas by ourselves, but we also learn from each other.

Many people have told me that I have one of the best drive serves in the game. When it's going in consistently, I know I'll be able to tally up a lot of quick, easy points. That helps

save my energy for longer rallies. Once someone came up to me after I'd finished winning a tournament match and asked, "Do you realize you served 17 aces in that match?"

My most successful serve—the drive to the backhand hit from the left side—is one that I learned by watching Charlie Brumfield beat Marty Hogan in the Kunnan-Leach Tournament of Champions at Westminster, Calif. a few years ago. Brumfield served three aces in a row off Hogan, and I was so impressed that I started practicing it until I mastered it. This is quite unusual because I hate to practice by myself. But I realized how vital the

serve is to everyone's game, so I still always practice my serves before I play.

In order to hit this serve, you position yourself not more than five feet from the left-side wall. You want to be close enough so that if you mis-hit it, the ref will call a screen. If it cracks out (which is what you want it to do), the ref will probably call it an ace because most referees will judge the serve on the outcome, regardless if it passes close to your body or not.

I really concentrate on hitting the ball low and hard, with lots of power. You should bounce the ball at arm's distance and out in front of your body, more towards the front wall than you would on a normal forehand stroke.

The key to this serve is hitting the ball straight. If it sails up, your opponent will make you regret it. In order to keep the ball level, you must bend your knees and get down low so that you're even with the height of the ball at impact. It's not unusual for me to scrape my racquet on the floor or even skip the serve in because I concentrate so much on getting down low.

If you succeed in hitting the ball low so that

it just crosses the short line, it will probably either be an ace or a screen. If my opponent does return the serve, I usually anticipate a pass down the left wall, so I back up a little. By moving back, I indirectly force my opponent to try to shoot the ball and most likely she or he will skip it.

Brumfield's serves are more controlled. He usually hits the crack right behind the short line. I'm not always that precise so I try to hit the heck out of the ball instead. That way, if it doesn't hit where I want it to, my opponent will still have trouble with it because of the speed.

After I've hit two or three serves in a row to the (right-hander's) backhand, I'll switch and hit a serve to the right while still standing off to the left. If you've practiced this serve enough beforehand, it most likely will be an ace because you have surprised your opponent. I think there really is an advantage in not always serving from center court because it gives you that many more variations on your basic serves.

By watching Shannon Wright, I also learned to throw in a sharp Z serve to the right from this same position. If you hit it properly, the ball should pass in front of your body.

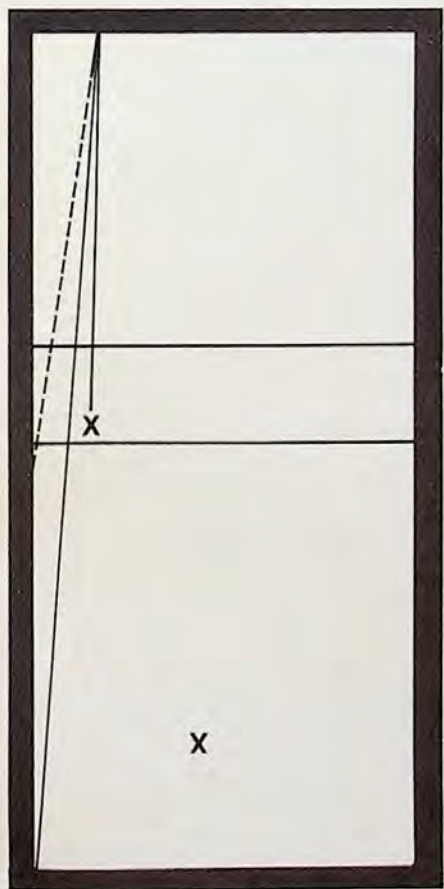
After I've hit quite a few serves from the left side, I'll move across the service zone to about an arm's length from the right side wall. I have to concentrate even harder to hit a low drive serve down the right wall from this position. Ideally, you want this serve to crack out just behind the short line. It's also a more risky serve than from the left side because if you're playing a right-hander, this serve goes to the forehand, which is generally stronger than the backhand.

I don't drop the ball as far out in front of me on this serve because I'm not stepping into it as much. Usually I drop it directly out in front of my body toward the side wall, much like a normal forehand. If this serve hits the side wall, you can correct it by taking another step back away from the right wall.

You want to mix in some other serves from this position too. I'll hit two or three to the right, then either a Z to the right or a sneak drive to the left.

The last serve that I find effective is a lob. This works especially well as a second serve, if you're tired, or if you're trying to slow down the pace of the game. This is particularly applicable for a woman playing against a man. I won a men's B tournament by lobbing my opponents to death. The trick is to get the serve to die in the back corner. You can achieve this by lifting the ball gently rather than actually striking it. By the time I do finally goof up and give the guy a set up, he's so frustrated that he'll either overswing or skip the ball.

If you want to keep improving your game, you should always learn new things. I'm still learning new shots and, most importantly, new serves.



Karl Walton-Trent's favorite drive serve begins when she positions herself about five feet from the left wall. The serve will either crack out or come close enough to her body to legally block the opponent's view of the ball.

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A SELF-HELP GUIDE TO RACQUETBALL

By Edward T. Turner, Ph.D.

Editor's note: The author is a professor of physical education at Appalachian State University in Boone, N.C. This is the first of a two-part series.

The following is a succinct outline dealing with the basics of teaching and learning racquetball. It is a comprehensive step-by-step self-help guide designed to improve a player's game at a glance.

I. Safety

A. Eyes

1. Wear protective eye guards.
2. If no eye guards—beginners should look toward front wall, not back at opponent.
 - a. Important not to look back because of lack of control on opponent's hits.
3. Intermediate/advanced players—no eye guards—look back but look under armpit with forearm up, shielding eyes.
 - a. Important to look back to get a jump on ball.
 - b. Intermediate/advanced have less chance of being hit since opponent has control of shots.

B. Thong attached to wrist and twisted to keep racquet on body.

C. Swing—stop swing if opponent is in the way. Stay out of opponent's way.

II. Warm-Ups—Three Basic Concepts

- A. Throwing the ball—throw ball with dominant hand simulating each stroke.
- B. Hit the ball—hit various strokes from a drop ball, air ball, and front wall ball; rally.
- C. Stretch—all types of stretching exercises.

III. Terminology

A. Racquet

1. Head—oval or quadraform portion at top.
2. Face—the string surface.
3. Throat—area from head to handle.
4. Handle—grip area.
5. Base—bottom of handle area where thong is attached.
6. Thong—tie-on string or cord at racquet base.
7. Guard—small synthetic rubber channel around top portion of head—for racquet protection and safety.

B. Court

1. Service area—area bounded by two parallel lines—near center court.
2. Back court—area behind service area.
3. Forecourt—area in front of service area.
4. Restraining area—five-foot area behind service line (back parallel line) where service receiver cannot encroach.

IV. Grips

A. Eastern Forehand and Backhand

1. Racquet head vertical to ground. Shake hands with racquet.

2. Fingers wrapped around handle and butt of handle in base of hand.
3. V—between thumb and index finger, runs down through top flat section of handle.
4. Backhand—rotate racquet 1/8 of a turn to right. V now is on small beveled edge of racquet.

B. Continental—any grip between Eastern forehand and backhand

1. No need to rotate or change grips.

V. Sources of Power—Maximum Velocity on Ball

- A. Backswing—large exaggerated high backswing—cocked wrist with high flexed elbow.
- B. Upper Body Rotation—rotating upper back on pelvic girdle so upper body is open towards back wall.
 1. Forces twisting action of body.
- C. Shoulder and Arm Swing—shoulder action and bent arm with elbow lead.
- D. Wrist Flexion and Rotation—upon ball contact.
- E. Follow-Through—full follow through with high up-swing allowing body to stop arm action.
- F. Shifting of Body Weight—stepping into the ball with weight shifting forward from back to front foot.
- G. Summation of all of the above forces at ball contact imparts maximum power on stroke.
- H. Loss of Power—lack of any one or combinations of the above.

VI. Basic Fundamental Hitting Position

A. For Most Strokes

1. Side position—body facing a side wall depending on whether you are playing a forehand or backhand.
 - a. At times just the rotation of the upper body is sufficient.
2. Full backswing with racquet head up high in "cocked" position.
3. Good follow-through—but follow-through upward direction to avoid contact with opponent.
4. Contact ball about opposite the front foot; lead with elbow.
5. Wrist action—flexion and slight rotation of wrist upon contact.
6. Step into ball—toward front wall in order to shift body weight.
 - a. Front foot angled toward front wall—not vertical to side wall. This enables more upper body rotation.
7. Watch ball until contact is made.
8. Give yourself enough room to swing racquet. Don't get caught too close to walls.
9. Move quickly—get to ball and get set before stroking it.
10. All sidearm strokes should look identical until ball is hit (deception is important).
11. For beginners, the action is wrist, shoulder, and arm. More advanced—more wrist.
12. On low shots, flex at knees and at waist. Get low.



VII. Passing Shot

A. Two Basic Types

1. Wall Pass—ball hits front wall and rebounds close to and along a side wall. The ball passes the opponent and dies in the back corner.
2. Cross-Court Pass—the ball angles cross-court to opposite diagonal back corner.

B. Type of pass depends on position of opponent and your position in court.

C. Must be able to hit with forehand and backhand.

D. Ball should be at or below a six-foot height when it hits the front wall.

E. Step in direction you want ball to go with the front foot. This determines angled or parallel shot.

F. Drills

1. Drop and hit.
2. Throw to front wall with ball bouncing on floor, hitting front wall and repeat.
3. Have partner positioned in different spots and attempt to pass from different positions with down-the-wall or cross-courts shots.
4. Rally, allowing ball to bounce as many times as it takes to rebound close to you.

G. Common Errors

1. Improper body position—not facing side wall.
2. Improper racquet face angles—dropping racquet head.
3. Not being set before stroking—not anticipating final ball location.
4. Body too close to side wall when attempting to hit.
5. Too much shoulder action—too little wrist action.
6. Ball hitting side walls and landing in center court area—too much angle to front wall.

VIII. Kill Shot

A. Hit ball low to front wall, ideally no higher than a few inches. Ideal kill shot is called a roll-out, and that is what the ball does.

1. When hit low, it takes a very short period of time to take second bounce after touching the floor.
2. Very effective when opponent is in the back court.

B. Can hit corner kill shots (pinch shots).

1. Front wall—side wall close to floor.
2. Side wall—front wall close to floor.

C. Should hit the ball in a low crouched body position—knees and waist flexed low to the wall. The lower the body the better.

D. Speed is ultimately important but accuracy is more important for beginners.

E. Drills—same as passing shot drills.

1. Hitting off of small paper cups—similar to golf tees—hit cup and ball simultaneously. Cups last 20 or 30 hits.

F. Use on forehand and backhand sides (stress accuracy and speed).

G. Patience is the key to kills—allow the ball to get as low as possible before contacting it. This takes patience.

H. Try to hit sidearm with racquet head top pointing to side wall—not floor. Easier to keep ball low. You must bend.

I. Common Errors

1. Not flexing at knees and waist causing ball to hit too high on front wall.
2. Flexing only at waist—causing ball to be hit up; racquet face open.
3. Not in position.
4. Not watching ball until contact is made.
5. Incorrect angle on racquet face.
 - a. Too open—ball goes too high.
 - b. Too closed—ball hits floor.
6. Hitting too hard—no accuracy. Accuracy is most important initially. Eventually—power and accuracy.

IX. Back Wall Shots—Ball hits front wall, bounces, hits back wall and you play the ball in the air off the back wall as it is travelling to front wall.

A. Usually use a passing or kill shot (can use others such as ceiling).

B. Position is important. You must anticipate where ball will rebound to.

C. Ball is already moving toward front wall so no change of direction is needed.

D. May play ball directly to the back wall if it is too difficult to play out of backhand corner. Hit hard and upward. Wrist and upward trajectory are important.

1. Not a very good stroke. Backhand shot would be better. This is strictly last ditch defensive shot.
2. Be careful of hitting ball straight to back wall. Ball will come directly back at hitter. Hit up.

E. Drills

1. Throw ball to back wall (underhand). Allow it to bounce then hit after bounce.
2. Bounce ball to floor (overhand), allow it to hit back wall, then play in air off of back wall.
3. Throw to front wall, let it bounce, let it hit back wall and then play in air off of back wall.
4. Throw ball to back wall, hit to back wall in air—upward hit.

F. Common Errors

1. Not anticipating where ball will rebound to. Therefore, not in best hitting position.
2. Not playing ball soon enough before it dies or before it stays in back corners.

Next month: Shot selection and serving.



Closing In On The Top



A lot of Lynn's off-court time is taken up by her pet horse, Rusty.

Only Heather McKay and Shannon Wright rank higher than Lynn Adams on the women's pro tour.

By Lynda Huey

When Lynn Adams graduated from high school in Costa Mesa, Calif., she had no idea what she wanted to do. But she knew she loved sports, so she enrolled at nearby Orange Coast College to run on the track team.

"I have a very competitive nature," says Adams. "My dad always took me in the backyard when I was a kid and taught me how to throw and hit and run. I guess you could just call me a natural jock."

Adams "the jock" competed on the track team, running the half-mile, mile and relay while waitressing on the side at a "funky little place in Newport Beach." But it was racquetball that soon captivated her.

"A guy in my psychology class asked me out on a date to play some outdoor racquetball. That was the big social sport around here," recalls Adams. "Well, I beat him, and he never asked me out again. But I liked the game, so two weeks later I entered an outdoor tournament and won."

But Adams gained more than a tournament victory that day. She grabbed the attention of tourney organizer Jim Carson, who now is her coach and boyfriend.

"Jim saw my potential at the first tourney... racquetball-wise," she laughs. "The other stuff came later. About a month and a half later, we were going out together and we've been

together for three years now."

Adams spent a year socializing at the outdoor game before she started swinging her racquet indoors. Carson taught her the basic strokes and helped arrange for some coaching on the side from veteran player Bud Muelheisen.

"Just when I started playing indoors, I went to a pro stop at Kings Court in Westminster (Calif.) and I got to see Jennifer Harding play. I thought, 'That doesn't look so hard.' I decided right then that I might as well go for it. It seemed like something fun to do," says Adams.

That was three years ago. The first year and a half was full of hard lessons and heartaches. At one point, in fact, Adams decided she hated racquetball and quit playing for several months. But as soon as she got over that anger and frustration, she started achieving the success she had envisioned.

"I know exactly the moment of my breakthrough," she recalls. "It was at Kings Court in the Joust tournament, the summer of 1979. I played Marci Greer in the finals. At the time she was ranked number two in the country. I had just taken second in the amateur nationals, but I still didn't know about playing the biggies. After I beat her in the finals, I thought, 'Ha... no problem.'"

On the personal side, Adams has a wonderfully contagious laugh that is liable to explode and surround you at any moment. Undoubtedly her good humor as well as her innate ability and competitiveness are huge factors in her quick rise to the top of the women's racquetball world.

One month after her breakthrough at the Joust tournament, Adams played in the L.A.

Open, defeating Karin Walton-Trent and Sarah Green, before losing to Shannon Wright in the finals.

"That sort of solidified my success in my mind, beating some of the big guns," says Adams. "Here I was jumping into a sport with people who had more experience. But I could at least look back at my past experiences in other sports and know that I wasn't a choker and that I always came through under pressure. I knew eventually that would be the case in racquetball, too."

Adams gratefully acknowledges the emotional and financial support of her family during the early months of her attempt at a professional racquetball career.

"I didn't make any money that whole first year since I wasn't even qualifying. That meant loans from my grandmother, from my parents and from Jim. They all believed I'd be successful and they didn't care if it was one year, two years or however long," she says.

Her fine showings at the Joust tournament in the L.A. Open boosted her morale, not to mention stature in the racquetball community. Then in Chicago, at the first professional tournament in which she survived the qualifying matches, Adams progressed to the quarter-finals where she lost to Shannon Wright. She had taken two big steps: She had won \$500, and she would automatically be seeded into pro tournaments, no longer having to wade through qualifying rounds.

By October of 1979, Adams found herself for the first time in the finals of a pro competition, a tournament in Boise, Ida. She beat Jennifer Harding in the semis, which put her in a televised final against Shannon Wright. Although she lost, she came home with \$1,500 from her second place in singles and another \$500 from doubles play. She was finally in the money.

"It seems almost sinful in a way that someone is handing me checks and I'm having a good time," chuckles Adams. "But it's nice to be able to work at something that keeps my body in shape, lets me travel around the country meeting new friends and still allows me to make a living at it."

Adams says she doesn't mind the travel except for one weekend in December of 1979. Lynn and Jim jumped in her VW bug and followed two other friends north to a small racquetball tourney in San Francisco. But driving back toward Orange County, the engine blew up on the ridge route by Bakersfield. Jim and Lynn left the car at a nearby gas station and jumped in their friends' car for the rest of the trip home. There the car stayed for better or worse.

The next weekend in Las Vegas, Adams had her first big win, and right on time. First prize at the AMF Voit-Self Magazine Nationals was a Datsun 210 Hatchback.

It was also about that time that the Women's Professional Racquetball Association (WPRA)

Closing In On The Top



Photos by David M. King

"When I stay calm and play controlled, I don't have any weak spots in my game," says Adams.

began to take shape and Adams immediately joined the other women in their move to gain equity.

At the WPRA's first tournament in Rockville Center, N.Y. in January, 1980, Adams made it into the finals, losing in a tie-breaker, 11-10, to Shannon Wright. She won \$1,200 for her work. Later that month in Columbus, Ohio, Adams bagged her first WPRA win. She beat Sarah Green for the \$1,800 first place purse.

Agents were beginning to notice Adams, but the sponsors they represented weren't willing to offer much. She sensed huge improvements in the wind, and withheld her name from any sponsor's dotted line until she reached a better bargaining position.

February, 1980 was a slow period in the newly founded WPRA, but Adams had a new interest taking up her time. Racquetball had brought her enough money to fulfill one of her life-long fantasies, owning her own horse. The first time Adams saw Illa's Paycheck, a former racing quarterhorse, she knew she had to have her. She bought her in December, 1979, even though she knew virtually nothing about caring for a horse. Eagerly, she learned. She renamed her new friend Rusty to match the color of her coat and learned how to brush her, to clean her hoofs and to give her ground commands.

"She's so perfect," says Adams, hugging the five-year-old around the neck. "I visit her every afternoon. This is where I find peace of mind. It's amazing how animals pick up your vibes. If I'm having an off day, she's extra loving and affectionate. If I'm excited, so is she. But I don't ride her much anymore. Just before the Ektelon-Perrier-Nationals last year I fell off her and pulled all the muscles in my lower back. I played hurt and slow that tournament, so I'm more cautious now. Rusty



Lynn's boyfriend Jim Carson is also her coach.

and I take long walks together, side by side. There's a three-mile trail that goes by a duck farm where we walk together a lot. Sometimes, when I need to do interval work, we'll run up some hills together. Now I only ride when I have a lot of time between tournaments."

Adams has jumped up near the top of the ranking now, but there was a period she forgot how she'd gotten there. She experienced a lapse in attitude and by her own admission became lazy about her training. When she went to Fishkill, N.Y. in May, 1980 for the WPRA tournaments, she lost in the second round. That was all it took for the competitor in her to get fired up again. For the next month she did nothing but train four to five

hours a day, preparing for the WPRA Nationals in Chicago in June. Although she lost to Heather McKay in the semis, she beat Linda Prefontaine for third place.

Following the summer break, the 1980-81 WPRA season cranked back up with the first tourney in Newport Beach. Adams again lost to Heather McKay in the semis, and when the WPRA moved to Escondido, Calif. in September, Adams found herself in the familiar position of again losing to McKay in the semis.

By December, 1980, the name Lynn Adams had appeared near the top of enough tournament results that Ektelon finally offered the kind of contract she wanted from a sponsor. Her contract includes salary, all travel expenses and a bonus for top place finishes in tournaments. And the same day that Adams was to sign the final draft of the contract, she found out about another major honor. *Racquetball Illustrated* readers had voted her the Most Improved Player of the Year for 1980.

When asked about her abrupt entrance to the top echelons of the sport, Adams says, "Women's racquetball is more open than men's. Many of the women don't train like athletes, something that the men do naturally. It's Cellulite City around the WPRA."

But Lynn's diversified athletic background gives her the experience to know how to reach her top fitness level, something she tries to always maintain. Speed and conditioning are essential on the racquetball court and the former track athlete knows the work necessary to attain those characteristics.

"When I stay calm and play controlled racquetball, I don't really have any weak spots in my game," says Adams. "I'm strong on both sides, I'm quick and I have a good ceiling game. But when I get on the court with Heather or Shannon, this head starts going in 18 different directions. It's hard to breathe, I'm all hyped up and the ball starts flying eight feet around the court. There's been a lot of intimidation there. That's why the Chicago tournament was so important (she lost in the finals to McKay). I played real well in the finals, barely losing. Heather has a lot of maturity. She's very cool, very precise and she's a super competitor. This was the first time I didn't let her regal manner and accent shake me up. I stayed calm and controlled, which let me play as well as I know I can play. Heather kept looking at me like, 'Well, when is this going to stop? Are you going to blow it now?'"

Wright and McKay are the only players who rank higher than Adams. "Shannon has almost a street toughness to her game, and she's real good at psychological games. She's an excellent player, but she has weaknesses. She lost weight training for the Superstars, so she's quicker now. Still, if I can stay calm, I can play to her weaknesses."

In order to beat McKay and Wright, Adams says she has to strengthen her mental toughness.

"The confidence is coming," she says. "It's just a matter of time."

By Mike Hogan

Who will win the National Championship this year? Ask anyone in racquetball and the answer is always the same: Marty Hogan.

After three national professional titles and a record of pro stop victories which probably never will be equalled, he is everyone's first choice to win in Tempe, Ariz.

If the championship was decided by ballot, Hogan could just drop by the Arizona Athletic Club on June 13 to pick up his trophy. But it isn't, so he can't.

As needlessly formal as the process may seem, he is going to have to earn it on the court and, these days, racquetball conclusions seem a little less foregone than they used to be.

"It used to be just Hogan up there," says Rich Wagner, "with everyone else down in the pack."

Lately, however, a few of the hungrier wolf cubs have been snapping at his heels. Dave Peck, Jerry Hilecher and Mike Yellen have even managed to snatch away a pro stop or two and are within sniffing distance of the national title themselves.

"Now we have four top players," says Wagner, "and every one of them has proven that they deserve to be there by virtue of the consistency of their play."

Wagner himself isn't that far behind. After a disastrous 1979 season, he has come back from the twenty-second rung of the ladder to re-establish himself in his old number-five spot.

He is sometimes mentioned along with the Peck-Hilecher-Yellen trio as having the next best shot at the title, but he feels that the top recognition should go to those who have been there week in and week out.

"Right now I believe that I have proven that I am the fifth most consistent player out there," he says, "and I'm hoping to move into one of the top four spots before the Nationals so that I'll get an ever better draw."

"I'll do well in Tempe, but I don't think that I've proven to the betting man that I have a realistic chance of winning it all. You have to look at the consistency factor."

Like most people interviewed, Wagner gives Hogan the inside track and Yellen, Peck and Hilecher a four-in-one chance of beating him. Rankings aside, there are a handful of players such as Wagner and Don Thomas who are capable of an upset by virtue of their playing styles or recent performances.

Everyone else will surely be outside the glass looking in during the finals, says Rich, and that includes all of pro racquetball's many young new prospects.

"I don't think there is a chance of Hogan getting beaten by another Gregg Peck," he says, referring to Peck's surprise win in Omaha this season. "That was pure fluke."

But the giant 17-year-old typifies the group of hungry teenagers who have entered the tour during the last year-and-a-half. Peck and other youngsters such as Mike Levine, Scott Hawkins, Doug Cohen and John Eggerman have gotten past the qualifying stage in their

WHO WILL WIN THE 1981 NATIONALS?

Marty Hogan will be going after his fourth straight national title in Tempe, Arizona.



1981 NATIONALS

first year on the tour and are methodically moving up in the rankings.

As a group, they look toward the finals every outing and give the more seasoned players only grudging respect.

"If I make the semis, I think I can make the finals," says highly ranked John Eggerman of his national championship prospects. "For instance, if I'm playing Yellen in the semis, I wouldn't count myself out. I think that I could make it to the finals as easily as he could."

Eggerman quickly adds that he still has "quite a ways to go" before he can realistically start thinking about the national title but, when his times comes, it's obvious that self-confidence won't be a problem for him.

The nationals are not unlike the NFL Superbowl, notes seventh-ranked Thomas. Experience is a critical factor in post-season play and, given the added pressure of playing for the championship, it helps to have been there before.

"All of the seasoned pros are trying to work up to a peak for the Nationals," says Thomas. "They look forward to this all year. The pro stops mean nothing compared to the Nationals."

The pressure is on to finish at least in the quarters, adds Wagner, because only the top eight are included in big money and prestige invitational during the year. Likewise, more endorsement opportunities and sponsorship money will come the way of those who reach the semis or above.

"That's how you'll be remembered and introduced all next year," says Wagner, "National Champion or 1981 semifinalist or whatever."

No one will have to introduce Thomas to Tempe fans this year. He grew up there, learned his game at the Arizona Athletic Club and figures he will have the home-court advantage.

"I always play well in my hometown," he says. "There'll be 1,000 people in the stands and 90 percent of them will be rooting for me."

At last year's Tempe pro stop, Thomas lost a tough semifinal match to Dave Peck after beating second-seeded Hilecher. The year before when the Nationals were again in Tempe, he qualified in his first year on the tour, but lost to 1977 National Champ Davey Bledsoe in the sixteens after beating Mark Morrow, another name often mentioned as a dark horse in this year's championship race.

Thomas has beaten the top four at one time or another and thinks that his offense-oriented style could do it again for him if he can "just put it all together for one good tournament."

His optimism hasn't blinded him, though. He still gives the top four a far better chance of success. So does Davey Bledsoe, with some reservations.

Bledsoe reminds us that the anyone-can-beat-anyone-else-on-any-given-day rule is always in effect, even during post-season play. He himself pulled the national championship out from under Hogan in 1977 and he says it could happen again.

The way Bledsoe sees it, there are three categories of players who will be competing in Tempe. There is Hogan and the trio who are almost certain to be fighting over the title with him after the quarters. There is a large group of good sound competitors who, nonetheless, will be able to do little more than spoil the chances of one or two of the favorites with an early round upset.

Then there is a third category for dark horses such as Thomas who at least have a chance of pulling off the big steal.

"I'd have to put myself in that group," says Davey. "I'm capable of an upset if I can get Hogan in an early round or if I'm playing well in a late round."

Bledsoe, who has suffered a few injuries and been distracted by a preponderance of racquetball-related interests in recent years, has yet to recapture the momentum that brought him the championship four years

ago. But he has been coming on in recent months and expects to be up for this one.

Ask Hilecher, Peck or Yellen who will win the Nationals and the initial response is, "tough question." All acknowledge Hogan's dominance of the sport, but not one is going to give up the dream by being "realistic" about it.

"I'd be a fool to let myself think anything other than that I'm going to win," says Peck. "I go into every tournament expecting to win."

"I want it," he says of the championship, "and I plan to train harder than anyone else in the sport between now and then to get it."

"It's a goal I've had for a long time and now I feel real close."

Yellen and Hilecher express identical sentiments.

"It's who will train more and who will pay the price," says Hilecher, a perennial tenant of the second spot in the rankings. "This is the best year I've ever had, plus the fact that, not having a sponsor, I think I'm hungrier than the rest of them."

"I've got something to prove and I'm going to go for it."

Hilecher has been a regular participant in the game of musical chairs that the top four contenders have been playing this season. Everyone has beaten everyone else. In fact, the competition has been so intense that Hogan was kept out of the winner's circle until the fourth stop of the season.

Yellen was happy to keep the top-seeded spot warm until Hogan got his game back together again in Memphis. Of the three top challengers, Yellen has come the closest to realizing his titular ambitions. He beat Hogan in back-to-back pro stops at the end of last year and has been the National runner-up for the past two years.

Yellen has been very successful at adding power to what is the best control game in racquetball. But, like Hogan, he lost his concentration for awhile early this year. He has since recovered and will go into the Nationals with the advantage of having been to the finals twice before.

"Sometimes, though, I feel like John McEnroe at Wimbledon," says Yellen. "Sure, I know I can win it, but Borg has done it so many times before."

Someone who is in a better position than most to forecast the outcome of the Nationals is Tom Morrow, the tour's publicist. He's been courtside for every important match this year, charting the progress of all the top players, and is sensitive to some of the game's subtler aspects. He believes that Dave Peck is the only player capable of taking the championship away from Hogan.

"If Dave can keep his weight down and get into top physical shape," says Morrow, "he can come closer than anybody."

"I asked Hogan about it in Honolulu and he admitted to me that Peck is the only one he fears. Dave is the one Hogan can't intimidate in any fashion."

"In fact," adds Don Thomas, who shares



Jerry Hilecher has been ranked number two most of this season but few players think he can upset Hogan.



Mike Yellen, left, who lost in the finals the past two years, and Dave Peck are the best bets to unseat Hogan.

that opinion, "Peck tends to be a little intimidating himself."

Although both Hilecher and Yellen have beaten Hogan before, Morrow doesn't believe they have either the tools or degree of confidence necessary to beat Hogan when the champion pulls out all the stops as he surely will in Tempe.

"When Hogan wants to win, he wins," says Morrow, "and Peck is the only one who can take it away from him when he wants it."

It's Hilecher's misfortune, adds Bledsoe, to be a power player like Hogan, but with lesser skills.

"He's always playing into Marty's strengths," says Davey, "matching 'him tool-for-tool, power-for-power and it's difficult to beat Hogan on that basis unless he's having a bad day."

Like a boxer facing a puncher, Yellen's power-control style is the right weapon to take the steam out of the average power player he meets. But the strategy falls short against someone with Hogan's level of skill.

According to Morrow, Peck comes closest to being able to stand in against Hogan's power and still have the shots to force the champ out of his preferred game style.

"Over the past few months, a friendly rivalry has built up between the two to the point where their matches are the top contests of every tournament. Even the finals are anticlimactic if they aren't in them together," says Morrow.

"As far as I'm concerned, these guys display the epitome of what pro racquetball

should be and it's really a dream for me when I'm promoting the tour."

Morrow believes that the marathon matchups between Hogan and Peck have earned them the respect of the fan. And the pair have become friends on and off the court.

Peck will be coming back from a broken finger which kept him out of the Houston tournament and in an earlier pro stop in Omaha, Neb., he lost in the first round. But the finger is healing and he calls Omaha the best thing that happened to him all year.

"Before Omaha," says Peck, "I thought I was guaranteed a victory every time out. Now I know that I have to go for it in every match. I'm running scared."

In Morrow's judgment, Peck will have to do more running off the court, too, if he hopes to knock off Hogan.

"Hogan knows that Dave's weakness is his weight and he is a master at making opponents run," says Morrow. "He beats them physically, he beats them through intimidation and, if he is hitting his shots, he just murders them."

"I'll be skin and bones," promises Peck. "I've been training on the Nautilus machines, I've been running five miles every other day, and by the time the Nationals come around, I'll be in the best shape of my life. I plan on being in the finals."

But don't bet on it, says Charlie Brumfield, who has had his share of national championships and championship final matches against Hogan. Of the top three, Brumfield

picks Yellen to lose his third straight championship final to Hogan.

Brumfield, who hasn't been playing well this season, says, "Hogan is much more vulnerable this year than he has ever been. The ball has been slowed down and he has lost several tournaments."

What's more, says Brumfield, Hogan plays his worst ball in the Nationals. "He has played worse in the last five Nationals than any other tournament," he says. "He puts more pressure on himself and shoots the ball less, and the less he shoots, the less successful he is."

Not surprisingly, Hogan himself doesn't subscribe to most of Brumfield's theories.

"There is only one time a year that I really play racquetball, and that is at the Nationals," says Hogan. "My problem during most of the year is mental concentration. But I have no problem concentrating in the Nationals. In the last three years, the average number of points scored against me was about 12 a game. None of the last three finals have gone past two games."

Lack of concentration was responsible for what he calls his "pathetic start" this season and now he believes he must win everything right through the Nationals in order to feel good about his "report card" for 1980-81.

Hogan thinks that one of the Yellen-Peck-Hilecher trio will be meeting him in the finals. He expects one of those players to be upset early in the tournament by some hungry young gunner and another to fall to him in the semis. The survivor will make the finals and Hogan thinks it will most likely be Yellen.

"He is smart and will be tough to beat," says Hogan, "but when you've gone to the finals two years in a row and lost, you get leary of that tournament. Last year was Mike's year. His game was extremely tough. He had beaten me at two pro stops and had momentum going into the Nationals. This year he has been inconsistent and has been beaten by a lot of people. I don't think his game has improved enough to make the crucial difference."

Hogan on Hilecher: "If Hilecher isn't on my side of the draw he may pull a couple of funny things and make it to the finals. He's playing extremely well and you just can't buy the kind of experience he has."

Hogan on Peck: "Dave Peck will take the gas pipe in round eight from Lindsay Myers or someone like that. All of a sudden the backhand will go. I think Dave is a year away from a championship bid."

But isn't it true that Peck is the only one Hogan can't intimidate? Wrong, says Marty.

"I think I intimidate him more than anyone. I know he enjoys playing me, but how much can he enjoy it when I beat him in nine out of 10?"

Hogan on the rest of the field: "I will show everybody just where they stand and I will show everybody just how well I can play when I want to."

"You know, a lot of people accuse Hogan of bragging or being conceited or whatever," says Morrow. "But you have to hand it to the kid. He does what he says he will do, and he has the checkbook to prove it."

The Rebellious Racquetball Player



The *Taxi* cast: Front row: Tony Danza, Danny De Vito, Marilu Henner, Christopher Lloyd. Back Row: Andy Kaufman, Judd Hirsch, Jeff Conaway. Photo courtesy ABC/Paramount Pictures

Taxi's Jeff Conaway likes sports that offer "excitement and danger."

By Mathew Tekulsky

By his own admission, Jeff Conaway is rebellious. One of the stars of the ABC television series *Taxi*, Conaway started playing racquetball less than a year ago, being introduced to the sport by a friend.

"It's a new thing to me," he says, "but it's something that's really exciting, and dangerous. That's why I like it. At any moment, you can get hit with something."

One rebellious thing that he does when he plays is not wear eyeguards. In fact, he likes the dangerous feeling of not wearing protection, almost as if he's challenging the ball to hit him.

"It's man against himself without all the protection," says Conaway. "If you play man against man, then you should have protection, but I never felt good about wearing protection. When I played football as a teenager, I used to try and get away without wearing pads. It just seemed more... animal. When I used to drive a motorcycle, I never wore a helmet. It's daring. It's saying, 'Hold it, who's stronger, nature or myself, and can I handle it?' With eyeguards, I know it would be smarter to wear them, but I don't. It's that simple. Call me stupid."

Before his introduction to racquetball, Conaway recalls that he "didn't even know what it was at first." He thought it was like lacrosse or jai alai. "My friend said, 'No, no, haven't you ever played handball?' I said, 'Yeah, I used to play a lot.' He said, 'It's the same thing. You play with a racquet, four walls, a ceiling, and whatever else you can hit.' So I gave it a shot, and it's fun—a good workout for me."

But when Conaway saw a racquetball court for the first time, he was surprised.

"I pictured it smaller, about half the size," he says. "I mean, I thought you were locked up in this little cubicle, and this bloody ball kept bouncing all over the place."

But isn't that what happens?

"Well, it is, but it's a bigger cubicle," he says, breaking into laughter.

Conaway wishes he had time to play more so he could improve his game.

"I can hit the ball," he says, "but I don't have a lot of time to play. By the time I get home from work I'm tired."

Unlike some actors, who say that playing racquetball early in the morning makes them more awake for work, Conaway says that he's "a very night owl kind of person. I don't sleep well. I can't go to sleep early, so I can't get up early. When I'm doing movies, and I have to get up at six o'clock in the morning, I'm always tired, because it's hard for me to fall asleep before twelve or one o'clock. If I'm asleep by twelve o'clock, I'm real lucky."

Since he split up with his wife about seven months ago, he has more time to do things with "the boys."

"But the boys that I know aren't into doing anything except going out and chasing women, so I've got to find some more jock-type guys, I guess."

Conaway's eyeguard rebellion is symbolic of his resentment of authority. "I've been rebelling ever since I was a kid," he says. "I used to break my crib apart. Anything that went against authority, I did it. I don't like being told what to do—I guess because my parents split up when I was a kid, and I had to support my family and everything. I started acting when I was a kid, so I never really liked anybody telling me what to do because I was earning my way from the time I was a little boy."

Conaway started acting when he was 10 years old. He spent many years on Broadway, and also did some summer stock, some live television and radio, some modeling, and was in a rock group when he was a teenager, touring the country as an opening act for such groups as the Animals, Herman's Hermits, the Hollies, and Chuck Berry. He kept doing commercials, and then went to college in the NYU theatre program. With three months to go before graduating, he left school to play the lead role in the Broadway stage version of the musical *Grease*.

"I didn't really care about the diploma," he says, "because I went (to college) for acting—to learn more. When you're a child, it's easy to act, but when you're older you start getting aware of things, getting nervous, and I figured that (acting) was what I really wanted to do with my life, so I should get serious about it."

Photos by Ed Ikuta



Rebellious

He did *Grease* for two and a half years, as well as a movie and some commercials. Then he went to Hollywood, appeared in several television shows and TV guest star spots and movies, including *Grease*, in which he had a major role. Then *Taxi* (and the character of Bobby Wheeler) came along. He's done some TV movies since then, and now he's getting ready to do his second record album.

Since Conaway is a dancer, and has danced on Broadway, one wonders whether dancing helps him with his racquetball, or vice versa.

"Being a dancer, you're used to moving your body," he says, "but dancers are some of the clumsiest people in the world. It's a joke, because you see dancers falling over things constantly. When you are on stage dancing, you are very aware, but when you're walking around the street, you're just thinking about your body all the time but you're not thinking of what's around you, so you end up bouncing off walls, and things like that."

"I think dancing helps somewhat with anything physical. You can use techniques from dancing, and jumps and things like that, but I never think about it. I never think of doing a pirouette before I hit a ball. I'm not a great racquetball player because I don't play that much, so no matter how great a dancer I might be, it's not going to really help me much. If you take a great racquetball player, and put him in a dance class, he's not going to be all that great."

About *Taxi*, Conaway says, "We are now on Thursday nights. We're going to stay there now. We took a beating in the ratings this year because ABC tried a little maneuvering, and they out-maneuvered themselves. But we'll be able to build an audience now. This is our third year. We've won the Emmy and the Golden Globe every year we've been on. We're the best show on television."

If *Taxi* is the best show on television, why, then, did ABC juggle it around and mess up the ratings?

"They do that all the time," Conaway explains. "The networks are convinced they can take a strong show and put it anywhere and it'll still be strong, but people are creatures of habit. People come home, and they don't want to have to think what time the show is. If it's not at the normal period, that means it's not on the air anymore to them. TV is a numbing thing. People sit there and they don't want to think. All they want to do is forget their troubles. It's entertainment."

Is Conaway rebellious when shooting *Taxi*?

"No. Maybe last year I was, a little bit, but not anymore. I'm starting to grow up and mature a little bit. You don't go telling your co-workers or producer or director to go bleep off. You learn another language. You talk to them and you try and work it out. You try and keep it harmonious."

According to Conaway, there is a "harmony" on *Taxi*. "It's great. We're a big family. We all care about each other."

THE Sports CONNECTION



"If you play man against man, you should have protection but I never felt good about wearing protection," says Conaway.



"Being a dancer, you are used to moving your body."

"We have parties every Friday night after the show, and we have lunches every Monday, at each of our houses—we take turns. We really care about each other. You live there, you work there a lot, you see each other. They cast the egos and the personalities of the actors pretty evenly, so we all get along."

"I always played lead roles, and all of a sudden I'm in a company where sometimes I've got two lines. But I've made my peace with all of that."

"I never wanted to do a television series. I did this show because of the people who were involved with it. When *Taxi* is canceled, I'll probably move back to New York, because it would be too tempting to do another television series because of all the money."

One of Conaway's major concerns right now is working on his second record album. On the first album, he wrote some of the lyrics, "but I didn't get any credit for it." This time, however, he's writing most of the material.

"The first album was a lot of rock-and-roll," he says. "The second one will be rock-and-roll, but not as hard in places. My delivery will be a little different. But basically it's going to be what I think rock-and-roll is—power, strength, sexual energy, violence, and also love songs. But rock-and-roll is definitely rebellion. It goes against the established grain even though it has become the established music."

How does he, as a rebellious person, deal with that?

"There's always new music to be done. It's like, with all of this new wave stuff, I was writing things like that in the early and mid-'70s. So now that's in. Who knows what's next?"

According to Conaway, people have told him that he sounds like Bruce Springsteen or David Bowie.

"Once I really refine my own style, it'll be my own," says Conaway. "That's a good sign to me when people say, you sound like this person or you sound like that person because that means I'm hitting different things and people are hearing different things."

That makes Conaway a triple-threat man—singing, dancing, and acting. "People say a singer can't be a dancer, a dancer can't be an actor, an actor can't be a singer, so maybe that's one reason why I do all three," says Conaway. "I want to prove that it can be done. Why do people climb mountains? Because they are there. So I just look for things to do because they're there."

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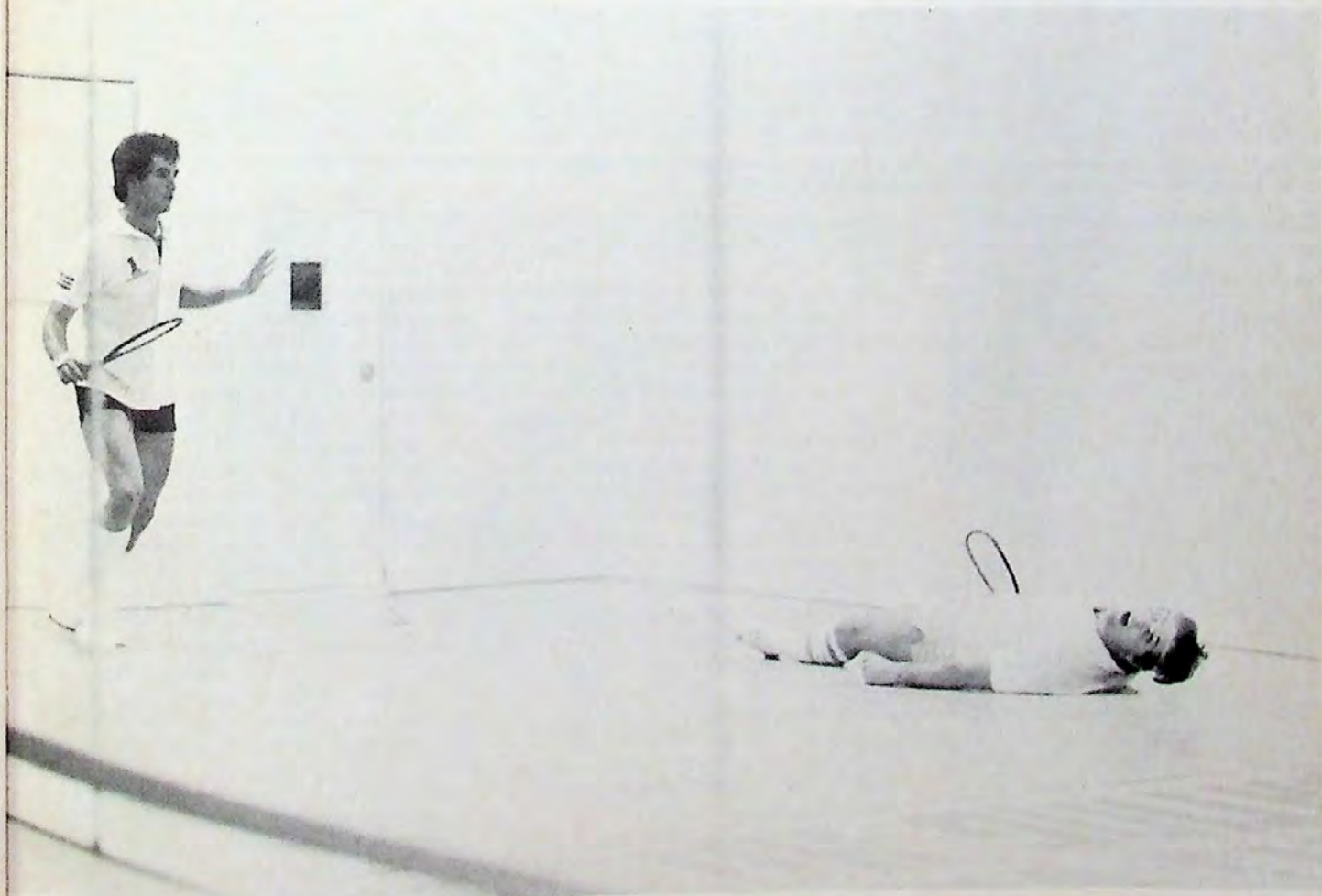
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Photos by David M. King



TOURNAMENTS



Shannon Wright cheers herself on as she scores game point in semifinal match against Lynn Adams at Pepsi Challenge Pro-Am in Federal Way, Washington. Wright went on to beat Heather McKay in finals.

Pepsi Challenge Pro-Am

By Ben Kalb

In the tradition of Ali and Frazier, Nicklaus and Watson, Russell and Chamberlain and Borg and McEnroe, women's pro racquetball now has its own version of "A Tale Of Two Players."

At this point in the history books, there are really only two players in the top echelon of the WPRA. Sure, Karin Walton-Trent may win a fluke national championship and Lynn Adams may be closing in on her own dynasty and on any given Thursday one player can upset another, but when you come right down to it, only Heather McKay and Shannon Wright can claim greatness right now.

And so it was, at the Pepsi Challenge Pro-Am at the Pacific West Sport and Racquet Club in Federal Way, Wash. in the shadow of picturesque Mt. Rainier, a stone's throw from Seattle. McKay and Wright put on one of their patented duels.

This time Wright was victorious, defeating McKay, 2-3, 3-0, 2-1, with the final game of the final set going to Shannon, 13-11.

Wright, who holds a 3-2 edge over McKay

in head-to-head matches, collected \$2,500 for her victory. McKay picked up a check for \$1,200.

The match was not without its controversy. McKay, an 18-year world squash champion, likes to play things straight. She rarely loses her cool. She rarely complains to officials. She likes to play an unemotional match in which the only way to beat her is by your execution of the shots. Wright is also a talented player, who will take the rules to their limits. She tries to take any psychological advantage she can. If she can't beat you with her strokes—which are usually enough to beat almost everyone on the tour—she will find other ways to beat you.

In the recent Wright-McKay confrontation, Wright again waged psychological warfare against Heather. And although McKay doesn't admit it, it worked . . . this time.

Wright crowded McKay, talked incessantly throughout the match and, in general, did as much taunting as she could without stepping over the boundaries of what one would describe as cheating.

"I'll admit it," says Wright, "I try and get her (McKay) upset. And I did. I got her flustered. She likes to go in there and play a very nice

match. She likes to control things. It upsets her if I talk to the ref, or to her or to the crowd. But I like my little running commentary."

Although the referee called a few avoidable hindrances on Wright, he more or less did not have control of the match. Shannon did. Part of her control comes from taking the ref as far as she thinks he will allow her. To quote a song by The Eagles, Wright "takes it to the limit one more time."

"I knew exactly what I was doing," says Wright. "Sometimes I crowd her too much. I'm daring her to take a certain shot. Sometimes I do it to change the momentum or to bother somebody. This is a long match. I can afford a few avoidables."

McKay thought the referee was "not strict enough" with Wright but she refused to blame officiating for her defeat. Although her peers—other women players—thought McKay lost her usual court coolness, Heather denied it. "I didn't get upset. I learned a long time ago how to control my emotions."

Aside from the semi-controversy, the match was well played. One could sense that it would go the distance.

McKay won the first game 12-10 (games were played to 11; server or receiver could

score; player had to win by two points), and the second 12-7. Wright then took the next two 11-5 and 12-10. McKay then won the decider 11-9 after Wright rallied back to tie it 9-9 after trailing 6-2.

Wright won the second set in straight games, 11-7, 12-10 and 11-8.

In the third set (two out of three games), McKay won the first 11-9 and Wright won the second by the same score.

In the grand finale, McKay jumped out to a 3-1 and 4-2 leads before Wright went ahead 6-5. The pair were tied at 8-8, 9-9, 10-10 and 11-11 before Wright won with two backhand kill shots off long rallies.

"It could have gone either way," says McKay. "Twice (in the last game) I left ceiling shots short and Shannon put them away. That's the name of the game."

"I played great against her," says Wright. "I didn't play well the first three matches of the tournament. I was just going through the motions. I had a poor quarterfinal match against (Laura) Martino. But I had to play great to beat Lynn (Adams) in the semis. I played a lot of five-game sets. But one thing I don't do is choke."

The second-seeded Wright defeated Susie Dugan, 3-0, 3-0, in the first round, and then ran up against hometown favorite Vicki Panzeri in the second round before squeaking by, 3-2, 3-2. She beat Martino, 3-0, 3-2, in the quarters and advanced to the finals by toping Adams, 3-2, 3-2.

Adams, who lost in the finals to McKay in the Chicago pro stop while Wright was away

at the Superstars competition, almost made it to her second straight finals.

Wright won the first game 11-9 but Lynn came back to win the next, 11-6. Wright won the third 11-4 and Adams again equaled things, 11-9. Wright took the fifth game, 11-6. In the second set, Wright won the first game, 13-11, Adams took the next, 11-8, Wright the third, 11-7, and Adams the fourth, 11-8. But it was all Wright in the final game. Shannon drove out to a 5-2 lead and won, 11-5.

Top-seeded McKay had an easier road to the finals, defeating Mary Dee, 3-1, 3-0, Kippi Bishop-Boatwright, 3-0, 3-1, Fran Davis, 3-0, 3-0, and Marci Greer, 3-1, 3-0.

Greer, who defeated McKay in the Boise, Ida. stop late last year, was not as tough this time, although she stayed with Heather in most games.

Heather won the first two by 11-9 scores before Greer took her only game, 11-5. McKay finished off the first set, 11-3. McKay won the second set, 11-9, 11-3, and 13-11, gaining match point on a Z serve ace to Greer's forehand.

"Heather played well," said Greer afterwards. "I was confused. Usually I figure out a game plan while I'm playing. But it wasn't clear to me. It was partly cloudy."

Adams won the third place match, 3-0, 2-3, 2-0. The win was worth \$900. Greer had to settle for \$600.

In the open division, Steve Dunn of San Francisco defeated Fielding Snow of Seattle, 21-16, 11-21, 11-9, and Terry Gilreath of Los



Photos by Carol George

Heather McKay forces Marci Greer to chase down ball in semifinal won by McKay at Pacific West club in Federal Way, Wash.

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TOURNAMENTS

Angeles defeated Betsy Koza of Chicago, 21-20, 21-6.

AND WHAT'S MORE: Attendance and television coverage picked up at the Pepsi Challenge Pro-Am when Tracy Austin, Martina Navratilova, Billie Jean King and a few others canceled out of the Avon pro tennis stop going on in Seattle at the same time. Newspaper coverage, however, for the racquetball tourney was slim... Tournament coordinator Jerry Henderson, WPGA Commissioner Dan Seaton and Pepsi Cola are in negotiations for a three-stop Mini Grand Prix later this year in Seattle, Vancouver (British Columbia) and Honolulu... One of the host

hotels was the famed Daffodil, featuring king size water beds and adult movies... The women players seem to do more things as a group than the men pros. Witness the evening at Montanas in which several of the players took their chances on the mechanical bull... Racquetball pro-swimmer Diana Nyad will turn to water again next year, this time off the coast of Japan... Shannon Wright was unable to watch herself on *Women's Superstars*. It was shown on television the same time as her final match with McKay. Wright had to miss the last WPGA tourney because of it. But she came away in a tie for third, winning \$14,000.

RESULTS:

First Round (Losers win \$100)

McKay d. Dee, 3-1, 3-0; Bishop-Boatwright d. Steding, 3-0, 3-0; Davis d. Peterson 3-2, 3-0; Gardner d. Fletcher, 3-2, 3-0; Walton-Trent d. Taylor, 3-1, 3-1; Stoll d. Koza, 3-0, 3-0; Hoff d. Nyad, 3-0, 3-0; Greer d. Anderson, 3-0, 3-0; Adams d. Jackson, 3-0, 3-1; Harding d. Gilreath, 3-0, 3-1; Lee def. Sauser, 3-0, 2-3, 2-0; Prefontaine d. Ambler, 3-2, 3-1; Martino d. Eggers, 3-0, 3-0; Poe d. Marriott, 2-3, 3-1, 2-0; Panzari d. Forcade, 3-0, 3-2; Wright d. Dugan, 3-0, 3-0.

Second Round (Losers win \$200)

McKay d. Bishop-Boatwright, 3-0, 3-1; Davis d. Gardner, 1-3, 3-1, 2-1; Walton-Trent d. Stoll, 3-0, 2-3, 2-0; Greer d. Hoff, 3-1, 3-0; Adams d. Harding, 3-1, 3-0; Lee d. Prefontaine, 3-1, 2-3, 2-1; Martino d. Poe, 3-2, 1-3, 2-1; Wright d. Panzari, 3-2, 3-2.

Quarterfinals (Losers win \$400)

Wright d. Martino, 3-0, 3-2; Adams d. Lee, 3-0, 3-0; Greer d. Walton-Trent, 3-1, 3-2; McKay d. Davis, 3-0, 3-0.

Semifinals

Wright d. Adams, 3-2, 3-2; McKay d. Greer, 3-1, 3-0.

Consolation

Adams d. (\$900) Greer (\$600), 3-0, 2-3, 2-0.

Finals

Wright (\$2,500) d. McKay (\$1,200), 2-3, 3-0, 2-1.

Chancellor's Classic

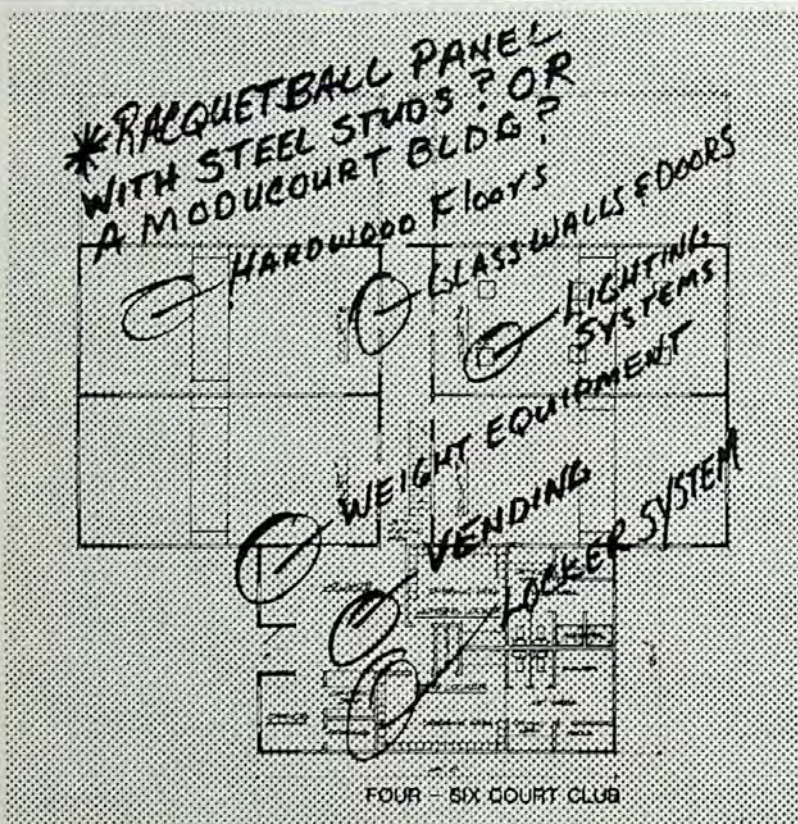
By Tom Morrow

Marty Hogan has definitely found himself on the winning track again, defeating Mike Yellen, 21-14, 21-17, to take the \$10,000 Chancellor's Racquetball Classic in Houston. It was Hogan's third straight victory on the pro tour.

It was the first time since the Nationals last summer that Yellen and Hogan had met. Though the intensity of the tournament was lessened somewhat by the absence of Dave Peck, Yellen took up the slack and turned in his best tournament performance of the year.

Peck dislocated his right index finger on Monday prior to the start of the tourney and was unable to grip the racquet, causing him to drop out of the tournament.

"I worked harder to prepare for this stop than I have any other event this year," Peck said in a dejected voice. "This was the first time the NRC has come to Texas since I've



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Marty Hogan sets up to take one off the back wall in finals of Chancellor's Classic against Mike Yellen. Hogan won the Houston pro stop.

Photos by Sheila Cunningham

been a pro and I certainly wanted to win this one."

Younger brother Gregg, 17, seeded 10th going into the Chancellor's Club tournament, also lost some of his usual spark, losing to a surprisingly tough Scott Hawkins. Hawkins went on to beat sixth-ranked Lindsay Myers, before meeting Jerry Hilecher in the quarterfinals.

Hawkins took Hilecher into a tiebreaker after splitting the first two games, 18-21, 21-7. But Hilecher rallied himself to win the quarterfinal match, 11-9.

The only other eventful match during the quarters was between 23rd-seeded Mark Morrow and fifth-ranked Rich Wagner. What should have been a fairly easy match for Wagner turned out to be a marathon. A three-hour battle-royal ensued with Morrow edging Wagner to advance to the semifinals against Hogan.

Morrow, physically one of the strongest players on the tour, played competitively throughout the tournament, ousting eighth-seeded Steve Strandemo and 17th-ranked Dave Fleetwood to advance against Wagner.

In other quarterfinal action, John Eggerman lost to Mike Yellen 10-21, 21-20, 11-9, ousting

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TOURNAMENTS

Ross Harvey and seventh-ranked Don Thomas. Craig McCoy lost to Hogan, 21-11, 21-8.

During the semifinal match against Hilecher, Yellen jumped to an 8-1 lead, courtesy of Hilecher's skips. Hilecher skipped 15 points to Yellen during the two-game match, something he rarely does. Yellen won handily, 21-11, 21-3.

In the second match of the afternoon, Hogan was pitted against the aggressive Morrow and the gallery was jammed with spectators, news reporters and television crews to record the event that some were predicting would go in Morrow's favor.

Unlike the previous night against McCoy, Hogan was up against a determined professional who wasn't about to roll over and play dead.

Unfortunately for Morrow and the other players who played Hogan in Houston, the three-time defending national champion and professional racquetball's most dominant player, was on target.

Morrow played excellent racquetball against the champ, but it wasn't enough. Hogan won in two, 21-11, 21-12.

Before Sunday's match, it was a confident Yellen who told Michael Hurd of the *Houston Post*, "I'm pleased with my play. It's at a much higher level than it has been. I think I'll give him (Hogan) a fair match. I'll be able to stay in it with him."

In the first game, it was Yellen who drew first blood and a 5-0 lead before Hogan began to make his move. Then Hogan ran five unanswered points and it was a new ballgame at 5-5.

The two players stayed within three points of each other until the score was 10-8, in Yellen's favor. Yellen ran another four points before Hogan caught up making it 14-14. Yellen couldn't score any more the first game and Hogan finished it off with six kill shots, including an ace and two forehand drives.

In the second game, Hogan jumped to an early 5-0 lead before Yellen answered with four points of his own.

Yellen tied it up 8-8, and it went back and forth until the game was 17-15, Yellen's advantage. Hogan hit two pass shots to tie it up and took the lead when Yellen skipped a shot.

Hogan got his final three points on an ace, a backhand kill and a Yellen skip to take the match 21-17.

"I sensed a letdown on his (Yellen's) part at 14-14," said Hogan afterwards.

"He hit some incredible shots in some desperate situations," said Yellen after the finals. "I stayed on top as best I could, but when he's playing like he did, it's tough to stick in there."

"When I play the way I can, no one can stand in my way," Hogan added on. "A lot of players are working harder to catch me. No doubt the guys are playing better."

Results:

Round of 32

Marty Hogan d. Jerry Brian 21-13, 21-9; Keith Dunlap d. Dennis McDowell 21-6, 21-8; Doug Cohen d. Mike Levine 21-8, 21-18; Craig McCoy d. Matt Mathews 21-13, 21-11; Mark Morrow d. Steve Strandemo 21-7, 14-21, 11-4; Dave Fleetwood d. Brad Krueger 21-14, 16-21, 11-6; Ken Kaihlanen d. Ben Koltun 21-11, 21-16; Rich Wagner d. Steve Serot 21-16, 21-13; Mike Yellen d. Beaver Wickham 21-19, 21-5; Gary Merrit d. Davey Bledsoe 21-15, 18-21, 11-9; John Eggerman d. Ross Harvey 18-21, 21-13, 11-5; Don Thomas d. Jeff Kwartler 14-21, 21-12, 11-5; Lindsay Myers d. Brett Harnett 21-6, 21-16; Scott Hawkins d. Gregg Peck 21-18, 21-10; Larry Meyers d. Don Factor 20-21, 21-12, 11-8; Jerry Hilecher d. Kyle Kamalu 21-19, 21-5.

Round of 16

Hogan d. Dunlap 21-8, 21-7; McCoy d. Cohen 20-21, 21-19, 11-6; Morrow d. Fleetwood 21-12, 13-21, 11-0; Wagner d. Kaihlanen 21-8, 21-10; Yellen d. Merritt 21-4, 21-5; Eggerman d. Thomas 10-21, 21-20, 11-9; Hilecher d. Meyers 21-2, 21-4; Hawkins d. Myers 21-16, 11-21, 11-5.

Quarterfinals

Hogan d. McCoy 21-11, 21-8; Morrow d. Wagner 19-21, 21-20, 11-10; Yellen d. Eggerman 21-10, 21-13; Hilecher d. Hawkins 18-21, 21-7, 11-9.

Semifinals

Hogan d. Morrow 21-11, 21-12; Yellen d. Hilecher 21-11, 21-3.

Finals

Hogan (\$4,500) d. Yellen (\$2,500) 21-14, 21-17.

Ektelon-Perrier

Bill Hildebrand defeated Stan Wright, 21-13, 2-21, 11-2, and Terry Gilreath defeated Debbie Keller, 21-5, 21-8, in the Ektelon-Perrier regionals at the Telegraph Hill Club in San Francisco.

Hildebrand and Gilreath advance to the Ektelon-Perrier Nationals in Anaheim, Calif.

In other San Francisco results, Bill Dunn defeated Bud Muehleisen, 21-12, 18-21, 11-7, in men's seniors and Marijean Kelley beat Gerry Ippolito, 21-11, 21-14 in women's seniors. Steve Bent and Willie Krause won the men's doubles and Donna Myer teamed with Holly Ferris for the women's title.



Photo by Renee Fraser

George Vierra reaches for shot on way to victory over Mike McDonough in Ektelon-Perrier Boston regional.

In the Atlanta, Ga. regional at The Racquet-house (Marietta, Ga.), Matt Mathews of Florida defeated Mark Morrison of Florida, 17-21, 21-15, 11-6, in the men's open and Karen McKinney defeated Malia Nievas, 21-16, 21-18, in the women's finals.

Sue Carow and Joe Icaza won the seniors titles and doubles winners were McKinney/Nancy Hamrick and Mathews/Morrison.

In the Chicago regional at the Glass Court in Lombard, Ill., Dave Negrete beat Jim Scheyer, 21-10, 21-14, and Sheryl Kraus defeated Judy Sawicki, 21-18, 21-15, in the open divisions.

In the Miami regionals at Sportrooms of Coral Gables (Fla.), Sergio Gonzalez, Jr., defeated Jim Cullen, 21-16, 21-16, and Brenda Poe topped Marilyn Miller, 17-21, 21-8, 11-10, in the open divisions.

Gonzalez teamed with Bubba Gautier for the men's doubles championship, Brenda Grossnickle and Melanie Britton won the women's doubles and Roger Wehrle took the men's seniors title.

Mark Hegg defeated Monty Huber, 21-14, 21-14 and Lydia Emerick defeated Barbara Faulkenberry, 21-14, 18-21, 11-1, in the open divisions of the Denver regional at the Denver Sporting Club. Ron Holm won the men's seniors and Bruce Brookens teamed with Ed Creagh for the men's doubles title.

In the Boston regional at Cambridge (Mass.) Racquetball Club, George Vierra defeated Mike McDonough, 21-6, 21-11, and Eileen Erlich defeated Martha Callahan, 21-19, 21-10, in the open divisions. Charlie Garfinkel won the seniors and Mike Romano teamed with Mike Luciw for the men's doubles crown.

In the Detroit regional at Racquet King Courts, Tom Travers defeated Rick Dern in the men's open and Stacey Fletcher beat Debbie Erhart in the women's open. Larry Fox teamed with Ray Brint for the men's doubles title and Donna Henry teamed with Sue Flanary for the women's crown. Brigitte Hartz and Tom Carpenter won the seniors titles.

Ted Podgorny defeated Rick Newcomber, 11-10 in the tiebreaker, and Gail Burden won an 11-3 tiebreaker from Terry Dickerson in the open finals of the Kansas City regional. Myron Roderick won the seniors and he teamed with Kent Taylor for the men's doubles title.



Hogan hits the ground on this one but can't come up with Yellen's passing shot. Hogan collected \$4,500 for his victory.

STRETCHING FOR RACQUETBALL

Editor's note: A racquetball player should stretch prior to playing a match. One need only a floor or a mat to perform all the necessary stretches. However, technology has come up with stretching machines or aids. Several companies have developed aids and most seem to accomplish their purpose. The aid used in these pictures is the Cardif Stretch Master.

Stretching is easy to learn but there is a right way and a wrong way. It is important to be aware of the proper body alignment when stretching.

Adjust each stretch to your flexibility be-

cause no two people are the same. Relax and focus on the muscles being stretched. Each stretch should last from 10-30 seconds.

The stretch should be held until a mild tension is felt. Be in control of the stretch. Your stretching aid helps maintain that control. As you hold the stretch, there should be a feeling of tension but that tension should subside within the 10-30 second time frame. If it does not, ease up slightly, relax and repeat the exercise. This is stage one.

If the tension does diminish, move a fraction of an inch further until the mild tension is felt again. Hold 10-30 seconds, then ease up slightly and relax. This is stage two.

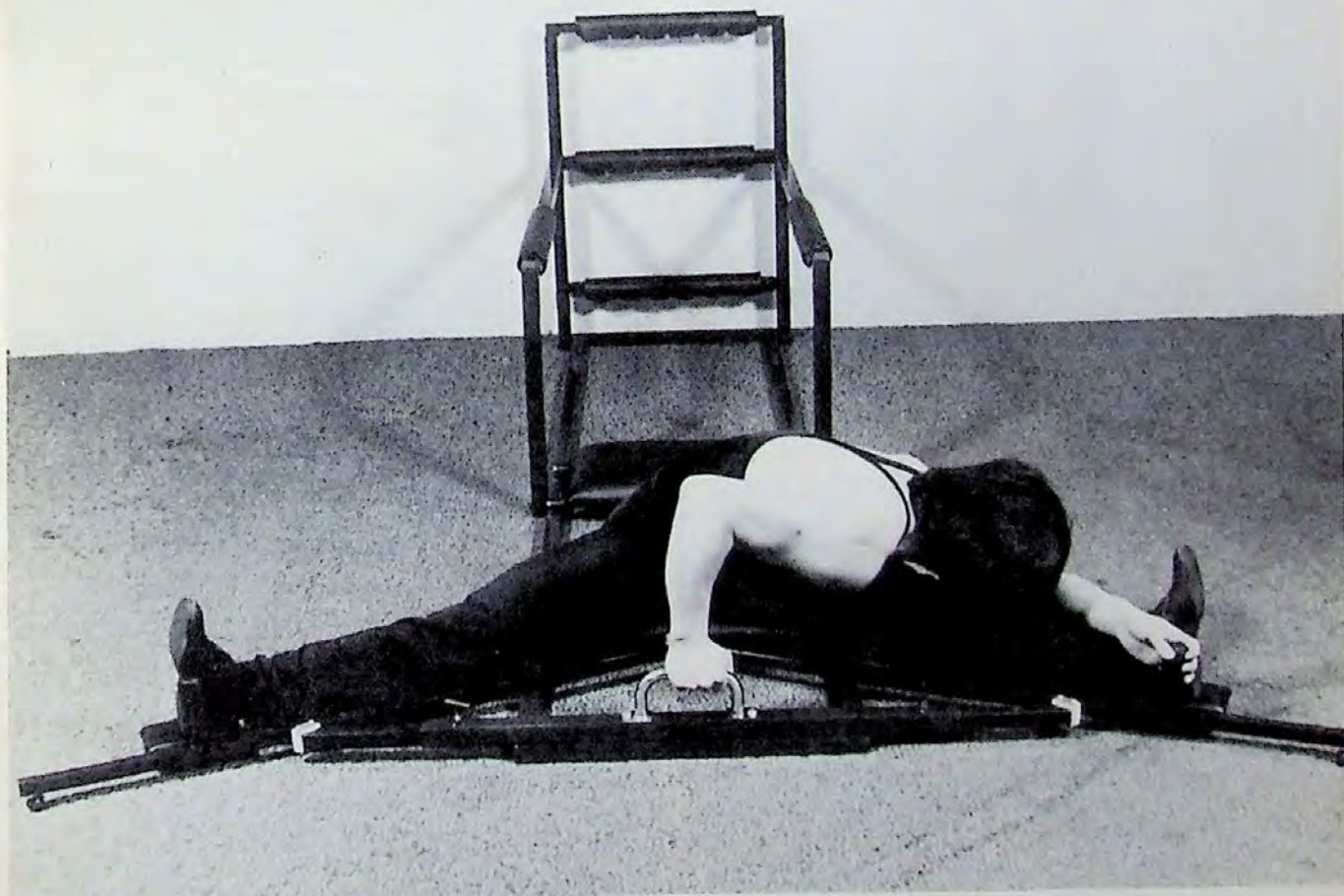
Stage one will reduce muscle tension and

tightness and ready you for stage two. Stage two will increase flexibility and reduce chances of injury.

There is also a wrong way to stretch. Don't bounce up and down or stretch to the point of pain. It could strain or tear the muscle fibers. Don't relate the phrase, "No pain, no gain" to stretching. Pain is a signal something is wrong.

Relax. Do not hold your breath while stretching. Breathe naturally when bending forward to do the stretch. Exhale as you bend forward, then breathe slowly.

You need not stretch as far as the models if it feels painful. Flexibility comes with time.



1.

Groin, hips and back—pull to a comfortable stretch. Stretch left, then right.



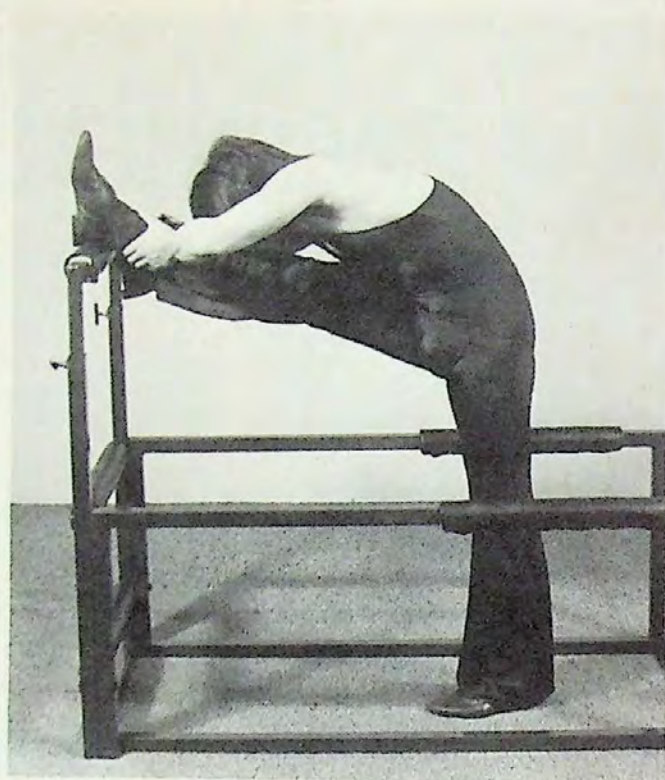
- 2.** Groin and back—Reach over head with hand and grab opposite foot. Keep other hand in front.



- 3.** Groin, lower back and buttocks—Bend from the hip, keeping back straight.



- 4.** Back of legs—Face forward placing one foot on back bar facing down. Place other foot on forward pad.



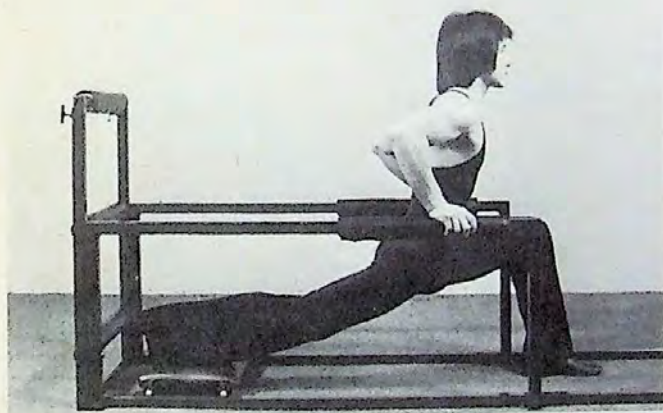
- 5.** Hamstrings—Place heel on bars, bend forward at waist until you feel the stretch.



- 6.** Calves—Place leg at waist high level, heel on bar. Bend forward at waist. Reach forward and grab ball of foot.



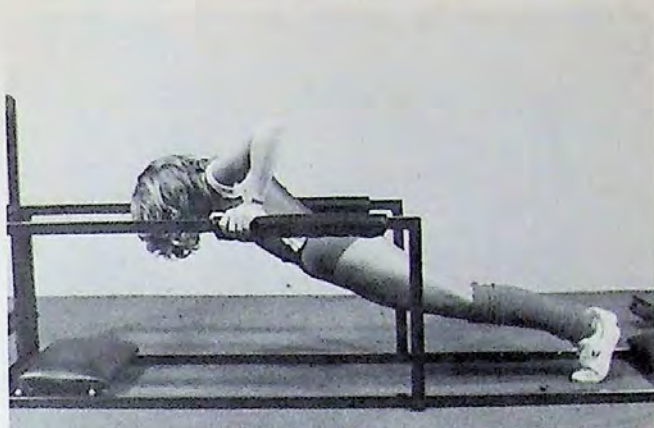
- 7.** Inside upper leg—While facing same direction as lower foot, slowly bend sideways.



- 8.** Back of legs, groin—Keep front leg bent with knee over ankle. Front foot faces forward. Push rear foot back, using arms for control.



- 9.** Upper inner leg, groin—Hold on to side bars. Keep right leg stationary and bent at knee. Extend foot out until stretch is felt.



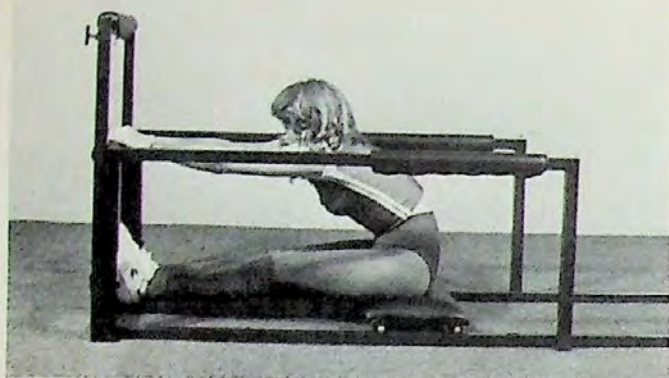
- 10.** Chest and shoulders—In a push-up position, lower body between side bars. Keep hands, elbows against side bars.



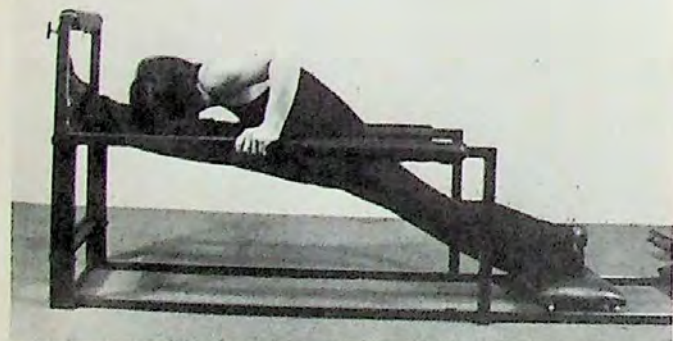
- 11.** Groin, hamstring and hip—Place ball of foot on one end of the bars. Keep other leg pointed straight ahead. Bend knee of raised leg while moving hips forward.



- 12.** Quadriceps, back of leg—Place foot on back bar. Hold side. Take front foot and place it on pad. Slide front foot forward, keeping shoulders over hips.



- 13.** Back of legs, upper back, arms—Place balls of feet on lower bar. Grab bar above. Keep knees bent and extend legs.



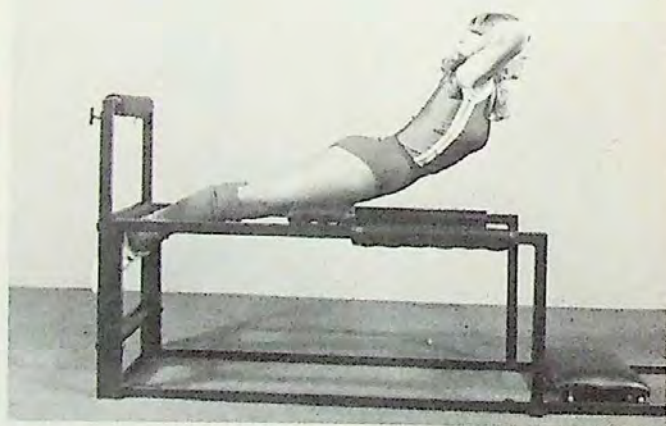
- 14.** Hamstring, back groin—Place heel on bar. Hold side bars and place rear foot on pad. Push rear foot back.



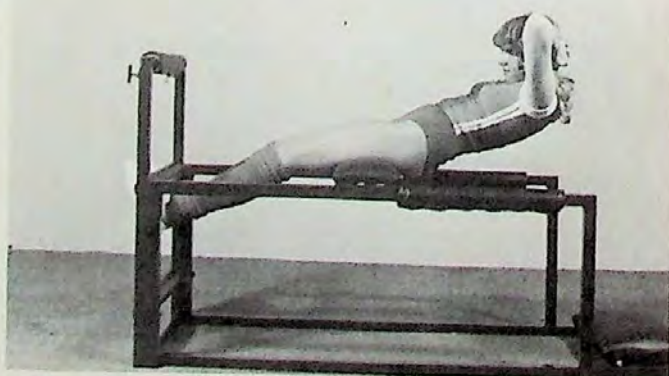
- 15.** Inside upper thighs—Sit on one pad, place feet together. Hold toes and pull self forward.



- 16.** Groin, chest, shoulders—Sit with legs apart, both hands on side bars. Push to a comfortable stretch.



- 17.** Lower back—Place feet under bars and raise self.

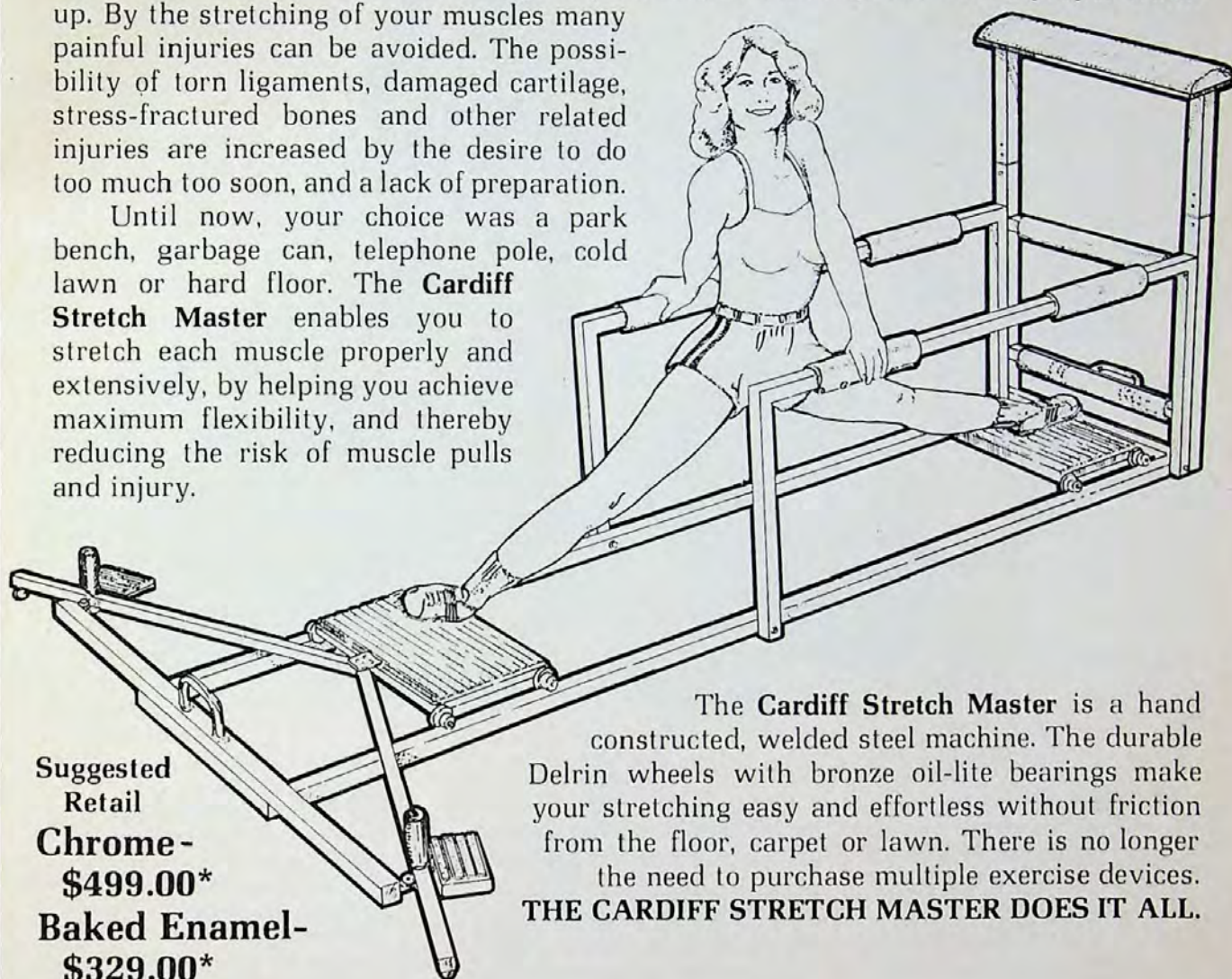


- 18.** Abdominal muscles—Place feet under bar and perform sit-up.

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CLUB NEWS

RACQUETBALL WEST Indianapolis, Indiana



With names such as RCA, Ford, General Motors, Chrysler and Eli Lilly jotted on it, the reservation roster of Racquetball West looks as though it rightfully belongs on a broker's desk at the New York Stock Exchange instead of at a racquetball club in Indianapolis, Ind. But, there's no mistake. These corporations and other local companies have leagues that play at the club.

Barry Kiesel, business manager for Racquetball West and its sister clubs, Racquetball East and Racquetball South, explains, "I guess our specialty is working with the local corporations. We go in to the companies and through their recreation or personnel department, we set up racquetball clubs or leagues. Employees pay X amount of dollars to join the club, then the company matches those funds. The funds are used for anything from paying a portion of the lessons to hosting three or four racquetball parties a year to purchasing company T-shirts."

This service is offered free by Racquetball West since the club benefits from the membership dues and the court costs. Individual memberships run approximately \$50, with families paying \$80.

Court costs run from \$2.35 per person during non-prime time to \$4.65 per person during prime time.

Apparently these corporations have found that the company leagues are an excellent method of keeping their employees fit while also providing a healthful atmosphere for the employees to interface during non-working hours. Even though the competition is fierce within each company group, they tend not to have intercompany leagues. Kiesel explains, "The majority of companies that we do business with have a policy where they don't want to promote intercompany rivalries. They see racquetball as recreational for their employees and they want to get away from a company versus company type of rivalry."

In addition to the 10 racquetball courts, Racquetball West has a Universal weight room. The typical player at the 2,000-member club is primarily the male, blue-collar worker who enjoys the physical exertion and quickness of the game. Kiesel says, "It's quick. In an hour and a half, a member can come in here, play a good game of racquetball, then relax in the sauna and be out and on his way

home. It's not like bowling where you're there all night, drinking beer and eating a lot of junk."

Every year, Racquetball hosts the Circle City Open Tournament which raises funds for the American Heart Association. Last year's event raised \$6,000 with 350 players and 1,000 spectators. This year, the club anticipates its contribution will be upwards of \$20,000 or so since the players will be in charge of recruiting their own sponsors for which they'll receive bonuses such as T-shirts and racquetball bags which, naturally, will also be donations.

While most clubs point to weather as the reason when business is slow, Racquetball West's biggest rival is the Indianapolis 500 which hits town every May. But even then, when business is at its lowest, there are some compensations because while the racquetball players are outdoors watching the races, the racers are in the club playing racquetball. Race drivers who have played in the club include Tom and Jerry Sneva, Johnny Parsons, Mike Mosley and Spike Gehlhausen.

THE RACQUETBALLER Baton Rouge, Louisiana

For every person who's a joiner of groups, clubs, etc., there must be at least one other person who'd rather remain a free agent, uncommitted and free to do as he or she chooses, when he or she chooses. That's the philosophy behind The Racquetballer racquetball club in Baton Rouge, La. Co-owner/manager Daryl Mills explains, "We have no memberships at all. It's a pay as you play sort of arrangement. I personally don't like to feel obligated to a club, so therefore, I feel good in offering other people the sort of thing that I would like for myself. I feel like I'm giving them more of an honest service than if he joined the club and I committed him for a year and he broke his leg and I still continued to get his \$40 a month. I really wouldn't feel very good about that."

Apparently, Mills' philosophy is working. Since opening the club in November of 1979 with only four courts, the club has expanded to six courts. The courts are almost always filled, despite the fact that there are at least a half dozen membership racquetball clubs in town. Mills says, "We

feel there's a market for our type of operation here in Baton Rouge."

Despite whatever maverick tendencies may lurk in the hearts of those who frequent The Racquetballer, the typical non-member looks amazingly like the typical club member. Aged about 30, he's a regular nine-to-five office worker. And there are also quite a few female players, mostly secretaries and office workers around 27 years old. Part of the reason the players look so much like membership club members is that in many cases they are. Mills explains, "We'll have a person from a membership club come over to play, for example, if they have a guest visiting and his club won't allow them to play there."

The club is located next to Interstate 12, smack in the middle of a densely populated residential area, so there's easy access to the club for residents and visiting out-of-towners. One frequent visitor is Charles Alexander, currently with the Cincinnati Bengals pro football team.

The Racquetballer held two tournaments last year. Winners of those events were:

Men's A: Larry Bergerson

Men's A: Doug Nordhaus

Court costs for the racquetball-only club run \$3 per person for singles during the day and \$3.85 during the evenings. Whether it's because of Mills' no membership policy or because of the club's handy location or reasonable court costs, one thing is certain, it works. Since there are no paid memberships, it's difficult to count heads, but Mills estimates that upwards of 500 players a week play at The Racquetballer.

MILWAUKIE RACQUETBALL CLUB

Milwaukie, Oregon

The Chiquita banana slammed a ferocious z serve into the wall as his partner deftly roller skated into position, slightly hampered by the 20 balloons tied to his body. A banana? What is this, a whacky Fruit of the Loom commercial? No, just April Fool's Day at the Milwaukie Racquetball Club, located in the suburbs of Portland, Ore.

Despite such hijinks as the April Fool's trophy of a troll doll mounted on a crushed beer can, or perhaps because of them, the Milwaukie Racquetball Club boasts a strong membership with 1,500 players. As co-manager Maureen Aden says, "There's something special about our club. The camaraderie of racquetball and fitness seems to draw in wonderful members. We try to make them happy."

In fact, the club's atmosphere is so friendly and homelike that one member, Ruth Morris, plans to exchange her wedding vows in the dance and exercise room at the club. The catered reception will include dancing in the exercise studio and free racquetball and wallyball games for the guests.

Such unusual goings on might imply that the club doesn't take racquetball seriously. Nothing could be further from the truth. As a matter of fact, the club's owner can vouch for the club's professionalism. She's Jennifer Harding, a familiar name on the pro tour who started out as the club pro and ended up as the owner. She was also featured on the cover of *Women Sports* magazine recently.

When the club first opened four years ago, it started with 10 courts. Since then, two of the courts have been converted into a Nautilus fitness center with a dance and exercise studio above it. These additions, along with the sauna, whirlpool and men's steam room, have broadened the club's appeal. Aden says, "The fitness center brought in a different type of member that wasn't necessarily a racquetball player. Our members now are very much into a total fitness program. At first, most of our diehard racquetball players were a little leary of the fitness machines, especially the women. The equipment looked like a torture chamber to some of them. But now, they really enjoy working out. We have a lot of families and couples who work out together."

The club offers an extensive league program with 400 players in 40 leagues. Winners of the Valentine's Day tournament:

Mixed Doubles: Carla and Steve

Harrison def. Terry and Max Patterson
Winners of the last singles tournament:

Men's Open: Ed Burns

Men's A: Mike Speer

Men's B: Mark Frank

Women's A/B: Marcia Hellum

Women's C Novice: Nancy Hodge

Some local celebrities who frequent the club are Steve Arena, a local sports-caster, and Paul Linneman, the Portland *PM Magazine* host. Michael Thompson of the Portland Trailblazers helped kick off the opening of the fitness center, and he also occasionally plays there. Touring pro Jean Sauer doubles as club pro and co-manager.

Memberships at the club run \$115 for singles and \$185 for families for racquetball only, while the executive memberships, which run \$565 a year, entitle card-holders access to the full facilities and include one free court reservation per day.

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Short Shots

Racquetball In Japan

Except for the United States and Canada, no other country in the world will have as many court clubs by the end of 1981 as Japan.

Japan is building racquetball clubs at an amazing rate. Courts are in the building stages in Tokyo, Osaka, Kobe, Kyushu, Nigata, Aikata, Amori and Yokohama, and most of them will be finished by the end of the year.

"Japan has had a tennis boom for the last 10 years but it is peaking out," says Ken Ueyama, national coordinator for the Japan Racquetball Federation. "The swimming school business is doing well but people are looking for something new."

Until now there have only been a few places to play racquetball. But, according to Ueyama, a projected 2,000 courts will be built by the end of 1983.

Most of the clubs are not privately owned. They are owned by large companies such as Daiei, second only to Sears as the largest department store in the world.

Daiei is planning a club in Kobe next to its department store. "They are hoping for a walk-in clientele," says Ueyama.

Another club nearing completion is the three-court Kio-Icho club adjacent to the New Otani Hotel in Tokyo. Membership is \$2,500 for men and \$1,500 for women with monthly fees set at \$25-\$30. According to Ueyama, monthly rent for his club is \$30,000, a figure he knows he can't meet. "We know we are going to lose money," he says. "But it is planned that way. The large companies are using it as tax write-offs."

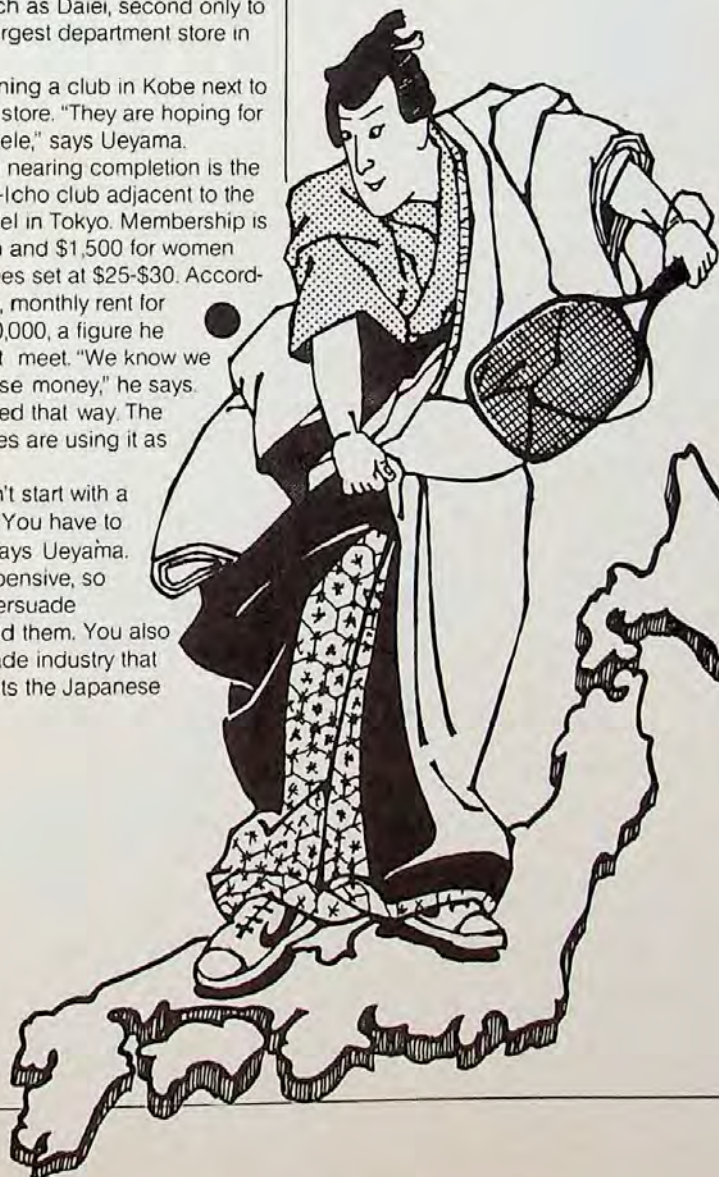
"You just can't start with a ball and rules. You have to have courts," says Ueyama. "Courts are expensive, so you have to persuade industry to build them. You also have to persuade industry that racquetball suits the Japanese player."

"Racquetball is good because the Japanese player is small, it is easy to learn for a beginner and because there are a lot of rainy days here."

Ueyama expects Japanese players to pick up on fashionwear but to turn up their noses at weight equipment. "Fashion is a key word in Japan. We are going to introduce it intentionally as a fashionable indoor sport."

"But the Japanese don't care about building muscles. They are slender. They are more concerned with an overweight problem. Some of those weight machines look like torture chambers to Japanese people."

Ueyama says other events are planned such as a stewardess league sponsored by Japan Air Lines and an invitational pro tournament this summer featuring Marty Hogan.



In the Movies

Two more movies have used racquetball sequences in their scripts, both featuring big-name actors.

Sean Connery, known for his portrayal of James Bond, played racquetball in the Warner Bros. motion picture, *Outland*, a science fiction film due for release this summer.

Also learning the game for their movie scene were actors Chevy Chase and Brian Doyle Murray. The actors hit the ball around in wheelchairs while shooting *Modern Problems*, due from 20th Century Fox in December.

Women's Superstars

Professional racquetball player Shannon Wright tied for third place in the Women's Superstars produced in Florida by Trans World International for ABC Television.

Basketball players Ann Myers and Carol Blazejowski finished first and second and Wright tied for third with another woman cager, Ann Leiberman.

Wright collected \$14,000 for winning the basketball shooting competition (the basketball players were not allowed to participate in this event), placing second in tennis and the bicycle race, third in swimming and fourth in rowing.

The rowing competition produced one interesting bit of information new to racquetball players. During the race, color-commentator Cathy Rigby-Mason, who obviously has not played much racquetball, said of Wright as she was beginning to lose ground, "Rowing takes a lot of endurance. I don't know if she (Shannon) can get that from racquetball."

Wright did not get to see herself on television at the same time as the rest of the country. She was playing in a tournament final in Seattle during the national telecast.

Shorter Shots

Norman Cates of Courtsouth Racquetball Club in Marietta, Ga., was elected president of the National Court Club Association at the annual meeting in Las Vegas. . .

Robert McTear, formally with Armor All Products and Aldila, has been named vice president and general manager for Ektelon. . .

William B. Tanner of Memphis was named Tennessee Amateur Athlete of the Year by the Tennessee Sports Hall of Fame. Tanner won the NRC Veteran Masters national title last year. . .

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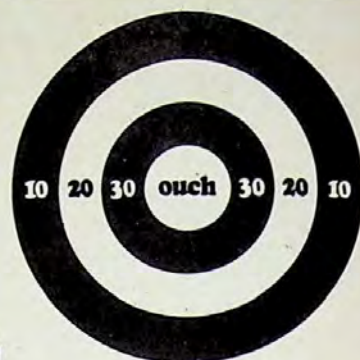
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3



4

COLLEGE COURTS

University of Georgia



"I wish we had 20 courts," says Sara Stanley, director of intramural sports for the University of Georgia in Athens. "They'd all be filled." But instead of 20 courts, the 200 racquetball players on campus have to compete for time on the eight existing courts. "Because of the limited court time," says Stanley, "we've had to adjust our game to 15 points and the best two out of three games. The students don't mind the lower points, just as long as they can play."

The scarcity of court space has also added a competitive edge to a game that's already known for its sharp compe-

tion. As Stanley explains, "We ask each of the leagues to seed their players, so they're placed on the roster by rank. That way, the top players of each league are assured of being in tournaments and the lesser players get in only if there's room left."

The single elimination tournaments are broken into five leagues—residents (dorm students), independents (commuters), professional (pharmacy students, ROTC, etc.), the governors (large fraternities and sororities) and the presidents (small frats and sororities).

Winners of the last tournaments were:

Presidents' League: Rockwell (Kappa Alpha Theta)

Governors' League: Ledford (Pi Beta Phi)

Even though a new physical education complex is listed second on Georgia's list of priorities, the realities of funding mean that construction is still years away. In the meantime, Jane Russell, coordinator of recreational sports, has come up with a plan to placate the ever-growing number of racquetball players. "I visited the campus of Georgia Tech last week because they just put in five outdoor racquetball courts. The walls are cement-sided with a coated wire mesh on top. There's a considerable difference in costs for constructing a full facility and these outdoor courts. We're currently putting estimates together on cinder-block-walled courts. If they're within reason, I'm hopeful that we can get those built."

Until either the outdoor courts or the gym goes up, the students must live with intramural games and 13 racquetball classes. That is, if they're lucky enough to get into either. As Stanley says, "There's always a waiting list."

Princeton University

"Racquetball is virtually nil here," says Bill Muse, associate director of athletics at Princeton University in Princeton, N.J. "Because we've won the National Squash Championships for eight of the last nine years, Princeton is dominated by squash. What racquetball we do have, we try to play on a doubles squash court because we don't have even a single racquetball court."

The intramural program at the Ivy League college is run on two levels, campus and clubs. The clubs are "eating clubs" which take the place of fraternities and sororities at the prestigious eastern college. There are 13 eating clubs on campus with 80 to 120 members each, all juniors and seniors. Approximately half of the student body belongs to an eating club in which memberships are optional.

The campus program, which is open to non-club members, had racquetball on its schedule last year, but because participation wasn't that great, Muse, who heads up the campus sports activities, says, "Now, racquetball in the campus program is on a hit or miss basis. If enough people want to play, they'll come in and sign up for a game."

When the interest runs high enough, the campus intramural games are played on a ladder structure of doubles in which

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teams can challenge each other two positions above their own.

Last winter quarter, when there were enough diehard racquetball players to make up 10 doubles teams, 30 games were played in a two-month period. Winners of the campus league double's team were Tom Wilson and Mark Muler.

Despite the cramped quarters of playing on the squash courts, the club intramural teams prefer one-on-one competition, so they squeeze their games into the smaller court. The 16 club teams consist of the 13 eating clubs plus two residential groups and The Commons (general undergraduates). Each member of the three-man teams plays three matches, best two out of three games, best two out of three matches. The 21-point games are played every Monday and Wednesday nights during the winter quarter. The Tiger Inn and the Tower clubs will battle it out to determine the intramural club winners.

John Murray, the undergrad head of intramural sports, explains some of the difficulties of playing on the compact courts. "You usually play that the metal plate (which all squash courts have) is in play. Some guys are really good at hitting it right above the base. The ball kind of hits the base and then it dies. They get a lot of points that way. And if you play that the plate is out of play, you have to change your whole game because you have to hit higher off the wall."

As can be expected of a school where squash is as much a part of the tradition as the ivy-covered walls, there's a bit of rivalry between the traditional sport and its upstart competitor. Reed Wilbur, student intramural director of the Cottage club, plays both games but, true Princetonian that he is, prefers squash because "Squash is more of a strategy game than racquetball. The racquetball ball comes back so quickly that it's more of a game of reflexes than strategy. For somebody who's used to thinking about their shots, squash is more their speed."

Washington State University

Washington State University in Pullman has a new racquetball facility, which houses seven courts, two of which have glass back walls for spectators. The facility was entirely funded by student fees and brings the total number of courts on campus up to a healthy 17.

Because of the popularity of racquetball on campus, the headaches of making reservations were becoming

increasingly bothersome until a new system was devised. Bob Stephens of the campus recreation department explains, "The reservation taking was getting to be such a pain that we decided to try out a new system. First we tried it out just on weekends and it worked so well that we run the new facility this way as well. Instead of taking reservations and sign-ups, we have an hourly turnover of the courts. The courts, which are open from 7 a.m. to midnight, are on a rotation system where one court opens up at 8 a.m., the next at 8:15 a.m., another at 8:30 a.m. and so on throughout the entire day. That way, instead of the hassle of signing up or having to wait forever for a court, the players come down here and within 15 minutes to half an hour, they're out there playing."

The racquetball club on campus, which has 50 players, holds three tournaments a year, two in the fall and one in spring. This year the club added a mixed doubles division in which the players were matched by a blind draw with every one's name thrown in a pot, regardless of playing abilities. Stephens says, "The mixed doubles went over really well. The students really liked it because it gave them a chance to meet new people and play players at levels different than their own." In the last tournament, Cynthia McKean and Stan Johnson defeated Tammy Jahn and Pete Hoffman, 15-5, 15-14, for the title.

Racquetball has been part of the intramural program since 1974. Pat Startzel, co-director of intramural sports, says, "Before that, handball was really big, but racquetball has grown so much in popularity that this year, we've dropped handball altogether. Even when racquetball first started in 1974, we had 126 players for the doubles event." The game is played on two levels, competitive and recreational, with participation roughly about equal. Winners of the last doubles tournament were:

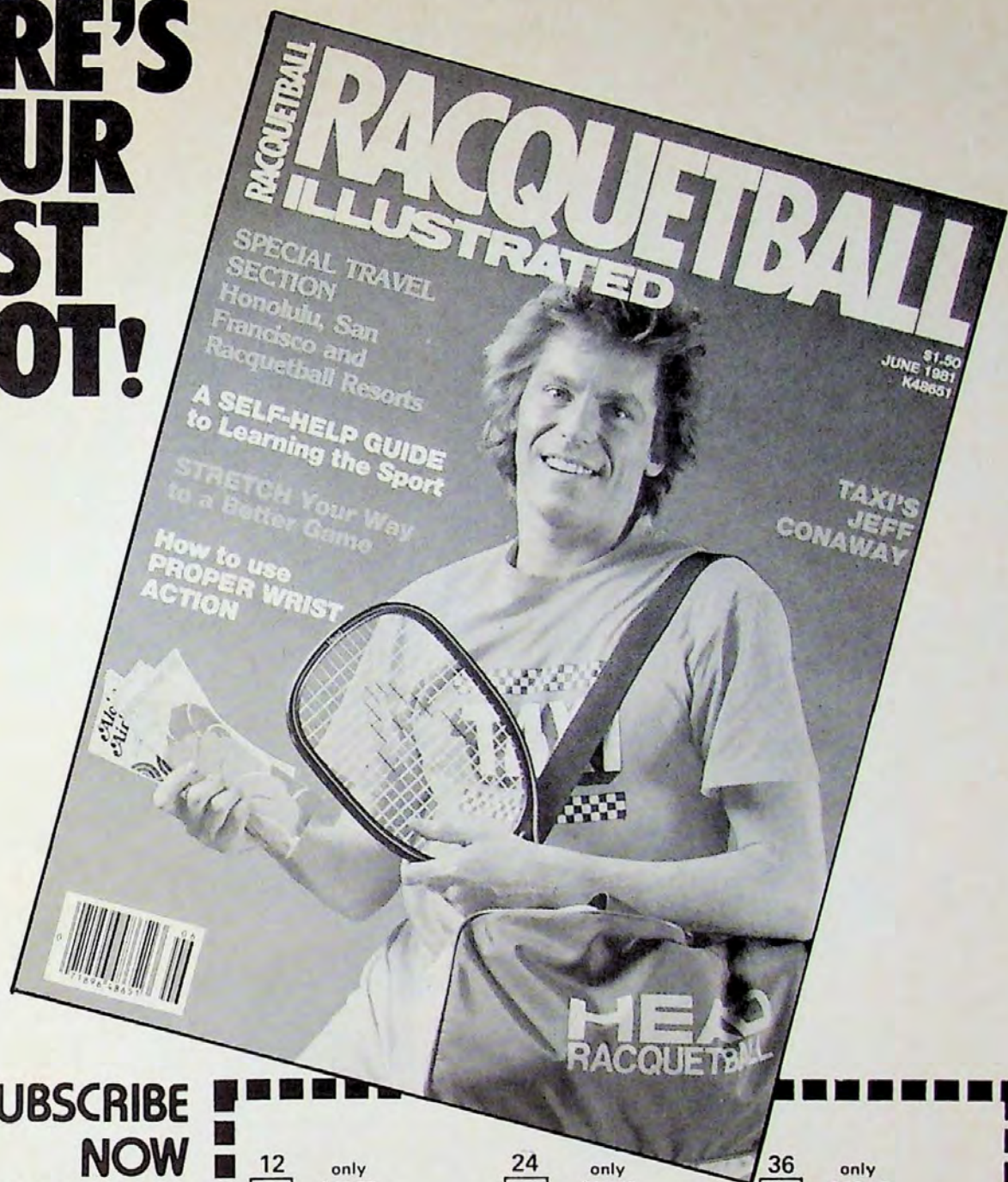
Men's Doubles: Leo McKinley and Jeff Olson def. Peter Snell and Russ Moore.

Co-Ed Doubles: Lisa Beckett and Peter Snell def. Dixie Thompson and Steve Donahue.

Women's Doubles: Lisa Beckett and Lee Ann Heinrich def. Adamo and Martin.

Besides the campus club and intramural leagues, there are 18 racquetball classes taught by 10 teachers and assistants. Startzel says, "We could have many more. The kids would like more, but we close them out because even with 17 courts, there's just not enough space to accommodate them all."

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FASHION RAC



Ronn has on a 100 percent meserized cotton rib top with contrasting collar and pocket, **\$56**. Shorts are made of 100 percent polyester and feature inter-button closure, pleats and side pockets, **\$44**. J. Edward is on target with a 100 percent cotton pique mesh shirt with contrasting collar and pocket, **\$55**. Shorts are made of 100 percent polyester, **\$46**.



Off the court and onto the shooting range is Ronn Moss (top left) wearing Trevois' Periwinkle blue warm-up made of 100 percent cotton fleece, **\$98**. Ronn's shooting partner, J. Edward Peck, does his long-range shooting in the Kopa Royal outfit made of 55 percent acrylic, 24 percent wool and 21 percent polyester. The outfit is a three-tone Air Force blue, Navy blue and Norwegian blue. Top features zippered front, **\$174**. Peggy arrived in her wine-colored warm-up made of 55 percent nylon and 45 percent brushed acetate (inside), **\$118**.

Fashion coordinated and directed by David Chow
Photography by David M. King
Fashion assistant director Whitney Moore
Makeup by Sara Williams
Location director/Jim Ferry
Racquets/shoes courtesy of Head
Racquetball bags by Rossignol
Gloves by Saranac

Prior to hitting kill shots at the local racquetball club, Ronn Moss and J. Edward Peck loaded their guns for a few kill shots at the International Skeet and Trap Range in El Monte, Calif.

The pair are wearing the latest in fashion by Trevois, an elegant racquet line now making inroads in U.S. markets following enormous success in Europe. Joining the two player/shooters was model Peggy Warren.



Peggy has on Trevois' unisex warm-up made of 100 percent cotton terrycloth. The black, ivory and red outfit sells for **\$88**.

Ronn takes aim in Trevois' pinstripe 100 percent cotton jersey with collar, placket pocket top and contrasting trim, **\$52**. Shorts are polyester and feature tailored waist, pleats and contrasting piping, **\$44**. Peggy scores in a 100 percent cotton pique V-neck top with diagonal front body stripe, **\$30**. Polyester shorts, **\$35**.



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

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

Englewood
Court of Appeals
200 Grand Avenue
(201) 382-4994

Fairfield
Yogi Berra's Hall of Fame
Racquetball Club
333 Route 46
(201) 227-4000

Garfield
Racquetball Plus of Garfield
83 River Drive
(201) 779-1299

Ocean
Ocean Racquetball &
Health Club, Inc.
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(201) 531-9300

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

South Plainfield
Ricochet Racquet Club, Inc.
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Tom's River
Racquetball of Tom's River
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(201) 349-6100

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What's Your Racquet
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Route 35 & Route 34
(201) 223-2100

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

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

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Boulevard Mall Racquetball
Club
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(716) 632-1984

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Executive Courts West
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(516) 239-3500

Dewitt
Dewitt Clubhouse
Widewater Parkway
(315) 466-0376

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Off The Wall Racquetball, Inc.
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Howard Beach
Lindenwood Racquetball
62-12 151st Avenue
(212) 738-5151

Liverpool
Meadows Clubhouse
4989 Hopkins Road
(315) 451-1551

New York
Manhattan Squash Club
1114 Avenue of Americas
(212) 869-8969

New York
Racquetball Fifth Avenue
25 W. 39th Street, 10018
(212) 944-0144

Patchogue
ABC Racquetball Courts, Inc.
620 Old Medford Avenue
(516) 475-3758

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

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

Utica
Courtland Racquetball
45100 Mound Road
(313) 254-1056

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

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

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

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

NORTH CAROLINA
Charlotte
Court Club of Charlotte
6420 Albemarle Road

Charlotte
Sports Illustrated Court Club 17
50177 Center Drive
(704) 527-0975

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

Raleigh
Carolina Courts
1207 Front Street
(919) 832-5513

Raleigh
Highwoods Racquetball Club
2912 Highwoods Boulevard
(919) 876-3641

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

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Chardon
Geauga Fitness & Racquet
Club
160 Parker Court, Route 6
(419) 281-1323

Cincinnati
Pat Matson's Racquetball/
Handball Fitness World, Ltd.
4780 Corvett Road
(513) 791-9116

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

Columbus
Courtside Racquetball &
Handball
1635 East Dublin-Grandville
(614) 885-BALL

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

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The Supreme Court Racquet
Club
1290 W. Henderson Rd., 43220
(614) 459-4700

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

Dayton
Dayton Circuit Courts East
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(513) 429-2819

Holland
Spring Meadows Court Club
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Kettering
Court Management Company,
Inc.
1240 Ridgeview Avenue
(513) 294-5830

Kettering
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5600 Kentshire Drive
(513) 435-3113

Madison
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(513) 271-3388

Mansfield
Circuit Courts
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Massillon
Glove & Racquet
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(216) 837-9602

Moraine
Dayton Court House
2750 Bertwyn Drive
(513) 294-0700

OKLAHOMA
Oklahoma City
Racquet Time Courts
6701 Wilshire Boulevard
(405) 721-9205

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

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

Eugene
Court Sports II
4242 Commerce Street
(503) 687-2255

Medford
Medford Superior Courts
727 Cardley Avenue
(503) 772-3194

Milwaukie
Milwaukie Racquetball Club
4606 S.E. Boardman
(503) 659-3645

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366 S.E. 5th Street
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USA Oregon Athletic Club
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(503) 254-5546

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1040 Mill Creek Park
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Bentley Club and Courts
2301 Grimes Drive
(717) 454-4231

Hollidaysburg
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(814) 696-3837

Lancaster
Greenfield Court Club
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(717) 392-4194

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Hillcrest Racquetball Club
No. One High School Drive
(412) 339-7100

Monroeville
Racquet Time of Monroeville
Old William Penn Hwy. & Duff
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Southampton
Fox Racquetball Club
Second Street Pike &
Jaymor Road
(215) 322-8080

RHODE ISLAND
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Playoff Racquetball/
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(401) 434-3600

Warwick
Corner Shot Racquetball Club
43 Jefferson Boulevard
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Kingsport
Kingsport Racquetball Club
2008 American Way, 37663
(615) 245-0264

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2611 South Mendenhall Road
(901) 682-6661

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

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

Dallas
Racquetball at Northpark
8878 N. Central Expressway
(214) 692-6000

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

Houston
Westchase Racquetball Club
10303 Westlocke Drive, 77042
(713) 977-4804

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

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

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

WASHINGTON
Seattle
Tennis World
7245 West Marginal Way
(206) 767-4400

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The Spokane Club
West 1002 Riverside Avenue
(509) 838-8511

Tumwater
Turnwater Valley Racquet Club
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(106) 352-3400

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(414) 251-1420

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670 Larry Court
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North Shore Racquet Club
5750 North Glen Park Road
(414) 351-2900

Milwaukee
South Shore Racquet Club
4801 Scott 2nd Street
(414) 321-3410

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

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

WYOMING
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Slim & Swim Health Club
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OFF THE WALL



"Frankly, I don't think Racquet-Polo will catch on."

Cartoon by Tom Giulivo

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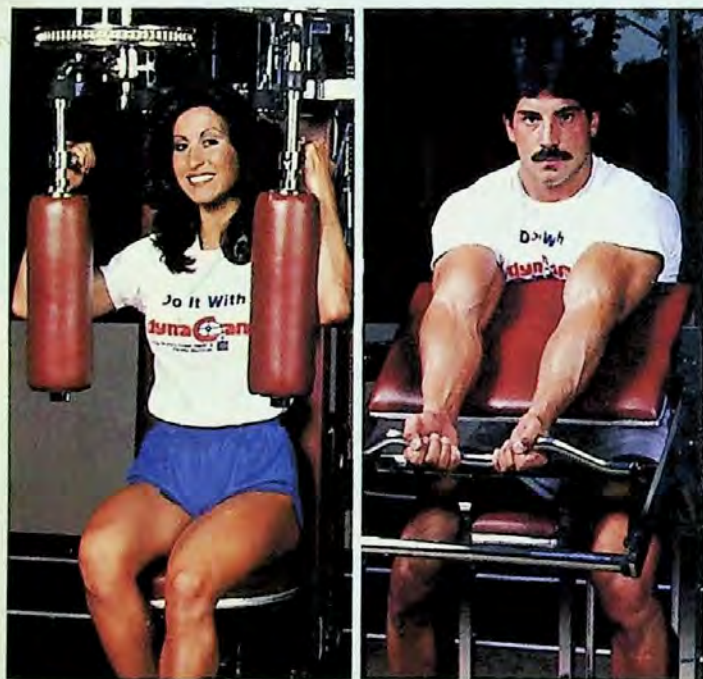
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