



# RACQUET RACKET

## Inside this issue...

- ▶ Doubles Only Entry....3
- ▶ Election Candidates....5
- ▶ Results.....6
- ▶ Nat'l Champs Entry... 11
- ▶ Coach's Corner .....15
- ▶ Tournament Trail.....24
- ▶ NMRA Board.....24

Official Newsletter of the National Masters Racquetball Association (NMRA)

FALL 2015

## PRESIDENT'S CORNER – NMRA on Twitter

By Cindy Tilbury, NMRA President@NMRAPrez

The NMRA has been on Facebook for a long time. Our page is here and I hope you will visit us regularly: <https://www.facebook.com/groups/191509017552909/> You can search for us too, but you will want to spell out our entire association name to find us.

Recently, I signed up for Twitter with the name @NMRAPrez. I plan to pass on the account to the next NMRA president when the time comes. I have included a few amusing #racquetball tweets below. It is so fun seeing people tweet about our sport like it is brand new! Try it yourself, if you have an hour. Go to [www.twitter.com](http://www.twitter.com) and search for #racquetball or just racquetball. You'll find a few posts from me. If you already have a Twitter account, post about #racquetball all the time



**NMRA 45+ Racquetball** @NMRAPrez - 18h  
@Wolfiesmom. I read your book #Losingit a few years ago and loved it. #Racquetball wants you back! Miss it?



**Valerie Bertinelli** @Wolfiesmom - 2h  
@NMRAPrez. yes I do!

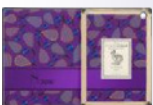


**Adam** @MassagebyTed - Mar 25  
Good luck convincing me your movie takes place in the 80s if there aren't at least two scenes involving racquetball.

**JimWithoutPants** @JimWithoutPants - Feb 18  
We "played racquetball" today. "hit a rubber ball all over the place" @Teddy\_Brewski

**IPetitions.com** @ipetitions - Feb 27  
Save the racquetball courts at Utah Valley University @UVU! <http://bit.ly/1AAnjUj>

**A Permanent Holiday** @APHInternation - Mar 9  
New #DODOcases Item Personalized name purple racquetball pattern iPad air covers <http://ift.tt/1KNj920> [pic.twitter.com/ytz4Hz1tTF](http://pic.twitter.com/ytz4Hz1tTF)



## Surprise NMRA Hall of Fame Inductee Bruce Adams

By Cindy Tilbury

During the July 2015 NMRA banquet, it looked like we were going to have a very short program because no athletes were voted into the NMRA Hall of Fame by the voting committee. Crazy, but true. They HAD unanimously voted on a contributor inductee, but it was a deeply-guarded secret. Some of the board members didn't even know about this until the tournament.

Recently-retired NMRA board member, **Bruce Adams**, got the surprise of his life when he realized he was being inducted into the Hall of Fame. Bruce's wife, **Patti Evans**, had worked with our HOF committee to get all of Bruce's old pictures and background into a great slideshow presentation. Bruce had no idea this was going to happen.

Bruce had been our NMRA secretary and parliamentarian since 2007, and he worked very hard for the organization. It was so great to know that all of the voters also recognized Bruce's contributions, as well. He is still a great resource for the times we need to call on him for history and reference.

Bruce's Hall of Fame introductory slideshow is available on YouTube.com, thanks to our current Secretary, **Leon Jackson**. Check out Bruce's many accomplishments, and his 1970s afro hairstyle! <https://www.youtube.com/watch?v=7sCZwZeWG78>



## Big Winners in Denver!

By Leon Jackson

### Room Nights

The following people won a free room night each at the Hilton Garden Inn host hotel in Denver. Stay at the host hotel for every NMRA tournament and you, too, may win a free room night!

**Ed Roffey | Gerry Price | John Pigmore | William Herron | Don Childs**

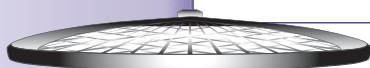
### Financial Support from our Generous Banquet Attendees

At the Friday night banquet in Denver, fundraising efforts for Area High School Racquetball League and CRA Juniors brought in almost \$1500, which was split evenly between the two causes.

### Other Big Winners in Denver

- Revolution Balls **Ruben Gonzalez** (who threw them out to the crowd)
- Silver Racquet Necklace **Len Sonnenberg**
- NMRA Canvas Tote **Tyrone Gilmore**
- Fitbit **Tyrone Gilmore, Leslie Taddonio**
- Sports Authority Giftcard **Marcia Richards**
- Free Entry to Next NMRA **Dane Crisp**
- Bandito Racquet **John Winings**
- Ektelon Gold Aluminum Racquet Donated by Bill Fearing Racquet **Len Sonnenberg**
- Ektelon Racquets **Lars Cole, Deb Stefandel** and Others

**Congratulations to all of the winners and a big THANK YOU to all of the donors to racquetball charities.**



# NMRA 2015 Doubles Championships

Meridian Sports Club - Fullerton, California

December 3-5, 2015 (Thursday, Friday & Saturday)


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



## TOURNAMENT INFORMATION SHEET [www.nmra.info](http://www.nmra.info)

**Tournament Directors / Staff**  
Mail-In Registration to: Cindy Tilbury 303.888.4461 [cindy.tilbury@att.net](mailto:cindy.tilbury@att.net)  
Tournament Director: Cindy Tilbury 303.888.4461 [cindy.tilbury@att.net](mailto:cindy.tilbury@att.net)  
Tournament Director: John Winings 209.743.6487 [johnwinings@hotmail.com](mailto:johnwinings@hotmail.com)  
Carmen Alatorre-Martin: Membership Director [teamalamar@gmail.com](mailto:teamalamar@gmail.com)  
Mickey Bellah: Meridian Club Contact [mickeybellah@yahoo.com](mailto:mickeybellah@yahoo.com)

**Host Club**  
  
**Meridian Club Fullerton** - 20 Cement-Walled Courts  
[www.fullertonclub.com/](http://www.fullertonclub.com/)  
1535 Deerpark Drive, Fullerton, CA 92831 714.961.0400  
Bring a lock. Towel service available free.  
All club facilities are available to tournament players and paid guests.  
Great club and locker room amenities available during the event.

**Host Hotel**  
  
**Holiday Inn & Suites Fullerton** [www.ihg.com](http://www.ihg.com)  
2932 East Nutwood Avenue, Fullerton, CA 92831 714.579.7400  
1.4 Miles From Club; Shuttle provided every two hours  
Single/Double Rate with breakfast \$119 per night + tax  
Mention Code NRT when registering by phone  
Reserve early—Only 30 rooms (mostly King bed) reserved for NMRA but more may be added when those are booked  
Rate available through November 17, 2015  
Free parking / free hot breakfast.

**Enter Online** Enter online by November 18, 2015  
**Maximum of Two Divisions** <http://www.r2sports.com/tourney/home.asp?TID=14036>  
First event--\$165 Second event--\$30 Handling Fee \$5  
Two Doubles Division Limit. Guests Fee \$70 each for the week.  
**We can help find doubles partners and/or roommates.**

**Enter via US Mail** Fill out the entry form at [www.nmra.info](http://www.nmra.info) (Tournament Info page).  
**Maximum of Two Divisions** Mail completed entry form and fees by November 15, 2015, to:  
NMRA Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265  
Two Doubles Division Limit

**Doubles Partners/ Roommates** Contact Cindy Tilbury for a doubles partner ([cindy.tilbury@att.net](mailto:cindy.tilbury@att.net)) or roommate request. You may also use the list feature of R2Sports when you enter online.

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

**Nearest Airport** John Wayne International Airport, Santa Ana (SNA) (Orange County)  
17 Miles to Host Hotel (30 to 42 Minutes) or about \$55 by cab  
Book flights at [www.ocair.com](http://www.ocair.com)

**Airlines Flying Into SNA** Alaska, American, Delta, Frontier, Southwest, United, US Airways, WestJet

**Alternate Airport** Los Angeles International LAX (Not Recommended)  
45 Miles or 120 Minutes From Host Hotel  
Book flights at [www.lawa.org](http://www.lawa.org)

**Airport Taxi / Shuttle Ground Transportation** Shuttles are not provided by the host hotel. A long list of shuttle companies is available at [www.ocair.com](http://www.ocair.com). Supershuttle (800.258.3826) is one option.

*continued* ➔

*Tournament Information continued...*

**Shuttle From Hotel to Meridian Club** The Holiday Inn & Suites will be providing a shuttle on an hourly schedule between the hotel and the Meridian Club. Between runs, if you see other players going to the club, don't be shy and ask for a ride. A schedule will be provided to all players at check-in.

**Driving Directions from SNA to Host Hotel** <http://mapq.st/1KfkdqR> 17 Miles or 18 Minutes North; Exit John Wayne Airport going toward I-405 N / CA 55 N; Merge onto CA 55 going North for 4.5 mi; Merge onto I-5 going North for 4 mi; Merge onto CA 57 N toward Pomona for 6.7 mi; Take the Nutwood Avenue exit ; Turn right for .2 mi; Holiday Inn & Suites is on the right.

**Directions from Host Hotel to Meridian Club** <http://mapq.st/1LU5dM> .6 Miles or 5 Minutes; East (Right) onto Nutwood; North (Left) onto Placentia Avenue .7 Mi; West (Left) onto Garnet Lane .2 Mi; South (Left) onto Deerpark Drive .1 Mi; Club is on the Left.

**Parking at Host Club** Free. Covered parking structure. RVs may park along Deerpark Drive with no hookups/utilities.

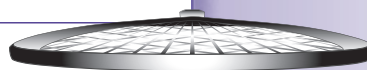
**Tournament Check-In / Player Meet-and-Greet** Wednesday, December 2, 2015, 5pm to 8pm, at Meridian Club. Complimentary reception with beverages and hors d'oeuvres. Pick up tournament souvenir, play schedules, etc. and socialize. **Player Meeting** at about 6:45pm to review procedures and answer questions STRONGLY recommended for NMRA first-timers but everyone is invited.

**Play Begins/Ends** Starting at 8 am every day. Ends by 10 pm Thursday. Ends around 5 pm Friday and Saturday. Every division plays every day (Thursday through Saturday). Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. Sign-in is required at club.

**Practice Courts** Courts will be available free of charge December 1 and 2, 2015.

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

*continued on page 4...*





# 2015 NMRA DOUBLES-ONLY CHAMPIONSHIP

Registration Wednesday, DEC 2nd - Play DEC 3-5 at Meridian Club

MERIDIAN CLUB - 1535 Deerpark - FULLERTON, CA

Entry by Mail Must Be POSTMARKED No Later Than 11/16/2015

Online Entries Must Be COMPLETED BY 11/18/2015

<http://www.r2sports.com/tourney/home.asp?TID=14036>



HOST HOTEL: Holiday Inn & Suites, 2932 E Nutwood, Fullerton CA 92831 (714.579.7400) Code NRT

### Please Print — Be Legible, Complete & Accurate

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: Day \_\_\_\_\_

Night \_\_\_\_\_

Email: \_\_\_\_\_

DOB: m \_\_\_ / d \_\_\_ / yr \_\_\_ Age on 12/03/2015 \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### ENTRY FEES: No refunds of any fees after 11/21/2015

First Event	\$ 165	\$ _____
Second Event	\$ 30	\$ _____
Guest* (daily hospitality & banquet)	\$ 70	\$ _____
NMRA Membership** (Total for 3 yrs)	\$ 45	\$ _____
USAR Membership		\$ _____
(1 year \$50 or 1-time event \$20)		\$ _____
General Fund Donation		\$ _____
<i>Anything is greatly appreciated</i>		\$ _____
<b>Total Due:</b>	<b>\$</b>	<b>\$ _____</b>

\* Guest(s) Name(s): \_\_\_\_\_

\*\*  Check here if your first NMRA tournament  
*First time players do not have to join the NMRA.*

SHIRT SIZE: MEN \_\_\_\_\_ or WOMEN \_\_\_\_\_  
S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2X \_\_\_ 3X \_\_\_

Saturday Box Lunch preference:  
 Turkey  Tuna  Roast Beef  Veggie

The National Masters Racquetball Association is a not for profit 501(c)(3) organization of men and women racquetball players who are age 45 to 95+ years young. Visit us at [nationalmastersracquetball.org](http://nationalmastersracquetball.org)

### Limit of two events

#### DOUBLES

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

### Doubles Partner(s): Please print

Name/Div/Age Bracket: \_\_\_\_\_

Name/Div/Age Bracket: \_\_\_\_\_

Check if you need us to find a doubles partner

Would you like to play a 2nd Doubles if someone needs a partner?

Yes  No

Would you like to play Mixed Doubles if someone needs a partner?

Yes  No

### Emergency Contact Name:

\_\_\_\_\_ Tel [\_\_\_\_\_] \_\_\_\_\_

**PAYMENT:** Send entry form & payment in U.S. dollars, made payable to NMRA. Mail to:  
Cindy Tilbury, NMRA  
23308 Bocana Street, Malibu, CA 90265

# NMRA 2015 Doubles Championships INFORMATION SHEET

continued from page 2...



<b>Tournament Scoring</b>	All round robins, self-refereed matches, Every division will play two games to 15. Larger "pool play" divisions will have Saturday playoff matches. Playoff format will be two games to 15, tiebreaker to 11 if needed. Bonus points are awarded for winning games (2 per game) and the match (4). Ties will split the extra four match points. Points are automatically calculated by the R2sports tournament software. When any team or player must forfeit, average scores will be used to determine final results of the division or pool. If a forfeit occurs during a match, the opposing team or player will be awarded points required to finish the match. <i>USAR</i> amateur rules will be used.
<b>Appeals</b>	The <i>NMRA</i> has a rules committee that can be used by the players to submit an appeal on a rule or issue that arises during the event. The decision of the rules committee is final and binding on all parties concerned.
<b>Eligibility</b>	<i>USAR</i> -sanctioned; Current <i>USAR</i> membership is required to participate. Your membership must be valid thru the last day of the tournament, December 5, 2015. Entries will not be accepted without payment for <i>USAR</i> membership. <i>USAR</i> membership is available at <a href="http://www.usra.org">www.usra.org</a> . <i>NMRA</i> membership is required for all EXCEPT players who are playing in their FIRST <i>NMRA</i> event. Special recognition and gift for first-time players and new <i>NMRA</i> members.
<b>Tournament Awards</b>	<i>NMRA</i> medals will be awarded to First through Fourth place winners for each age division. Combined divisions will be awarded medals based on separate age divisions. You must complete all matches in a division to be awarded the medal.
<b>Morning Hospitality</b>	Breakfast is available at the hotel for hotel guests. Fruit and drinks available at the Meridian Club.
<b>Lunch</b>	Lunch is served at the Meridian Club; you will need to present your tournament pass or bag tag.
<b>Evening Hospitality on Thursday</b>	<u>Not a substitute for dinner.</u> If needed (matches could end earlier than dinner), hospitality will be served at the Meridian Club. You will need to present your tournament pass or bag tag.
<b>Banquet on Friday Night</b>	<i>Meridian Club Colette's Catering</i> , Second Floor Banquet Area Included in your entry fee. Guests are invited for \$50, or \$70 for food all week in addition to the banquet. Cash bar at 6:00 pm; Dinner and program from 7 to 10 pm.
<b>Local Activities</b>	<a href="http://www.tripadvisor.com/Attractions-g32416-Activities-Fullerton_California.html">http://www.tripadvisor.com/Attractions-g32416-Activities-Fullerton_California.html</a>
<b>Sights to See</b>	In addition to Disneyland and California Adventure theme parks, please see the separate sheet for a long list of southern California places to visit and things to do.
<b>Average Temperature</b>	Year – 65° F    December – High 67° F – Low 45° F Average December Precipitation 2.05 Inches
<b>Altitude</b>	150 Feet Above Sea Level; 11 Miles From the Pacific Ocean
<b>RV Parks</b>	RV parks near the club are: <a href="http://mapq.st/1ILsSmK">http://mapq.st/1ILsSmK</a>
<b>Laundromats</b>	Laundromats near the club are: <a href="http://mapq.st/1ILt1Xc">http://mapq.st/1ILt1Xc</a>

## Suggestions/Things to Do in Southern California

By Rick Betts and Mickey Bellah

### Museums

- Main Getty
- Getty Villa
- LACMA / La Brea Tar Pits
- California Science Center / Natural History Museum / Endeavour Space Shuttle
- Museum Row
- Nixon Presidential Library\*
- Reagan Presidential Library / Air Force One
- USS Midway Aircraft Carrier\*\*
- San Juan Capistrano Missions\*
- Other El Camino Real Missions

### Beaches

- Venice Beach
  - Santa Monica Pier
  - Newport Beach\*
  - Laguna Beach\*
  - Huntington Beach (With Outdoor Racquetball Courts)\*
  - Long Beach / Queen Mary Museum\*
  - Art Galleries\*
- ### Amusement Parks
- Lego Land\*\*
  - Disneyland / California Adventure\*
  - Knott's Berry Farm\*
  - Sea World\*\*
  - Wild Animal Park / Zoo\*
  - San Diego Zoo\*\*
  - Universal Studios / City Walk
  - Hollywood (Actually a Town, But it's Crazy)

### Golf Courses

- Torrey Pines\*\*
- Fullerton Golf Course\*
- Coyote Hills Golf Course\*

### Shopping / Dining

- South Coast Plaza (Upscale)\*
- Rodeo Drive Beverly Hills
- Brea Mall\* (Recommended For Everything—Especially Dining)
- Fullerton Town Center\*
- Restaurants Too Numerous to Mention\*

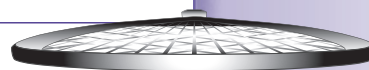
### Wineries

- Temecula Wine Country

### Churches

- Crystal Cathedral (Now Catholic)\*
- Other Local Places of Worship\*

continued on page 5...



## Things to do in CA continued...

### Boat Rides

- Whale Watching\*
- Deep Sea Fishing\*
- Catalina Island

### Studio Tours

- Sony Studios
- Paramount Studios
- Universal Studios
- Twenty-First Century Fox
- Warner Brothers Studios
- CBS
- NBC

### Horseracing (Not in December)

- Del Mar Track\*\*

### Football

- San Diego Chargers\*\*

### Baseball (Not in December)

- Anaheim Angels\*
- San Diego Padres\*\*
- Los Angeles Dodgers

### Hockey

- Anaheim Ducks\*
- Los Angeles Kings

### Basketball

- Los Angeles Clippers
- Los Angeles Lakers

\*Very close to Fullerton Area

\*\*San Diego Area One Hour South

## NMRA Players Get Local Recognition

By Carmen Alatorre-Martin

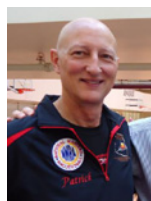
We are pretty proud of our NMRA events and our members! Recently two of our players had some special recognition in their local papers, and we wanted to highlight that. If you are a local star because of your racquetball efforts, let us know!

**Randy Godwin** got an article in the local *Arkansas* paper after the *Kansas City* tournament.

<http://www.baxterbulletin.com/story/sports/2015/06/19/racquet/29012465/>

**Patrick Gibson** got an article in the local Texas paper after the Denver event. [http://www.star-telegram.com/news/local/community/hurst-eules-bedford\\_news/article31116227.html](http://www.star-telegram.com/news/local/community/hurst-eules-bedford_news/article31116227.html)

## NMRA 2016 Election Candidates



### Patrick Gibson, Fort Worth TX

I am up for re-election as a board member for the NMRA. I have served for the past 6 years on the Board. I volunteered to be co-Treasurer a year ago and have continued in that role, working closely with our volunteer CPA. While on the Board, I have been a tournament director several times and have assisted in scheduling and running the tournaments. If re-elected, I will continue to serve the players who enjoy the great game of racquetball. Contact me at [prgibson5@hotmail.com](mailto:prgibson5@hotmail.com) if you have questions for me. I plan to continue to help coordinate what I believe to be the best tournaments out there



### Leon Jackson, Centreville VA

Over the last three years, I have served as the NMRA Secretary. In that capacity, I have had the opportunity to serve the NMRA membership and Board. Listening to, and trying to implement, your comments and suggestions for improving the operation of the NMRA has been very rewarding and a privilege. As an NMRA Board member, I have been able to positively affect the NMRA administrative processes and tasks. Building on the work that was accomplished by the previous Secretary, I have been able to establish improved recordkeeping procedures and eliminate any document management single points of failure. One of my most visible tasks has been to create banquet slideshows and publicize them on YouTube.com so all members can enjoy them. Another rewarding duty has been as tournament director. I am asking for your vote and hope to remain as the NMRA Secretary for an additional term of service. Should you decide to re-elect me, I will continue to listen to your concerns, strive to continue to make improvements, work hard for you, the NMRA general membership and the NMRA Board. Contact me at [actioneod@aol.com](mailto:actioneod@aol.com) if you have questions before you vote. Thank you.



### Scott Kraemer, Milwaukee WI

My name is Scott Kraemer and I have been playing racquetball since I was 16. I've worked in banking for 34 years. My first introduction to the NMRA was when it came to the *Wisconsin Athletic Club* in 2008. Following that tourney, I went on to compete in the U.S. Open and U. S. National Doubles. The NMRA format and quantity of play is the most enjoyable of all the events I've played. I then went to the NMRA in Champagne, IL the following summer. Thanks to the NMRA format, I met many players and forged on- and off-court relationships. Ever since that time, I have played in two of the NMRA events every year. I joined the board in the fall of 2014, filling the term of another board member. If you would be so kind to vote for me, I look forward to continuing my work with the board and offering my banking skills to the organization to ensure our future viability as an organization. Please feel free to reach out to me at [scott.kraemer@bmo.com](mailto:scott.kraemer@bmo.com) and discuss any NMRA issues and ideas with me.



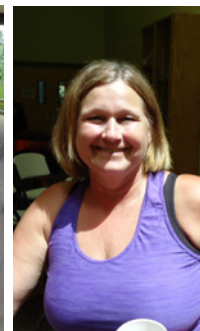
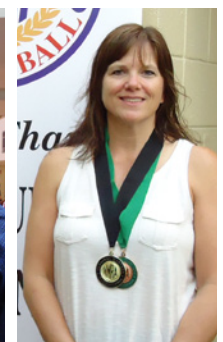
## NMRA TOURNAMENT RESULTS

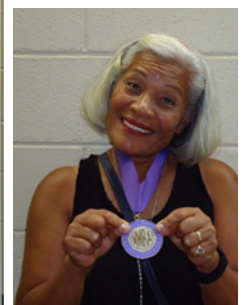
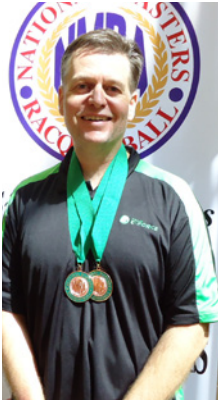
### NMRA International Championships Results July 22-25, 2015

Northridge Rec Center / Littleton Family YMCA / Denver, CO

Cindy Tilbury & Patrick Gibson - Tournament Directors

Division	Place	Names	State	Points
<b>M45</b>	1st	<b>Ray Sanchez</b>	<b>CO</b>	<b>32.00</b>
	2nd	Brian Hunter	CO	29.88
	3rd	Michael Harter	CO	15.13
<b>M50</b>	1st	<b>Gerry Price</b>	<b>CA</b>	<b>38.00</b>
	2nd	Lee Beckwith	CO	33.00
	3rd	Mark Gutzmer	KS	27.13
	4th	Bill Ruple	GA	22.25
<b>M55</b>	1st	<b>Mike Grisz</b>	<b>TX</b>	<b>36.00</b>
	Playoff	Bruce Evans	CO	37.00
	3rd	Bob Wright	IN	27.80
	4th	Ed Roffey	CO	28.80
	5th	Earl Haskins	CO	36.20
	6th	Tyrone Gilmore	TX	34.80
	7th	Dane Crisp	TX	27.20
	8th	Bob Eck	CO	21.60
<b>M60</b>	1st	<b>Frank Taddonio</b>	<b>AZ</b>	<b>38.00</b>
	2nd	Rick Betts	CA	34.75
	3rd	Chris Poucher	GA	30.13
	4th	Moshe Mann	FL	28.13
	5th	Bruce Green	MN	24.75
	6th	Al Gamble	TX	21.63
	7th	David Stone	TX	21.38
	8th	Darrell Kay	NM	16.75
<b>M65</b>	1st	<b>Jim Harvey</b>	<b>GA</b>	<b>38.00</b>
	2nd	Gordon Levy	CO	31.83
	3rd	James Weathers	VA	30.67
	4th	John Reyes	NY	22.50
	5th	Greg Podolsky	MB	16.33
	6th	Gene Bray	CO	14.17
	<b>M70</b>	1st	<b>Dan Jones</b>	<b>GA</b>
Playoff		Fred Roe	CA	38.00
3rd		Ed Mooney	TX	28.50
4th		Kyle Smith	CO	27.80
5th		Glenn Allen	VA	28.67
6th		Bill Fearing	CO	32.80
7th		Russ Deegan	FL	24.00
8th		Len Sonnenberg	CA	22.40
<b>M80</b>	1st	<b>William Herron</b>	<b>TX</b>	<b>35.00</b>
	2nd	Jack Schoeppey	AR	33.17
	3rd	James Funk	CO	18.33
<b>M85</b>	1st	<b>Mike Martin</b>	<b>CO</b>	<b>18.67</b>
<b>MD45</b>	1st	<b>Lee Beckwith / Brian Hunter</b>	<b>CO</b>	<b>34.14</b>
	2nd	Darjon Bittner / Dane Crisp	TX	33.29
	3rd	Woody Clouse / Keith Wells	CO	31.57
	4th	Glenn Martineau / Dennis Linkous	TX	30.71
			VA	30.71





Left to right, Page 6, Row 1 - XD55 Vosika Haskins; XD65 Parsons Sanders; Row 2 - M45 Harter; Gibson Bob McAdam Matt McAdam; WD50 XD50 Richer; Row 3 - M45 Price; M55 Grisz; W70 Marks; Row 4 - Schoeppeys MD80; W60 Settell; Schatz Parsons Nelson; Row 5 - Zumba Ladies

Page 7, Row 1 - MD80 M80 Schoeppey; Gaerlan Stringing Smiling; Betts Sanchez Molina Winingses; Row 2 - M70 MD70 Jones; W60 WD65 Latham White; Harvey Signed Bruise; Row 3 - M50 MD50 Gutzmer; XD50 Kraemer Leonard; XD70 Molina Dorr; Row 4 - M80 Funk; XD45 Clouse Half Dive; Row 5 - W55 Roffey

Division	Place	Names	State	Points	
MD50	5th	Troy Cook / Steve Roberts	CO	30.29	
	6th	Pat Graham / Ken Mendelsberg	CO	26.43	
	7th	Michael Harter / Dennis Chandler	CO	9.14	
	1st	John Winings / Patrick Gibson	CA TX	30.20	
	Playoff 2nd	Karl Einstrein / Bruce Ericsson	AZ AZ	37.00	
	3rd	Lars Cole / Tyrone Gilmore	VA TX	29.80	
	4th	Byron Thompson / Mark Gutzmer	CO MO	19.20	
MD55	5th	Scott Kraemer / Leon Jackson	WI VA	29.20	
	6th	Bruce Adams / Dennis Chandler	FL CO	6.40	
	1st	Glenn Martineau / Lars Cole	TX VA	29.80	
	Playoff 2nd	Ruben Gonzales / Bruce Bagwell	SC ME	37.00	
	MD60	3rd	Bob Wright / Mike Grisz	IN TX	35.00
		4th	Gary Jeral / Leon Jackson	LA VA	25.40
		5th	Hermann Li / Stacy Sauer	CO KS	16.60
6th		David Nelson / Joseph Jacob	MN NY	10.20	
1st		Rick Betts / Gary Jeral	CA LA	37.33	
2nd		Bruce Bagwell / Ruben Gonzalez	SC ME	35.78	
3rd		Chris Poucher / Jim Harvey	GA GA	33.44	
MD65	4th	Kevin Prochaska / Tony Watt	GA GA	30.78	
	5th	Al Gamble / Stacy Sauer	TX KS	29.00	
	1st	James Weathers / James Troutt	WA VA	23.00	
	2nd	Charles Munroe / Frank Stevens	MA MA	15.11	
	Division	3rd	John Reyes / Greg Podolsky	FL MB	14.67
		4th	Bob Sanders / Phil Gaerlan	CO CO	14.44

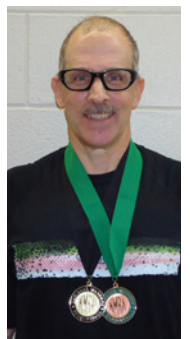
continued on page 8...

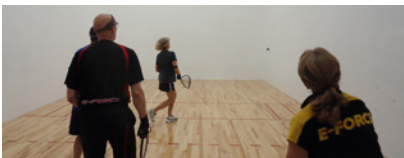
# NMRA TOURNAMENT RESULTS

## NMRA International Championships Results

continued from pages 6-7

Division	Place	Names	State	Points	
MD70	1st	Dan Jones / Jerry Prentiss	GA PA	38.00	
	2nd	Fred Roe / James Troutt	CA WA	33.57	
	3rd	Glenn Allen / Kevin Dorr	VA VA	30.43	
	4th	Dennis Bollig / Olindo Preli	CO FL	22.86	
	5th	Eddie Rapp / Ed Mooney	CO TX	21.57	
	6th	Bill Fearing / Len Sonnenberg	CO CA	20.71	
	7th	Charles Munroe / Frank Stevens	MA MA	18.57	
	8th	James Funk / Dave Funk	CO CO	16.00	
	MD80	1st	Jack Schoeppey / William Herron	AR TX	38.00
	MD85	1st	John Prigmore / Mike Martin	KS CO	15.50
W45	1st	Marie Gomar	GUA	32.00	
W50	1st	Jean Halahan	NY	38.00	
	2nd	Chris Cerny	IN	9.60	
W55	1st	Janice Vosika	WY	26.00	
	2nd	Aiaga Roffey	CO	18.20	
	3rd	Althea Bailey	MD	10.40	
W60	1st	Terry Latham	TX	38.00	
	2nd	Dotti White	TX	27.00	
	3rd	April Settell	CO	23.40	
W65	1st	Shirley Parsons	CO	30.80	
W70	1st	Loretta Marks	CO	8.40	
W75	1st	Marquita Molina	CA	15.20	
WD45	1st	Jean Halahan / Marie Gomar	NY GUA	37.22	
	2nd	Alexis Ross / Debbie Beldring	CO AL	33.56	
	WD50	1st	Micky Richer / Cindy Tilbury	CO CA	30.56
WD50	2nd	Marni Winings / Gladys Leonard	CA AL	29.67	
	3rd	April Settell / Chris Cerny	CO IN	10.67	
	WD55	1st	Dori Zieman / Cari Kresa	FL FL	31.00
WD55	2nd	Deb Stefandel / Deb Chaney	IN IN	27.67	
	3rd	Althea Bailey / Sharon McNeill	MD MD	16.44	





Left to right, Page 8, Row 1 - Kresa Sanchez Leonard Kraemer; Gibson Alatorre-Martin; Row 2 - M55 MD55 Wright; M50 Ruple; WD45 Ross Beldring; M65 MD60 Harvey; Row 3 - M65 Levy; M70 Deegan; XD50 Winings Winings; Row 4 - WD55 Kresa Zieman; XD60 Nelson Schatz; Row 5 - XD55 Roffey Roffey; Kresa Massage Goodness



Page 9, Row 1 - M55 Evans; M60 XD55 Mann; MD45 Clouse Wells; Row 2 - WD50 Winings Leonard; WD45 Gomar Halahan; M70 MD70 Troutt; Row 3 - MD50 Martineau Cole; WD60 Stefandel Chaney; Row 4 - XD45 MD50 Thompson; XD55 Evans Stefandel; XD45 Sanchez McNeill; Row 5 - XD60 Stone Chaney; Row 6 - XD60 XD65; Cindy Tilbury

Division	Place	Names	State	Points
WD60	1st	Dotti White / Terry Latham	TX	21.78
	2nd	Marcia Richards / Susan Schatz	CO MN	
XD45	1st	Cindy Tilbury / Woody Clouse	CA CO	35.83
	2nd	Carmen Alatorre-Martin / Dennis Linkous	VA VA	
	3rd	Sharon McNeill / Ray Sanchez	MD CO	
	4th	Byron Thompson / Alexis Ross	CO AL	
XD50	1st	Scott Kraemer / Gladys Leonard	WI AL	36.83
	2nd	John Winings / Marni Winings	CA CA	
	3rd	Mike Hiles / Micky Richer	MN CO	
XD55	1st	Ed Roffey / Aiaga Roffey	CO CO	30.80
	Playoff 2nd	Bruce Evans / Deb Stefandel	CO IN	
	3rd	Moshe Mann / Cari Kresa	FL FL	
	4th	Earl Haskins / Janice Vosika	CO WY	
	5th	Dori Zieman / Mark Sikorski	FL CO	
XD60	1st	Carmen Alatorre-Martin / Patrick Gibson	VA TX	38.00
	2nd	David Stone / Deb Chaney	TX IN	
	3rd	David Nelson / Susan Schatz	MN MN	
XD65	1st	Shirley Parsons / Bob Sanders	CO CO	15.25
	1st	Marquita Molina / Kevin Dorr	CA VA	



**NMRA 2016 National Championships**  
**Vetta Sports Club, Concord (St. Louis Area), MO**  
**March 9-12, 2016** (Wednesday through Saturday)  
**\*\* Round Robin Age Divisions Starting at 40 Years Young \*\***




**TOURNAMENT INFORMATION SHEET** [www.nmra.info](http://www.nmra.info)

<http://www.r2sports.com/tourney/home.asp?TID=16517>

**Tournament Directors / Staff** Mail-in Registration to: Cindy Tilbury 303.888.4461 [cindy.tilbury@att.net](mailto:cindy.tilbury@att.net)  
 Tournament Directors:  
 Carmen Alatorre-Martin 703.919.8188 [teamalamar@gmail.com](mailto:teamalamar@gmail.com)  
 Cindy Tilbury 303.888.4461 [cindy.tilbury@att.net](mailto:cindy.tilbury@att.net)  
 Dan Whitley - Vetta Club Contact [dwhitley@vettasports.com](mailto:dwhitley@vettasports.com)

**Host Club** **Vetta Sports Concord** — 10 Panel-Walled Courts  
 [www.vettasports.com](http://www.vettasports.com)  
 12320 Old Tesson Rd, St. Louis, MO 63128 314.842.3111  
 Club hours 6 am to 10 pm (Saturday 8 am to 8 pm)  
 Bring a lock. No overnight lockers.  
 Towel service available free (driver license held).  
 All club facilities are available to tournament players and paid guests.  
 Great club and locker room amenities available during the event.  
 Massage therapist available. Racquet stringer available.  
 Pro shop items available

**Secondary Club** **Missouri Athletic Club** – 6 Panel-Walled Courts  
 [www.mac-stl.org](http://www.mac-stl.org)  
 1777 Des Peres Rd, St. Louis, MO 63131 314.539.4444  
 Free parking. Bring a lock. No overnight lockers.  
 Towel service available free (driver license held).

**Host Hotel** **Holiday Inn St. Louis SW Route 66 Hotel**  
 **10709 Watson Road, St. Louis, MO 63127 314.821.6600**  
 4 Miles From Club; Shuttle to clubs provided every hour  
 Single/Double Rate with breakfast \$99 per night + tax  
 Triple Rate with breakfast \$104 / Quad Rate with breakfast \$109  
 Mention National Masters Racquetball when registering by phone  
 Reserve early — Only 30 rooms reserved for NMRA but more may be added when those are booked.  
**Rate available through February 8, 2016**  
 Free parking / free hot breakfast.

**Enter Online** Enter online by February 24, 2016  
<http://www.r2sports.com/tourney/home.asp?TID=16517>  
 Two-Division Limit – Singles + doubles or two doubles.  
 Guest Fee \$70 for the week includes lunches and banquet.  
**We can help find doubles partners and/or roommates**

**Enter via US Mail** Fill out the entry form at [www.nmra.info](http://www.nmra.info) (Tournament Info page).  
**Maximum of Two Divisions** Mail completed entry form and fees by February 22, 2016, to:  
 NMRA Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265  
 Two-Division Limit

**Doubles Partners / Roommates** Contact Cindy Tilbury for a doubles partner ([cindy.tilbury@att.net](mailto:cindy.tilbury@att.net)) or roommate request. You may also use the list feature of R2Sports when you enter online.

**Special Doubles Division for 45+ Ex-Pro-Tour Players and Amateurs** We will offer a special round-robin doubles division, schedule to be determined, where regular age-group players can pay the entry fee of and play with a 45+ ex-professional player. This will be a mini-tournament within the event—possibly 45+ and a 60+ round robins and both genders, if players are willing to try this. Contact Cindy Tilbury for more details and lists of interested ex-professional players.

*continued* ➤

*Tournament Information continued...*

**Special for 75+ Players**

In the event that there are not enough singles and doubles matches for 75+ players, a special no-charge Jackpot Doubles will be offered where players switch partners every round and the one player with the most points at the end of the event wins the division.

**Special For Ladies!**

We are trying something new to the NMRA—two new B/C Singles age divisions for ladies 59 or younger. If you feel you are not an Open/A-level singles player, you may enter B/C. Choose 45+ B/C or 55+ B/C. The two divisions may be combined to provide enough matches.

**Nearest Airport** Lambert St. Louis International Airport, St. Louis (STL)  
 23 Miles to Host Hotel (30 Minutes) or about \$40 by cab  
 Book flights at [www.flystl.com](http://www.flystl.com) .

**Airlines Flying Into STL**

Air Canada, Air Choice One, AirTran, Alaska, American, Cape Air, Delta, Frontier, Southwest, United, US Airways.

**Alternate Airport** Kansas City International KCI (Not Recommended) 3 Hours From Host Hotel.

**Airport Taxi / Shuttle Ground Transportation at STL**

Shuttles are not provided by the host hotel. A long list of shuttle companies is available at [www.flystl.com](http://www.flystl.com). Go Best Express (877.STL.GOVAN) is one option.

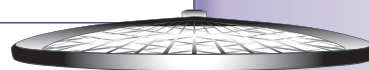
**Shuttle From Hotel to Vetta Sports Club**

The NMRA will be providing a mini-van shuttle on an hourly schedule between the hotel and the two clubs. Between runs, if you see other players going to the club, don't be shy and ask for a ride. A schedule will be provided to all players at check-in.

**Driving Directions From STL to Host Hotel** <http://mapq.st/1VVb6WY>

20 Miles or 22 Minutes  
 Exit airport toward I-70 West  
 Take I-70 West to I-270 S 3.6 Mi  
 Take I-270 S toward Memphis for 14.5 Mi  
 Take the MO-366E/Watson Road Exit for 1.2 Mi  
 Keep left to take the Geyer Road ramp toward I-44/I-270  
 Take Watson Road to the Holiday Inn .5 Mi.

*continued on page 12...*





# NMRA NATIONAL CHAMPIONSHIPS

March 9-12, 2016 – Vetta Sports Club Concord (St. Louis), MO

Entry By Mail Must Be POSTMARKED NO LATER THAN: 02/22/2016

Online Entries Must Be COMPLETED BY: 02/24/2016

<http://www.r2sports.com/tourney/home.asp?TID=16517>



**Please Print — Be Legible, Complete & Accurate**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: Cell \_\_\_\_\_

Home \_\_\_\_\_

Work \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

DOB: m \_\_\_\_ / d \_\_\_\_ / yr \_\_\_\_ Age on 03/09/2016 \_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### ENTRY FEES:

First Event \$ 165 \$ \_\_\_\_\_

Second Event \$ 30 \$ \_\_\_\_\_

Spouse/Guest(s)\* (Each) \$ 70 \$ \_\_\_\_\_

NMRA Membership \*\* (Total for 3 Yrs) \$ 45 \$ \_\_\_\_\_

USRA Membership (required, 1 Yr) \$ 50 \$ \_\_\_\_\_

**Total Due:** \$ \_\_\_\_\_

\* Spouse/Guest(s) Name(s): \_\_\_\_\_

**\*\*Check here if your first NMRA tournament \*\***

*(First time players do not have to join the NMRA, but we hope you do.)*

**SHIRT SIZE:** MEN \_\_\_\_\_ OR WOMEN \_\_\_\_\_

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2X \_\_\_\_\_ 3X \_\_\_\_\_

The National Masters Racquetball Association is a not for profit 501 (c)(3) organization of men and women racquetball players who are age 45 to 90+ years young. Remember to visit [WWW.NMRA.INFO](http://WWW.NMRA.INFO).

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

Mail to: Cindy Tilbury - NMRA  
23308 Bocana Street  
Malibu, CA 90265

**NO REFUND OF ANY FEES AFTER 02/29/2016**

**Limit of two events only: singles and doubles or two doubles.**

**Everyone plays every day; arrive Tuesday.**

DOUBLES			AGE	SINGLES	
MEN	WOMEN	MIXED		MEN	WOMEN
			45+		
n/a	n/a	n/a	45+ B/C	n/a	
			50+		
			55+		
n/a	n/a	n/a	55+ B/C	n/a	
			60+		
			65+		
			70+		
			75+		
			80+		
			85+		
			90+		

**DOUBLES PARTNER(S): Please Print**

Name/Div/Age Bracket: \_\_\_\_\_

Name/Div/Age Bracket: \_\_\_\_\_

\_\_\_\_ Check if you need us to find a doubles partner.

**Emergency Contact Name and Phone Number:**

Name \_\_\_\_\_

Phone # \_\_\_\_\_

# NMRA 2015 International Championships INFORMATION SHEET

continued from page 10...



<b>Directions from Host Hotel to Vetta Sports Club</b>	4.5 Miles or 8 Minutes Take Watson Road east toward Lindberg Blvd/US 50 Take Lindberg/US-50 south for 2.5 Mi <a href="http://mapq.st/1NKJ8bz">http://mapq.st/1NKJ8bz</a> Turn right onto Sappington Road for 1.5 Mi Turn left onto MO-21/Tesson Ferry Road Turn right onto Mattis Road Turn sharp left onto Old Tesson Road Club will be on your right
<b>Directions from Host Hotel to Missouri Athletic Club</b>	6.5 Miles or 9 Minutes Get on I-270 N from Watson Road for 1.3 Mi Continue on I-270 N to Des Peres exit 9 3.9 Mi <a href="#">click here for directions</a> Drive to Des Peres Road in Town & Country 1.0 Mi Club will be on your left
<b>Directions from Vetta Sports Club to Missouri Athletic Club</b>	10 Miles or 13 Minutes Get on I-270 N from Tesson Ferry Road .8 Mi Follow I-270 to the MO-100/Manchester Road Exit 9 for 7.9 Mi Drive to Des Peres Road in Town & Country for 1.0 Mi <a href="#">click here for directions</a> The club will be on the left
<b>Directions from Missouri Athletic Club to Vetta Sports Club</b>	10 Miles or 20 Minutes Go south on Des Peres Road for .5 Mi Merge onto MO-100/Manchester .3 Mi <a href="http://mapq.st/1DRRC6i">http://mapq.st/1DRRC6i</a> Take I-270 7 Mi Take the Tesson Ferry Road exit 2 Take a slight right onto Tesson Ferry Road .2 Mi Take the first left onto Mattis Road Turn sharp left onto Old Tesson Road .1 Mi Club will be on the right
<b>Parking at Host Clubs</b>	Free. Covered parking structure. RVs may park in the parking lot with no hookups/utilities.
<b>Tournament Check-In / Player Meet &amp; Greet</b>	Tuesday, March 8, 2016, 5 pm to 8 pm, at Vetta Sports Concord Complimentary reception with beverages and hors d'oeuvres Pick up tournament souvenir, play schedules, etc. and socialize. <b>Early and later Player Meetings</b> will be held about 5:45 pm and 7:00 pm to review procedures and answer questions STRONGLY recommended for NMRA first-timers; everyone is invited.
<b>Play Begins / Ends</b>	Starting at 8 am every day. Ends by 10 pm Wednesday and Thursday Ends around 5 pm Friday and Saturday Every division plays every day (Wednesday through Saturday) Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. Sign-in may be required at club.
<b>Practice Courts</b>	Courts at the Vetta club will be available free of charge March 7 and 8, 2016, except that they will NOT be available during tournament check-in (5:00 to 8:00 pm Tuesday).
<b>Tournament Ball</b>	Ektelon Classic Black is the official ball of the NMRA.
<b>Approved Eyewear</b>	Eyeguards are mandatory. The USAR has established strict criteria for approved eyeguards. This document represents those products which meet or exceed the USAR's criteria. <a href="#">Approved Eye Guard List</a> .

## Tournament Information continued...

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

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

**Eligibility** USAR-sanctioned; Current USAR membership is required to participate. Your membership must be valid through the last day of the tournament, March 12, 2016. Entries will not be accepted without payment for USAR membership. USAR membership is available at [www.usra.org](http://www.usra.org). NMRA membership is required for all EXCEPT players who are playing in their FIRST NMRA event. Special recognition and gift for first-time players and new NMRA members.

**Tournament Awards** NMRA medals will be awarded to First through Fourth place winners for each age division. Combined divisions will be awarded medals based on separate age divisions. You must complete all matches in a division to be awarded the medal.

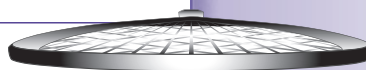
**Morning Hospitality** Breakfast is available at the hotel for hotel guests. Fruit and drinks available at the Vetta Sports Club and Missouri Athletic Club.

**Lunch** Lunch is served at the Vetta Sports Club; you may need to present your tournament pass or bag tag.

**Evening Hospitality on Wednesday and Thursday** Not a substitute for dinner. If needed (matches could end earlier than dinner time), hospitality will be served at the Vetta Sports Club. You may need to present your tournament pass or bag tag.

continued ➤

continued on page 13 ➤



## Tournament Information continued...

**Banquet on Friday Night** Holiday Inn Route 66 Hotel Ballroom. Included in your entry fee. Guests are invited for \$50, or \$70 for food all week in addition to the banquet. Cash bar at 6:00 pm; Dinner and program from 7 to 10 pm. Don't miss this!

**Local Activities** [www.explorestlouis.com](http://www.explorestlouis.com)  
Included is a list of 25 things to do in St. Louis

**Sights to See** In addition to the Gateway Arch, please see the separate sheet for a long list of *St. Louis* places to visit and things to do.

**Average Temperature** Year – 60° F  
March – High 55° F – Low 34° F Average 45° F. Average March Precipitation 4.5 Inches (Mostly Snow).

**Altitude** 465 Feet Above Sea Level.

**RV Parks** RV parks near the club are:  
<http://mapq.st/1DROUUM>.

**Laundromats** Laundromats near the club are: <http://mapq.st/1DROUUM>. ○

## NMRA Videos Available on YouTube

By Leon Jackson

### Bruce Adams' Hall of Fame Introduction

Bruce's HOF presentation is available *Youtube* at the following address. Thanks,

**Patti Evans!**

<https://youtu.be/7sCZwZeWG78>

### Denver Banquet Photo Slideshow

The video of photographs and video that was playing before and after the banquet can also be found on *YouTube*. Watching this makes you feel almost like being there!

<http://youtu.be/n8L4GeTV2pA>

*Editor's Note:* **Leon Jackson** puts so much time and love into making these videos available! I hope you'll take the time to view them, and let him know how much you enjoy the fruits of his efforts!

--Cindy Tilbury ○

## Suggestions / Things to do in St. Louis By Mark Kissel

### Museums —

- St. Louis Art Museum
- Missouri History Museum
- St. Louis Science Center
- The Gateway Arch
- The Jewel Box
- The Magic House
- Daniel Boone Home
- Museum of Transportation
- Old Courthouse
- Missouri Civil War Museum
- Cahokia Mounds
- Ulysses S. Grant National Historic Site
- St. Louis Cardinals Hall of Fame Museum
- St. Louis Soccer Hall of Fame

### Entertainment —

- Entertainment
- City Museum
- Missouri Botanical Garden
- The Butterfly House
- Boathouse Forest Park
- St. Louis Zoo (Free Admission)
- Forest Park
- Grant's Farm\*
- Powell Hall
- Peabody Opera House
- Fox Theater
- The Muny\*

### Golf Courses —

- Tapawingo National Golf Club
- Aberdeen Golf Club
- Normandie Golf Club
- The Norman K. Probstain Golf Course in Forest Park

### Shopping & Dining —

- West County Mall
- The Loop
- St. Louis Galleria
- Ballpark Village
- Chesterfield Mall
- Historic St. Charles
- Kimmswick
- Downtown Kirkwood
- St. Louis Premium Outlets
- Taubman Prestige Outlets

### Local Eateries —

- Ted Drewes Frozen Custard
- Amaghetti's Café and Bakery
- Imo's Pizza
- Crown Candy Kitchen
- Crushed Red
- Five Star Burger
- Guido's Pizzeria
- Zia's
- Cyrano's Cafe

### Wineries —

- Aerie's Riverview Winery
- Chandler Hill Vineyards
- Stone Hill Winery and Restaurant
- Grafton Harbor
- Montelle Winery
- Little Hills Winery & Restaurant
- Holy Grail Winery
- Hunter Valley Winery
- Thousand Oaks Winery & Vineyard

### Places of Worship —

- Cathedral Basilica of Saint Louis
- Jericho Christian Center
- Mary Queen of Peace
- South County Baptist Church
- South Pointe Church
- St. Thomas Holy Spirit Lutheran
- World View Community

### Breweries —

- Anheuser-Busch Brewing Company
- Schlafly Bottleworks Brewery
- 4 Hands Brewing Company
- Urban Chestnut Brewing Company
- Morgan Street Brewery
- Perennial Artisan Ales
- Square One Brewery and Distillery

### Horseracing —

- Fairmount Park Race Track\*

### Football —

- St. Louis Rams\*

### Baseball —

- St. Louis Cardinals\*

### Hockey —

- St. Louis Blues

\*Seasonal/Not Available at this Time of Year



## Featured Player: Dennis Linkous

By Carmen Alatorre-Martin



Dennis Linkous is our *NMRA* featured player! Dennis was a first-time player at our *International Championship*, which was held in *Denver, Colorado* in July 2015. If this is the future of our sport, it's in good hands.

Born in *Baltimore, MD*, Dennis grew up in *Mesa, Arizona*. He's been back in the *Metro DC* area since November 2005 and lives in *Woodbridge, VA*. Retired from the Army as MSgt/E-8, his last assignment was the *White House Communications Agency* (President/Vice President/First Lady Communications Support). Dennis works in *Washington DC* in the *Secret Service* as part of

the *Presidential Motorcade Support Unit* (Uniformed Division).

Although Dennis is active in many sports (golf, squash, outdoor racquetball), he's been playing indoor racquetball for 30 years. His Uncle Mike ran the *Security Merritt Club* in Maryland while Dennis was in high school. He really picked up the sport at his first Army assignment in Korea, but started playing truly competitive racquetball when he began playing with the *Fort Myer* group at the *Fort Myer Fitness Center, VA*. "You realize you don't get points for hitting it hard," Dennis learned, but he liked the way it sounded! He says his game has improved a good three levels since playing with the *Fort Myer* group. Dennis says the group emphasizes physical, mental, and sportsmanship aspects of the game, as well as prepping for and enjoying playing at a national level. The group plays to win, and plays fair, and Dennis says he doesn't play racquetball for fun – he loves the competition.

As a first-time player at one of our championships, he at first thought it was way too expensive for one event. "Are you kidding?!?" he asked, when he saw the entry fee. Convinced to try it, he was surprised and excited about what he found once in Denver: all the racquetball he could ask for, good food, a tournament run on time, great competition, a solid hotel and breakfast, and a main club that was within walking distance. From an organizational perspective, he was used to tournaments always being late. He was astounded that this event was consistently on time, if not ahead. "Maybe at most I was 30 minutes late for a match, but that was only because I was paired with one of the tournament directors." He thought the people were amazing at the competition—everyone was playing hard to win but without the animosity he's seen at other tournaments and national events. "You would think with that many people at that level of competition, there would be so many conflicts! And even with the one disagreement we had in one game, we talked it out. So different!"

Dennis says he's played a lot of tournaments, and there were calls where you know you got cheated, but here "there was not one situation where I thought someone tried to take something from me. If there was a question, we just played it over. With all the players, I found there was honesty, integrity, and fair play...just what I've heard."

Dennis was also leery of the self-refereeing that he heard was integral to the *NMRA Championship*. He thought there would be MORE controversy because there wasn't an arbitrary third person to make a



continued ►

decision, but instead found "absolutely no issues, not only from the perspective of matches I played, but also those I watched."

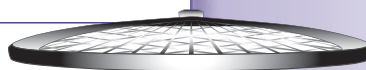
*"I don't play casual racquetball and only have so many hours in the day, so I really want strong competition. I got that at the NMRA and then some! I have a lot more competitive desire to play again in this tournament and play at such a high level."*

When asked if he had any words of wisdom for upcoming players, Dennis warned: "Train your cardiovascular system! Increase your racquetball, but really get the cardio in. I'm in pretty good shape, but I had to get massages just to get to the end of the competition. I was surprised at the competition and how much energy you use at these *NMRA* tournaments. You have to increase your racquetball playing, and you HAVE to train. You have to have your cardio!"

When asked about his overall impression, Dennis said, "this was a phenomenal tournament. Cost per value ratio is incredible. As a first-timer, this was something that everyone who plays competitive racquetball should experience at least once. Not only do you have the racquetball aspect and the competition aspect, I met new people and I made new friends. I travel a lot, and now I have standing *NMRA* racquetball invitations from people in *San Diego, Louisiana, Malibu, New Orleans, Wisconsin*."

Dennis' wife, **Candi**, also plays racquetball with the *Fort Myer* group and is currently being recruited to join the *NMRA* family in a couple of years.

Dennis says, "*NMRA*, I will definitely be back!"



## COACHES CORNER — Lifetime Fitness is Generating Coaching Excitement

By Cindy Tilbury

### Big Instructional Change

*Lifetime Fitness* (headquartered in the Minneapolis area) recently hired **Cliff Swain** as its instructional professional and moved him and his family to *Minneapolis*. At the *US Open*, many players had Cliff Swain T-shirts and many more were talking about their series of lessons with Cliff. Some *US Open* attendees stayed on in the area to take a lesson with Cliff. How exciting for *Lifetime*, for Cliff, and for our sport!

Cliff isn't the only top-level coach around, but he is one of the most famous. As a player who takes a weekly shot-drilling lesson from a great coach/instructor, I'd like to encourage you to NEVER stop working on your game. There are many options out there for you, no matter where you live. Many coaches will accept video of your game or practice session and suggest changes. Of course, the best option is to take some time away from your regular life to concentrate on your game with a coach and maybe a few more similar-level players. It can be a great vacation, perhaps tacked on to your next tournament.

If you would like some ideas on getaway racquetball coaching experiences, contact me and we can talk. Although I am not a coach, I am such a fan of spending time on your game that I recently put together a little offering geared toward ladies to come out to *Malibu*, splurge a little, and focus on racquetball and racquetball-lady bonding. I hope you'll consider it. Ask me about the details....

### College Spirit

A quick reminder that there are many college clubs and teams that need coaching and other support. If you have college players near you who are struggling to get to Intercollegiates or to outfit their players (racquets, eyeguards, gloves, team shirts), get involved and give them a hand. I truly believe that college students/teams are some of the most

*continued* ➤

**PLAY WITH FIRE™**

For the latest at Ektelon follow us on

# PLAY AT THE SPEED OF SIGHT.

New two-color **REVOLUTION** ball – designed for ultimate visibility and fast-action speed!

Ektelon has done it again! No other brand has introduced more game-changing innovations to the sport than Ektelon. From the first oversized racquet to O<sup>2</sup> technology – and now a multicolored racquetball designed for enhanced visibility.

Our latest step in improving performance and making the game more fun to play is **REVOLUTION**. With its exclusive two-color design, players can now pick up ball rotation even at mach speed.

Join the revolution, and you'll experience:

- Ultimate visibility for players, spectators and broadcast viewers
- High visibility in all lighting conditions on indoor and outdoor courts – from glass walls and sun glare to under lights
- Attention-grabbing red and blue design for more fun on court
- Fast-action speed with the same playability you've come to expect from all Ektelon racquetballs

Coming soon to an authorized Ektelon dealer near you.  
Learn more at **EKTELON.COM**

**THE REVOLUTION CONTINUES**  
More game-changing multicolored ball designs coming soon.

**EKTELON** THE FIRST BRAND IN RACQUETBALL

OFFICIAL BALL OF

## Ache and Pain Relief *By Dr. Lin Preli, Cardiologist*

### Players

After a long series of games, you may have noticed some aches and pains while walking out of the gym to your car, and even more discomfort that evening and next morning. I have found that CAPZASIN, which is a natural ingredient made from peppers, when applied to an aching joint or muscle will alleviate the discomfort dramatically. It is not a medicine and does not require a prescription. This ingredient will anesthetize the nerve ending of an area, which will prevent any transmission of pain sensation to your brain. It functions as a local anesthetic would to your skin, however, it is a natural ingredient. **One must be VERY meticulous to wash your hands after contact**, since it is composed of pepper. Avoid any contact to your face, eyes, etc. and read the warnings on the package. It comes in a tube or in a roll-on dispenser, which avoids hand contamination, but is less effective than the cream. It can be found in any pharmacy, however; it is less expensive in Walmart. ○

➤ forgotten players when it comes to providing help. The juniors get a lot of attention and parent support, but the college kids discover racquetball then can't afford to improve their game or go to big competitions, so they quit. Do what you can! Thanks in advance. ○

## NMRA Lifetime Membership

By Carmen Alatorre-Martin, NMRA Vice President

A few years ago, the NMRA established a policy that once an active member turned 80 years old, he/she would automatically become a *Lifetime Member* of the NMRA and would no longer be required to pay dues, would receive the newsletter, and would enjoy the benefits of being a member. In going through the records, we've found several members who have been awarded the *NMRA Lifetime Membership* and we are honored to have them as a part of our organization. If you happen to see them, please say hello. Isn't that so cool?:

- Carl Buschner
- Ralph Carito
- Otis Chapman
- Richard Cheney
- Lou Cotton
- Lewis Edwards
- Robert Englund
- David Faux
- Roy Gaul
- Gerald Grossman
- Donald Husmann
- James Keenan
- Clydell Kingsberry
- Jon Kraus
- David Maitland
- Dale Masi
- Philip Molz
- Robert Nelson
- John O'Donnell
- Elaine Panush
- Robert Rice
- Amos Rosenbloom
- Frank Trask
- Milas Turney
- Aaron Vederoff
- Jack Williams

Also, if you are 80+ and were a current NMRA member when you turned 80, you should be in our esteemed list. Let us know if we need to make an adjustment on your membership.

Recently, when we contacted **Robert Nelson** from *Buena Vista, Colorado*, he graciously accepted his lifetime membership, but in appreciation for the NMRA and all of its efforts for 45+ players, he made a generous donation to our organization. We can't thank him enough, and we appreciate any and all donations that help us make the tournaments a little better and keep our costs down! ○

## Not for Ladies Only – Camp Follow-up and Opportunities

By Cindy Tilbury

### MALIBU RACQUETBALL CAMP

We held the first *Malibu Ladies Racquetball Camp* in June and it was a huge success! **Rick Betts** and I hosted **Janice Vosika** from *Wyoming* and **Marie Gomar** from *Guatemala* for a three-day camp and entry into a local shootout. **Carolyn Hollis** from *Calabasas, California*, joined us for the doubles sections. Our instructors were **Debbie Tisinger-Moore**, **Janel Tisinger**, and even **Rick Betts** came out to blast drive serves at the ladies (they requested that). The beach, the hot tub and the massage table were all important tools for us to reach our goals of pampering and teaching the racquetball ladies.

Our second camp happened this month with **Laurie Kitchen** and **Marquita Molina**. If you are thinking this might be something you could get into, please contact me to set up a weekend for you to join a group, or for you to bring your friends to *Malibu*. We emphasize indulgence and instruction for ladies, but truthfully, we will tailor our camp to couples and include men, too. Come out and join the fun, for very little money.



## NMRA Tidbits

By Cindy Tilbury

**Can you believe this?!?!?** At our NMRA July *Denver* tournament, we had 44 first-time NMRA participants! That is so great for our organization. Many of them, including some of our volunteer staff members who played, told us that it was the best tournament format and experience they had ever had. I let them know that we think we have the magic formula, and that it is extremely gratifying to hear such nice feedback. I think we made some friends for life!

### Quick treasurer's report from Patrick

**Gibson:** We are financially strong and ready to start planning our late-2016 and 2017 events. Part of our comfortable bank balance comes from the generous donations of our sponsors and individual donors who appreciate our organization. We are so grateful to them! Our next big purchase will be to replenish our supply of those gorgeous medals you all win! We buy a few years' worth at a time and we don't plan to make any changes to them.

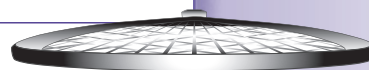
### Interested in becoming an NMRA board member?

Contact one of the current board members to learn about duties and responsibilities, time commitments, and skills we would embrace in the next candidates. The current election is going on now for three-year terms, but there will be another election in a year, and we would like to present a strong slate of potential contestants. As always, if you just want to get involved, we have committee work available to non-board members, too. One task we always need help with is setting up display banners and stuffing player bags the day of the check-in meeting. Help us out, sometime!

**Bob McAdam, 93, stopped by our July Denver tournament to say hello to all of the players.** His son and grandson, who both play serious racquetball, were with him. Bob is our oldest NMRA member, and was planning to play, but was a little under the weather. There were no other 90+ players so we will have to wait to get that division going again. Since **Colonel Ben Marshall** passed away last year, we have not had a 90+ or 95+ division. We miss all of our 90+ players. See photo on Page 6.

### REGISTER NOW FOR TUCSON WSMRA

The biggest tournament of the year for all 35+ women is coming up quickly, and it will be in sunny Tucson this year. After our 20-degree weather in Minneapolis last January, a more southern venue was requested for the *WSMRA 27th Annual Championship*. [www.wsmra.com](http://www.wsmra.com) I volunteered to host the January 15 through 17, 2016, tournament in *Arizona* at the *Tucson Racquet and Fitness Club*. We have lots of special treats planned for the ladies, including a tour of Biosphere II, and a bunko night at the hotel on Thursday after the check-in meeting. Despite all of that and the great round-robin competition, the highlight of the weekend is always the DANCING on Saturday night at the banquet. We just can't get enough. Please don't miss this! Get your hotel room reserved now! Details and online registration can be found here, but call if you have questions. <http://www.r2sports.com/tourney/home.asp?TID=14034> ○



## Things You Should Know to Win

Strategies for Beating the Following Racquetball Player Types

By Tom Rall

### POWER

- Do not trade shots with him
- Decrease ball pace between serves
- Do not drive serve; Use a lob serve
- Make \*him\* generate the power
- Play up more; Most shots will be in the front

### FINESSE

- Serve hard drive serves
- Hit ¾ side-wall passes
- Hit more pinches and fewer straight-in shots
- Use more power in rallies
- Keep him running

### ALL-COURT

- Move him forward and back
- Take the side wall splats away
- Use wide-angle passes
- Serve a half-lob serve
- Hit ceiling balls, away from side walls

### RETRIEVER

- Keep him deep
- Use deep passing shots
- Hit to one side twice in a row in the same rally
- Serve high lob serves
- Change the ball pace within the rally

### SERVER

- Always pass him on the return
- After the serve return, play up front more
- Use soft passes for kill opportunities
- Hit around-the-world shots
- Hit Z shots

## MORE NMRA Tidbits

I wanted to remind you that the NMRA thought the hotel room prices were a little too high in Denver, but we couldn't negotiate a better deal. Instead, we applied tournament budget dollars toward the hotel costs to do something nice for our players. We will continue to try to please our members and players wherever we can. Don't be afraid to speak up if you see something that we could do better.

## New Idea - NMRA Amateur/Ex-Pro Doubles Division(s)\*

By Cindy Tilbury

**Calling all 40+ ex-professional racquetball players!** And the amateurs who would like to play competitive doubles with those pros! I hope you like the following idea.

I want to offer a special NMRA same-gender doubles division where an amateur arranges to play with a former pro tour player of the same gender and then pays his/her entry fee. Of course, the amateur is welcome to pay more, such as air fare and hotel, but that would be a deal struck between the doubles players. I would expect a small number of teams, but a huge amount of fun.

This division would be played before or after the regular tournament, but it would be considered a mini-tournament within the big tournament. All teams would have the ex-pro, as opposed to only some teams who arrange that now. If I had enough teams, I would do a younger and an older division.

There are a few reasons I want to do this special division. I think there are a lot of formerly great players who still play but don't have a place to play now that makes them happy. I want to get them out of the woodwork and provide that place. Many are not even in the USAR player database because they quit playing sanctioned events so long ago. They may still play a lot, but not USAR tournaments. Many of our top amateurs don't even know about some of these men and women.

Another reason I want to try this is because I think having an amateur pay for the ex-pro's entry fee is a way to acknowledge their past accomplishments and honor them a little. I figure the ex-pro will be doing a little coaching during those doubles, too.

The last reason I want to do this is to provide a division that doesn't have to be played during the rest of the tournament. This will provide two divisions for some of the players, but I would schedule fewer matches in this division.

I hope the ex-pros will embrace the spirit of the NMRA matches, enjoy the tournament, maybe play in the regular doubles draw if it's appropriate (maybe they are too good) and come to the banquet.

I want to test this division for our Fullerton doubles-only event, and then fine-tune it more for our St. Louis tourney in March. I would love to hear your feedback and suggestions to make this great. I'll answer any questions you have on this new division. Contact me for schedule details and suggestions for interested ex-pro players. I have spoken with many of them and most love the idea.

As always, the NMRA is all about the older players, so we are working on ways to keep you interested.

*\*Possibly a Fundraiser (Wounded Warriors is suggested for St. Louis)*

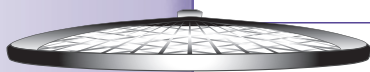
## New Ektelon Longbody Racquets

By Cindy Tilbury

It's been about 20 years since the USA Racquetball (under a different name, at the time, of course) rules were changed to accommodate longer racquet lengths. Racquets could be up to 22 inches in length, including the grip. That number seems to have sufficed for all this time. (Trivia: The wrist tether must be 18 inches or less, stretchable to 24 inches.)

In the last few months, however, Ektelon introduced a Longbody racquet that is 23 inches long, and many players are embracing it. Unfortunately, it is not legal for USA Racquetball-sanctioned tournaments. That includes NMRA events, so we must enforce the current rule and have players use racquets of 22 inches or shorter.

I would guess that a representative from Ektelon would go through the process to change the rule about racquet length, in order to make the racquet acceptable for tournaments. Watch for that in future newsletters and Racquetball Magazine articles. If you have strong opinions on racquet length, let the USAR organization know!



## Do You Remember - Bi Rak It?

By Leon Jackson

Ask most current racquetball players about “**Bi Rak It**” and you are met with quizzical looks, folks wondering what you are talking about. Little do they know or remember, but during the heyday of racquetball in the US, the mid 1970s-1980s, **Bi Rak It** was the official cross-training sport for the men’s professional racquetball tour.

**Bi Rak It** was a variation of the modern day game of Racquetball, but with an unusual twist among racquet sports--**Bi Rak It** was the first racquet sport created with the intent that each player would utilize two rackets. Each individual player was equipped with two racquets, one held in each hand, and one slightly smaller in head size than the other. The smaller racket was held in the dominant hand and the larger in the weaker hand. This arrangement encourages players to become competent with both hands. The racquets were smaller than normal racquetball rackets, and during rally play, the engaged player was required to strike the playing ball with either their left or right forehand stroke only. No backhand strokes were allowed with either hand.

*The sport was invented by Dr. Evert McCormick of Jacksonville, Florida in the 1970’s. Dr. McCormick invented the sport out of an interest in, and as a method of, developing and enhancing bi-lateral coordination and muscular improvement in athletics.*

Dr. McCormick conducted extensive research on the development of bi-lateral skills and strength in world-class athletes. He thought that participation in a sport requiring bi-lateral skill development would enhance an athlete’s overall ability more than those that were dependent on dominant side usage, as most other racquet sports are.

Much of his early research was conducted on, and with the assistance of, Woody Clouse. Woody Clouse, a former top professional racquetball player and a former **Bi Rak It** champion, is the current number one professional on the *Classics Professional Racquetball Tour (CPRT)*. He played a major role in the early evolution of Bi Rak It, serving as a bilateral development research test subject for Dr. McCormick. His participation as a test subject and on the professional tour enabled Dr. McCormick to observe and compare his research findings and predictions with real world results.

In general, the same rules that applied to Racquetball were used in **Bi Rak It** with a few notable exceptions. These exceptions were instituted to encourage bi-lateral skill and strength development and to reduce the overuse of a player’s strong-side strokes. As the sport evolved, changes were made that affected serves and competitive play. An early rule divided the regulation racquetball court into three **Bi Rak It** zones: two “forehand” only zones (left and right sides), separated by a middle area where the use of “backhands” was allowed. Players were allowed to serve with either hand, but could only strike the ball during the rally with a left- or right-hand forehand stroke if hit into the applicable zone. This led to other rule changes early in the game’s development because many players would “run around” their forehand shots to their weak side to execute a forehand stroke with their stronger side. Later, as the sport matured, the backhand zone was removed and a single dividing line was inserted down the middle of the court dividing it into left and right sides. Dependent on which side of the court the ball bounced into, the player would have to strike the ball with the corresponding right or left forehand stroke. Game strategy and ball placement were the major factors, as ball speed was much slower than



Woody Clouse - Former Bi Rak It Champion

in other racquet sports. Another first for **Bi Rak It** as a racquet sport was the use of a split color rubber ball. The **Bi Rak It** ball was half orange and half blue, similar in design to the current half red, half blue *Revolution* racquetball used on the *Ladies Professional Racquetball Tour (LPRT)*.

Dr. McCormick’s research had beneficial results for those participating in the research, and he was able to validate many of his assumptions and postulations. However, outside of the men’s professional racquetball tour, the sport never caught on with the everyday racquetball player and has faded into history, but it should not be forgotten. ○

## PASSINGS –

### Sad News - Thomas Rall Passes

By Frank Taddonio



We are sorry to report that **Tom Rall** passed away suddenly, August 3, in *Tucson, Arizona*. He was 65 years old.

Tom was an avid competitor in the sport of racquetball and participated in several *NMRA* events. He won a number of *NMRA* Championships as well as *USAR* tournaments. He graduated from *Norwich University* and served in the *US Army*. He will always be in our thoughts and memories. Click on the link for Tom’s obituary.

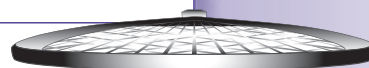
<http://www.legacy.com/obituaries/azcentral/obituary.aspx?pid=175683160>



## MORE NMRA Tidbits

There were 155 lady players at the 2015 **US Open in Minneapolis**. That is a LOT of lady players. Congratulations to **Paola Longoria** for winning the *Pro* division, of course, but I also wanted to highlight the performance of **Gabby Martinez** of *Guatemala*. She is only about 16 and she won the *Women’s Open*! Amazing stuff to watch.

continued ➤



## Healthcare Reimbursement Concern About Physical Therapy

By Cindy Tilbury

Just the thought of dealing with health insurance and benefits raises my blood pressure. As a serious athlete of over 35 years, I feel I am healthier than 95% of the people my age. I have, however, been the recipient of weeks of physical therapy for a knee twinge to build up muscles that racquetball apparently wasn't strengthening. My issue was solved long-term by a shoe insole, but some people aren't so fortunate. They tweak a shoulder or strain an Achilles tendon from playing a sport and can't get back to 100% without a series of PT sessions. There was a recent announcement by *Anthem Blue Cross* that won't be welcome news to sports-related injury sufferers.

As of November 1, *Anthem Blue Cross* will be changing its policy on physical therapy reimbursement. **"Unless specifically covered by a member's benefit, covered treatment goals exclude return to sport, recreational, or vocational activities."** *Anthem* is cutting costs on procedures that aren't legislated to be necessary by *Obamacare*, like my pediatric dental insurance (my particularly least favorite unnecessary thing included in my premiums that were tripled since the *Affordable Care Act*).

**Dr. Robert Forster**, the CEO of Santa Monica-based Phase IV and Forster Physical Therapy, believes this policy will cause many rehabilitation patients to forego physical therapy and shake up that sector of healthcare providers. In addition, many insurance companies follow the lead of *Anthem* on changes such as this one. Read Dr. Forster's comments and considered analysis here: <http://www.phase-iv.net/CEOmessage>. A link is provided to sound off to *Blue Cross* about this announcement. ○

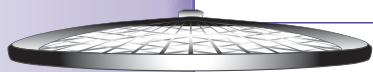
## Recent NMRA Survey Results

By Scott Kraemer

As a way to serve our members better and work toward improving the *NMRA*, the board tasked me with developing a survey for you, our members. The intent was to get a grasp on the demographics and recommendations to improve events and our participation rates.

On the last day of our July *Denver* event, we distributed a paper survey and were happy to see many players filled it out. Below is a recap of the results. As always, we truly appreciate your time to provide us feedback in the form of report cards, surveys, general comments and discussions. **Thank you very much!**

Gender:	Males 60% Females 40%
Age:	45 to 60 46% 61 to 74 54%
How Long Active in NMRA:	Under 6 Years 40%; 6 or More Years 60%
Number of NMRA Tournaments Total:	Under 6 Events 40%; 6 or More Events 60%
How did you find the NMRA?	NMRA Member, National Singles Players, USAR, Cindy T Email
Why Join the NMRA:	Competition, Support Racquetball, Good Fun, Format, Well Run
Impression of NMRA:	Excellent, Good, Fun with Great People, Love the Format, Well Run, Best in USA
Likely to Refer a Friend:	100%
Likely to Renew Membership:	Very Likely or Guaranteed 100%
Impression of Last Tournament (Denver):	Excellent 85%, Good 15%
Positive Comments:	<ul style="list-style-type: none"><li>• Well run</li><li>• Great people</li><li>• Always on time</li><li>• Great massage therapist kept me going</li><li>• Willing to be a future financial sponsor</li><li>• Willing to consider being a board member</li></ul>
Constructive Comments:	<ul style="list-style-type: none"><li>• Want healthy food like salads and pastas—no pizza rolls</li><li>• Need shuttles to run more often</li><li>• Want to see more pictures of new players on banquet slideshow</li><li>• Have food at both venues</li><li>• Advertise round-robin format more to stress more matches played</li><li>• Need a lifetime membership option</li><li>• Cut conflicts on the playoff day</li><li>• Need special gift for extra-supportive spouses</li><li>• Need to eliminate flying basketballs</li><li>• Need a shorter survey ☺</li></ul>



## Racquetball Preparation

By Woody Clouse

Every player that has ever walked onto a racquetball court has always wanted to give themselves a chance to play as well as they're capable of playing.

**Preparation is the single most beneficial contributing factor that will give each player a chance to play up to their potential!**

This is the beginning--without this, you will never play at the level you are capable of. This is the nucleus of where quality play begins and this is simply the most important factor in the sport of racquetball. As soon as you put this into action, you become a better player. The one action that I am making reference to is "PREPARATION". There are many forms of preparation. Mental preparation, physical preparation, game plan preparation, and practice preparation. The more prepared you are, the better chance you will have to succeed.

I will go into each area of preparation in detail when it's relevant to the part of the game we are addressing. The preparation I'm referring to right now is the preparation that each player should be doing right after they have hit the ball and they are preparing to defend against their opponent's next shot. This is by far the most overlooked vital ingredient to the success of every player in every competitive match. The first step in executing proper preparation is to keep both hands up and in front of you 100% of the time when the ball is in play. There are seven natural beneficial responses that occur when you do this.

- 1. Your intuition improves.** With your hands up, your body intuitively has a desire to respond. Your fight-or-flight mode is released. You naturally become more proactive and your ability to respond improves 100%.
- 2. You become more aware.** Due to being in an intuitive state, your body responsiveness and awareness dramatically improves. When this takes place, you automatically give yourself more knowledge of where the ball is going and get there sooner--thus giving you a lot more time to control your execution.
- 3. You instantly become a more difficult player to beat** because of the amount of pressure you begin to apply to your opponent. Your opponent will make a lot more unforced errors due to feeling like he has to hit a more precise shot.
- 4. You will also become a more consistent player** because your feet become set at an earlier stage. This allows your feet more time to make any needed adjustment that will make you more stable and **balanced** during execution.
- 5. You will become a much faster and quicker player** because your arms are so dependent on your foot speed. You now have the ability to pump your arms and legs harder and faster which adds to your mobility and efficient footwork. With your hands down, you simply cannot move as efficiently, fast or agilely.
- 6. With your hands up, you receive the benefit of having your racquet turn** into a readied position whenever you turn your shoulders. This gives you the monstrous advantage of being able to swing at balls that you could only poke at before. You do not have to worry about getting your racquet into a readied position after you set your feet. Whenever you have time to turn and hit a ball, you now have time to swing at it. This improves your ability to keep balls down the line as well as hit balls back with greater control and consistency. All those balls that are currently getting pushed back can now be ripped back!
- 7. Your shot selection improves.** With the increased amount of time you have due to your hands being up, you now have more time to hit the ball in an area that will force your opponent to move and allow you to dominate center court.

So enjoy the fact that you can walk onto the court from this point forward knowing that you are giving yourself the best chance of playing to your true potential. And know that you are both a better player and are now more PREPARED to bring out your best! ○

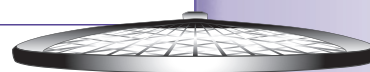
## MORE NMRA Tidbits

**Rick Betts' daughter, Tiffany Shocklee**, was our massage therapist at the *NMRA Denver* July event. She worked her hands to the bone. Perhaps it was the altitude, but our players were extra achy so she worked long hours to get us all ready for the next match. She needed a massage therapist after the four-day tournament!

**Tournament logo patches are available for \$5 each.** We have started the practice of making each tournament's customized logo into a sew-on patch for a jacket or shirt, or just to have. Of course, the bright, round *NMRA* logo patch is also available. Contact any of the board members if you would like to buy more or more. We also have suggestions about getting them sewed on, if you don't know any local resources. We are a full-service organization.

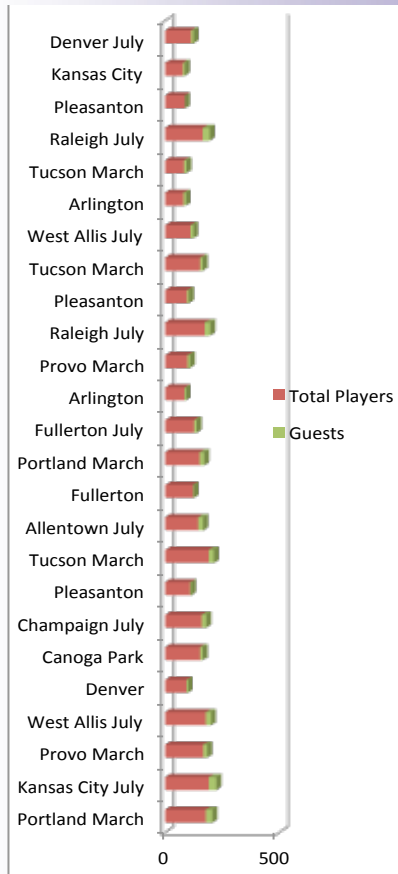
**The XK Sports Rebounder (frame and net) was a hit for the NMRA Denver tournament.** We will also have it available in *Fullerton*. If you don't have a court, or maybe all the courts are busy during a tournament, this little device can help you get your forehand and backhand all warmed up (but not your ceiling shots). <https://www.youtube.com/watch?v=uWUN0qihu1E> Remember that *XK Sports* makes racquetball feeder machines, too.

**Courtgrabbers company is a sponsor of the NMRA** and it is a product I really believe in! They are little squeegees for the top of your shoes so you never have to deal with slippery court floors again! They were recently completely redesigned and are available in lots of bright new colors to match your shoes. Check them out here, and purchase your *CourtGrabber* traction kits too. <http://courtgrabbers.com/> We will be giving away several kits in *Fullerton*!

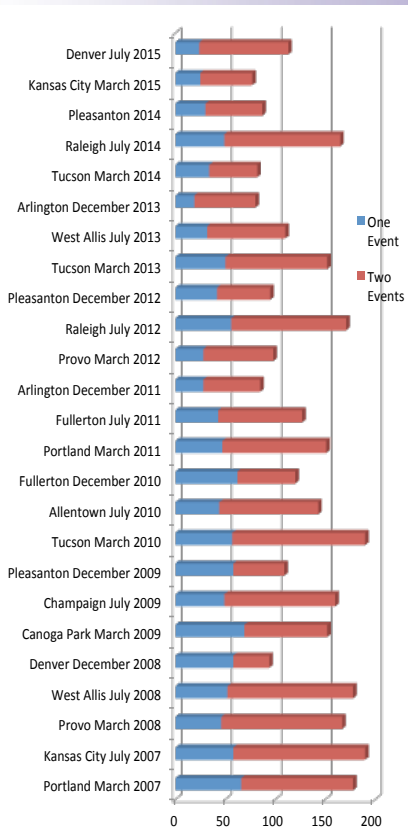


# National Masters Racquetball Association TOURNAMENT STATISTICS SINCE 2007

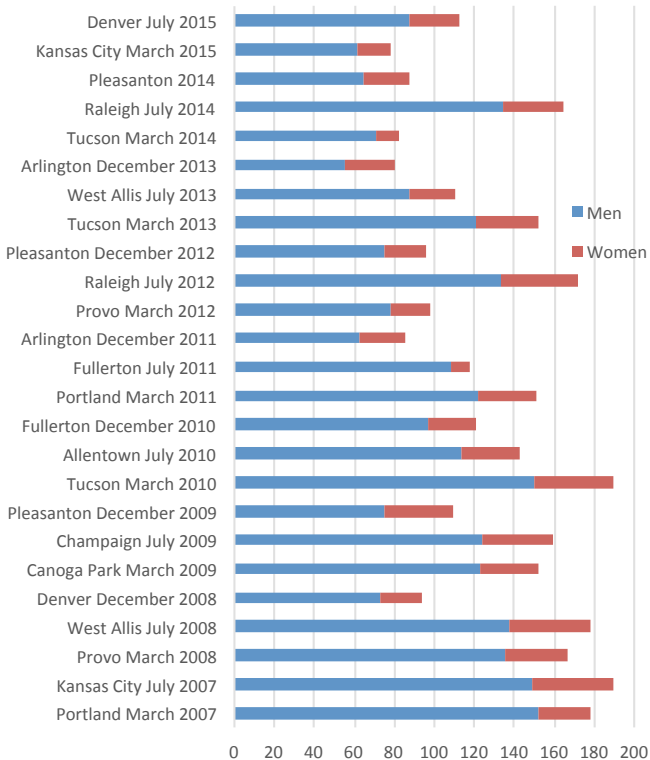
## TOTAL TOURNAMENT PARTICIPANTS & GUESTS



## NUMBER OF PARTICIPANT EVENTS



Tournament	Total Players	Guests	One Event	Two Events	Men	Women
Portland March 2007	178	28	66	112	152	26
Kansas City July 2007	190	34	58	132	149	41
Provo March 2008	167	18	46	121	135	32
West Allis July 2008	178	23	52	126	137	41
Denver December 2008	94	5	58	36	73	21
Canoga Park March 2009	152	12	69	83	123	29
Champaign July 2009	159	21	49	111	124	35
Pleasanton December 2009	109	5	58	51	75	34
Tucson March 2010	190	24	57	133	150	40
Allentown July 2010	143	24	44	99	114	29
Fullerton December 2010	121	4	62	58	97	24
Portland March 2011	151	20	47	104	122	29
Fullerton July 2011	127	10	43	84	108	10
Arlington December 2011	85	5	28	57	63	22
Provo March 2012	98	10	28	70	78	20
Raleigh July 2012	172	25	56	115	133	39
Pleasanton December 2012	96	8	42	53	75	21
Tucson March 2013	152	12	50	102	121	31
West Allis July 2013	110	13	32	78	87	23
Arlington December 2013	80	10	19	61	55	25
Tucson March 2014	82	11	34	48	71	11
Raleigh July 2014	165	30	49	116	134	31
Pleasanton 2014	87	0	30	57	65	22
Kansas City March 2015	78	8	25	52	62	16
Denver July 2015	113	11	24	89	87	26



## NMRA Raquet Warriors

By Leon Jackson, NMRA Secretary

Are you a *Racquet Warrior*, 45+ years of age, playing local, state and national tournaments, but looking for more Racquetball and socializing than you can get in a traditional tournament? Then come join the *National Masters Racquetball Association (NMRA)*. The NMRA sponsors three major round-robin tournaments each year, a *National Championship* in March, an *International Championship* in July, and a *Doubles-only* tournament in December. All NMRA tournaments are full round-robin format and self-refereed. The format ensures you are never eliminated from play in an NMRA tournament and that sportsmanship and friendship are more important than winning.

The NMRA 2015 National Championship was recently concluded in Overland Park, Kansas. Over 100 Racquet Warriors participated in the tournament in age divisions 45 to 85. As always, each division was very competitive, with many matches being won by a single point. As in past tournaments, the Athletic Club of Overland Park provided an exceptional tournament venue, and superb daily hospitality. The Friday night banquet was outstanding, with awards, videos, photo slideshows, memorial tributes, tournament highlights, and comedic moments. The NMRA International Championship is scheduled for mid-July in Denver, Colorado and is shaping up to be another fantastic tournament. More detailed information is available at <http://www.nationalmastersracquetball.org>. Online registration at [R2sports.com](http://R2sports.com) will be available very soon!

With exceptions for our year-end doubles-only tournament, competition at all NMRA Championships is offered in singles, doubles and mixed doubles. Divisions are in five-year increments starting with age 45+ (40+ for doubles-only). Play always begins on Wednesday (Thursday for doubles-only) and ends on Saturday of the scheduled event. The players are friendly, competition is fierce, the skill level is high, and you will play two to four matches each day of the tournament. It is a lot of racquetball, and if you enjoy playing in different locales, then NMRA tournaments are for you.

If you are a FIRST TIME NMRA player, there is no requirement to join the NMRA, but you must be an active member of the USAR National Organization. We hope you will join, of course. Another aspect of the NMRA events is their family orientation. We welcome family members and their guests. Our daily hospitality, lunch, and Friday night banquet are legendary on the tournament circuit. Even if you are no longer interested in tournament competition or possibly no longer an active player, think about supporting the future of masters' racquetball by joining the NMRA.

I did want to mention a special highlight from 2014. Ruben Gonzalez and three other players and contributors were inducted into the *National Masters Racquetball International Hall of Fame*. The new Hall of Famers were: **Ruben Gonzalez** (Pro Athlete), **Patrick Gibson** (Athlete), **Cindy Tilbury** (Athlete) and **Rick Betts** (Contributor). You can see all of the presentations on our [www.nmra.info](http://www.nmra.info) website. You'll find some delightful old pictures of our inductees and a complete list of NMRA Hall of Famers. ○



NMRA Denver 2015 - XD60 Gibson & Alatorre-Martin; XD65 Sanders & Parsons

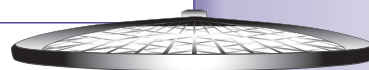
## MORE NMRA Tidbits

The big three-sport outdoor event in Las Vegas was streamed live on ESPN3 for much of the September 24 weekend. I really enjoyed watching the racquetball, and it was interesting watching the other two sports, too. Although it was over 100 degree in the sun, it looked like it was such a great party! I know I try to stay at the *Stratosphere* whenever I am in Las Vegas, simply because they are such great supporters of our sport!

If you regularly have aches and pains and roll them out or visit massage therapists, you may want to Google the *Baby Belle* for aches and pains. It is an industrial-strength massager/buffer and the physical therapists around our town are raving about it. <http://www.bellebodybuffer.com/> If you are on a budget, the *Rumble Roller* is a great alternative. <http://www.rumbleroller.com/>

There were a few upsets at the US Open on the men's side. Despite severe cramping, **Daniel DeLaRosa** beat *Rocky Carson* in the semi-final to advance to the final. The last matches of the singles and doubles were recorded for *The Tennis Channel* to be shown Thanksgiving weekend. Spoiler alert: **Kane Waselenchuk** wins the *Men's Pro* final match but Daniel puts on a great show. The doubles were all incredibly entertaining—my favorite thing to watch!!

There was a fun celebrity sighting at the US Open!!!! In addition to watching his wife play *Mixed Centurion Open Doubles* with ex-pro **Mike Ray**, TV and movie actor **Tom Berenger** spent a lot of time watching the men and women pros—singles and doubles—on the big class court in *Minneapolis*. The tournament people were quite respectful of Mr. Berenger's personal space, but I will be the first one to admit that it was really great having him there. Our sport needs more celebrity fans. Tom's wife, **Laura Moretti**, and **Mike Ray** did win their division—way to go!!



**Think about recycling your NMRA  
MORE NMRA Tidbits**

**medals if, for some reason**, you don't want to keep and display them. The NMRA has not changed medal designs in years, so we would love to get your old NMRA medals and award them to another deserving winner in the future. I'm guessing we might not get back any golds.

**The Ladies Pro Racquetball Tour is live streaming their matches** for free on [www.lprtour.com](http://www.lprtour.com) and the men's *World Racquetball Tour* is live streaming matches on [www.gearboxrb.com](http://www.gearboxrb.com). Take advantage of these opportunities to see the top pros in action. Of course, the top men players in the world play the *International Racquetball Tour*, which has a subscription-based broadcast on [www.irtnetwork.com](http://www.irtnetwork.com).

**Charlie Pratt from Oregon is a pro player and referee on the IRT tour. Ceci Orozco from Mexico is a pro player on the LPRT tour.** Join me in wishing them well because they recently GOT MARRIED.



Imagine how great their kids will play! I just love a great racquetball romance story! ○



## Election Ballot and Voting Process

By Cindy Tilbury

Our yearly election is at hand. This year, we solicited players at the two previous tournaments for NMRA board member candidates and made many email and phone call communications to find qualified candidates for the open positions. All three of our board members whose three-year terms are expiring decided to run for re-election. We will again be offering online voting. The election will be available to all current NMRA members at the [www.r2sports.com](http://www.r2sports.com) website (event type is Election, rather than Tournament). It only takes a few minutes to vote, so log on and voice (click) your opinion! Click this link to vote. Do it now while you are thinking about it! You must have a USA Racquetball profile in [R2sports.com](http://www.r2sports.com), but you may set it up or find your password, if you don't already know it. <http://www.r2sports.com/tourney/home.asp?TID=15474>

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

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

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

# BALLOT BALLOT BALLOT

### OFFICIAL NMRA BOARD OF DIRECTORS ELECTION BALLOT

Postmark Deadline – February 1, 2016 Online Deadline - February 1, 2016

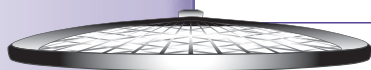
October, 2015 -- Vote for a maximum of three (3) candidates

Review the candidates' qualifications in this newsletter, or online at <http://www.r2sports.com/tourney/viewDivsFees.asp?TID=15474>.

To make your vote count:

1. Vote online at <http://www.r2sports.com/tourney/home.asp?TID=15474>
- OR -
2. Cut this ballot out of the newsletter
  3. Keep the address label on the back of it to validate that a current NMRA member is voting.
  3. X your candidate choices.
  4. Put it in an envelope by February 1, 2016
  5. Send it to Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265 303.888.4461 Cell

Vote X	Name	State
	Patrick Gibson	TX
	Leon Jackson	DC
	Scott Kraemer	WI
		Write-In
		Write-In
		Write In



# NMRA TOURNAMENT Trail 2015/2016

Check the [www.nationalmastersracquetball.org](http://www.nationalmastersracquetball.org) website or Facebook for the latest updates.



DATE	TOURNAMENT	LOCATION	CONTACT	Website <a href="http://www.r2sports.com">www.r2sports.com</a>
Nov	All Military National Championships	San Diego, CA	Steven Harper	<a href="http://www.militaryracquetball.com">www.militaryracquetball.com</a>
Dec 3-5	NMRA Doubles-Only 40+	Fullerton, CA	Cindy Tilbury John Winings	<a href="http://www.nationalmastersracquetball.org">www.nationalmastersracquetball.org</a>
Jan 15-17	WSMRA 27th Championships Ladies-Only 35+ Doubles and B/C Divisions <i>now offered</i>	Tucson, AZ	Kendra Tutsch Cindy Tilbury Joe Williams	<a href="http://www.wsmra.com">www.wsmra.com</a>
Feb 10-14	USAR National Doubles	Phoenix, AZ	USAR	<a href="http://www.usra.org">www.usra.org</a>
Mar 9-12	NMRA National Championships	TBD St. Louis, MO or San Antonio, TX	NMRA	<a href="http://www.nationalmastersracquetball.org">www.nationalmastersracquetball.org</a>
May 25-29	USAR National Singles	Denver, CO	USAR	<a href="http://www.usra.org">www.usra.org</a>
Jul TBD	NMRA International Championships 45+	Portland, OR Tentative	NMRA	<a href="http://www.nationalmastersracquetball.org">www.nationalmastersracquetball.org</a>
Aug 30-Sept 3	World Senior Championships 35+	Albuquerque, NM	Gary Mazaroff	<a href="http://www.internationalracquetball.com">www.internationalracquetball.com</a>
Oct 5-9	US Open	Minneapolis, MN	USAR	<a href="http://www.usra.org">www.usra.org</a>
Dec 8-10	NMRA Doubles-Only 40+	Atlanta, GA or San Antonio, TX tent.	NMRA	<a href="http://www.nationalmastersracquetball.org">www.nationalmastersracquetball.org</a>

Check the [www.nmra.info](http://www.nmra.info) website or Facebook <https://www.facebook.com/groups/191509017552909/> for news.

## Board of Directors

**Cindy Tilbury, President** Malibu, CA  
[Cindy.tilbury@att.net](mailto:Cindy.tilbury@att.net) Newsletter, Tournaments, Ladies Events, Dbls Partners

**Carmen Alatorre-Martin, V.P.** Arlington, VA  
[Teamalamar@gmail.com](mailto:Teamalamar@gmail.com) Memberships, Tourn.'s

**Leon Jackson, Sec.** Wash., DC/Apollo Beach, FL  
[actioneod@aol.com](mailto:actioneod@aol.com) Videos, Media, Tourn.'s

**Patrick Gibson, Co-Treasurer** Fort Worth, TX  
[prgibson5@hotmail.com](mailto:prgibson5@hotmail.com) Tournaments

**Scott Kraemer, Co-Treasurer** Oconomowoc, WI  
[Scott.kraemer@bmo.com](mailto:Scott.kraemer@bmo.com) Tournaments

## BOARD MEMBERS

**Chris Poucher** Atlanta, GA  
[cpoucher@gmail.com](mailto:cpoucher@gmail.com) Future Fund, Strategic Direction

**John Winings** Valley Springs, CA  
[johnwinings@hotmail.com](mailto:johnwinings@hotmail.com) Tournaments

**Will Costanza** Atlanta, GA  
[willc@interserv.com](mailto:willc@interserv.com)

**Lynn Stephens** Carthage, NC  
[racquetball@gmail.com](mailto:racquetball@gmail.com) Webmaster

**Len Sonnenberg** San Diego, CA  
[lens@sonnenbergcpas.com](mailto:lens@sonnenbergcpas.com) Administrator



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

PLEASE CONTACT US  
 TO RENEW YOUR MEMBERSHIP



Be sure to check the [www.nationalmastersracquetball.org](http://www.nationalmastersracquetball.org) website for updates and immediate election results!