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Cover: Gregg Peck photo courtesy the RMA, Drew Stoddard, photographer.

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FIRST SERVE

By Chuck Leve



Back To The Future

I saw a movie the other night called "Back To The Future." Pretty good flick about a kid who accidentally gets thrown back in time 30 years and even more accidentally interrupts the first meeting between his parents, then spends much of the remainder of the film trying to get them together so that he can exist in the future.

Being a Spielberg movie, of course, the end wraps everything up neatly, with a few twists. But it was interesting, funny, thought provoking and worth the \$4.50 they get these days.

And "Back To The Future" got me thinking about what it might be like to be sent back in time to when racquetball was young. I wonder what things might be like if certain other things did or didn't happen.

For example, back in the mid to late 1960's there was quite an effort by a segment of the (then) paddle rackets players to organize their new sport on their own. Many of these players had tennis and badminton backgrounds and envisioned a whitely-clad, more "appropriate" image for racquetball than what emerged.

Instead, of course, it was the handball segment of the court sports that won the race to organize racquetball, with the U.S. Handball Association leading the way, Bob Kendler at the helm. The winning argument back then was that the USHA controlled the 17,000 courts in existence, already had a viable magazine, tournament structure and experience. The choice was a simple one.

Yet, I've always wondered what would have happened had the tennis/badminton group won out. Would the sport have grown more like tennis, with big sponsors, lots of television coverage and tournaments where in the draw one

plays three and two plays four (rather than one plays four and two plays three)?

Would there have been a rush of apparel firms to embrace the sport, assuming our image would have been squeaky clean rather than t-shirts and cutoffs as we were in those days? Would the boisterous, blustery battles on the court have been replaced by a more gracious type of competition?

Around the turn of the decade (1969-70) much of the controversy surrounding racquetball (it's always been so) had to do with ball speed. One element of racquetball desired a slower, deader ball to allow the lob shot and serve to continue its prominence. This group had primarily a paddleball background,

'I wonder what things might be like if certain other things did or didn't happen.'

where the slow ball and heavy paddle make for a more difficult, but still enjoyable game, if you don't mind Popeye forearms.

The other group felt that racquetball matches bordered on the boring and that what was really needed was a faster ball to put some zip into the rallies. This group won out and within a few years racquetballs were replaced by green rockets, many of which were blasted by a kid named Marty Hogan, and well, the rest is history.

Would Hogan have dominated like he did with the tomato balls of the past? Would television coverage have been easier with the slower balls and more entertaining with longer rallies? Did the rocket boosters envision that

evolution would have brought them two-hit rally racquetball? Is that worse than a 25-hit ceiling ball rally racquetball?

Probably the biggest question in racquetball's history is what would have happened had Kendler and the old International Racquetball Association (IRA-predecessor of today's AARA) not parted ways in April of 1973. Had cooler heads prevailed back then, one wonders what today's sport would look like.

Kendler began professional racquetball as a vehicle to gain publicity for his new association and to ride the pro game to his re-emergence of domination of the sport, which he did for six or seven years.

I've often wondered if there would ever have even been an AARA, let alone the professional game had Kendler worked it out with the IRA. Few know that Kendler was staunchly anti-pro and begrudgingly supported and promoted the pros because the means lead to what he thought the ends should be.

Ironically, Kendler's dream was to get racquetball (after handball, of course) into the Olympics, the very dream that the AARA works daily to achieve. One of Kendler's closest friends was Avery Brundage who ruled the U.S. Olympic Committee the way Kendler wanted to rule racquetball, with an iron fist. The two men were former handball partners in the 1920's, both Chicagoans and both tough, stubborn leaders who saw benevolence in the mirror.

And while I believe the pro game was inevitable, how many players of the 1970's would have stuck with it for trophies, plaques and clock radios?

It's hard to tell, of course. And none of these questions have answers. I guess the only thing to do is find myself a time machine. □

LETTERS TO THE EDITOR

If you would like to write a letter to the Editor, please send your comments to: Letters to the Editor, National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL, 60025. All correspondence becomes the property of National Racquetball and will not be returned.

Take That You Whippersnapper!

I am a solid B+/A- club player and I'm 27 years old. My grandfather who is 75 years old, recently beat me five out of six games. Are there tournaments for his age group on a national level?

David Telleson
Chicago, IL

There are tournaments for his age bracket, yes, but by your account, I don't know if I should turn him loose against those other guys. Then again, I know some of those 75+ players, and they are tough as nails. They would welcome some new blood. Call the AARA 303-635-5396 for more information on the 75+ division play. —Ed.

Racquetball Conquers the North Pole

Greetings from Thule! I've been stationed 800 miles south of the North Pole for the last year and a half. I am going home this month. My tour has been a pretty good one because we have a fairly nice gym facility with weights, basketball and three racquetball courts. I've had a lot of time to work on my game. The only thing bad is that there are only four or five guys that play in the B or higher level. Thanks for all the lessons in your magazine. I've really studied them. I'm ready for tournament play! I also bought a video camera to help my game. By the way, Thule is in Greenland—the northernmost racquetball in the world!

Dwight Kirkland
Lompoc, CA

Thanks for the letter and the postcard from the top of the world. Looks like you're going back to sunny California and it's a good thing you had time to improve your game because competition there is tough. Good luck!—Ed.

Racquetball Sport Of Fitness?

Dear Editor:

June's fitness article, "Racquetball Is The Sport Of Fitness; Doctor Played and Tested!", is in error on several accounts. The article is based on the

misconception that maintenance of 60-90% of one's maximum heart rate (not maximum heart rate reserve, as claimed in the article) meets the criteria of exercise intensity established by the ACSM.

While it is true that racquetball does provide fitness benefits—it burns calories, promotes weight loss, improves heart and lung strength and possibly endurance—it is not continuous, not rhythmic, and not aerobic in nature. In fact, playing racquetball will cause wide fluctuations in heart rate. For these reasons and several others, racquetball is not recommended for many exercise populations, especially those with multiple Coronary Heart Disease factors.

I can understand your desire to promote the game of racquetball. It is a fun game and for most people, a healthy game. But to publish erroneous material about exercise and racquetball is irresponsible. Exercise is not unlike medical treatment, and caution should be observed when discussing its benefits or application.

Raymond Penn
One On One Sports Training Center
Philadelphia, PA

We stand by our article and hopefully we can clear up any misgiving you have about it. Dr. Leland Morgan's study that we referred to in the June article, did prove that the measured heart rates of participants during racquetball play met the heart rate intensity requirements established by the American College of Sports Medicine. That's a fact. We were not trying to imply any more or any less. We are sorry if your interpretation was more than we intended.

Also, at no time did the article imply that racquetball is aerobic exercise. However, at this point in time, most exercise technologists agree that racquetball is about 25% aerobic and 75% anerobic. There is an obvious need for more studies to be done on racquetball so that we all know where it fits in the world of fitness.

The maintenance of 60% to 90% of the maximum heart rate reserve (MHRR) does meet the requirements of

(Continued on page 36.)

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SHORT LINES

Short Lines features personal stories of racquetball pros, celebrities, and industry leaders. Short Lines is about the special performances of racquetball people around the world, their personal bests and their personal sides.



The Witherow-Cherny wedding was a hit on the court.

Racquetball Wedding Goes To Court

The Bride Wore Sneakers . . . Wearing warm-ups and matching white shirts, **Bernice A. Cherny and William P. Witherow III** were married on June 15 at 4 pm on the glass court at **Off The Wall Racquetball Club** in Bethel Park, PA. Behind the glass wall, 150 guests looked on as wedding vows were exchanged in front of Rev. Robert Brashear of South Hills Interfaith Ministries. In keeping with a sporty and festive mood, the reverend wore deck shoes and a pink shirt.

Behind the glass wall, 150 guests looked on as the couple exchanged wedding vows. Upon completion of the ceremony, there was no rice thrown, no music played, just hearty applause as the newlyweds walked off the court into the crowd.

"Play ball!" called one voice.

"Serve!" said another.

"Now the party starts," said the groom.

And so it did. As specified on the guests' wedding invitations, a wrong handed racquetball tournament immediately followed the wedding with Bernice and John leading off the event.

John handily defeated his new bride by a score of 15-9.

"If anyone knows your weaknesses, it's your mate," Bernice sighed as she explained away her loss. "Bill and I originally met at a racquetball party. Getting married on the court seemed appropriate since we spend so much time on it anyway."

The wedding was a first for Off The Wall, a second for Cherny and a third for Witherow. Since both players had been married before, they decided that something more festive and original would make their commitment special. So, they had shirts printed with the 1st Witherow-Cherny Invitational tournament-logo on them for those who competed in the racquetball tournament. A D.J. played records in the early afternoon followed by a live band, Rock-Ola that kept everyone dancing past midnight.

Other memorable activities besides dancing and racquetball included volleyball, whirlpooling, drinking and eating.

"I guess everyone had a good time"

says Bernice about the event. "Everytime we go into our club now, we feel like stars!"

Good times are what weddings and racquetball are about. We applaud the Witherows' exercise in good taste! □



Photo by Ford Lawcock

Waterskiiers Gregg and Dave Peck.

Water Ski Season Follows Racquetball Season For Top Pros

The Dog Days of Summer... Ever wonder what some of the pros do during the summer? World class racquetball players **Dave Peck** (background with the family dog), and **Gregg Peck** (foreground), are also **first class water skiiers**. When they are taking time off from court time, the brothers can be found on or in the lake, up or down off their slalom skis. Gregg claims the sport provides the pause that refreshes as well as a good total body workout.



Rita and husband Peter Scott.

Rita Hoff Goes Golfing

Rita Retires... One pro tour regular that will be missed by everyone in the racquetball industry is **Rita Hoff**. As a player on the NRC, the WPRA pro tour, Rita consistently ranked among the top players in the country. As Director of Racquetball for Natural Lite Beer, Rita toured the country on behalf of Anheuser Busch playing professional



Photo courtesy of American Cancer Society

Top row from left: John Mason, Barb Simson, Gay Kenna, Lora Thompson, Ed Fields, Harvey Miller, Patty Miller, Karen Minsky. Middle row: Gary Loizzo, Bob Soltis, Dawn Loizzo, Colleen Shields, Grace Touhy, Jim Cartright. Front row: Terry Miesterling, Sue Killenman, Chris Evon, Pat Tarzon.

Racquetballers Bike For American Cancer Society

Friends for Claudia... **Claudia Loizzo**, one Illinois best women racquetball players recently died of cancer after a four year struggle against the disease. To show their respect and appreciation for her, many of Illinois most dedicated players vacated the courts for the bike trails along Chicago's waterfront to participate in the **American Cancer Society's Summer Bike-A-Thon**.

Claudia was a very special lady," said Jim Thompson, one of the players.

"She was a gifted athlete, a runner as well as a racquetball player. Anyone who came to know her liked her!"

Friends for Claudia averaged 10 pledges per biker and raised over \$3,000 in Claudia's name to be donated to the American Cancer Society. They hope that it will be a worthy contribution toward finding a cure for a disease that has already taken too many players off the courts. □

football players in exhibition racquetball matches. Chronic knee problems took Rita off the tour in 1983.

Today, Rita is married to Peter Scott, a golf promoter who's major account is also Anheuser Busch. You can find the Scott's on the golf course nowadays.

the fall, I had better evacuate with the rest of the campus!"

Who said womens pros aren't tough?

Gilreath's Hot Summer Racquetball Clinic

The Show Must Go On... **Terri Gilreath** is a trouper. While conducting her teacher's clinic at Cal Poly University—San Luis Obispo, California's notorious **brush fires** raged all around the campus. Since access to the racquetball courts was eventually cut off by the fire, Gilreath conducted the clinic in the dorms.

"I taught a backhand in the television room and a forehand in the hallway," says Terri. "Finally the fires got so close to the school that even I decided that if I was going to return to the tour in



Terri Gilreath

Photo courtesy of WPRA

Peck Steals The Show

Gregg Peck Soars To Victory At The DP Nationals, As Mike Yellen Wraps Up His Third Consecutive National Title

by Drew Stoddard

It was never really a question of whether he would do it—it was only a question of when. After struggling for years with his unenviable role as the point man for racquetball's new generation, 21-year-old Gregg Peck of Austin, TX, finally threw off the albatross of his own destiny by stopping top-ranked Marty Hogan, and inching by defending national champion Mike Yellen to win the richest racquetball tournament in the world—the \$110,000 1985 DP National Championships at the Playoff Racquetball Club in Boston, June 14-20.

The stunning victory was the final rung on a ladder Gregg has been climbing steadily since joining the men's tour in 1979, a six-year baptism of fire that transformed him from Dave Peck's awkward little brother into a skilled, powerful, world-class player. It also capped a remarkable season for Peck, one of chilling consistency: 11 tournaments, two victories, nine finishes in the semi-finals or finals.

As his name goes down in the history books as only the fifth champion in the 11-year span of the DP and Leach Nationals, the record will show that Peck took the crown by coming from behind to defeat the defending tournament champion Yellen in a beautifully played five-game final, 11-10, 6-11, 9-11, 11-4, 11-6.

But the legacy of the 1985 DP Nationals will probably be Peck's 11-6, 11-2, 0-11, 11-10 semi-final disposal of top-seeded Hogan, the most important single match of the 1984-85 RMA pro season. Hogan's failure to reach the finals dropped him from the number

one rank and thrust Yellen into the position for the first time since the season opener, and delivered Mike his third consecutive national championship.

Yellen's performance at the DP Nationals, a tournament he has virtually owned since 1983, was only slightly less impressive than Peck's. While publically confident from the outset, Mike was privately expressing concern about the tenderness in his left knee, the result of a collision with Hogan that forced him to withdraw in the final at Cheyenne in mid-May. He need not have been concerned; Mike breezed through his first three rounds without losing a game.

In the semi-finals Yellen faced what has become one of the most dreaded tasks on the tour—squaring-off against Cliff Swain, the red-hot rookie who won the Ektelon Nationals in Anaheim. In a brilliant display of experience over raw talent, Yellen ran Swain into the slats in front of a rabidly pro-Swain crowd, 6-11, 11-3, 11-7, 11-9.

Interestingly, Gregg Peck's biggest concern coming into Boston wasn't winning the tournament, but making it through the quarter-finals. "When I got here I just looked at my first round," said Peck after his victory. "The only thing I knew about my draw after that was if Dave and I both kept winning, we would meet in the quarters. That's all I knew."

Considering the problems Gregg has had in the past playing his older brother, it would have been interesting to see the all-Peck quarter-final. But the possibilities of that scenario disappeared when #22 ranked John Egerman ended Dave Peck's year in the round-of-32. Playing his best match of the

season, Egerman upset the former national champion in a marathon match that started Sunday night and ended early Monday morning, 10-11, 11-6, 11-5, 6-11, 11-8—probably the first two-day match in pro history.

The elder Peck was not the only seeded casualty in the first round. Sixth-ranked Scott Oliver, who's season gave new meaning to the phrase "feast or famine", fell to habitual giant-killer Dave Johnson. And David Gross became the first of two pro victims of Andy Roberts, the top player for the AARA U.S. Team playing in his first pro event ever. Roberts earned the double upset by edging past Egerman in the round-of-16.

Although two of the quarter-final matchups had the potential of going the distance, all the victors won convincingly; Gregg Peck handled Roberts with ease, Yellen pounded Ruben Gonzalez, Hogan eased by Bret Harnett in four games, and after a slow start Swain blew Jerry Hilecher off the court.

Facing Swain in a crucial semi-final match on the exhibition court in Boston could easily have been a brutal experience for anyone other than Yellen.

Because of his phenomenal success on this year's tour—unseeded to number five in the rankings in six months—Swain has become a true national racquetball hero. In his hometown Boston, Cliff's stature sits just below that of Larry Bird. On Saturday afternoon, while the open matches and pro qualifying rounds were going full bore, the galleries at the Playoff Club were completely empty; everyone was jammed around the lounge's big screen TV to cheer the ESPN replay of



A usually composed Gregg Peck tries to hide his emotions from the cheering crowd after winning racquetball's richest tournament.



the home-town-boy's Ektelon victory.

But on Tuesday evening, facing racquetball's smartest player for the first time, Swain's invincibility fell to pieces.

Yellen's method is to use the first game to program the computer; he watches the patterns, identifies the weaknesses, and formulates the game plan. To the brief delight of the crowd Swain took the first game 11-6. But by game two Yellen's program was ready.

Swain's only real weakness is his play from backcourt, and no one can lock an opponent there like Yellen. Returning Swain's blistering serves to the ceiling and then passing him until his knees turned blue, Yellen frustrated his younger foe into a chain of errors that quickly proved fatal. Turning back a strong last-minute challenge, Yellen

took three straight games to win, 11-7, 11-3, 11-9.

It was a frustrating loss for "the kid". Nevertheless, Swain's semi-final finish at DP capped one of the most remarkable seasons in pro history. In the last seven tournaments of the year he notched two wins, two semi-finals, and victories over nine of the top 10 players. Unranked at the start of the season, Cliff ended it ranked fifth, a mere point behind #4 Hilecher.

As prestigious as the DP crown is, the significance of Gregg Peck's consecutive wins over Hogan and Yellen in the final two rounds at Boston goes far beyond a mere single-tournament triumph. Peck has attracted great attention over the last two years not just for his skill, but because he is the first

player to succeed with a game style that has been emerging for a decade, and is certain to become the standard within the sport for the foreseeable future. It is the perfect blend of Hogan's massive offense and Yellen's methodical defense, built around a strategy of single purpose: reducing errors to zero.

Hogan, Yellen, Harnett, and Dave Peck are all capable of switching game styles in streaks. What makes Gregg Peck unique is his ability to alter styles from shot to shot. Although the shifts can be subtle to the spectator, the strategy is so potent that when it is implemented correctly there is no effective counter-attack.

Never has that principle been demonstrated better than in Peck's masterful semi-final defeat of Hogan.

After falling behind 0-5 in the first game, Gregg kicked on the jets forcing Hogan into four glaring mistakes and winning 11-6. Game two was the same story; four errors for Hogan, none for Peck, game to Gregg 11-2. Peck was forced to pitch in the towel to Marty's offensive streak in the third game, which ended 0-11. Hogan's hot streak nearly took the match into the tie-breaker when he served four times at game point. But Peck was patient. Under the watchful eye and constant guidance of his older brother Dave, Gregg caught Hogan at 10-all, and finally ended the match with a passing shot to the left rear corner, 11-10.

The telling statistic of the match was



The Kid and The Master: Cliff Swain tries a rekill from center court during semi-final loss to Yellen.

errors tallied; in the four games Hogan committed 11, while Peck had only 3.

No one can really be sure how much intensity was drained from Yellen when he knew he had won the national championship with Peck's defeat of Hogan on Wednesday night. To be sure, both Yellen and Peck played beautifully throughout all five games of the final match. But though he did everything well, Mike clearly seemed unable to go for the jugular at crucial moments in the match, as even Peck would observe after his victory.

The most critical moment came at the end of the first game with Peck and Yellen locked at 10-all. Yellen had two serves at game point and uncharacteristically failed to convert. It was Gregg who took the game 11-10 with a pinpoint forehand roll out.

Mike was sharpest in games two and three, when his backhand was on fire. Eleven times he scored deep from the left side to go up 2-1 in games with 11-6, 11-9 wins.

It was at that point that Gregg took control for the last time. Everything seemed to come together; his drive serve began dropping perfectly over the short line, his passes kept Yellen always on the move, and his backhand splat—perhaps the best in the game—rattled off point after point.

Game four was no contest. Peck

rocketed two aces to the left as he rolled to an 8-0 lead. Yellen knew this one was gone, and turned to ask referee Brian Hawkes, "What was the score of the se-

cond game?" His obvious intention was to play for the opening serve in the tie-breaker which is determined by total points scored. He didn't get enough of them; Peck ran the game out 11-4.

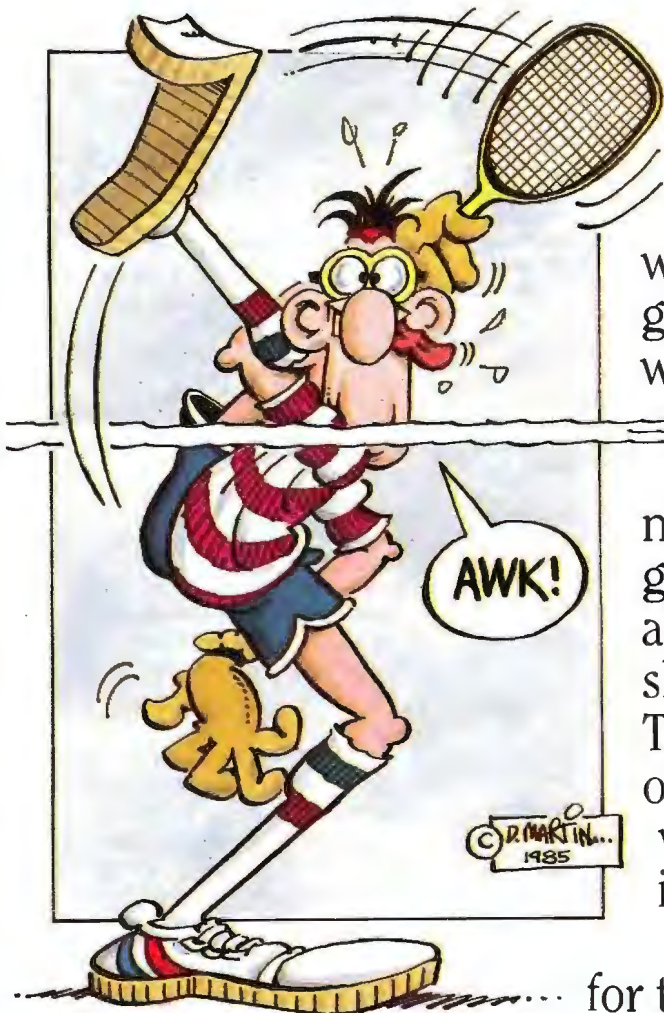
The only time the score was close in the final game was at 4-all. From that point Peck was in complete control. There was just one last-minute glitch. Serving for his first match point Gregg was blessed with an absolute plumb in center court. His eyes looked like balloons as he blasted a divot-ball right in front of his feet. To the laughter of the crowd Peck grinned and raised his hand to his throat to acknowledge his own "choke". It was his last one. Moments later he moved to center court again, and this time rifled a forehand down the glass right wall to seal the greatest victory of his career, 11-6.

"This feels really good," said an exuberant and apparently surprised Peck, "but to tell you the truth, throughout the tournament I just thought I was playing okay. After each match I would tell David, 'I'm hitting the ball good, but I just don't feel like I'm playing that well'. He said I was playing consistent and that's what it takes, so I tried not to worry about it. I know I can play better. But I played consistent and I played smart, and that's what you have to do to beat these guys. You can't make mistakes."



Rookie Andy Roberts finds himself in no-man's-land during quarter-final with Gregg Peck.

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In the most important match of the season, Gregg Peck upset Marty Hogan in four-games.

"Nobody's tougher than Mike. He makes you move and you have to do the same to him. You have to wait for the set up and then go for the kill right then because he covers front court so well!"

Gregg also talked about the business-like way the match was played; "We looked sort of boring out there didn't we? We really didn't get too excited, no yelling or screaming. I think I'm turning into a mellow guy."

Boring? Hardly. But Peck's point was well taken. In a game that used to be characterized by boorish behavior, the last two years have brought a startling change. Apparently the boors have been banished.

Along with the coveted DP crown, Peck earned \$11,750 for his victory (part of which went into IRS coffers before Gregg could even shower). Yellen departed with \$5,650—and, oh yes, the national championship.

Over 500 amateur men competed in 14 divisions. Fred Calabrese of Rhode Island, who also qualified into the main pro draw, defeated Scott St. Onge of Massachusetts in the Men's Open final.

The DP Nationals is traditionally known as one of the better social events in the sport of racquetball. This year the players were treated to a Boston Red

Sox victory on Sunday, and a rather rowdy cruise of Boston harbor Wednesday night.

The tournament was sponsored by Diversified Products and Penn Racquetball, and was staged under the direction of Paul Hendrickson and the New England Racquetball Association.

DP NATIONAL CHAMPIONSHIPS BOSTON, MASS. - JUNE 14-20, 1985

MEN'S PRO

Qualifying Rounds:

(1) Sell d. Pleasant; St. Onge d. Bella; Graham d. Hyung; Simmonette d. Cole; Ekuzian d. Thomas; Ferris d. Pickard; Fox d. Navarro; Levine d. Lunxon; Negrete d. St. Onge; Roberts d. Coleman; Panarella d. Negrete; Johnson d. Aceto; Johnson d. Eagle; Plazak d. Blankenship; Calabrese d. Teodoro; Montalbano d. Ried; Green d. Nathanson. (2) St. Onge d. Sell; Simmonette d. Graham; Ferris d. Ekuzian; Levine d. Fox; Roberts d. Negrete; Johnson d. Panarella; Calabrese d. Plazak; Green d. Montalbano.

Round of 32:

Hogan d. Calabrese 10-11, 11-5, 11-1, 11-5; Andrews d. Lerner 11-4, 11-8, 11-4; Harnett d. Ferris 11-2, 11-9, 11-6; Johnson d. Oliver 11-9, 6-11, 11-9, 11-5; Eggerman d. Peck 10-11, 11-6, 11-5, 6-11, 11-8; Roberts d. Gross 11-9, 11-6, 11-4; Brysman d. Cascio 11-6, 8-11, 10-11, 11-2, 11-6; G. Peck d. Green 11-5, 11-9, 11-0; Hilecher d. Wagner 11-0, 10-11, 11-3, 11-7; Ray d. Gross 11-3, 11-3, 11-10; Price d. St. Onge 11-3, 10-11, 11-8,

11-5; Swain d. Inoue 11-1, 9-11, 11-3, 11-10; Gonzalez d. Levine 11-2, 11-5, 3-11, 11-7; Cohen d. Hawkes 11-5, 11-8, 8-11, 11-10; Obremski d. Newman 11-6, 5-11, 11-9, 9-11, 11-6; Yellen d. Simmonette 11-10, 11-4, 11-2.

Round of 16:

Hogan d. Andrews 10-11, 11-9, 11-5, 11-1; Harnett d. Johnson, Forfeit; Roberts d. Eggerman 11-5, 1-11, 11-7, 3-11, 11-4; G. Peck d. Brysman 11-3, 11-8, 11-10; Hilecher d. Ray 6-11, 11-4, 11-6, 11-7; Swain d. Price 11-0, 11-3, 11-1; Gonzalez d. Cohen 3-11, 11-7, 11-0, 11-7; Yellen d. Obremski 11-8, 11-4, 11-0.

Quarter-finals:

Hogan d. Harnett 6-11, 11-4, 11-10, 11-4; G. Peck d. Roberts 8-11, 11-1, 11-1, 11-5; Swain d. Hilecher 4-11, 11-10, 11-3, 11-0; Yellen d. Gonzalez 11-8, 11-9, 11-3.

Semi-finals:

G. Peck d. Hogan 11-6, 11-2, 0-11, 11-10; Yellen d. Swain 6-11, 11-3, 11-7, 11-9.

Finals:

G. Peck d. Yellen 11-10, 6-11, 9-11, 11-4, 11-6.

Division Champions:

Men's Open: Fred Calabrese (RI)
Men's A: Mike Clark (OH)
Men's B: Rich Applebaum (NY)
Men's C: Tim Rankin (NY)
Men's D: Guy Gervais (CAN)
Men's 19+: Jeff Lindsay (CAN)
Men's 25+: George Viera (MA)
Men's 30+: Dennis Aceto (MA)
Men's 35+: Ed Remen (VA)
Men's 40+: Ed Remen (VA)
Men's 45+: Bernie Kahout (NJ)
Men's 50+: Tom Waltz (CT)
Men's 16+: George Delaney (MA)
Men's 18+: George Copelas (MA)



Yellen's twin knee braces couldn't help against Gregg Peck's perfect shooting.

It's All In The Wrist!

Develop The 'Snap' You Need With These Quick Tips

by Keith Strandberg

The wrist and its proper use is vital to your racquetball success. Examine your wrist; feel the muscles move throughout the different motions of the swings. The actual muscles are difficult to isolate, but the theory is simple: muscles pull on bones and move them. In racquetball, the forearm muscles are pulling on the bones of the hand and moving them, resulting in the racquet striking the ball.

Once you have analyzed your hand through your strokes, do the following exercises to stretch and strengthen the forearm muscles, thus making your shots stronger and more versatile. Then go back out on the court and practice your shots, learning how to use the power and flexibility you are gaining.

Remember, *practice* is not *playing*. It's almost impossible to try new things while playing, because the bottom line is that you are trying to win. When you practice, the goal is to learn how to use your new-found power and versatility. Get out on the court and practice.

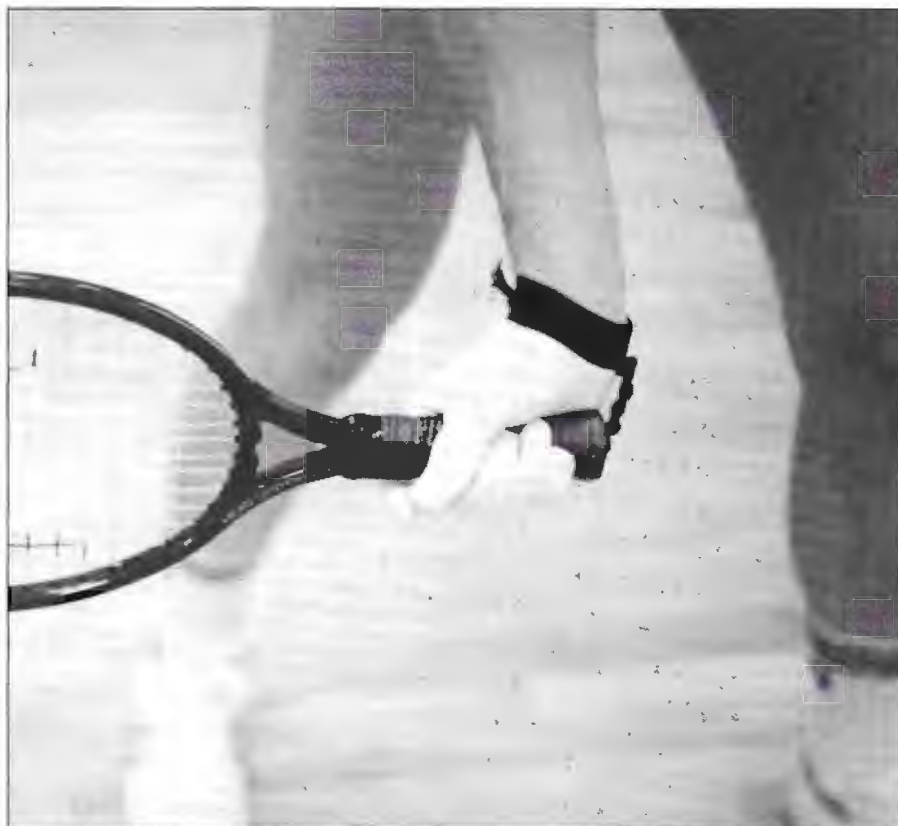
Now, after analyzing, understanding, stretching, strengthening and practicing, go out to your local club and blow the competition away.

That is, if they haven't seen this article first.

Forehand

In the forehand stroke, the elbow leads the shot with the butt of the racquet following. Note that the wrist is fully extended (*photo 1*).

At point of contact with the ball, the racquet head snaps through the ball at high speed (*photo 2*).



'Remember, practice is not playing. It's almost impossible to try new things while playing, because the bottom line is that you are trying to win.'



Backhand

The backhand stroke works on the same basic principle as the forehand, although it is hard to generate as much

(Continued on page 42.)



Wrist Circles

(photos 5-8): with your racquet hand out in front of your body, move your wrist in as full a circle as possible. Go clockwise for 10 slow, full turns, then counter clockwise for 10 turns. Repeat.

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Adams Takes The Triple Crown:

**Lynn Adams Sweeps The DP Nationals, Vicki Panzeri
Spoils Heather McKay's Last Hurrah**

by Drew Stoddard

With the fervor of a rookie going after her first win, veteran Lynn Adams capped her greatest season in the history of women's professional racquetball by overwhelming Vicki Panzeri of Seattle, to win the 1985 DP National Championships.

It was the second consecutive DP title for the 26-year-old from Costa Mesa, CA, and was the final jewel of the only triple crown ever won by a woman player—consecutive wins at the Ektelon, WPRA, and DP National Championships.

The Boston event brought to a close the 1984-85 women's professional season, a nearly perfect season for Adams. In seven tournaments she notched six victories, and lost only one match.

Adams marched to the DP title completely untouched as she eliminated every opponent but one in three straight games. In the finals she shut down the aggressive arsenal of third-ranked Panzeri in just over an hour, 21-12, 21-11, 21-18.

The final matchup between Adams and Panzeri, however, was not exactly what the script had called for. The Boston tournament had been billed for months as the final showdown between Adams and Canadian Heather McKay, who together have totally dominated the women's game for most of the 1980's.

Two months previously, McKay had announced her retirement from competitive racquetball at the conclusion of the Boston event to return to her native home in Australia.

But the dream matchup was ap-



Women's pro winner Lynn Adams preparing to serve match point.

parently never meant to be. In a long five-game semi-final match, Panzeri deprived McKay of her one last hurrah by taking out the defending WPRA national champion, 21-19, 14-21, 22-24, 21-14, 15-10.

The action between Adams and Panzeri in the final match was a clear demonstration that McKay's exit will—temporarily at least—turn the women's pro game into a one-horse race. Lynn totally dominated her opponent, moving unchallenged around the court and firing kill shots from every distance at will.

Panzeri, who is unquestionably the "best of the rest," tried desperately to get into the match, but only as Adams was preparing to seal the victory was she able to do so, and that opportunity was short-lived.

"I thought I played really well," Adams observed with confidence following the brief final. "The last time I played this well was at the Ektelon Nationals. It wasn't that Vicki was missing shots, I was making them all and there just wasn't much chance for her to do anything. In that last game when I did start missing you could see how good Vicki really is. It was just one of those days!"

Commenting on her reactions to McKay's premature elimination Adams remarked, "I had mixed feelings. I wanted to play Heather one more time, to be with her on the court again. On the other hand it was good for women's racquetball for everyone to see Vicki beat her last night. It was good just to show people that there is competition out there, and that Heather and I are not invincible, and that the women's game is going to be strong whether she's there or not!"

"I'm really excited about this win. I'm excited about the history. I'm the first one that's won all three, and that's what I wanted to do!"

On her way into the finals Adams roared through Cindy Ekuzian, Marcy Lynch, Marci Drexler, and Caryn McKinney. Only Drexler was able to take a single game from the champion. Short but remarkably powerful, Drexler is the oft-touted wunderkind of women's pro racquetball, and she proved worthy of that title by extending Adams in the quarter-finals to four games before yielding 21-17, 21-19, 15-21, 21-10.

McKinney of Atlanta, who has had a few near-misses with Adams and McKay during the past two years, mounted a good challenge and stayed close to Lynn throughout their semi-

final contest, but was unable to take any of the three games. She fell 21-18, 21-16, 21-18.

Panzeri, who came to Boston seeded second, swept by Dina Pritchard, Dot Fischl, and Liz Alvarado in the first three rounds before holding off McKay in the semi-finals. McKay's loss there, combined with the tournaments she missed because of a neck injury, dropped her career-end WPRA ranking to seventh. Panzeri ended the year firmly entrenched in the number two position.

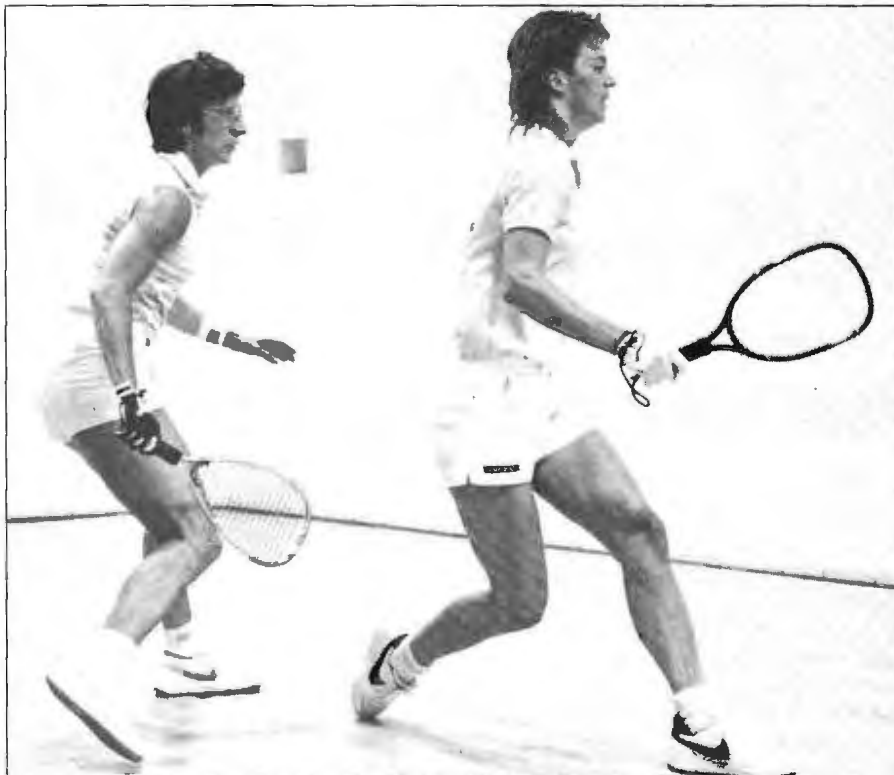
Two top players were upset in the round-of-32. National women's amateur champion Cindy Baxter plowed right through sixth-ranked Janell Marriott, 22-20, 21-14, 21-18. And in the shocker of the tournament, unseeded Toni Bevelock needed only four games to take out third-ranked Terri Gilreath, 18-21, 26-24, 21-17, 21-14. Bevelock was eliminated in the round-of-16 by Laura Martino.

Adams earned \$4,000 for her victory; Panzeri left with the \$2,000 for second-place. Adams' win also boosted her so far into first place in the WPRA rankings that the numbers are almost ludicrous; at 316 points, she leads #2 Panzeri by 108 points!

The amateur women competed in nine different age brackets. In the women's open division, Fischl upset top-seeded Baxter in an all-Pennsylvania final.



Runner-up Vicki Panzeri.



Vicki Panzeri closed Heather McKay's career with a semi-final loss.

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DP National Championships

WOMEN'S PRO

Qualifying Round:

Higgins d. Carow; Simon d. Williams; Parent d. Buck; Pritchard d. Dunn.

Round of 32:

Adams d. Ekuzian 21-9, 21-11, 21-9; Lynch d. Parent 21-18, 20-22, 21-14, 21-18; Drexler d. Kamahohoa 21-10, 21-10, 17-21, 17-21, 15-7; Higgins d. Steere 21-9, 21-13, 22-20; Baxter d. Marriott 22-20, 21-14, 21-18; Stoll d. Bell 21-19, 21-14, 21-13; McKinney d. Simon 21-8, 21-14, 21-11; Mook d. Davis 23-21, 18-21, 21-14, 14-21, 15-10; McDonald d. O'Brien 21-22, 21-14, 21-12; McKay d. Fredericksen 21-10, 21-11, 21-6; Martino d. Paese 21-3, 21-10, 21-5; Bevelock d. Gilreath; 18-21, 26-24, 21-17, 21-14; Robson d. Harding 21-12, 15-21, 21-12, 27-25; Alvarado d. Rasmussen; 21-14, 21-13, 21-10; Fischl d. Carow 21-12, 21-13, 21-8; Panzeri d. Pritchard; 19-21, 21-13, 21-18, 22-20

Round of 16:

Adams d. Lynch 21-14, 21-9, 21-6; Drexler d. Higgins 21-2, 21-16, 21-15; Baxter d. Stoll 23-21, 21-12, 11-21, 21-19; McKinney d. Mook 21-7, 21-13, 21-5; McKay d. McDonald; Martino d. Bevelock 18-21, 21-16, forfeit; Alvarado d. Robson 21-13, 21-23, 21-13, 21-13; Panzeri d. Alvarado 21-17, 13-21, 21-14, 21-19

Quarter-finals:

Adams d. Drexler 21-17, 21-19, 15-21, 21-10; McKinney d. Baxter 21-19, 21-14, 21-16; McKay d. Martino 21-7, 22-20, 21-9; Panzeri d. Alvarado 21-15, 17-21, 21-10, 21-17

Semi-finals:

Adams d. McKinney 21-18, 21-16, 21-18; Panzeri d. McKay 21-19, 14-21, 22-24, 21-14, 15-10

Finals:

Adams d. Panzeri 21-12, 21-11, 21-18

Division Champions:

Women's Open: Dot Fischl (PA); Women's A: Nadia Verilli (CAN); Women's B: JoAnn Bussiere (CAN); Women's C: JoAnn Bussiere (CAN); Women's D: Rose Raymond (MA); Women's 19+: Robin Whitmire (GA); Women's 25+: Beth Gutowski (MI); Women's 30+: Holly Rentz (KY); Women's 35+: Sue Carow (IL) □



Lynn Adams dominated Caryn McKinney in a three game semi-final.



Vicki Panzeri lunges into center court during finals loss to Adams.

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Harder Isn't Always Better

Championship Service Strategy, Part II

by Marty Hogan

A blistering, pin-point drive serve simplifies racquetball to short bursts of serve and shoot. It is an indispensable tool in the power game. It's those adrenaline-pumping power drive serves which get all the press coverage and electrify the galleries during comeback surges and awesome displays of power racquetball.

However, seldom recognized are the equally important soft serves of the control game. Championship players don't just put the ball into play. They put as much effort into their soft serves as their hard ones, recognizing that control takes a bit longer to work its scoring magic.

Soft serves are more than just a poor man's alternative to a drive serve. They increase the effectiveness of the power serves, playing a complementary role by presenting serves which must be contacted above the waist—outside the

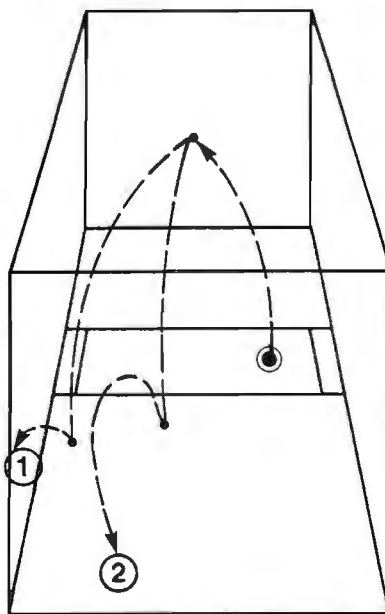


Diagram 1. The half-lob serve. 1) Into rear corner; 2) Into center court.

power zone—and require a more patient and restrained response.

Furthermore, soft serves buy time for the player who has to wear down an opponent possessing an excellent return of drive serves. Soft serves can also be used to hide a weak drive serve.

Your opponent's weak zone lies above the chest—exactly the area to which serves should be hit. This serves two purposes. First, you're keeping the ball as far as possible from the power zone (between waist and knee). Second, you drain energy from your opponent by forcing him to use the relatively weaker muscles of the upper body as opposed to the stronger muscles of the

legs for the power return.

Over the course of a match you will get weaker returns and finally less precise ground strokes as your opponent wears down. Don't abandon the soft serves even if your opponent attacks them early in the match. The player who starts against you is rarely the player who finishes.

Soft serves should be moved around your opponent's weak zone to force him to make continuous timing adjustments. When properly combined with power serves, you can keep your opponent always off balance, thus reducing his offensive opportunities.

The simplest soft serve is the well

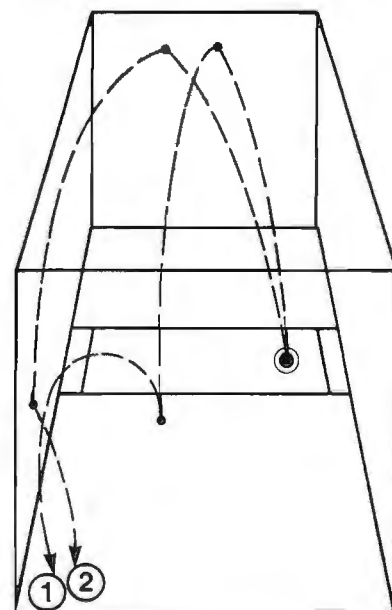


Diagram 2. The high-lob serve. 1) Into the rear corner; 2) Into side wall.



Marty Hogan

known half-lob (garbage) serve (**Diagram 1**). It is hit 8 to 10 feet high with some underspin into the left, rear corner, making contact with the side wall about shoulder high, three or four feet from the back wall.

If you find your opponent hitting good splat shots off your half-lob, try serving more toward the center of the court to present a different angle. In order to prevent your opponent from fly (volley) shooting your serve or short hopping (half-volleying), hit the serve so the ball bounces on the floor in the safety zone between the receiving and short lines.

The stroke for the half-lob is simple, although quite different than the nor-

'Don't abandon the soft serves even if your opponent attacks them early in the match. The player who starts against you is rarely the player who finishes.'

mal forehand. The motion is more similar to a punch than anything else. Although your wrist is cocked, it doesn't break at impact. The contact point is about chest high and all of the arm movement occurs as a slight pivot of the arm at the shoulder joint. This

movement is more for maintaining proper orientation than generating velocity.

All of the ball speed comes from a weight shift from the rear foot to the front foot and a slight uncoiling of the upper torso.

One popular variation of the half-lob is the high-lob (**Diagram 2**). It's particularly effective against short players. Some players hit this serve with top spin, getting good depth and height, preventing your opponent from running up on your serve, even though the ball bounces on the floor near the short line.

Spin is important with other variations on the high-lob. If hit with a great

(Continued on page 37.)

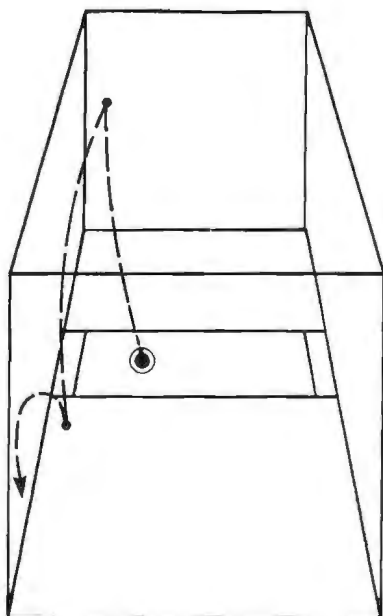


Diagram 3. Backhand lob serve.

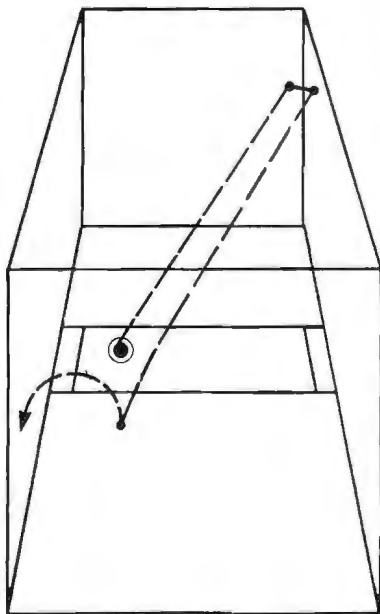


Diagram 4. Backhand high-Z Serve

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Playing Racquetball To Lose Weight

Playing racquetball to lose weight is easy. First you cut out cake, ice cream, halvah and pizza...

by Lou Kaplan



Left to right: Lou, Jay, Sol, Charlie and Sonny.

I like racquetball. I play it for fun, exercise and relaxation. And now I'm concentrating on playing the game to lose some weight.

I don't know what it is, but as a guy gets older* (see below) it gets more difficult to take off that bulge that has been building up. Oh, for the good old days when I was a slim, muscular 165 pounds!

*Notice I said "older," not "old." Old is the guy who is 10 years older than you. If you're 50, it's the guy who's 60. If you're 60, it's the one who's 70. And so on.

Using the same incontestable logic, I don't accept it when some wise guy calls me fat. I don't mind being called heavy, but please, not fat. Fat is someone who is 15 pounds heavier than I am. Fat is someone who can't play racquetball because he can't bend down to tie his sneakers or grab the loose balls.

Internally, I feel slim. Externally, I get the bitter truth when I look at the mirror and ask:

"Mirror, mirror on the wall,
Who is slimmest of them all?"
And the mirror comes back with:

"Who you trying to kid, buster?"

The racquetball courts I play on in Delray Beach, FL, are of the three wall outdoor variety. Most of the guys I play with are in my category, that is age: below 70. Racquetball rating: S-1 (Schlepper Grade 1). Actually, we're not all that bad, just most of us. But we can hold our own in any D tournament.

We don't hit kill shots. We don't hit any 90 mph passes. As a matter of fact, if a player gets hit by one of our shots, he rarely knows it. The other day Sonny hit Lefty with one of his best rips and then begged him, "Lefty, please, please, say it hurts."

Naturally, Lefty didn't even know he had been hit, let alone by one of Sonny's best shots.

Okay, so now that I've made up my mind to take off some of that soft muscle, I've got to establish a baseline weight. First I set the scale at two pounds below zero. (That's to allow for the extra magnetic pull of the earth in the Delray Beach area.)

Then I move the scale around on the floor until I find the best spot—the one that gives the lowest reading. Before I get on the scale I make sure that I

'If I can drop an ounce a game I would be able to lose about a pound a week, 50 pounds a year. After four years I would disappear.'

haven't eaten and that I've taken a close shave, a haircut and a shower.

Now I'm ready. I place my left hand on the sink, my right hand on the door knob and press down hard. (You have to be sure that you don't break the knob.) I expel all my breath, letting my weight settle slowly, I try lifting one foot off the scale, lean to the right, lean to the left. I doesn't help a bit. What I see is what I've got—185 pounds. If I can lose 10 pounds I'll be okay.

I've been playing racquetball (doubles) two mornings a week. I figure I'll increase it to three days. Playing five games at every session will give me 15 games a week. If I can drop an ounce a game I would be able to lose about a pound a week, 50 pounds a year. After four years I would disappear. Have to be careful I don't work too hard.

I weighed myself at the end of a week. The extra day of playing did the trick. I put on a pound! Something was wrong. Maybe the 4000 calories a day I was eating was just a little too much.

I cut out all cake and after 10 weeks, success. I dropped half a pound.

I guess I'll have to wait for the hot weather to take off some of that excess poundage. It will be easier to do that than cut out ice cream, candy, halvah, and pizza. After all, I need strength to play my 15 game a week schedule.

Ah—the heck with all this weight stuff. As long as I can still move around, enjoy, and have fun playing the great game of racquetball, what's the worry. There's nothing like it; even for non-champs like us. □



Marty Hogan: The Top-Ranked Player Of All-Time

1985 YEARBOOK

A Treasury Of Racquetball Records And Rankings

How These Records Were Compiled

These statistics were compiled from two microcomputer databases which contain records of every match played in every men's and women's ranking professional tournament since the beginning of pro racquetball in 1973. The top 50 players are ranked by win/loss percentage - matches won divided by matches played. Only those men who played at least 15 matches and women who played at least 10 are included in the listing.

Those tournaments included for the men (118 total) are: 9/73-6/81, all NRC and IRA tour events; 10/81-6/83, all Catalina Tour events; 8/83-1/85, all RMA Tour events.

Those tournaments included for the women (85 total) are: 9/75-6/79, all NRC tour events; 10/79-6/85, all WPRA Tour events.

Although these records are as complete as possible, some first-round matches during the period 1973-1975 are missing because of incomplete records during that period. Qualifying rounds are not included in the statistics.

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By **YAMAHA**

Top 50 Men Pros of All Time Ranked By Win/Loss Percentage

RANK	PLAYER	MATCHES WON	MATCHES LOST	MATCHES PLAYED	W/L PERCENT.	WINS	2ND	SEMI	QUAR	16	32	TOURN. PLAYED
1	Hogan, Marty	369	49	418	88.2775	53	14	18	10	6	1	102
2	Brumfield, Charlie	162	49	211	76.7772	16	11	8	18	7	5	65
3	Yellen, Mike	196	69	265	73.9622	13	12	23	14	16	4	82
4	Peck, Dave	163	59	222	73.4234	10	14	18	12	4	11	69
5	Hilecher, Jerry	220	103	323	68.1114	5	14	28	39	22	0	108
6	Swain, Cliff	22	11	33	66.6666	2	0	2	1	5	3	13
7	Gonzalez, Ruben	47	26	73	64.3835	0	1	4	15	6	0	26
8	Strandemo, Steve	131	74	205	63.9024	3	7	15	33	12	7	77
9	Peck, Gregg	75	43	118	63.5593	2	3	11	11	10	8	45
10	Bledsoe, David	115	66	181	63.5359	2	5	13	20	18	10	68
11	Harnett, Bret	73	45	118	61.8644	3	3	11	12	10	9	48
12	Serot, Steve	98	64	162	60.4938	4	7	14	12	13	18	68
13	Keeley, Steve	86	58	144	59.7222	4	4	9	14	21	10	62
14	Wagner, Rich	133	92	225	59.1111	1	7	15	26	31	13	93
15	Oliver, Scott	29	21	50	58.0000	0	4	0	3	7	7	21
16	McCoy, Craig	109	79	188	57.9787	0	6	11	22	34	6	79
17	Price, Gerry	37	27	64	57.8125	0	1	3	7	11	5	27
18	Muehleisen, Bud	9	7	16	56.2500	0	0	1	3	2	1	7
19	Jones, Jay	34	27	61	55.7377	0	0	1	9	14	3	27
20	Koltun, Ben	72	60	132	54.5454	0	0	5	20	26	9	60
21	Thomas, Don	61	59	120	50.8333	0	1	6	20	16	14	59
22	Andrews, Ed	31	30	61	50.8196	0	0	3	8	13	6	30
23	Morrow, Mark	40	41	81	49.3827	0	0	2	5	25	9	41
24	Fleetwood, David	34	36	70	48.5714	0	1	0	6	19	10	36
25	Schmidtke, Bill	39	43	82	47.5609	0	2	2	15	13	11	43
26	Newman, Jack	18	20	38	47.3684	0	0	0	4	10	6	20
27	Myers, Lindsay	33	37	70	47.1428	0	1	1	9	13	13	37
28	Hawkes, Brian	11	13	24	45.8333	0	0	0	1	7	5	13
29	Bryzman, Corey	15	19	34	44.1176	0	0	0	3	8	8	19
30	Gross, David	14	18	32	43.7500	0	0	0	3	6	9	18
31	Cohen, Doug	40	52	92	43.4782	0	0	1	8	33	10	52
32T	Zeitman, Mike	39	51	90	43.3333	0	0	2	15	19	15	51
32T	Strom, Ron	13	17	30	43.3333	0	0	3	3	5	5	17
34	Egerman, John	34	45	79	43.0379	0	0	2	10	16	17	45
35T	Ikier, Paul	11	15	26	42.3076	0	0	0	1	10	4	15
35T	Gross, Andy	11	15	26	42.3076	0	0	0	1	8	5	15
37T	Dunn, Bill	9	13	22	40.9090	0	0	1	2	7	3	13
37T	Sell, Bill	9	13	22	40.9090	0	0	0	1	5	7	13
39	Lynch, John	13	19	32	40.6250	0	0	0	1	11	7	19
40	Bowman, Jeff	17	25	42	40.4761	0	0	0	2	13	10	25
41	Rubenstein, Ron	9	14	23	39.1304	0	0	2	8	2	2	14
42	Thurman, Bill	7	11	18	38.8888	0	0	1	1	5	3	11
43	Fancher, Terry	8	13	21	38.0952	0	0	0	0	6	7	13
44	Zuckerman, Jerry	23	39	62	37.0967	0	0	0	2	17	20	39
45	Wong, Ken	7	12	19	36.8421	0	0	0	1	8	3	12
46	Meyers, Larry	16	28	44	36.3636	0	0	1	4	7	16	28
47	Ray, Mike	11	20	31	35.4838	0	0	0	2	6	12	20
48	Chase, Steve	18	33	51	35.2941	0	0	0	1	16	16	33
49	Lerner, Steve	9	17	26	34.6153	0	0	0	1	6	10	17
50	Stafford, Randy	11	24	35	31.4285	0	0	0	2	7	15	24

Top 50 Women Pros of All Time Ranked By Win/Loss Percentage

RANK	PLAYER	MATCHES WON	MATCHES LOST	MATCHES PLAYED	W/L PERCENT.	WINS	2ND	SEMI	QUAR	16	32	TOURN. PLAYED
1	McKay, Heather	161	23	184	87.5000	19	15	6	1	1	0	42
2	Adams, Lynn	180	27	207	86.9565	22	14	8	3	2	0	49
3	Wright, Shannon	205	42	247	82.9959	23	12	26	2	2	0	65
4	Greer, Marci	93	54	147	63.2653	1	5	15	15	17	2	55
5	Steding, Peggy	86	50	136	63.2352	12	9	4	6	10	21	62
6	Marriott, Janell	115	76	191	60.2094	2	7	22	20	20	7	78
7	Green, Sarah	46	32	78	58.9743	1	2	8	10	11	1	33
8	Walton, Karin	43	30	73	58.9041	1	0	5	16	8	1	31
9	Panzeri, Vicki	67	47	114	58.7719	2	4	4	12	22	5	49
10T	Gardner, Peggy	40	30	70	57.1428	0	0	2	16	5	7	30
10T	Martino, Laura	52	39	91	57.1428	0	2	5	14	11	7	39
10T	Drexler, Marci	16	12	28	57.1428	0	0	3	3	3	3	12
13	Harding, Jennifer	96	73	169	56.8047	2	4	9	27	27	6	75
14	Gilreath, Terri	51	42	93	54.8387	0	3	9	9	9	12	42
15	McKinney, Caryn	46	38	84	54.7619	0	1	4	16	11	6	38
16	Prefontaine, Linda	25	21	46	54.3478	0	0	2	8	7	4	21
17	Williams, Kathy	33	32	65	50.7692	0	0	12	14	6	0	32
18	Maltby, Barbara	12	12	24	50.0000	0	0	1	3	5	3	12
19	Hoff, Rita	48	49	97	49.4845	0	2	3	20	15	9	49
20	Bullard, Diane	11	12	23	47.8260	0	2	0	1	5	4	12
21	Poe, Brenda	21	24	45	46.6666	0	0	2	4	9	9	24
22	Lee, Elaine	20	24	44	45.4545	0	0	0	5	12	7	24
23	Campbell, Jan	11	14	25	44.0000	0	0	0	7	7	0	14
24T	Weisbach, Hope	7	9	16	43.7500	0	0	0	1	6	2	9
24T	Baxter, Cindy	7	9	16	43.7500	0	0	1	1	3	4	9
26	Davis, Francine	40	52	92	43.4782	0	0	4	9	26	13	52
27	Alvarado, Liz	12	16	28	42.8571	0	0	1	2	7	6	16
28	Bell, Babette	7	10	17	41.1764	0	0	0	2	4	4	10
29	McDonald, Martha	32	48	80	40.0000	0	1	0	13	23	11	48
30	Stupp, Heather	10	16	26	38.4615	0	0	2	2	6	6	16
31	Stoll, Bonnie	30	49	79	39.746	0	0	1	6	24	18	49
32	Sauser, Jean	34	60	94	36.1702	0	1	5	14	23	17	60
33	Jackson, Joyce	26	47	73	35.6164	0	0	2	6	19	20	47
34	McCarthy, Camille	6	12	18	33.3333	0	0	0	4	7	1	12
35	Carow, Sue	18	37	55	32.7272	0	1	1	12	14	9	37
36	Fletcher, Stacy	12	25	37	32.4324	0	0	0	4	10	11	25
37	Bishop, Kipi	8	17	25	32.0000	0	0	0	0	8	9	17
38	Ambler, Cheryl	7	15	22	31.8181	0	0	0	0	7	8	15
39	O'Brien, Molly	11	24	35	31.4285	0	0	0	4	11	9	24
40T	Moore, Alicia	7	17	24	29.1666	0	0	0	1	15	1	17
40T	Dugan, Susie	7	17	24	29.1666	0	0	0	1	10	6	17
42	Rasmussen, Trina	3	8	11	27.2727	0	0	0	0	3	5	8
43	Pasternak, Jan	6	19	25	24.0000	0	0	1	4	13	1	19
44	Schmidt, Pat	5	17	22	22.7272	0	0	0	3	11	3	17
45	Dee, Mary	9	32	41	21.9512	0	0	0	1	13	18	32
46	Lynch, Marcy	6	22	28	21.4285	0	0	0	0	7	10	17
47	Woods, Gail	4	17	21	19.0476	0	0	0	0	7	10	17
48	Thompson, Judy	3	14	17	17.6470	0	0	0	0	9	5	14
49	Crawley, Beth	2	10	12	16.6666	0	0	0	0	5	5	10
50	Robson, Sandy	2	12	14	14.2857	0	0	0	0	3	9	12

Major Men's Title Holders

MEN'S OVERALL NATIONAL CHAMPIONS

1975 - Charlie Brumfield
1976 - Charlie Brumfield
1977 - David Bledsoe
1978 - Marty Hogan
1979 - Marty Hogan
1980 - Marty Hogan
1981 - Marty Hogan
1982 - David Peck
1983 - Mike Yellen
1984 - Mike Yellen
1985 - Mike Yellen

MEN'S EKTELON NATIONAL CHAMPIONS

1980 (Los Angeles, CA) - David Peck
1981 (Los Angeles, CA) - Marty Hogan
1982 (Anaheim, CA) - David Peck
1983 (Anaheim, CA) - Mike Yellen
1984 (Anaheim, CA) - Bret Harnett
1985 (Anaheim, CA) - Cliff Swain

MEN'S CATALINA NATIONAL CHAMPIONS

1982 (Ft. Worth, TX) - David Peck
1983 (Chicago, IL) - Mike Yellen

MEN'S DP/LEACH NATIONAL CHAMPIONS

1975 (Las Vegas, NV) - Charlie Brumfield
1976 (San Diego, CA) - Charlie Brumfield
1977 (San Diego, CA) - David Bledsoe
1978 (Belleville, IL) - Marty Hogan
1979 (Tempe, AZ) - Marty Hogan
1980 (Las Vegas, NV) - Marty Hogan
1981 (Tempe, AZ) - Marty Hogan
1982 (Chicago, IL) - Marty Hogan
1983 (Atlanta, GA) - Mike Yellen
1984 (Atlanta, GA) - Mike Yellen
1985 (Boston, MA) - Gregg Peck



Charlie Brumfield



Marty Hogan



Mike Yellen

Career Head-To-Head Records Of Top 20 Men

(For wins read across - losses read down)

	Hogan, M	Brumfield, C	Yellen, M	Peck, D	Hilecher, J	Swain, C	Gonzalez, R	Strandemo, S	Peck, G	Bledsoe, D	Harnett, B	Serot, S	Keeley, S	Wagner, R	Oliver, S	McCoy, C	Price, G	Muehleisen, B	Jones, J	Koltun, B
1 Hogan, M	—	12	20	18	24	2	1	16	6	13	10	9	6	20	4	16	4	0	4	13
2 Brumfield, C	6	—	4	0	7	0	0	8	0	4	1	14	9	4	0	8	0	0	3	1
3 Yellen, M	8	4	—	9	10	1	6	2	10	2	5	1	0	6	2	8	3	0	1	3
4 Peck, D	5	1	1	—	7	1	5	4	6	2	5	1	2	5	0	5	1	0	1	3
5 Hilecher, J	6	4	8	5	—	1	1	4	4	10	0	7	6	5	2	6	3	0	0	8
6 Swain, C	1	0	0	1	2	—	0	0	1	0	1	0	0	0	1	0	3	0	0	0
7 Gonzalez, R	0	0	0	0	1	2	—	1	1	0	1	0	0	1	1	0	1	0	0	0
8 Strandemo, S	1	3	0	2	3	0	0	—	1	3	3	6	7	4	0	3	0	2	3	3
9 Peck, G	3	0	4	0	2	0	3	0	—	1	5	0	0	4	1	2	2	0	0	2
10 Bledsoe, D	2	3	1	0	8	0	0	1	0	—	1	5	5	6	0	2	0	1	3	3
11 Harnett, B	3	0	1	5	6	0	2	2	5	2	—	0	0	2	0	1	2	0	0	0
12 Serot, S	1	2	3	1	4	0	0	7	0	5	0	—	3	4	0	1	0	0	1	1
13 Keeley, S	2	1	0	0	4	0	0	4	0	3	0	6	—	2	0	2	0	0	2	0
14 Wagner, R	3	5	1	1	8	0	1	4	0	4	2	2	4	—	0	4	2	0	3	4
15 Oliver, S	0	0	0	2	1	0	2	0	2	0	1	0	0	1	—	0	2	0	0	0
16 McCoy, C	1	2	3	3	2	0	2	7	0	2	1	1	3	1	0	—	0	2	2	1
17 Price, G	1	0	1	2	1	0	2	0	0	0	1	0	0	2	0	1	—	0	0	1
18 Muehleisen, B	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	—	0	0
19 Jones, J	0	1	1	0	0	0	0	0	0	0	0	1	2	2	0	1	0	0	—	2
20 Koltun, B	0	2	0	1	1	0	0	1	0	2	1	1	3	1	0	2	0	0	1	—

Major Women's Title Holders

WOMEN'S OVERALL NATIONAL CHAMPIONS

1976 - Peggy Steding
1977 - Shannon Wright
1978 - Shannon Wright
1979 - Karin Walton
1980 - Heather McKay
1981 - Heather McKay
1982 - Lynn Adams
1983 - Lynn Adams
1984 - Heather McKay
1985 - Lynn Adams

WOMEN'S EKTELON NATIONAL CHAMPIONS

1981 (Los Angeles, CA) - Shannon Wright
1982 (Anaheim, CA) - Heather McKay
1983 (Anaheim, CA) - Heather McKay
1984 (Anaheim, CA) - Heather McKay
1985 (Anaheim, CA) - Lynn Adams

WPRA NATIONAL CHAMPIONS

1980 (Chicago, IL) - Heather McKay
1981 (Chicago, IL) - Heather McKay
1982 (Denver, CO) - Lynn Adams
1983 (Chicago, IL) - Lynn Adams
1984 (Ft. Worth, TX) - Heather McKay
1985 (Ft. Worth, TX) - Heather McKay

WOMEN'S DP NATIONAL CHAMPIONS

1984 (Atlanta, GA) - Lynn Adams
1985 (Boston, MA) - Lynn Adams



Heather McKay



Shannon Wright



Lynn Adams

Career Head-To-Head Records Of Top 20 Women

(For wins read across - losses read down)

	McKay, H	Adams, L	Wright, S	Greer, M	Steding, P	Marriott, J	Green, S	Walton, K	Panzeri, V	Gardner, P	Martino, L	Drexler, M	Harding, J	Gilreath, T	McKinney, C	Prefontaine, L	Williams, K	Maltby, B	Hoff, R	Bullard, D
1 McKay, H	—	16	9	9	2	8	1	0	2	8	7	1	9	7	5	0	0	2	2	3
2 Adams, L	12	—	14	11	3	4	2	3	11	3	6	4	5	8	9	2	0	2	1	2
3 Wright, S	4	6	—	6	10	16	4	5	7	4	3	1	12	3	7	4	6	1	10	1
4 Greer, M	2	0	2	—	3	1	4	2	4	0	2	1	3	0	2	3	1	0	4	0
5 Steding, P	0	0	5	2	—	9	6	4	1	0	1	0	6	0	0	0	7	0	4	0
6 Marriott, J	1	0	5	5	4	—	2	4	1	2	3	0	7	3	1	0	7	0	5	0
7 Green, S	1	0	1	1	2	3	—	3	0	1	0	0	0	0	0	1	3	0	2	0
8 Walton, K	0	0	2	2	2	3	0	—	2	0	1	0	2	1	0	1	0	1	1	0
9 Panzeri, V	2	3	1	1	0	3	0	0	—	1	2	1	3	3	1	0	0	0	2	0
10 Gardner, P	0	0	0	1	1	4	0	0	3	—	0	0	1	0	2	1	0	0	1	1
11 Martino, L	0	0	0	1	0	2	1	2	0	1	—	0	1	0	3	0	0	4	0	1
12 Drexler, M	0	0	0	0	0	1	0	0	1	0	0	—	1	0	1	0	0	0	0	0
13 Harding, J	1	0	1	3	1	4	4	1	1	0	2	0	—	4	2	1	3	0	4	0
14 Gilreath, T	0	1	1	1	1	1	0	0	3	1	2	1	3	—	2	0	0	1	2	0
15 McKinney, C	0	0	0	0	0	1	0	1	0	1	4	0	2	2	—	0	0	1	1	0
16 Prefontaine, L	0	0	0	0	1	0	1	1	1	2	0	0	2	1	0	—	0	0	1	0
17 Williams, K	0	0	0	0	1	1	0	0	0	0	0	0	3	0	0	0	—	0	0	0
18 Maltby, B	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	—	0	0
19 Hoff, R	0	0	1	3	4	0	2	1	0	0	0	0	1	2	0	1	1	0	—	0
20 Bullard, D	0	0	0	1	0	2	0	0	0	0	0	0	1	1	1	0	0	0	0	—

1985 PLAYERS OF THE YEAR

GREGG PECK



1984-85 SEASON RECORD

Davison, MI-Semi-final	Concord, CA-Semi-final
Stockton, CA-Win	Baltimore, MD-2nd
Pleasanton, CA-2nd	Anaheim, CA-2nd
Tempe, AZ-Semi-final	Cheyenne, WY-Round-of-32
Tulsa, OK-Semi-final	Boston, MA-Win
Beaverton, OR-Round-of-32	

For those who follow professional racquetball closely, the rise of Gregg Peck to the top of the men's game has been a foregone conclusion for years. Since joining the tour as a 16-year-old in 1979, his march up the rankings has been so steady and predictable that his season-to-season record looks like a road map to the national championship.

If he soon becomes the world's top-ranked player, which now seems very likely, the 1984-85 season will be remembered as Gregg's initiation into the "inner circle". He won the first ranking tournament of his career by defeating Marty Hogan in the final at Stockton in September, and then ended his season with a stunning victory over Mike Yellen to win the DP Nationals in Boston. Over the season he took out Hogan twice, and Yellen three times.

Peck's most remarkable achievement this season, however, was what he did when he wasn't winning tournaments. In the eleven ranking tour events, he finished in the semifinals or higher nine times, making him by far the most consistent player in the game.

With the biggest title in the sport now in his pocket, Peck seems ready to mount a serious assault on the dominance of Hogan and Yellen. At 21, and still improving with every match, Gregg stands an excellent chance of becoming the first player to accomplish that since his older brother David. □

LYNN ADAMS



1984-85 SEASON RECORD

Auburn, MA-Win	Anaheim, CA-Win
Burlington, VT-Win	Ft. Worth, TX-Win
Lynnwood, WA-Semi-final	Boston, MA-Win

Stated simply, no woman racquetball player has ever sequaled in a single season the 1984-85 record of Lynn Adams. In seven tournaments she lost only one match—to Terri Gilreath in the semifinals at Lynnwood. She is the first woman to ever win the Women's Professional Racquetball Association "triple crown"—consecutive victories at the Ektelon, WPRA, and DP National Championships. Amazingly, she lost only one game en route to the Ektelon and DP crowns.

Practically since the WPRA was formed in 1979, women's professional racquetball has been dominated by Adams and her only rival Heather McKay—a combined dynasty not unlike that of Navratilova and Everett-Lloyd in tennis. But that dominance is about to change: McKay dropped out during the season because of a nagging neck injury and officially retired following the DP Nationals.

There is no doubt that eventually one of the other talented women on the tour—Panzeri, Gilreath, McKinney, Drexler—will rise to take her place. But that process could take years, and in the meantime Lynn Adams is likely to reign as the absolute monarch of the women's pro tour.

What makes Adams so unusual, and her dominance in the game so unchallengable, is that despite her phenomenal success over the years she still finds excitement playing the tour. She has made no secret of her goal of playing an entire pro season without a loss. That has never been done in either the men's or women's game; Lynn Adams has a good chance of pulling it off next season. □

1985 MOST IMPROVED PLAYERS

CLIFF SWAIN



1984-85 SEASON RECORD

Davison, MI-Round-of-16	Baltimore, MD-Quarterfinal
Stockton, CA-Round-of-32	Anaheim, CA-Win
Tulsa, OK-Win	Cheyenne, WY-Semifinal
Beaverton, OR-Round-of-16	Boston, MA-Semifinal
Concord, CA-Round-of-16	

Not since Marty Hogan roared to the top of men's pro racquetball in 1976 has any player climbed as fast in the rankings as 19-year-old Cliff Swain. His climb from 25th to number five in a single season was astonishing, but Swain used only four months of the season to do it. In February he became the first unseeded player in the history of the pro game to win a ranking event by sweeping through the Tulsa Open—the first time he had ever even made it past the second round.

Three months later he proved Tulsa was no fluke by upsetting Marty Hogan, Dave Peck, and Gregg Peck in succession to win the prestigious Ektelon National Championships in Anaheim, California. Swain finished the season with semifinal showings in both Cheyenne and Boston. Perhaps the most telling statistic is that over the course of the 1984-85 season he took out every player in the top 10 with the exceptions of Mike Yellen and Ruben Gonzalez.

Cliff's year-end ranking established him well ahead of Bret Harnett as the game's highest ranked left-hander. He is unquestionably the greatest drive server to come along since Hogan himself—maybe the best ever.

Swain will begin the 1985-86 season a mere 3/10 of a point behind Jerry Hilecher in fourth place, and will probably take over that position after the first tournament. Considering the current level of competition, for a rookie who has only competed in 13 professional events, that accomplishment is almost beyond belief.

MARCI DREXLER



1984-85 SEASON RECORD

Auburn, MA-Round-of-32	Lawton, OK-Quarterfinal
Burlington, VT-Round-of-16	Ft. Worth, TX-Semifinal
Lynnwood, WA-Round-of-16	Boston, MA-Quarterfinal
Anaheim, CA-Semifinal	

Although she has dabbled in pro competition occasionally since 1982, the 1984-85 WPRA season was the first as a full time touring pro for 20-year-old Marci Drexler of North Hollywood, California. Her performance justified her status as the most promising young player to join the women's tour in many years. In seven tournaments she boosted her ranking from 28 to number five. In the three nationals—Ektelon, WPRA, and DP—she chalked up one quarterfinal and two semifinal finishes. More importantly, with the exception of her first outing of the season Drexler did not lose a match to any player outside the top four—McKay, Adams, Panzeri, and Gilreath.

Marci carries with her all of the credentials necessary for a future national champion. In 1982, at age 16, she won the AARA National Junior Championships in Carson City, Nevada. In 1984 she upset top-seeded Cindy Baxter to win the AARA National Singles title in Houston. A naturally gifted athlete, Drexler possesses all the attributes necessary to take her to the top: she is short, powerful, and extremely fast on the court.

If the potential of a player can be judged by how much her opponents dread playing her, then Marci Drexler's future is very bright. Like many of today's younger players her only weakness is lack of experience, and that is coming very quickly.

Conine and Pritchett Take 1985 Junior Nationals

The Future Stars Of Racquetball Made Their First Appearance At Newport Beach, CA

by Drew Stoddard

Every year in late June, after the professional and amateur national champions have been coronated, all turn to watch the outcome of one of the sport's most important tournaments—the AARA National Junior Championships. It is much more than just a passing interest in talented young players. National junior champions have a habit of making big waves in the sport before their trophies even get home.

Last year, a young man named Cliff Swain took third-place in the event; today Swain is the fifth-ranked player on the planet.

In fact, the level of competition in the younger ranks has risen so far that these days it sometimes seems that the only difference between the Junior Nationals and the pro tour is that most of the pros are simply too old to enter the former.

The 1985 AARA National Junior Championships, held June 24-29 at the Newport Beach Sporting House in Newport Beach, California, was a case in point. Southern California's own Jeff Conine—dubbed “Conan the Crusher” by his opponents for his tremendous hitting power—swept past Jim Juron (NY), Dan Hugelen (MT), Mike Griffith (OR), and Mike Bronfeld (CA) to win the men's 18-and-under division. In his most recent competition prior to Newport Beach, Conine upset Ed Andrews in the final of an open division tournament in nearby Irvine—Andrews was ranked seventh on the men's pro tour at the time.

Dina Pritchett of Indiana defeated Elaine Mardas of Ohio to win the woman's 18-and-under crown. And like Conine, Pritchett has shown her own ability to play with the best. One week prior to the juniors tournament she extended Vicki Panzeri—the second-ranked player on the women's tour—to four close games at the DP Nationals in Boston.

Over 600 aspiring junior players ranging in age from 8 to 18 traveled to Newport Beach in hopes of leaving with one of 22 different Junior National crowns. In addition to the coveted titles, the Winner's of both the men's and

women's 18-and-under divisions were given automatic berths on the prestigious U.S. National Team which represents the AARA in international competition.

Conine, who has been playing racquetball for seven years, may have difficulty playing with the Team. Jeff is an amazingly gifted athlete, and racquetball actually is his second sport. For most of the year he concentrates his efforts on his job as starting relief pitcher for the UCLA Bruins while attending college on a baseball scholarship.

Although racquetball is clearly his favorite sport, Jeff realizes that he can make a much better living throwing fastballs.

“I prefer racquetball,” he said. “It's a lot more fun. I like the individual aspect of it. It's too bad there's not as much money in racquetball as there is

in baseball. If there is a (stronger) tour by the time I get out (of college), I'd like to play racquetball, but right now it looks like baseball.”

Interestingly, Conine was unseeded in the event because he had never previously competed in national junior competition. Those who were seeded had a rough time. Top-seed Mike Lowe (CA) fell to Bobby Rodriguez (CO) in the tie-breaker of their quarter-final match. Pre-tournament favorite David Simonette (MD) met a similar fate at the hands of talented Mike Griffith (OR) also in the quarterfinals, 15-4, 15-8.

Unlike the men's division, the women's seeds held like glue, with #1 Pritchett downing #2 Mardas 15-7, 15-1 in the final.

In the men's 18-and-under doubles division, Charlie Nichols (FL) and



The Florida coach gives some advice to one of his junior players.

Footloose!

Running and Racquetball Are A Great Fun and Fitness Combination. Here's How To Start—

by Jean Sauser

Maybe one of the reasons you play racquetball is so that you don't have to run for fitness. But, have you ever considered running for racquetball? Besides being an excellent activity for achieving and maintaining aerobic fitness, running can improve your racquetball game.

Who Should Run

You should run if you are in good health. Check with your physician to verify this fact. Your doctor's the one that knows the history of your body. Because running can be a moderate to heavy duty workout, especially for your heart, your legs, and your lower back, you'll want to make sure that you have the "all systems go" signal from someone who is qualified to know whether running will add to your health or place it in jeopardy.

Getting Started

You cannot run in your court shoes, so you'll have to purchase a pair of running shoes. All of today's major shoe manufacturers make good quality running shoes. So, if you are happy with the court shoe you are presently playing racquetball in, check into a running shoe made by the same company. Chances are they have the right shoe to give your feet the cushioning and support they need to cope with the special stresses of running.

Clothing for running is simple enough. You should be able to run comfortably in your racquetball clothes, adding a warm-up for the colder days, or running in a tank top and shorts on the warmer days. Last but not least, be sure and wear socks when you run. Cotton socks are best as they are highly absorbent and will keep your feet dry and comfortable instead of damp and grungy. Socks also prevent your shoes rubbing against your feet and serve to



Photo 1: Running is a pleasant outdoor break from racquetball. To avoid excess tightening of the calf muscles, always run so that your feet hit the ground heel first.

prevent blisters as well as other uncomfortable situations that come from shoes rubbing against bare feet. Socks will also provide that extra cushion between your feet, your shoes and the ground.

Flexibility

Like racquetball, running develops your leg muscles. Failing to execute flexibility exercises before and after you run will

eventually lead to injury. That's because as your legs develop strength, the muscles will hypertrophy (get larger) and tighten if flexibility is not increased along with strength. Without flexibility exercises, eventually the range of motion your legs can make will become limited. Any sudden movement out of that limited range of motion (during your run or on the court for that mat-

'Like racquetball, running develops your leg muscles. Failing to execute flexibility exercises before and after you run will eventually lead to injury.'

ter) can cause a muscle tear or tendon rupture.

To increase flexibility along with strength, warm up before you run and cool down properly afterward.

Warm Up

Slowly and statically stretch your hamstrings, calf muscles, and upper body after you've laced up your shoes and before you begin your run.

1. Calf Muscles—Stand slightly more than an arm's length from a wall or fixed upright object (like a post, etc.). Place your hands flat against that object at shoulder level. Split your stance so that your thigh is at a 45 degree angle to your calf and the heel of your bent leg on the floor. Your other leg should be straight behind you with its heel down as close to the floor as comfortable (Photo 4.)

Slowly lean forward by bending your front leg to stretch the calf muscles of your straight leg. Keep your head up and lead with your head and chest into the stretch. Hold for a count of 8. Switch legs and repeat the procedure.

Execute two to three stretches for each calf, holding each slow static stretch for a count of 8.

2. Hamstrings—Stand with one leg raised up against a fixed object at hip level, and the foot of the other leg on the ground. Keep both knees slightly bent. Slowly bend forward leading with your head and chest into the stretch.

Hold this position for a count of 8. Breathe naturally and relax the back of your legs (hamstrings) as well as your lower back. As you do so, keep your hands resting on the ankle of your elevated leg. (Photo 2.)

Execute two to three slow static stretches for an 8 count on each leg.

3. Upper Body—Stand with your legs slightly more than hip's width apart. Fold your hands behind your head. Slowly twist back to the left and to the right sides of your body. Repeat this procedure 25 times, stretching farther as you feel your muscles start to get warm. (Photo 3.)

The last part of your warm up will occur as you begin to run. **START SLOWLY!** All you want to do during

Beginning Running Program

Week	Frequency	Duration	Activity
1	4X a week	15-20 min.	Fastwalk
2	4X a week	30-40 min.	Fastwalk
3-4	3X a week	15 min.	Run/Walk
5-6	3X a week	20 min.	Run
7-8	3-4X a week	25-30 min.	Run

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the first five minutes of your run is to give your body a chance to warm up further as it acclimates itself to the muscle motions you will be using. After five minutes, your muscles should feel warm and you can increase your speed to a faster pace if desired.

Proper Running Form

The safest and most effective way to run is to keep your weight directly over your hips. Keep your spine straight. Keep your shoulders relaxed and let your forearms remain slightly bent swinging freely back and forth. Make sure that your feet always hit the ground heel first (Photo 1.)

Always try to remember that you'll

want to run at a pace where your breathing is not labored. A good guideline is to give yourself a talk test while you run. That is if you can talk without losing your breath, you are running at the right pace. If not, slow down. Remember that running to the point of breathlessness will terminate your run within the first five minutes. Keep in mind that the objective of running for racquetball is increasing your cardiovascular (heart and lung) strength. This can only be done if you can run for a period of 30 minutes or more three to five times a week.

Cool Down

Always end your run with a walk. That

means you never just stop once you've completed the distance you set out to cover. Simply slow down into a walk and keep walking for two or three minutes. Then it will be time to execute flexibility exercises so that you can return your muscles to or beyond their original flexible state.

1. *Calf Stretches*—Repeat the Warm Up Procedure, but instead of executing two to three stretches on each calf muscle at 8 seconds each, execute a minimum of five stretches at 10 seconds each. If you run up hills, or play a lot of racquetball, your calf muscles will have a tendency to be tight. Also your achilles tendons can shorten. Make sure that you cool down your calf muscles properly at all times.

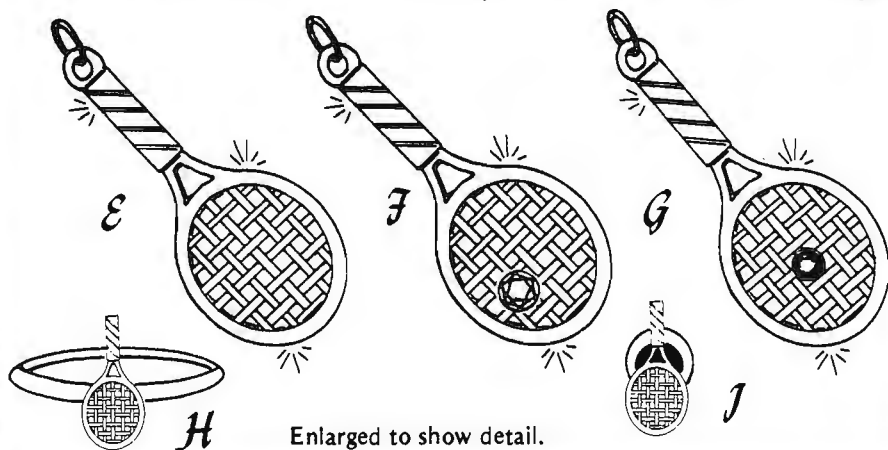
2. *Hamstring Stretches*—Repeat the Warm Up Procedure again increasing the number of stretches to five for 10 seconds on each leg.

3. *Upper Body Stretches*—Repeat the Warm Up Procedure. No increase is necessary.

Beginning Your Program

If you've never run for conditioning, then starting out properly is a must for you. For the first one to two weeks, walk briskly to give your body a chance to acclimate itself to this new form of exercise. Fastwalking is done at a pace that is obviously faster than window shopping at your favorite mall. In other words, you'll want to walk fast enough

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Photo 2: Stretching the hamstrings is especially important to racquetball players who run.

'Fastwalking is done at a pace that is obviously faster than window shopping at your favorite mall. Walk fast enough to be just short of running.'

to be just short of running.

Weeks three and four will require a combination of running and walking. Try to run until you feel yourself getting overly out of breath, physically very tired and uncomfortable or feel a sideache coming on. Then switch back to walking until you feel comfortable enough to try running again.

After eight weeks, if your goal is fat loss, increase the frequency of your running workouts to four or five times a week. If your goal is just fitness, maintain the same program.

Running can be the perfect complement for your racquetball game. It gives you the aerobic conditioning you need to last longer on the court. At the same time, running provides an excellent means of weight control while contributing to a healthier heart and lung capacity. You can run for fun, you can run for racquetball or you can run for fitness. Whichever reason you choose, you'll automatically improve all three. And that can be very healthy! □



Photo 3: Warm-up and cool-down with upper body stretches.



Photo 4: Calf muscle flexibility is important for running.

Next month: How To Make Your Running Program Aerobic.

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Letters...

(Continued from page 3.)

the ACSM for prescription of exercise intensity. If you still have a question about that, we would be glad to put you in touch with Steve Blair, the gentleman in charge of writing this year's revisional guidelines for the ACSM.

Lastly, when we said racquetball belongs in the world of fitness and should be an integral part of everyone's fitness program, we of course meant those already in good health. It is our fitness as well as racquetball editorial policy to encourage our readers to get regular physical examinations. Thanks for reinforcing our efforts. —Ed.

Harder Isn't...

(Continued from page 19.)

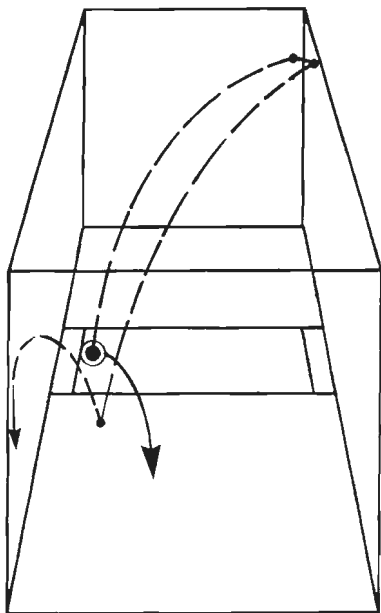


Diagram 5. Soft, overhead Z serve. Be sure to reposition yourself quickly.

deal of underspin, it will catch the side wall about 5 to 10 feet high. If hit with the backhand starting from a position closer to the left wall (**Diagram 3**) you force your opponent to contend with the left wall.

A more complex, but rewarding serve is the high-Z (**Diagram 4**). The easiest way to hit the serve is with your backhand. This technique gives you the angle necessary to get the Z trajectory while allowing you to remain well positioned near center court. Although there are almost as many variations of high Z serves as there are lob serves, the typical high Z is hit with underspin and

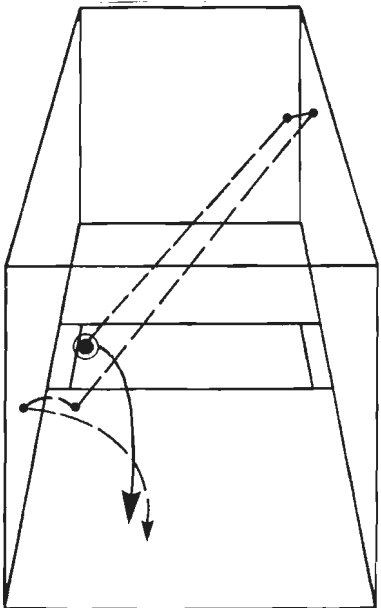


Diagram 6. Hard Overhead Z serve.

a very high trajectory.

The high Z adds the dimension of angle to the lob serve and offers a much smaller region where an opponent can meet the ball for an effective return. As in the lob, the ball should bounce on the floor in the safety zone.

The overhead Z serve is a less popular serve which can yield good results in special situations. In one variation, stand in the service zone near the left wall. Bounce the ball over your head and softly propel the ball in a high Z trajectory as before. This technique will give you a higher, more difficult to return trajectory than its backhand variant. Unfortunately, you are momentarily out of position and therefore susceptible to being attacked.

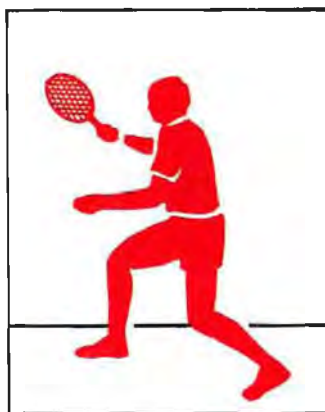
But if you combine this serve with a

higher velocity overhead Z serve, you can decrease the possibility of such an attack. The key to hitting the harder Z serve is to put a lot of side spin on the ball and aim for the ball to bounce on the floor near the side wall in the safety zone.

The ball will kick into the center of the court straight at your opponent's head, giving him no avenue of attack.

Although the lob and high Z serves don't have the glamour of the power serves, they are necessary tools in any championship player's repertoire. They are often your best choices of serves even though they will give you few aces.

But in the context of the entire match, they can be combined with power serves to give you much more than the sum of their parts. □



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B & C Players: Utilize Your Backhand Correctly

Charlie Garfinkel's 'Spot' Racquetball

by Charlie Garfinkel



Recently, while watching a local Men's B final, I was extremely impressed by the fluid strokes that each player exhibited when hitting a backhand. If I hadn't looked at the referee's score card I could have easily mistaken the players as A or Open.

However, after watching for 15 or 20 minutes it became quite apparent why these were B players. Their shot selection was abominable. When they had each other out of position they would continually hit the ball back to where the other player was stationed. When they should have passed, they shot the ball. When they should have shot the ball, they attempted to pass.

Even worse, when either player had an easy shot with his backhand 5-7 feet from the front wall, they invariably lost the point. Why? They'd try a soft drop shot that continually was hit too high. This gave their opponent plenty of time to rekill.

Or, they'd hit the backhand shot down the line as hard as they could. Often, this resulted in a hinder, or an avoidable hinder. And, if they didn't try one of the aforementioned shots, they'd often skip the ball into the floor.

Equally as foolish were the service returns that each player was hitting. They rarely tried to return the serve with a ceiling ball or other defensive shots. Instead, they both tried to hit most service returns as hard as they could. Needless to say, this resulted in many shots flying off the side wall or back wall, thus creating an easy shot for the server.

Finally, I noticed that each player continually used a soft lob on the second serve. However, the serve would often come off the back wall, producing an easy return. In fact, one player used the same lob serve so many times, that his opponent was standing *three feet* to the left of center before his opponent served the second serve to him.

And, the server never turned to check the receiver's court position!

When Players A and B were rallying and the opportunity to shoot or pass on their backhands arose, I could have recommended a simple strategy that has enabled me to win 14 out of 17 national championships. When my opponent is stationed near the service line, I'll pass. If he's stationed near the short line, I'll shoot.

Although I can't guarantee that you'll win an outright point every time, I can guarantee a greater percentage of points that could be won, due to a more intelligent shot selection.

A situation that often occurred after they had an extended rally resulted in both players being stationed at the short line. Player B had an easy setup on his backhand. A cross court backhand pass would've been foolish as his opponent was already positioned on the right side of the court.

A cross court kill shot was also un-

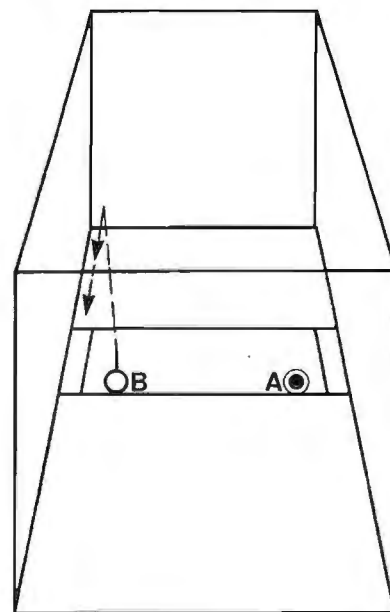


Diagram 1

wise, unless your name is Mike Yellen, of course. If the shot wasn't a flat rollout, Player A could easily rekill.

Player B could be tempted to try a left side pinch shot or a reverse corner shot into the right side. But, those shots have a tendency to carom towards center court if not executed correctly, thus giving Player A ample time to return the ball. And, I personally felt that Player B didn't have the expertise to execute those types of shots effectively.

Therefore, a hard backhand drive, straight down the wall, as shown in **(Diagram 1)** was the correct shot to use. The ball should have been hit 4-6 inches high on the front wall, as close to the left side wall, as possible. Although this strategy usually works 90% of the time, on occasion the ball may sit up a little, this giving Player A time to get to it. However, he'll still have an extremely difficult time returning the shot, as it will be so close to the left side wall.

During the match between the two B finalists I noticed that Player B was constantly in front of Player A on the left side. He appeared to have many easy setups. Yet, he rarely won the point outright. Player B would do one of two things. He'd either pass cross court, or he'd try a pinch into the left corner.

You're probably saying to yourself, "I know that a cross court passing shot is foolish as Player A will have time to retrieve it. But what is wrong with a left side wall pinch when you're in front of your opponent?"

Guess what? You're right in your assumption. However, Player B continuously hit his backhand pinch too far back on the left side wall. This caused

'I recommended a simple strategy that has enabled me to win 14 out of 17 national championships. When my opponent is stationed near the service line, I'll pass. If he's stationed near the short line, I'll shoot.'

the ball to bounce near the center of the front wall enabling Player A to return many shots.

Player B **(Diagram 2)** should have hit the ball as low as possible into the left side wall, as close as possible to the left front wall. This sharp angle would make the shot unreturnable, even if it was up a little.

Another tactical error that was constantly made by both players occurred when they had a set-up 5-7 feet from the front wall on their backhands. They'd either hit the shot too softly or skip the ball in. They should **(Diagram 3)** have hit a hard and low cross court, away from their opponent. By doing this, they would have scored a point nearly every time.

A shot that gives players at all levels great difficulty was readily evident in the B finals match that I watched. When Player B had a shot off the back wall on his backhand, Player A was constantly standing on the right side of the court near the short line.

Unbelievably, Player B kept trying to pass Player A cross court. And, Player

A put shot after shot away in the right hand corner. The correct shot to hit **(Diagram 4)** was a backhand kill into the left side of the front wall as low as possible.

In a similar situation player B again had a set up off the back wall on his backhand with Player A stationed at the service line. Fortunately, Player B realized that Player A was positioned too far forward in the court and **(Diagram 5)** unleashed a beautiful cross court V pass.

The shot hit 3-4 feet high on the front wall, 2-4 feet to the left of center. The ball then hit the right side wall, behind Player A and caromed away from Player A before he could react.

Watching both players in the B final, I noticed a definite pattern emerging. Player A continually played almost every shot to the deep left corner. Player B was presented with many opportunities that he didn't capitalize on.

However, I was impressed with one strategic ploy that Player B used effectively. Because Player B had been shooting and passing so many back-

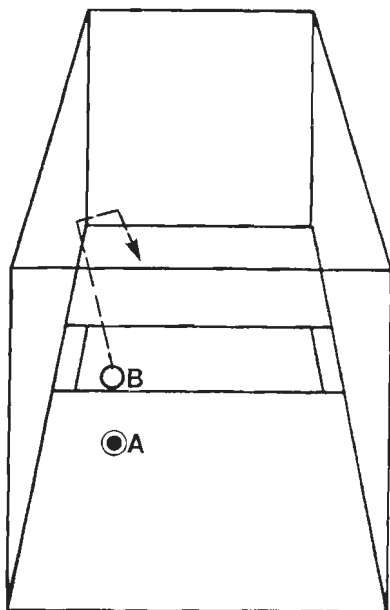


Diagram 2

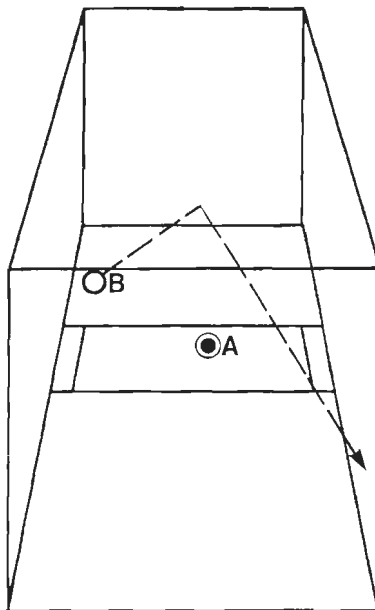


Diagram 3

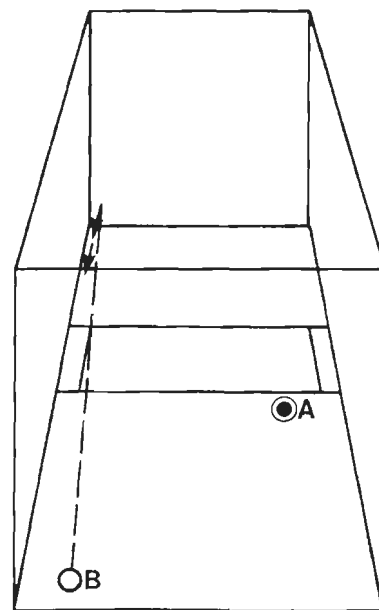


Diagram 4



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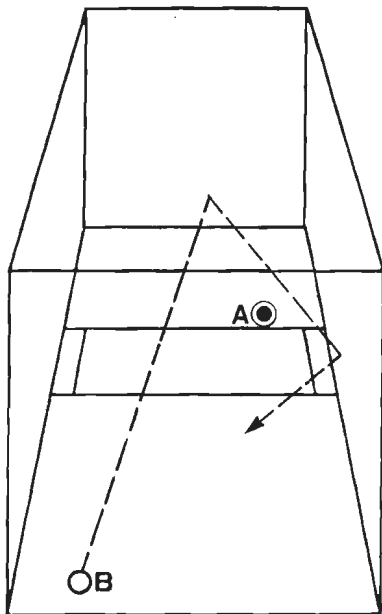


Diagram 5

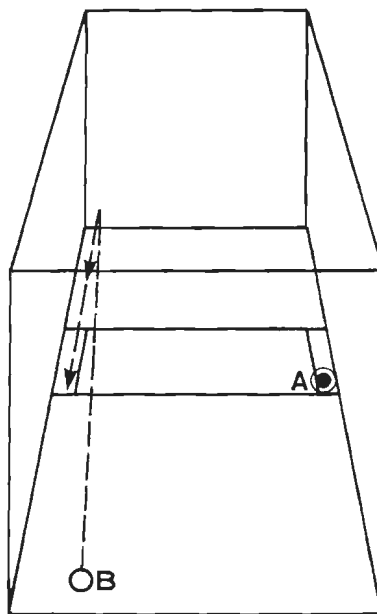


Diagram 6

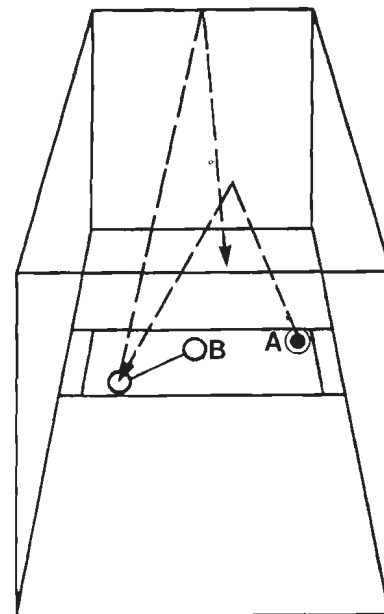


Diagram 7

'In addition to using the same serves continually, both players rarely looked to see where the receiver was stationed before they served. This made their serves less effective, as the receiver was continually aware of what was coming.'

hand shots cross court, Player A continued to station himself on the right side. On occasion, he'd move extremely close to the right side wall and that's when Player B used his head.

Stationed at three quarters court (**Diagram 6**) he hit a backhand passing shot straight down the line. The ball hit 2-3 feet high on the front wall. A kill shot attempt wasn't needed as Player A was so far over on the right.

During extended rallies in the B finals both players were often drastically out of position. They'd try impossible shots such as off balance kills, wide angle pinches, or passes that would carom off the back wall, giving their opponent an easy set up. Instead of hitting these foolish and low percentage shots that invariably resulted in lost points, they should have hit shots that would have enabled them to have time to recover and get set for the next return.

We see that Player B (**Diagram 7**) is

caught out of position at the service line. Player A passes him cleanly. However, Player B is able to retreat and make contact with the ball on his backhand. He hits a ceiling ball to the center of the court, 3-5 feet from the front wall. This forces Player A to the back court. More important, it gives Player B the precious time needed to recoup and prepare for Player A's next shot.

Finally, both players in the B finals were serving identical serves throughout the match—hard drives on their first serves and lobs on their second serves. This serving pattern habit is quite common to players at the B and C level.

In addition to using the same serves continually, both players rarely looked to see where the receiver was stationed before they served. This made their serves less effective, as the receiver was continually aware of what was coming.

If either player had tried a backhand Z-serve, especially on the second serve,

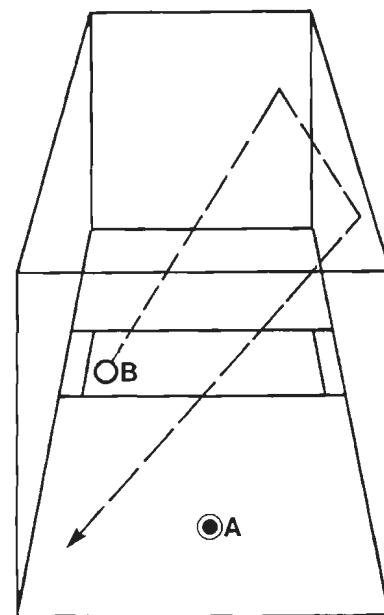


Diagram 8

they would have completely disrupted the receiver's timing. To hit this serve (**Diagram 8**) Player B should stand near the left side wall. His serve should hit the right front wall, 3-4 feet from the right side wall, about 4-6 feet from the ceiling. The ball will then hit the right side wall, and carry just over the short line on the left side of the court. Due to an extremely high bounce it creates a difficult return for the receiver.

Watching other players perform both in tournaments and in practice, can help you "spot" weaknesses that you can capitalize on the next time you play. □



Hand Push (photos 9-10): with your other hand, push your racquet hand (slowly) forward as far as possible (when you feel the pull, stop), then push it backwards as far as possible. Repeat.

Up and Down (photos 11-12): with your racquet hand out in front of your body, move your hand up and down, flexing and extending from the wrist. This provides several functions, stretching as well as strengthening the flexors and extensors.

Kneeling Stretch (photos 13-14): Kneel down on the floor and put your racquet hand down next to your leg, palm down and fingers pointing backward. Slowly, keeping your palm on the floor, tilt your body backward until you feel the stretch. Hold for a 10 count, then relax. Repeat.

...In The Wrist!

(Continued from page 12.)

power as on the forehand side—primarily because there is less range of motion for the wrist snap.

The elbow leads the shot with the butt of the racquet following. The wrist is fully flexed here (photo 3).

At point of contact with the ball, snap the wrist and the racquet head through the ball at high speed (photo 4).

A quick note here to *check your grip size!* Your grip should allow your wrist to snap fully when hitting the ball. A grip that is too large will only defeat this purpose and thus reduce the power you are able to generate.

Strengthening Your Wrist

Now that we know how important a role the wrist plays, how do we go about strengthening the muscles that move the hand? Below are listed specific stretching exercises that will help. Next month we'll detail weighted and non-weighted exercises.

The stretching exercises can be done any time. Make sure that you are warmed up, by jogging, jumping rope, riding bicycle, etc. *before* starting them. The warmer the muscles, the less the chance of injury.

A strong wrist motion can double your power, as well as give you the ability to vary the positioning of the ball without changing your stroke, letting you fool your opponents, throwing

them off their game and leaving great spaces of open court for winners.

See yourself on the court, serving to your opponent. You have just served three strong serves to the backhand side. Now, using the same service motion but altering the amount of snap in your wrist, you zing the ball down the forehand line, while your opponent goes running to the backhand side, expecting the serve there.

The ball bounces around in the corner, untouched. A clean ace!

But in order to accomplish this feat, you need more strength in your wrist. The stretching exercises in this article are just the beginning. Next month we'll detail the weight and non-weighted exercises. □



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Hilecher Signs With AMF Head

Jerry Hilecher, the world's #4 ranked racquetball player, has signed a yearly renewable sponsorship contract with the AMF Head company. National Racquetball contacted Jerry at home for his comments on the new deal.

"We've been talking to each other off and on for about a year and a half now," stated Hilecher, "and it all came to a head, so to speak, when I won the Baltimore pro stop this last spring. I've always thought that Head made excellent products and I'm happy that I can represent them this next year."

One interesting clause in the contract mentions Jerry's court behavior. It is well-known that Jerry's temper had been volatile in the past, but, as he said to us, "I've changed. These past two years have mellowed me out quite a bit. AMF Head was impressed with my on-court manners throughout this past season and I'm sure that was part of the reason I got the contract. That part of the contract doesn't bother me at all. I think it's right that Head should protect their image against bad behavior. It's just good business."

Another interesting development is a direct result of Hilecher's new contract. Jerry will be playing with Head's new mid-sized Radial racquet that hits the stores this fall. (See the Radial in our New Products section.) □

"They suggested I try the racquet out," explained Hilecher, "but they didn't pressure me into using it. I just liked it. Believe it or not, I can hit a backhand now!"

Jerry said he will use the racquet for the first time at the Stockton, CA, pro stop this September. Fran Davis, John Egerman, Doug Cohen and Jim Cascio are other top pros who will be playing with Head's mid-sized racquets this season. □

Minstar Buys AMF Companies

Minstar Corporation, whose holdings include Beekins Moving and Storage Company and the Wellcraft Boating Company, has purchased some 30 divisions of the AMF Company of which AMF Head is subsidiary. A company spokesman for AMF Head told National Racquetball that AMF Head, which manufactures a full line of racquetball racquets and shoes, is excited about the new management which is headed by Erwin Jacobs, Chairman of the Board for Minstar.

"Mr. Jacobs has a record of increasing the profits of the companies he heads," commented our source. "He is a very shrewd businessman and his purchase of the AMF companies bodes well for us. He has made it known to us that he has been involved with leisure industries for some time now and en-

joys working in that area. All of us at AMF Head look forward to a very profitable relationship with the Minstar Corporation."

AMF Head does not foresee any changes in the current structure of the company and a name change is highly unlikely considering the success of the AMF Head products. The headquarters will remain in Princeton, New Jersey.

Dream Factory and Omega Sponsor Tournament

Omega Racquets and the Dream Factory will co-sponsor a tournament to benefit terminally and chronically ill children. The tournament which will be held September 27-29 in Olathe, KS, expects over 200 amateur racquetball players to participate.

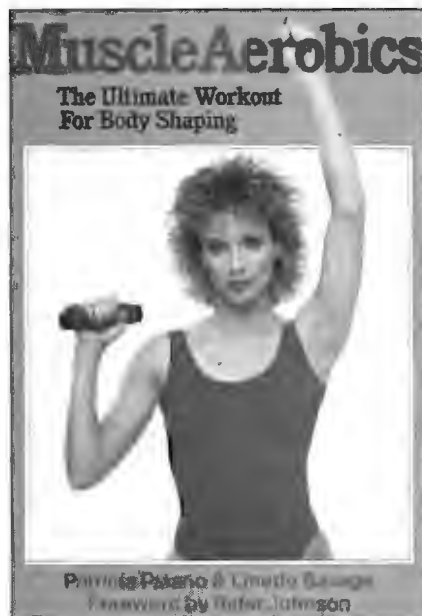
For applications and information regarding this event, write Omega Sports, Inc., 9200 Cody, Overland Park, KS 66214 or call 913-492-3994. □



NR Promotes Jean Sausser

Jean Sausser, our Associate Editor in charge of the fitness section for National Racquetball, has been promoted to the position of the mid-west Advertising Sales Representative. Ms. Sausser, who was a nationally ranked professional racquetball player is an athletic club owner. She brings years of experience and know-how to our sales staff. Jean will also continue her editorial responsibilities in conjunction with her new sales position. □

NEW PRODUCTS



New Fitness And Racquetball Books By HPBooks

Addressing the needs of today's active lifestyles in the areas of family health, fitness, beauty, sports and medicine, HPBooks has announced the publication of five new titles: **High-Performance Racquetball** by Marty Hogan; **MuscleAerobics** by Patricia Patano and Linette Savage; **Low Stress Fitness** by Millie Brown; **Stretch and Relax** by Maxine Tobias and Mary Steward and **The Complete Guide to Symptoms, Illness & Surgery** by Dr. Winter Griffith.

The President of HPBooks commented on the new titles. "HPBooks is committed to expand our publishing program into important and timely lifestyle areas. For more information regarding these colorful, timely books, write: Linda Johns, 1019 W. Prince Road, Tuscon, AZ 85705. □

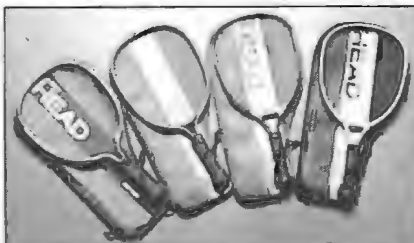
Mid-Sized Muscle From Head

Four new mid-sized racquets will be added to Head's fall line of racquetball racquets. The Radial, Spectrum, Laser and Sprint are all racquets that have a larger hitting surface than conventional racquets. Mark Wentura of Head stated,

"Because the new mid-sized racquets are the same length as most racquets, a player does not have to change or re-adjust his or her game style."

Mr. Wentura added, "One has to wonder how many players will be switching to the larger racquets next year considering the present mid-sized phenomenon in tennis."

The new mid-sized line has been designed for the beginner up to the pro player offering choices both in metal and composite performance. For more information, contact Head Racquet Sports, Box CN-5227, Princeton, NJ 08540, 609-799-9000. □



Pro-Kennex Introduces Duratack Racquetball Glove

After extended research and development, Pro-Kennex is introducing the Duratack glove that uses an exclusive patent-pending leather treatment on Cabretta Sheepskin. The process builds a barrier with the Cabretta fibers that prevents perspiration from passing through the glove material to the grip. Dryout and decay, even in heavy use, are inhibited. Pro-Kennex president David Armstrong commented, "The Duratack embodies the Pro-Kennex philosophy: a high-tech, value-oriented product that works."

For more information about Duratack gloves, contact: John Weaver, Pro-Kennex 619-271-8390. □



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1381 Galaxy Way
Concord, CA 94524
Tom Martin
415-634-3528

April 16-20, 1986

\$19,200 Open
Merritt Racquetball and
Fitness Center
Security
Baltimore, MD
RAMB - Dave Pivec
301-532-2250

April 30-May 4, 1986

\$22,800 Open
Ektelon National Championships
The Sports Gallery
2560 East Katella Avenue
Anaheim, CA 92806

May 14-18, 1986

\$15,000 Open
Rocky Mountain Health Club
1880 Westland Road
Cheyenne, WY 82001
Steve Galassini
307-634-8884

June 10-15, 1986

\$33,000
DP National Championships
Site To Be Announced

WPRA 1985-86

SEASON SCHEDULE

The schedule for next season's WPRA tour will begin in October 1985, and will be published in the October issue of National Racquetball.

FOR TOURNAMENT INFORMATION:

For RMA Pro Tour Events:

Drew Stoddard
Commissioner, RMA Pro Tour
P.O. Box 7548
Reno, NV 89510
702-826-6037

For WPRA Tour Events:

Jim Carson
Director, WPRA Tour
3097 Fernheath Lane
Costa Mesa, CA 92626
714-979-6942

AARA NATIONAL EVENTS

Oct. 24-27, 1985

National Doubles
(Qualifying required)
Rocky Mountain Health Club
Cheyenne, WY
Contact: AARA 303-635-5396

April 1986

Intercollegiate Championships
Site to be announced
Contact: AARA 303-635-5396

May 1986

National Singles Championships
(Qualifying required)
Downtown YMCA
Houston, TX
Contact: AARA 303-635-5396

June 1986

National Juniors Championships
(Qualifying required)
Site to be announced
Contact: AARA 303-635-5396

July 1986

World Games
(Qualifying required)
Site to be announced
Contact: AARA 303-635-5396

July-August 1986

AARA Elite Training Camp
(Qualifying required)
Colorado Springs, CO
Contact: AARA 303-635-5396

CLUB CONVENTION CALENDAR

Sept. 12-13, 1985

IRSA Western Fall Conference
Moscone Center
San Francisco, CA
Jeanne Murphy 617-734-8000

Sept. 28, 1985

IRSA Club Manager's Round
Table
North Meadow Hotel
Tewksbury, MA
Jeanne Murphy 617-734-8000

Oct. 17, 1985

IRSA Eastern Fall Conference
Hilton Hotel
Lowell, MA
Jeanne Murphy 617-734-8000

Oct. 25, 1985

IRSA Mid-Western Conference
Hyatt Regency-O'Hare
Chicago, IL
Jeanne Murphy 617-734-8000

Nov. 6, 1985

IRSA Regional Convention
Regency Hotel
Denver, CO
Jeanne Murphy 617-734-8000

Nov. 7, 1985

IRSA Regional Convention
Loewes Anatole Hotel
Dallas, TX
Jeanne Murphy 617-734-8000

Feb. 19-23, 1986

IRSA National Convention
Operaland Hotel
Nashville, TN
Suzanne Lentke 617-734-8000

RANKINGS

The sources for these national rankings are as follows: Men's—Official RMA Pro Racquetball Tour rankings; Women's—Official WPR A Tour rankings; Amateur—Official AARA national rankings.

RMA PRO RANKINGS JUNE 20, 1985

Ranking	Player	Points
1	Yellen, M.....	85.00
2	Hogan, M.....	82.22
3	Peck, G.....	74.00
4	Hilecher, J.....	63.75
5	Swain, C.....	57.50
6	Gonzalez, R.....	48.00
7	Harnett, B.....	47.50
8	Price, G.....	42.00
T	Oliver, S.....	42.00
10	Peck, D.....	42.00
11	Cohen, D.....	38.00
12	Obremski, D.....	30.00
T	Gross, D.....	30.00
14	Andrews, E.....	28.00
15	Ray, M.....	27.14
16	Gross, A.....	26.00
17	Bryman, C.....	25.55
18	Wagner, R.....	21.42
T	Hawkes, B.....	21.42
20	Newman, J.....	21.11
21	Egerman, J.....	18.88
22	Cascio, J.....	18.00
23	Terry, E.....	17.42
24	Johnson, D.....	15.50
25	Moskwa, S.....	15.00
26	Lerner, S.....	13.33
27	Inoue, E.....	12.85
28	Roberts, A.....	12.50
29	Green, D.....	11.50
30	Negrete, D.....	10.00
T	Snead, W.....	10.00
T	Plotkin, M.....	10.00
T	Nolan, J.....	10.00
T	Levine, M.....	10.00
T	Martino, M.....	10.00
T	Thomas, D.....	10.00
T	Sell, B.....	10.00
38	Lowe, M.....	8.40
39	Clouse, W.....	7.50
T	Fairbairn, M.....	7.50
T	Griffith, M.....	7.50
T	Vantrease, K.....	7.50
43	Marino, P.....	5.50
44	Calabrese, F.....	5.00
T	Romo, M.....	5.00
T	Ferris, D.....	5.00
T	Plazak, J.....	5.00
T	Fitzpatrick, S.....	5.00
T	Simmonette, D.....	5.00
T	Britos, P.....	5.00

WPR A RANKINGS JUNE 20, 1985

Ranking	Player	Points
1	Lynn Adams	316.75
2	Vicki Panzeri	208.00
3	Terril Gilreath	140.00
4	Caryn McKinney	110.00
5	Marci Drexler	108.00
6	Janell Marriott	88.25
7	Heather McKay	81.50
8	Liz Alvarado	75.00
9	Diane Bullard	59.25
10	Cindy Baxter	56.25
11	Laura Martino	54.00
12	Molly O'Brien	44.50

13	Joyce Jackson ..	42.75
14	Fran Davis	40.00
15	Jennifer Harding ..	39.00
16	Babette Bell	38.50
17	Bonnie Stoll	36.00
18	Marci Greer	35.75
19	Marcy Lynch	26.50
20	Martha McDonald ..	22.50
21	Sandy Robson	18.00
22	Linda Porter	15.00
T	Shannon Wright ..	15.00
24	Val Paese	14.00
25	Terry Latham	12.50
T	Trina Rasmussen ..	12.50
27	Dot Fischl	10.00
T	Mona Mook	10.00
T	Cathy Nichols	10.00
T	Mary Pat Sklenka ..	10.00
31	Toni Bevelock	7.50
T	Michelle Gilman	7.50
T	Nan Higgins	7.50
T	Tamara Low	7.50
T	Sheri Strandverg ..	7.50
T	Heather Stupp	7.50
37	Mary Dee	5.50
T	Chris Evon	5.50
39	Crystal Fried	5.00
T	Gail Woods	5.00
41	Diana Adams	2.50
T	Tamara Anderson ..	2.50
T	Donna Burton	2.50
T	Tracey Eaglesen ..	2.50
T	Cathie Fredrickson ..	2.50
T	Julie Fuller	2.50
T	Debbie Gieger	2.50
T	Lydia Hammock	2.50
T	Kerry Landmark	2.50
T	Pam Laursen	2.50

AARA/ARHS NATIONAL TOP 50 RANKINGS JUNE 27, 1985

Men's Open

Ranking	Player	State	Points
1	Fred Calabrese ..	FL	
2	Tim Hansen	FL	
3	Dan Obremski	PA	
4	Ed Andrews	CA	
5	Doug Ganim	OH	
6	Charlie Nichols ..	FL	
7	Andy Roberts	TN	
8	Joey Cline	NJ	
9	Sergio Gonzalez ..	FL	
10	Todd O'Neill	VT	
11	Mark Hegg	CO	
12	Dave Negrete	IL	
13	Tom Montalbano ..	NY	
14	Bruce Christensen ..	NY	
15	Mike Ray	GA	
16	Jim Cascio	PA	
17	Mark Morrison	FL	
18	Dan Ferris	MN	
19	Todd Thielen	SD	
20	Scott St. Onge	MA	
21	Jim Hamilton	TN	
22	Richard Hull	FL	
23	Cliff Swain	MA	
24	Scott Reid	TN	

25	Don Kelly	CO
26	Mitch Campbell ..	FL
27	Tom Fournier	ME
28	Don Costleigh Jr. ..	NY
29	William Gottlieb ..	MI
30	Stu Hastings	MI

Women's Open

Ranking	Player	State
1	Cindy Baxter	PA
2	Cindy Doyle	NY
3	Chris Evon	IL
4	Nan Higgins	MA
5	Mary Dee	VT
6	Martha Adams	GA
7	Marci Drexler	CA
8	Cathie Fredrickson ..	MI
9	Rubin Levine	NY
10	Sheri Anderson	MI
11	Dot Fischel	PA
12	Diane Bullard	FL
13	Terry Singletary ..	OK
14	Diana Almelda	CO
15	Mona Mook	CA
16	Joy Eoh	ME
17	Claudia McCarthy ..	FL
18	Kathy Gluivna	TN
19	Joetta Hastings	MI
20	Malia Kanahoahoa ..	VA
21	Leesa Smith	ME
22	Pam Beck	PA
23	Cathy Nichols	CD
24	Anne Calderone	NJ
25	Kaye Kuhfeld	IN
26	Babette Bell	FL
27	Terry Latham	TX
28	Rosemary Magliano ..	IL
29	Janell Marriot	RI
30	Michelle Gilman	OR

JARA RANKINGS APRIL 30, 1985

Men's

Ranking	Player	Points
1	Y. Hirasaka	347
2	S. Naoi	330
3	M. Ishimoto	257
4	Y. Furuta	215
5	M. Kiuchi	197
6	S. Ohyama	190
7	T. Yoshihara	168
8	T. Nirazuka	150
9	T. Minato	145
10	M. Matsukura	144

Women's

Ranking	Player	Points
1	Y. Ohta	367
2	E. Kiuchi	354
3	E. Watanabe	270
4	S. Tozawa	256
5	M. Sekiguchi	254
6	M. Kobayashi	241
7	M. Hataya	185
8	M. Kurimoto	168
9	M. Suzuki	145
10	K. Yamada	144

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DP Pro Leather	7.95
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Leader Albany	16.95
NEW Ektelon Interceptor	24.95
Ektelon Eye Sentry	24.95
NEW Sentinel (For Glasses)	22.95
Ektelon Court Goggles	18.95
Bausch & Lomb Action Eyes	21.95

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SIDE OUT

By Drew Stoddard



The Tour

Here I sit in the middle of July (that's how far in advance we work) still recovering from the whirlwind of the DP Nationals, and it's already time to announce the schedule for the next pro season. Don't get me wrong, I love my job. But right now the idea of starting the whole thing all over again makes me want to . . . well, go to a movie.

But it is time. So fans, get out your calendars, and players, let's hit those weight machines. Men's professional racquetball is about to embark on the largest, richest, and most expansive tour in the history of the sport.

The 1985-86 RMA Men's Pro Tour will consist of 14 ranking tournaments, each with minimum prize money of \$15,000. The total prize money up for grabs will be a record \$250,000. As in the past, the season will run from Labor day weekend through Father's Day.

The season will kick off on August 29 in Stockton, CA, where Gregg Peck will try to defend his first tour win. Three weeks later, veteran tournament promoter Jim Hiser will host the men in Davison, MI, at the eighth annual Bud Light Pro-Am, now the longest-running men's pro stop.

In October, two new stops come on board. A \$15,000 tournament at the Crystal Racquet & Health Club in Arlington, VA, will mark the first appearance ever by the pros in the Washington D.C. area. Then on to the Park Avenue Health Club in Omaha, NE, where racquetball fans will see the best players in the world for the first time since 1980.

On November 5th, a new tradition in pro racquetball will be born: The United States Open Racquetball Championships in Dallas/Ft. Worth. The creation of this tournament has been one of our most important projects

over the last six months. At \$25,000, it will be the second largest event in terms of prize money, and under the direction of Mark Fairbairn and Racquetball Promotions Inc. of Tulsa, it promises to be one of the most exciting and visible tournaments ever staged. More later.

In January of 1986 the tour will return to the legendary Arizona Athletic Club in Tempe for a very popular tournament that should probably be called "The Warm Weather Open". We intentionally reserve the month of January for Jack Nolan's fine tournament so that everyone can temporarily thaw-out, and the pros can try again in vain to beat Marty Hogan on the AAC's three-wall-glass exhibition court. Fat chance.

Cliff Swain will try to repeat one of pro racquetball's greatest feats when the tour returns to the awesome front-wall glass of Tulsa in February. Then on to the Griffith Park Athletic Club in Beaverton, OR, for the LaBatt's Pro-Am, a veritable institution of men's professional racquetball.

'On November 5th, a new tradition in pro racquetball will be born: The United States Open Racquetball Championships in Dallas/Ft. Worth.

It's back to the Midwest in mid-March for Cincinnati's first ranking pro tournament at the Midtown Athletic Club. Concord, CA, follows in late March as the tour returns to the beautiful Big C Athletic Club—and one of the rowdiest crowds in the county.

A quick trans-continental red-eye and

we're back at the Merritt Security Club in Baltimore, where Jerry Hilecher and company will take another shot at driving away in a new Toyota.

May and June, of course, are reserved for the Ektelon and DP National Championships, with the \$15,000 Crackshooter Open in Cheyenne, WY, sandwiched in-between.

After a period of near-chaos, the men's pro game has come back in a big way. Considering that during the 1983-84 season the men played only six tournaments for a total of \$106,000, we've come a long way in just two years!

But the 1985-86 tour, though it is a good one, is really just a first step—it's where we should have been in 1983. With a strong, healthy, visible tour, professional racquetball should begin to generate interest from television and potential national sponsors.

The 14 events of the 1985-86 RMA Pro Tour are all independently staged and funded. We estimate that on average five individuals per tournament spend three to five months of their time—most of it uncompensated—preparing for a single pro stop. That translates into something like 2,000 hours of volunteer time, and a quarter-million dollars raised at the local level, all to support men's professional racquetball. The credit for next season's tour belongs to those people. When pro racquetball finally hits the big time—and it will—we must never forget those who worked so hard to make it possible.

So there it is—the 85-86 tour. I think I actually got a little excited there for a moment. But it is still July. So, if you don't mind, I think I'll go take in a flick.

Drew Stoddard is the editor of National Racquetball magazine, and Commissioner of the RMA Pro Racquetball Tour.

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