



RACQUETRacket

Official Newsletter of the National Masters Racquetball Association (NMRA)

NOVEMBER 2006

HERE ARE THE FACTS

Rumors have been spread around the NMRA as fast as the wild fires in California. Many who attended the Minneapolis tournament heard that an attempt was made to remove a member of the board of directors. A motion was made for the removal due to personality conflicts. Five voted for removal, while four voted against it with the philosophy that the general membership voted the individual on the board and should not be removed. The NMRA constitution is very specific on the reasons (personality is not one of them) and process to remove a member. Although the five continued to pursue the matter, they did not provide legitimate reasons nor follow the constitutional process and the member remains on the board.

The second untruth that has been spread mostly by the same board members is that the Mar 07 tournament is back at Canoga Park. Again at the Minneapolis tournament, as announced at the banquet, the board was looking for new sites for the Mar 07 tournament. A motion was made to form a committee to explore at least three sites and report back for a board vote within 30 days. After the 30 days was up and no report, the president called for an "agree"/"disagree" vote within 7 days to go to Portland. The vote was 4 agree, 3 disagree, 2 members did not vote. Some of the board members have decided that they do not like the vote and have vowed to hold a tournament in Canoga Park anyway. If you do receive an entry to a tournament in Canoga, it is not an NMRA sanctioned tournament, will not qualify you for the nationals, and you will not receive ranking points. I have tried to keep the current information on the NMRA web site, www.NMRA.info. If you would like additional information or backup documentation on these matters, feel free to contact me at banstoll@peoplepc.com.

Paul Banales,
President, NMRA

NMRA NATIONAL CHAMPIONSHIP TOURNAMENT, PORTLAND, OREGON MARCH 7 -10, 2007

Stay in a great hotel and play in two great clubs.

The entry form is enclosed in this newsletter. It is also available on the www.nmra.info web site. Feel free to make copies for your friends. Please notice that all ages and genders will start play on Wednesday, March 7, 2007. **The Doubletree Hotel**, part of the Hilton family, is located across the street from Lloyd Center. The hotel has 2 restaurants, 1 bar, fitness center, and gift shop. Airport transportation is available via MAX Red Line Light Rail System for \$1.95. Service runs every 15 minutes, seven days a week, between 4:30 a.m. and 11:30 p.m. The Lloyd Center is the stop to get off the MAX. MAX stops about a half a block from the front door of the hotel. The three-floored Lloyd Center Mall, which is out the front door and across the street to the left, features over 200 stores including Nordstrom, 30 restaurants, 18 movie screens and an ice skating rink. There is **no sales tax** in Portland for purchases of gifts, meals, beverages, etc. The MAX runs to historic Old Town and other downtown attractions such as Pioneer Square, Waterfront Park, Saturday Market, and Chinatown for free. There is also free trolley transportation throughout downtown. The city is divided in zones and your touring site may take you outside the free zones. Fares are very reasonable for seniors. The Red or Blue Line will take you to the Multnomah Athletic Club in about 20 minutes. The stop is announced as Kings Hill. Make sure you make your reservations at the Doubletree Hotel, 1-800-996-0510 and ask for the National Masters Racquetball Association room block by February 6, 2007 in order to get the NMRA rate. Parking, which normally has a substantial daily charge, will be complimentary for those who drive or rent vehicles. Ask for complimentary parking pass.

The **Multnomah Athletic Club** is an exclusive multiuse facility. The athletic entrance is located at the left front entrance. It has 8 floors starting from the bottom - subbasement level (10 racquetball courts (4 glass back wall), one women's lockers, and two pools), mezzanine

level (racquetball galleries for viewing and one men's lockers), basement level (exercise equipment, main women's locker room, main men's locker room (locker availability is scarce, locks left overnight will be cut off) and MAC Snacks - hot dogs, pizza, beer, or healthy stuff, etc.), the first floor (registration, lunches, and hospitality will be in the Gallery of Champions directly to the left of the athletic entrance, gift shop, stadium terrace for the baseball stadium, lounge, sports bar, and restaurant), second floor (three gyms, batting cage, and rock climbing wall), third floor (sun deck and pool, sky bridge to the 4 level parking facility), fourth floor (indoor track and business offices), fifth floor (tennis courts). There is no athletic attire allowed on the first floor in the lounge, stadium terrace, sports bar, or restaurant. If you want to access these areas, you must wear street clothes. Jeans are okay. Because the banquet will be held in this area, athletic attire will not be allowed for the banquet.

The **Sunset Club** is a traditional racquetball club with a few amenities. It has 7 glass-back wall courts, indoors track, climbing wall, heated lap pool, heated exercise pool and large lounging area. Parking is extremely limited on weekday mornings so shuttle service will be provided to this club. Lunch and hospitality will be provided to players and guests at this site also. If you are planning on practice at this facility prior to the tournament, you need to call 503-645-3535 to reserve a court.

The Portland Oregon Visitors Association web site is www.pova.com/visitors.

RESIGNATION FROM THE BOARD

Glenn Allen submitted his resignation from the board of directors effective 20 October 2006. His seat is one of three to be filled on the ballot in this newsletter. He has played in almost every NMRA tournament for the past 10 years. In his letter, he expressed that he and his wife have enjoyed the competition, camaraderie, new friends and socialization that was abundant at every tournament. He hopes to be able to participate in doubles in late 07 or 08. Glenn cited his health and the divergent camps within the board for his resignation. Glenn served as treasurer for the NMRA and always helped during registration at tournaments. Best wishes for a speedy recovery and many thanks for your dedicated and untiring support of the NMRA.

(Dave Warner is temporarily filling the remainder of Glenn's term and is on the ballot for a permanent position.)

SUCCESS IN MINNEAPOLIS

The Masters came to Minnesota this past July. The weather was great and the competition was even hotter. 240 competitors arrived and started playing on Wednesday. We used two clubs for this tournament and it went off very well thanks to Greg, Mike and the tournament staff. Play was done on time and the banquet was very good. The food at the banquet had a Minnesota flavor with wild rice and walleye on the menu. The NMRA inducted two new members to the hall of Fame, Sharon Welty Hastings and Ron Adams. The NMRA gave out various free things from free nights to racquets. For the first time, we had at least three father and daughter or son combos at this tournament. One father-daughter team even played together in Mixed 50s. Maybe this should be a new event at the tournaments? Fun was had by all with lots to do and see. The only down note was the Northwest chain was sold on Thursday and the hwy 100 club was to close in the next week. It will be a great loss for the Racquetball community here in Minnesota. The next time we meet for the summer tournament will be in Kansas City, Kansas at the Overland Park Club, July 25-28, 2007.

Mike Hiles

A VISIT TO JAPAN

Phyllis and I were in the Tokyo area recently, and I was fortunate to play at Mr. Tanahara's Gold Gym in Yokohama. Mr. Kenji Yotsuya (President of Japan's Racquetball Association) and his wife picked us up at our hotel. With the help of the NMRA, we were able to make five packages of NMRA shirts, tote bags, visored caps, wristbands and balls to give to the Japanese players. The highlight for them was a friendship card, which we had signed at Canoga Park. They looked over the names carefully and exclaimed happily as they recognized people they had met. We played five games in the late morning and early afternoon. I was pretty much out of shape and practice (after a month of travel) but held my own pretty well. Finally, there was a late lunch and cool beer. I did notice that the other players drank almost no beer—but not me! Then I was dumbfounded to find out we were to go back for more play. Whee! It took me two more games to get back into it. We played five more games. It was a fun time and a very memorable experience!

Dick Kincaid

A PERSPECTIVE ON RACQUETBALL

Currently there appears to be a move to downplay the fitness benefits of playing racquetball. Few competitive recreational activities build fitness better.

According to NutiStrategy Charts, racquetball burns more calories minute for minute

than highly recognized fitness activities of cross-country running, mountain bicycling or high impact aerobics. Playing racquetball not only fights obesity but it fights osteoporosis as well.

Moreover, with each pursuit of the ball—which can happen hundreds of times in an hour's play—skills of balance, agility, flexibility and hand/eye coordination are challenged. These are skills, which become more and more important to health and safety as one grows older. And, frequent racquetball play also promotes cardio-respiratory fitness. Two years ago in a survey of older age ranked players, "staying fit" was the overwhelming reason they gave for continuing to play the game.

Knowing that racquetball can be played competitively by both sexes, nearly all ages and sizes—and year around—means that almost anyone can gain or maintain a level of fitness without seasonal loss.

As we encourage new concepts of promoting racquetball for the good of all persons we should work with, not against fitness promoting clubs. It would be a mistake, in my view, not to highlight the fitness building values of playing racquetball.

Robert E. McAdam

SHOULDER REPLACEMENT ARTHROPLASTY (THE REAM AND RUN METHOD)

All I wanted to do was continue playing racquetball at age 62 but nagging soreness, loss of range of motion was getting worse effecting my play. Finally, it got bone-to-bone status and I had to go for surgery. I consulted with Dr. Frederick Matsen, Professor and Chair of Orthopaedics and Sports Medicine at the University of Washington.

With new advances in the world of medicine all the time, Dr. Matsen advised me that there was advancement in shoulder replacements that perfectly fit my case. The "ream and run" method. Over time, the cartilage grows back allowing the shoulder to not only have great movement but also adds to the strength needed for athletic endeavors.

Within hours of the surgery, I was in a hospital bed with a continuous passive machine hooked to my right arm moving back and forth, night and day. Out of the hospital in just a few short days, I showed Dr. Matsen the backhand

swing in racquetball and he felt it was the perfect exercise for me, as the cartilage would form around the therapy exercises that I would be doing. In just over two months, I was hitting the racquetball twice a week with ice afterwards.

I began my sixth month after the surgery by playing racquetball, soreness was always there, I'd ice and use Advil. When I reached the eighth month, I was playing back to the level I had played at before. I've continued icing and use Advil just to help the area in my shoulder heal and get stronger. I can honestly say that I have more range of motion, hit the ball with less hesitancy than I have in many, many years. I can hit the ball full force, forehand or backhand with very little feeling in my shoulder. I hope to play into my 70's; early signs show me that I should be able to accomplish that goal. A year later, I still have some soreness but nothing like I had before. I am planning on returning to tournaments with the NMRA and other tournaments in the Seattle area.

The results have been above any expectations that I ever had. All of us are so fortunate that modern medicine can develop into areas like the "ream and run" approach to shoulder replacement and have such incredible results. I highly recommend it.

If you would like more info on the above procedure contact Dr. Matsen at the University of Washington Medical Center, 1-800-440-3280 or 1-206-598-4288.

Jim Rockstad

NO MEDAL, BUT ENCOUNTERED A GOOD SAMARITAN

I had a most enjoyable time at the MPLS tournament even though I did not bring home a 4th place medal. Well -- I really would have, but I felt sorry for my opponent whom I was beating quite easily **UNTIL**, I decided to be a nice guy and let him win a few points. Unfortunately, those were the points I needed for 4th place. Oh well, what's a medal compared to having a good time and being a good sport, on and off the courts, right?

I'm trying to find out who the player is that gave me a ride from the hotel to the Humphrey airport which otherwise would have cost me \$45.00 by cab. I know he is from the Boston area and in a much lower age bracket than myself. Why in the world didn't I have the "moxey" to ask his name? But, I was enjoying his stories about playing against Elliot

Papermaster several years ago in which Elliot didn't think it was fair for him to be serving the ball to his blind side.

That's about it from this neck-o-the-woods, "Where the Men are strong, the Women are all good looking and the Children are all above average." Best regards and good health.

Bob Miller, Bobby2@up.net

From the President of the NMRA
This letter shows why we are the elite organization in the world of racquetball. It's because of this gentleman, the Good Samaritan, and many in the NMRA who follow the code of sportsmanship, honesty, integrity, and camaraderie.

NMRA FUTURE FOUNDATION UPDATE

There is both good news and bad news concerning the overall progress of the NMRA Future Foundation:

First the **GOOD NEWS**.... As of this report (October 30, 2006), the Foundation has a balance of \$34,634.90. Now the **BAD NEWS**... As of this report (October 30, 2006), we have received only one (1) donation for \$100.00 for all of 2006.

We have managed to grow the fund this past year by investing in a Certificate of Deposit, which provides a greater interest rate than the Savings/Checking Account. We have the majority of the fund (\$25,108.30) in a CD with a rate of 5.30% (annual) for 12 months. So, by September of 2007 we will have grown the interest on the account to an additional \$1,200.00.

Although it is good to see the fund growing in interest, it is disappointing that we have experienced a significant drop in donations over the past year. I'm not sure why that happened, but I'm going to work hard to turn it around and, I'm asking for your help.

I'm asking that each of our members make a donation of \$50.00 to the fund between now and the March 2007 Tournament. We will have a place to make the donation on the Official Entry Form for the NMRA March Tournament in Portland, OR. Of Course, if you can afford to make a larger donation, it

would be greatly appreciated. A receipt (for tax deduction purposes) will be provided to you at the tournament during registration.

Donations to the Fund can also be made during Will and Estate Planning. For those of our members who are in the process of reviewing or conducting Estate Planning, remember that the NMRA can be remembered in your Will and Trust instruments. I would encourage you to consider this form of giving when you remember the importance that the sport has had, and will continue to have, for the present and next generation of players.

As always, we sincerely appreciate all of those who have made donations to the fund. As you all know, the fund is designed to ensure the FUTURE of our sport. The Fund is "restricted" in that the principal cannot be used unless for emergencies and those require a vote of the NMRA Board of Directors.

It continues to be my pleasure to manage this fund for the NMRA. We should all be proud of the fact that the fund has grown to over 3 times it's original amount over the past 3 years. Thanks for the opportunity to serve the NMRA in this position.

Tom Curran
Executive Director
NMRA Future Foundation

MEMBERSHIP ADMINISTRATION

One of the most difficult and frustrating administrative tasks we encounter with our membership is trying to keep track of them. We really do need to know when you make changes. Please help us. Send updates to:

Merijeane Kelley
NMRA Membership Coordinator
959 Matadero Ave.
Palo Alto, CA 94306

Hm Ph: 650-856-2292 FAX: 650-856-2319 (Call before faxing). E-mail mkelley959@aol.com

Candidates for Board - 2007

As stated in the last newsletter, there are three board positions to fill in March 2007. All nominees are included for you to choose three to represent you. One ballot per person. Please vote, we need your participation.

Bruce Adams - I have a plus thirty year racquetball career consisting of: shooting photos, video and writing articles for the Oklahoma Racquetball Association (ORA), plus the RACQUETBALL Magazine over the past eight years; ORA Board member for eight years and Hall of Fame inductee; AmPRO certified for seven years; Team HEAD sponsored player for nine years; and have run leagues, clinics and tournaments at the local, state and regional levels for many years. I have participated in the last four summer International events of the NMRA, and have medalled in two of them, both in doubles. I am active in church, with active memberships in Sunday School and the Senior Usher Board. My work currently is for a medium-sized oil company as a regional manager in operations, with annual \$10 million expense and \$2 million capital budgets. The family consists of a 16 year old son and wife of over twenty years. They both play racquetball. My vision and beliefs for racquetball and the NMRA is that we must remember the grassroots player and nurture them. We should not only applaud the honed athlete, but we must encourage the lower level/recreational players to continue to understand the game and promote the sport in any and all ways possible. The short-term goals for the NMRA Board of Directors, if elected, would be to assist in fine-tuning the scheduling of the matches at the events, plus grow the membership and popularity of master's racquetball!

Paul Banales (Incumbent) - I have served the National Masters Racquetball Association (NMRA) for over 25 years. During this time, I have been a board member for 23 years, tournament director for 20 years, treasurer for 12 years, and membership coordinator for 10 years. I held all of these duties at the same time so I feel I am more than qualified in every facet in the operation, procedures, Bylaws, and especially, the concerns of the NMRA membership. Since I was elected president of the NMRA, I have a motto, "Give back to the membership" by improving tournaments, selecting different sites for tournaments, and offer incentives and perks to those who attend the tournaments. I hope you elect me again so I can continue to do the best for you and the NMRA. I feel you, the membership, should have a say in the matters concerning the NMRA and I will convey any suggestions brought to my attention.

Cindy Tilbury - I learned how to play racquetball back in the late 1970s, but it wasn't until 1988 that I discovered how fun it was to travel to national and international tournaments. I've been traveling ever since and have no plans to give up the competition and camaraderie any time soon. I've been competing in the NMRA tournaments for about three years and have a few medals already, but since I'm still in the youngest age division, I know I will be involved with the NMRA for many years to come. Many of the members have expressed a desire to attract more women to compete in the two NMRA tournaments each year, and I believe I can concentrate some serious effort toward that goal. My goal over the years has been to make the ladies of racquetball feel at home and special on the court. I know there are many women players out there, so my short-term goal is to try get them back to tournaments, or to play their first tournament with the encouragement of the NMRA tournament players and general membership. After that, I can work on finding them a Mixed or Women's doubles partner... Never really took lessons (big mistake, of course), but started teaching beginner lessons for the Northwest Clubs in the Minneapolis area. Eventually, I got certified by AmPro. I live in Denver, Colorado, and love it. For the last 13 years, I have been self-employed as an IT industry contractor. I play racquetball about five times a week, and golf, ski and travel as often as I can. If elected, I will work with the board of directors and the membership of the NMRA to enhance the status of the NMRA in all of its endeavors.

Dave Warner - My name is Dave Warner and I am a candidate for a position on the NMRA board. I am currently filling the rest of Glenn Allen's term due to his resignation and worked at the registration desk at the July 2006 tournament. I am from Minnesota and have been playing tournament racquetball for over 30 years. The past 13 years have also involved most of the NMRA tournaments. Because of the many friendships, which have resulted from the NMRA, it would be rewarding for me to be able to give something back to the sport, which has been such a large part of my life. This also comes at a time where our organization seems to be at a crossroads. We need the members of our board to work together with each other so that we can maintain our tradition of running better and better tournaments for players of all ability levels. If this is what you would like to see, I would appreciate your vote in the upcoming election.

YOUR VOTE IS IMPORTANT

Hopefully everyone voted in the recent elections. Just as it was important that you voted for your local and national officials, your vote is important for the NMRA Board of Directors. This year's Election Coordinator is Mike Hiles, 294 S. 4th Street, Bay Port, Minnesota 55003. We've included the name and address here in case you already cut off the bottom and sealed it in the envelop before addressing the front. Last year, several ballots were sent to me erroneously. Copies or ballots without the address label attached will not be counted.

WOMENS DOUBLES 50+

1st Nancy Litt MN	Jeanette Overkam MN
2nd Vickey Utter NC	Lynne Weisbart IL

WOMENS DOUBLES 55+

1st Susan Kieffer MN	Nancy Kronenfeld IL
2nd Shirley Parsons CO	Kendra Tutsch WI

WOMENS DOUBLES 60+

1st Margaret Hoff IL	Lola Markus IL
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MIXED DOUBLES 45+

1st Thomas Penick CA	Karin Walton CA
2st Leon Jackson Jr VA	Gladys Leonard VA
3rd Charles Cunningham MN	Carol Gluth MN
4th Carmen Alatorremartin VA	James Weathers VA

5th Laurence Green NE Grace Jaworski MO
6th Judy Flis PA Mike Hiles MN
7th Susan Serfass ME FrankTrask ME

1st Nancy Kronenfeld IL Tony Upkes CA
2nd Mark Newport MO Terry Newport MO
3rd Alan Krivelow MA Jane Worden MN
4th Richard Halpin PA Vickey Utter NC

MIXED DOUBLES 50+

1st George Heidelmeier TX Page Kem MN
2nd Pat Decker MN Tim Lavoie MN
3rd Nancy Abram CA Charles YaQub CA
4th Carolyn Foster NE Jerry Sterkel NE
5th Curtis Alatorremartin VA Carmen Alatorre-Martin VA
6th Jerry Manor MN Penny Urman WI
7th Pam Moreland MN John Turner MN
8th Joanna Nache' NC Jack Sobel OH

MIXED DOUBLES 60+

1st Donna Backus MI Steven Lavorgna NJ
2nd Merijeane Kelley CA Ralph Stillman MN
3rd Judy Buckeye PA Elliot Papermaster WI

MIXED DOUBLES 65+

1st Ron Adams CA Marquita Molina CA
2nd Lee Graff OR Sharon Hastings Welty OR
3rd Annabelle Kovr NE John Prigmore KS

MIXED DOUBLES 55+

*Correction to Canoga Park standing published in the last newsletter. In 80+ finals: 2nd place was Bob Fraser - CA
3rd place was Dick Kincade - CO

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This newsletter was created by Paul Banales and Carole Stoll. Thank you to all the members who have continued to send little quips or full articles for publication. We are looking for a volunteer to assume the responsibility or providing articles for future publications. Contact Paul or Carole at 623-386-1518, fax 623-386-1519, or e-mail at banstoll@peoplepc.com.

NMRA Ballot for Election to the NMRA Board of Directors

Mail to: Mike Hiles
294 S. 4th Street
Bay Port, Minnesota 55003

Vote for up to three names. All ballots must be postmarked not later than **Feb. 1, 2007**

Bruce Adams - OK _____

Paul Banales - AZ _____

Cindy Tilbury - CO _____

Dave Warner - MN/FL _____

Signature: _____

There are 3 vacancies in the NMRA Board that must be filled as a result of this election. Resumes for each candidate are above. Do not make copies. Do not remove address label on other side, needed for verification.

PLEASE VOTE AND MAIL YOUR BALLOT QUICKLY!



Lawler Sports
RACQUETBALL
 1-800-875-3701 **MART**

WWW.LAWLERSPORTS.COM
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