



# RACQUET RACKET

OCTOBER 2008

Official Newsletter of the National Masters Racquetball Association (NMRA)

## The President's Corner



By Tom Curran,  
NMRA Board of  
Directors  
President

Hi all...

Well, here we are closing in on the end of summer and getting ready for our *National Championships* scheduled for March at the *Spectrum Club* in *Canoga Park, California*. The tournament site on [www.r2sports.com](http://www.r2sports.com) is up and running, as is the reservations system for the host hotel. Once again, this will be the *Hilton Woodland Hills, California*. Please visit the *NMRA website* ([www.nmra.info](http://www.nmra.info)) and click on 'tournament information' and you'll find a link to the r2 tournament site for *Canoga*.

It goes without saying that we had another great event in *West Allis, Wisconsin*, this past July. The facilities and hotel were in the best traditions of the *NMRA*. We managed to get a great number of comments from our members and we sincerely appreciate getting them. We can best serve the membership when we know what the membership wants.

Speaking of this, during the registration in *West Allis*, we asked everyone some questions. **Here is the survey we took and the results:**

1. Would you prefer having permanent event sites in one club facility or to keep moving the tournaments around and having multiple-club facilities?

Permanent-25    Move it around—91

*continued on page 2...*

## Editor's Corner — A Great Week for Racquetball

By Cindy Tilbury

How can I adequately convey how tremendous for racquetball the week of September 17 through 21 was? You simply had to be in Downtown Denver, see the full stands, hear the buzz, and watch the matches on the all-lucite court to understand the vision and excitement that *IRT Commissioner Dave Negrete* brought to my home city. You had probably heard that the first big *IRT Pro Stop of the 2008/2009* season was to be played in downtown Denver, under a 50-foot-long open-sided tent. Sponsored by *Motorola/Verizon Wireless* and made possible by the earlier construction of the four-glass-wall court funded mostly by *NMRA* members *Leo Klimaitis* and *Pat Taylor* of Chicago, this was an amazing FIRST for racquetball. We all knew it was going to be great, but we really had no idea!

The residents of the nearby highrise buildings were all asking each other if they had been down to the big court and restaurant patrons in the area could not miss the familiar sound of the ball being served with a crushing return. They just had to check out the FREE action on the court.

Except for a few sprinkles of rain Saturday night, the weather cooperated beautifully. In fact, the players on the court had to battle sun and shadows just like a top *WOR* player, in addition to the tough Lucite wall corners. Comeback king *Kane Waselenchuk* won the Sunday final in a tough-fought five-game match against *Motorola/Verizon Wireless* star *Rocky Carson*.



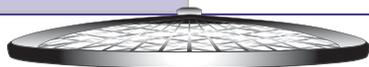
*Kane and Woody on Court*

The semifinals and finals will be broadcast on the *ESPN Classic* channel on November 8 at noon Eastern Time, and November 15 at noon Eastern Time. During the event, the matches were streamed live on [www.espn360.com](http://www.espn360.com). Many of you were probably online watching.

*continued on page 2...*



DILBERT: © Scott Adams/Dist. by United Feature Syndicate, Inc.



## President's Corner continued from page 1

2. Would you go to the following sites for NMRA tournaments? Alaska, Mexico, Canada, only a club near home  
Alaska-49 Mexico-40 **Canada-77** Only Near Home-19
3. Would you be interested in updating the website?  
**No-26** Yes-0

During the Banquet, we had the opportunity to honor two steadfast members and supporters of our sport and the NMRA. **Dick Kincade** and **Harold 'Cap' Hiles** were inducted into the NMRA Hall of Fame. Dick was awarded the *Contributor Competitor* and Cap won in the *Contributor Outstanding Volunteer* category. Although the NMRA has honored a number of outstanding volunteers over the years for their contribution of time, or money, or both, it was the first time this award was processed through the nomination and voting procedures of the *Hall of Fame*. **Congratulations to both of these excellent individuals.**



Also during the banquet, we had a question and answer 'town meeting' time with the participants. I want to take this time to apologize to everyone who was there about the time I took to try to answer the questions rather than to simply listen to them and put them on the Board's agenda for future consideration. I know it took too much time and, in the long run, really did not fully address some very important issues. Here are the issues / concerns that were raised and that the *Board of Directors* is in the process of reviewing and addressing:

- Shuttle problems from the airport. We will look at this for future venues to try to avoid issues. Entering the tournament early would help the Board plan for transportation better.
- Possibility of a third NMRA tournament. When would we do it? The schedule for a yearly third tournament is tricky, since we don't want to conflict with other national tournaments. We are trying this in Denver in December with a doubles-only format and inviting 35+ and

*continued on page 3...*

## Editor's Corner continued from page 1

I would be remiss if I didn't give some serious credit to the *City of Denver* and its high energy level. This city is just alive and vibrant all week, so there was no shortage of foot traffic, whom we invited into the event area. The *Broncos* and *Rockies* fans all stopped in to rediscover racquetball and they were extremely glad they did. Many top "former"



Hawthorne on 16th

players came down to see the event, and a few mentioned it was time to get back on the court. Although the amateur event matches were played at the elegant *Denver Athletic Club* a few blocks away, local pro and tournament director **Jo Shattuck** played her *Men's Elite* division match against Chilean pro and [www.racquetballonline.tv](http://www.racquetballonline.tv) owner **Angela Grisar** to spotlight some non-IRT action. *Colorado Springs* resident **Eddie Meredith** and his great crew erect and take down the court, and Eddie's wife, **Mary Meredith**, takes care of all the behind-the-scenes tasks that need attention. **Otto Dietrich** ran the audio and light booth. I helped a little myself. **It was a fabulous team.**

This event is only the beginning. The new portable court will be used at the *US Open* in *Memphis* in October, and again "out in public" at the *Navy Pier* in downtown *Chicago* in May. If you missed out on the *Denver* event, plan your schedule now to be in *Chicago* in May. Watch the [www.irt-tour.com](http://www.irt-tour.com) site for more announcements.

**What a great week for racquetball!**

## Room Lottery Winners West Allis

As we always try to do, there was a random drawing for free night winners at the tournament host hotel, the Brookfield Suites, in West Allis/Brookfield, Wisconsin. **Congratulations to the lucky winners!**

1. **Judy Buckeye**
2. **James Curran**
3. **Robert Gravelyn**
4. **Kay Halverson**
5. **Harold Hiles**
6. **Kacagiri Kazahiro**
7. **John O'Donnell**
8. **John Prigmore**
9. **Carol Taylor**
10. **Howard Walker**
11. **Jane Worden**

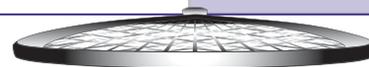
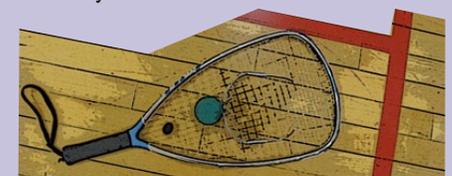
## Election Ballot Info — Election Ballot and Voting Process

*By Dave Warner*

Our yearly election is at hand. This year, we solicited players at the July West Allis tournament for NMRA board member candidates. Unfortunately, those nominee names were misplaced. A few people contacted us to let us know they wanted to run, but if you nominated yourself and are not on this ballot, please let us know and we can do several things:

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

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



## President's Corner continued from page 2

40+ players as our special guests. We will welcome feedback to see if we should do this yearly. If we do it again in December in 2009, perhaps a warm city would be a possibility.

- Local players would like to know the start times, and avoid an "extra" night of hotel fees. The start times could be on the website. This is under consideration. Some Board members feel that some players may not sign up (or drop before the tournament starts) if they see they will not be able to earn a medal. Others feel this is a very reasonable request
- Posting the brackets (divisions) online for start times. Tuesday night vs. Wednesday morning would be the savings to the local players, and late flight players would be able to check their start times if they miss pre-tournament check-in.

During the week, we had on display a number of *NMRA Logo* items that will be featured on our 'NMRA Website Store'. Getting the store set up was a direct result of prior recommendations from our membership. Lots of folks wanted to know if we would ever again offer *NMRA* logo clothing and other items. As many of you realize, it was through the hard work, dedication, and family resources of past **President Ron Pudduck** that those items were available. The present *Board Members* had neither the expertise nor resources to continue to run the process since it required a full-time staff to have them produced, inventoried, stored, shipped and sold. Also, Ron had some excellent sources of purchase of materials that made the process more cost-effective than we would be able to provide today. In response to the members' desire to have these articles available once again, we turned to the technology and partnered with "[LASERAWARDS.com](http://LASERAWARDS.com)" which is the source of logo items for some of the other racquetball organizations like the IRT. We now have a fully functioning 'Electronic Store' on our website. The beauty of this process is that the *NMRA* is not responsible for any of the day-to-day requirements typical of running a store. We don't have to manufacture

▶ anything, we don't have to store anything and we don't have to keep a large inventory in stock to meet demands. This is all done by *LaserAwards* without any cost to the *NMRA*. All you need to do is click on the *NMRA Store* banner on the website and it will bring you to a *SECURE* site where you can shop for the items you want, pay with your credit card, and have them shipped directly to you. **You can shop day or night, 365 days a year.** We hope this new feature meets the needs of our membership. I know that we had very positive feedback on all of the items we had displayed during the event in *West Allis*. If you shop at this store, then you are also helping the *NMRA* financially, since we will receive 20% of the cost of each item sold.

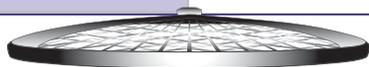
Another way that we are trying to generate income with the least amount of effort is through our website ([www.nmra.info](http://www.nmra.info)). When you visit the site, you will notice that, at the bottom of every page, there are a number of 'advertisements'. These are generated by *Google*. They are designed to meet the general area of interest of the website page that you are viewing. For example, if you are viewing our *Future Fund Endowment* page, then the ads at the bottom of the page are related to charities, fund raising, etc. Every time you click on one of these ads, it generates small-percentage revenues from *Google* to the *NMRA*. Some websites generate thousands of dollars a month for their organizations simply by having folks click on advertisements that are already of interest to them. You don't have to buy anything and you won't get charged for anything (unless you decide to purchase something from the site you are visiting). It is a win/win for the member and the *NMRA*. We ask you to please try this next time you visit [www.nmra.info](http://www.nmra.info).

Let's take a few minutes to talk about the website. As many of you know, the *Board* made a decision to redesign our 'official' website and close our [myfamily.com](http://myfamily.com) website that **Jim Emerson** created for us a number of years ago. Both sites were generating only a very few number of hits and both sites had different features. Last month, Jim closed the *Myfamily.com* site and [www.nmra.info](http://www.nmra.info) became the "Official *NMRA Website*". The new design of the site provides up-to-date information on our sport, our sponsors, and activities of the *NMRA*. From the main menu, you can access information on the upcoming 'tournament', the 'newsroom', which features up-to-the-minute news items related to our organization and sport, 'Board of Directors', which introduces each of the board members and provides a way for you to contact them directly (click on their picture and you can immediately send an email to that board member). There is a 'pics' page that has pictures of our past events and awardees. There is a 'contact' page that allows you to send a 'comment' directly to the Webmaster (um.... That would be me!!!). This feature was used by a number of you to get information and provide feedback for the event in *West Allis*, ask questions and make recommendations. Every comment is reviewed by the entire *Board of Directors*, with the focus on making our organization better. There are pages that allow you to 'join' the *NMRA* or make a donation to the 'future fund'. All of the work that went into the design and flexibility of [www.nmra.info](http://www.nmra.info) had the best interest of our sport and members in mind.



One last word about the website (beside my plea to all of you to make a commitment to visit the site at least weekly) is to sincerely thank **Dick Lowell** and **Jim Emerson** for all of their dedication as the past webmasters for the *NMRA* sites. Without their vision and determination, we would not be where we are today with the technology.

*The Board of Directors and I want to thank each of you for your membership and active participation at our two annual events. We look forward to hearing from you often, and hope to see you all in Canoga Park in March, 2009. We also look forward to seeing the doubles players in Denver in December, 2009.*



# Tournament Results

## NMRA International Championships

July 16-19, 2008 / West Allis, Wisconsin

Division	Place	State	Avg	Division	Place	State	Avg		
<b>M45</b>	<b>1</b>	<b>Carl Evers</b>	<b>WI</b>	<b>35.44</b>	<b>M80</b>	<b>1</b>	<b>Victor Sacco</b>	<b>NY</b>	<b>32.33</b>
	2	Scott Kraemer	WI	35.30		2	Dick Kincade	CO	30.40
	3	William McCarthy	OH	32.33		3	Mike Martin	CO	29.80
	4	Salvador Acosta	TX	32.22		4	Carl Buschner	MA	21.00
	5	Joe Garbarino	NY	28.30		5	Philip Dziuk	IL	18.60
	6	David Seemuth	WI	24.78	<b>M90</b>	<b>1</b>	<b>Ben Marshall</b>	<b>TX</b>	
	7	Thomas Cain	AZ	23.33	<b>MD45</b>	<b>1</b>	<b>T. Travers / T. Cain</b>	<b>FL / AZ</b>	<b>36.43</b>
	8	Chuck Calvert	OH	23.20		2	M. Domangue / T. Pett	NE / NE	32.86
<b>M50</b>	<b>1</b>	<b>Glenn Leib</b>	<b>PA</b>	<b>Playoff</b>		3	R. Miller / S. Kraemer	WI / WI	32.00
	2	Patrick Gibson	TX	Playoff		4	J. Carter II / S. Acosta	TX / TX	27.43
	3	Tom Weniger	NV	Playoff		5	C. Calvert / W. McCarthy	OH / OH	24.29
	4	Ben Roy	MN	Playoff		6	J. Pursell / J. Garbarino	NY / NY	23.57
	5	David Milazzo	IL	Playoff		7	R. Hare / P. Jean Baptiste	VA / VA	21.71
	6	Randy Godwin	AR	Playoff		8	L. Stephens / P. Rokke	NC / ND	11.00
	7	Andy Gutierrez	FL	26.50	<b>MD50</b>	<b>1</b>	<b>H. Walker / P. Gibson</b>	<b>TX / TX</b>	<b>36.29</b>
	8	Tom Wesely	MN	24.17		2	M. Domangue / T. Pett	NE / NE	35.50
<b>M55</b>	<b>1</b>	<b>Howard Walker</b>	<b>TX</b>	<b>Playoff</b>		3	L. Jackson Jr / R.C. Perry	VA / DC	28.86
	2	Darryl Warren	CA	Playoff		4	A. Puchall / T. Travers	FL / FL	28.33
	3	Dennis Healy	IL	Playoff		5	M. Hiles / J. Manor	MN / MN	26.17
	4	Jim Luzar	WI	Playoff		6	J. Carothers / L. Stephens	LA / NC	18.57
	5	T.J. Ferro	IL	Playoff		7	B. Adams / F. Stevens	OK / MA	18.43
	6	Reinhart Zimmerman	NY	Playoff	<b>MD55</b>	<b>1</b>	<b>J. Elliott / T.J. Ferro</b>	<b>SC / IL</b>	<b>36.29</b>
	7	Kim Keltner	MO	31.83		2	F. Roe / G. Mazaroff	CA / NM	31.71
	8	Robert Born	MN	30.17		3	B. McCoy / N. Hobbs	WI / WI	31.14
<b>M60</b>	<b>1</b>	<b>Dave Warner</b>	<b>MN</b>	<b>Playoff</b>		4	A. Murphy / C. Curtis	MI / MI	26.57
	2	Dennis McKee	IL	Playoff		5	F. Stevens / J. Curran	MA / MA	24.14
	3	Donald Gunderson	WI	Playoff		6	D. Dosch / K. Katagiri	VA / JP	23.71
	4	Robert Gravelyn	MI	Playoff		7	B. Bower / R. Carney	WI / WI	16.14
	5	Warren Bailey	AK	Playoff		8	B. Warrack / R. Havrilenko	MB / MB	13.43
	6	Ron Papiranski	BC	Playoff	<b>MD60</b>	<b>1</b>	<b>D. Warner / D. Gunderson</b>	<b>MN / WI</b>	<b>36.80</b>
	7	Thomas Curran	NC	29.88		2	D. Jones / M. Pawka	GA / CA	34.20
	8	Brandt Bower	WI	28.38		3	L. Gazelka / W. Bailey	MT / AK	28.80
<b>M65</b>	<b>1</b>	<b>Dan Jones</b>	<b>GA</b>	<b>38.00</b>		4	R. Cox / R. Gravelyn	OR / MI	23.80
	2	Dave Zabinski	MN	35.36		5	F. Tabek / D. Olson	WI / MN	17.40
	3	Patrick Taylor	IL	34.18		6	M. Scheier / R. Ferrara	MA / MA	11.40
	4	Mitch Milewski	NH	32.36	<b>MD65</b>	<b>1</b>	<b>D. Zabinski / P. Pustorino</b>	<b>MN / MN</b>	<b>36.17</b>
	5	John Jacobs	WI	29.73		2	L. Guerrero / M. Milewski	CA / NH	34.50
	6	Luis Guerrero	CA	23.64		3	J. Harper / S. Lavorgna	IL / NJ	32.00
	7	Arthur Murphy	MI	22.82		4	F. Roe / H. Nellor	CA / FL	28.50
	8	Peter Prucha	MA	22.55		5	J. Eliot / L. Sonnenberg	NC / CA	23.33
<b>M70</b>	<b>1</b>	<b>Lee Graff</b>	<b>OR</b>	<b>38.00</b>		6	D. Kanefield / E. McHenry	MD / MD	19.33
	2	Jerry Holly	CA	32.00		7	C. Munroe / P. Prucha	MA / MA	15.83
	3	James Weeks	GA	31.50	<b>MD70</b>	<b>1</b>	<b>O. Chapman / F. Florey</b>	<b>OH / WI</b>	<b>34.75</b>
	4	Rex Lawler	IN	29.75		2	J. Weeks / R. Lawler	CA / IN	31.25
	5	Francis Florey	WI	28.25		3	D. Kanefield / E. McHenry	MD / MD	14.50
	6	Michael Jackson	CT	25.25	<b>MD75</b>	<b>1</b>	<b>O. Chapman / D. Alt</b>	<b>OH / OH</b>	<b>38.00</b>
	7	Anthony Toby Dicesare	NV	22.75		2	D. Maitland / H.D. Goldstein	CT / CT	25.33
	8	Charles Welby	CA	18.25		3	H. Hiles / P. Banales	FL / AZ	22.67
<b>M75</b>	<b>1</b>	<b>Donald Alt</b>	<b>OH</b>	<b>34.50</b>		4	C. Buschner / M. Henchy	MA / GA	21.17
	2	John O'Donnell Jr.	IL	29.75	<b>MD80</b>	<b>1</b>	<b>V. Sacco / J. O'Donnell</b>	<b>NY / IL</b>	<b>33.83</b>
	3	H.D. Goldstein	CT	24.25		2	J. Prigmore / D. Kincade	KS / CO	21.00
	4	Michael Henchy	CA	23.75		3	M. Martin / P. Dziuk	CO / IL	15.33
	5	David Maitland	CT	17.50					



## You Forgot to Tell Us!

By Lynette Froehlich (South Carolina Women & Junior's Coordinator)

We have a great group of ladies in South Carolina. For seven ladies, the recent IRT Pro-Am tournament was their first-ever tournament. All thought the event was great. It was their first time playing with a referee, feeling muscles they had never felt before, receiving T-shirts, door prizes, endless food and drinks; and of course, watching the amazing Pros and the show they put on!

Besides being a little nervous on the court and not fully aware of all the rules, they came out with very few bruises and learned a lot about racquetball. The comment I heard most was, "Yes, we're hooked!" They proved it by being back on the Simpsonville courts Monday night ready to work on their games. They learned a lot very quickly.

I was confused when they announced to me, "You forgot to tell us!"

"I forgot to tell you what?"

"You forgot to tell us that when you go to a racquetball tournament, the players who win have a million gloves attached to their bags! So we decided that if we want to win, we need to hang gloves on our bags!"



## RESULTS NMRA International Championships continued from page 4...

Division	Place	State	Avg
XD60	1	J. Buckeye / J. Weathers PA / VA	31.17
	2	V. Utter / J. Eliot NC / NC	28.14
XD65	1	S. H-Welty / L. Graff OR / OR	38.00
	2	D. Backus / S. Lavorgna MI / NJ	29.33
	3	L. Clemens / H. Nellor WI / FL	28.60
	4	P. Kelly / D. Rogers IL / IN	15.17
XD70	1	L. Markus / D. Milkie IL / WI	17.80

## Not for Ladies Only

By Cindy Tilbury

We're getting there! Our numbers of women participants are up and I believe our ladies are having a great time at the tournaments. Those are my goals for the NMRA so I'm feeling pretty good about that. Please keep inviting all of your player friends and I'll do all I can to make sure they come back again.

Most of us want to look as good as we can on the court. After all, when you look good, you feel great, and you play well. It can get pretty steamy on the court during our summer tournament. I just discovered that *Estee Lauder Sumptuous* mascara does not run, even though it comes off with water. If you are not thrilled with your current mascara, give it a try.

If you are trying to keep your long hair out of your eyes during your matches, try the *Goody Stay-Put* ponytail holders. They hold great and won't break your hair.

The racquetball fashion police report that skirts hide a multitude of sins, and they are more comfortable than shorts. *Sports Authority* has inexpensive skirts in the tennis and golf sections.

**Calling all doubles ladies!** We need lots of lady doubles players for our (my) special doubles-only tournament in Denver December 4 through 6. **The second event for everyone MUST be Mixed Doubles, so the ladies will be IN DEMAND!!!** *If you need a little attention, this is the tournament for you!* As always, contact me if you need a doubles partner of any type.

Have you read *The Secret* by Rhonda Byrne? You probably know that "the secret" is using the laws of attraction to get what you want. It can work for racquetball, too, of course.

**Keep your thoughts positive while you are playing your matches.** Instead of thinking "don't skip" or "don't lose," think to yourself "make great shots" or "good hustle" or "I love this game." Thinking about skips will bring about skips (attract them to yourself).

The *Board* regularly discusses ways to attract more women to our tournaments, and one suggestion was to schedule women's first matches on the AFTERNOON of the first day of the tournament. If you think that would help us get more women playing, let me know. No guarantees, of course. In *West Allis, Wisconsin*, it just turned out that the women did not play until the afternoon. Local players could have worked a half day or saved a hotel room night if they had known that. If you have more ideas, let me know them too.

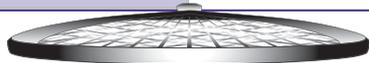


Gwinn and Markus at Albuquerque Banquet



### Here is the recipe for my special

**Racquetball Brownies.** Buy a brownie mix, a tub of chocolate frosting and a small tube of decorator frosting, any color/flavor. Make the brownies as the directions indicate. After they cool, frost the brownies. Use the decorator frosting tube to draw court lines and maybe a racquet and ball. If you don't have decorator frosting, use a knife. Okay, this is more of a craft project than a recipe, but it should still make your brownie (or cake) lovers smile.



# Denver NMRA Doubles Duel Tournament Set for December 4-6, 2008

You have been asking for a special NMRA doubles-only round-robin tournament for a few years, and we think we have a great one for you in Denver December 4 through 6, 2008! Here is what we have planned.

## General Information

- Dates** December 4 through 6, 2008  
(plan to play at 8:00 am December 4 and through 6:00 pm on December 6).
- Divisions / Ages** Standard NMRA age divisions of 45 to 95, PLUS added 35 and 40 divisions are offered.
- USAR Membership** NMRA players must be USAR members and should update their membership online at [www.usra.org](http://www.usra.org).
- NMRA Membership** First-time NMRA players do not need to join the NMRA (\$45 for three years) but are encouraged to do so online with their [www.r2sports.com](http://www.r2sports.com) entry into the tournament.
- Check-In** December 3 at 5:00 to 8:00 or so, at the Highlands Ranch Rec Center.
- Entry Fees** \$95 for first event; \$35 for second event (Both must be doubles; second event must be Mixed doubles)

## Entry Deadline Midnight, Friday, November 21, 2008

- Match Format** All round-robins for every division. Doubles only. If necessary for large divisions, flights may be created and a playoff would be held Saturday for the top six flight winners.
- Awards** Medals will be awarded for first through fourth places for large divisions
- Souvenir Club** Top-quality tournament fleece vest for each entrant and paid guest  
*Highlands Ranch Recreation Center*, located just south of the intersection of C470 and Broadway in *Highlands Ranch, Colorado*. It has 10 glass-backed courts, pool, workout equipment, free parking, gym, tennis courts, hospitality room, etc., but no towels and locks.

- Host Hotel**  1050 Plaza Drive, *Highlands Ranch, Colorado*. This hotel is within one-half mile of the club and many restaurants. A shuttle will be available between the hotel and club. Parking is free.

- Hotel Amenities / Room Info** \$89 per night includes two breakfasts, free internet access, refrigerator, microwave, hairdryer, fitness center, restaurant, lounge, etc. A golf course is available, and, although unpredictable, weather in Denver in December can be perfect for golf.
- Airports** *Denver International Airport (DEN)* is closest. Shuttle service is approximately \$33 one way to the hotel. *Colorado Springs (COS)* is about 60 miles south of Denver and shuttle fees would be much higher.

- Social Event** Party at the hotel with food/drinks/music to award medals 7:00 to 11:00 Saturday, December 6.

## Before the Tournament Starts

- Come Early** Come early and get used to the altitude and bouncy ball. We recommend a combination of skiing and racquetball. Right now, we have no package set up, but if enough people are interested in coming early, we would be happy to arrange something, or help you find what you need, including a place to play and discount lift tickets. Contact **Cindy Tilbury** at 303.888.4461 or [email.cindy.tilbury@att.net](mailto:email.cindy.tilbury@att.net) if you are interested. Courts will be available on Wednesday before the tournament at the host club for tournament players to play.

## During the Tournament

- Match Times** Matches will be played from 8:00 am to (potentially) 10:00 pm Thursday and Friday. All matches will be done around 6:00 on Saturday.
- Round Robins / Playoffs** If necessary, due to multiple flights in a division, playoff matches will be played on Saturday.
- Referees** Matches are self-refereed; two games to 15 with no tiebreaker.



## Scheduling

You can expect three or four matches per day per division. Matches are scheduled back-to-back.

## Shuttle

The host hotel is within walking distance of the HRRC club; a shuttle will also be available and the schedule will be posted. Host hotel guests can also have the shuttle drop them at shopping and literal stations.

## Hospitality / Lunch

Hospitality/lunch will be available at the HRRC club.

## After the Tournament

### Saturday Night Party

A medal ceremony and party with food/drinks/music on Saturday night at the host hotel will start at 7:00 pm. There will NOT be a formal banquet for this tournament.

### Ski / Ride Info

Early winter skiing can be great in the Rockies west of Denver. If you would like help or advice on setting up a ski trip after the tournament, please contact Cindy Tilbury for recommendations. Equipment and warm gear are all available for rent, and lessons are available. Vail, Beaver Creek and Breckenridge ski resorts are great choices.

## Links

- Denver Hotel** <http://www.denver.org/>  
<http://www.denverhighlandsranch.stayhgi.com>
- Club** <http://www.hrconline.org/PortalContent/ContentPhotoGallery.aspx?PortalID=1&TabID=31&ParentID=2&SubSectionID=38&SubSectionID2=223>
- Town of Breckenridge** <http://www.townofbreckenridge.com/>
- Breckenridge Ski Resort** <http://breckenridge.snow.com/>
- Beaver Creek Ski Resort** <http://beavercreek.snow.com/>
- Vail Ski Resort** <http://vail.snow.com/>



# ENTRY FORM

## NMRA Doubles Duel Championships

### DECEMBER 4 - 6, 2008



**Highlands Ranch Rec Center, Broadway & C470, Denver, CO 303.791.2500**

Mail-In Entry Must Be **POSTMARKED NLT NOV 14, 2008** [call to confirm]

Online Entries Must Be **COMPLETED BY NOV 21, 2008**

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

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

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

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

Phone: Home \_\_\_\_\_

Work \_\_\_\_\_

Cell \_\_\_\_\_

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

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

Emergency Contact: \_\_\_\_\_

DOB: m\_\_\_\_ / d\_\_\_\_ / yr\_\_\_\_ Age on 12/04/08 \_\_\_\_\_

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

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

**FEES:**

First Event	\$ 95	\$ _____
Second Event	\$ 35	\$ _____
Spouse/Guest(s)* (each)	\$ 50	\$ _____
NMRA Membership ** (3yrs)	\$ 45	\$ _____
USRA Membership (required, 1 yr)	\$ 35	\$ _____
Future Fund Donation:		\$ _____
<b>Total Due:</b>	<b>\$</b>	<b>\$ _____</b>

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

\_\_\_\_ **\*\*This is my first NMRA tournament**  
 (\*\*First time participants do not have to join the NMRA,  
 but we hope you do, if you are 45 or older)

**PAYMENT:** Send entry form & payment in U.S. dollars, *made payable to NMRA.*  
 Mail to:  
 Tom Curran, NMRA President  
 1015 Cardinal Dr NW, Wilson, NC 27896

Online entries at: [www.r2sports.com](http://www.r2sports.com)

Players may enter a maximum of two (2) doubles events:  
 Players may choose one (1) same-gender event and/or one (1) mixed event, or two (2) mixed events.

**DOUBLES**

	MEN	WOMEN	MIXED
<b>35+</b>			
<b>40+</b>			
<b>45+</b>			
<b>50+</b>			
<b>55+</b>			
<b>60+</b>			
<b>65+</b>			
<b>70+</b>			
<b>75+</b>			
<b>80+</b>			
<b>85+</b>			
<b>90+</b>			

Doubles Partner(s): Please print

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

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

\_\_\_\_ Check if you need us to find a doubles partner  
 (and please enter early!)

**SHIRT SIZE —**

**PLAYER:**    S    M    L    XL    2X    3X  
                   MENS \_\_\_\_\_ WOMENS \_\_\_\_\_

**GUEST:**     S    M    L    XL    2X    3X  
                   MENS \_\_\_\_\_ WOMENS \_\_\_\_\_

**NO REFUND OF ANY FEES AFTER 12/04/2008**

## Tournament Match Warmups

By Debbie Tisinger-Moore

**Editor's Note:** **Debbie Tisinger-Moore** is an Ampro Certified Professional (the highest level available), has almost 50 US national titles and many more wins from IRF and National Masters tournaments. She manages the racquetball programs for a large health club in Canoga Park, California. It has 20 racquetball courts and will be the venue for our March, 2009, NMRA tournament, where Debbie will be the tournament director.

The time you spend warming up for a tournament match can make the difference between winning and losing. Since NMRA matches are scheduled back-to-back and you officially only have five minutes on the court to warm up for your first NMRA match of the day, you need to make the most of that time. Here are some of the techniques I use to make sure I am ready for my opponents.

**Since I like to check in for my matches about 10 minutes before** the scheduled start time of the first match of the day (of each division), I make sure I start my warmup in my hotel room. I make sure I've gotten a good night's sleep the night before the match. I visualize myself hitting perfect shots—playing perfect racquetball. Still in my room, I stretch for at least 15 minutes of stretching and generally warming up my muscles. I recommend not stretching too much—a little in the room and a little more outside the court should suffice.

**When I get to the club,** I ride the exercise bike for about five minutes before the match. This gets my body temperature up and gets my legs moving a little.

**Then, on the court, if I can, I keep my jacket on and hit the most common shots that I'll use during the match.** I start with easy ceiling shots and down the line shots, adding power as I go. I then make sure I do some pinches, reverse pinches, and backwall setup shots, followed by some short ceiling ball setups and a few serves. I do all of that on the backhand side, as well. A few feet-shuffling trips up and down the court get me ready to play.

After my match, I make sure I stretch again, to alleviate the lactic acid built up in my muscles.

### **A few other tips:**

**Waking up at least two hours before a morning match** is really important—three hours if you are going to have breakfast. Bananas are a good bet to keep away muscle cramps.

**Sitting on bleachers and just standing around are not going to help your game.** Use a chair with good back support or get on a recumbent exercise bike for a few minutes if you need to sit for awhile.

**Dry saunas** are great for warming up cold muscles quickly.

**Hot baths** are also a great muscle warmer.

**Nervous feelings before a match are not a bad thing.** You can use them to get "up" for your match.

**Eating right is a whole other topic,** but an energy smoothie at least an hour before playing is a good option.

See you all at the *Canoga Park* tournament in March! My staff and I look forward to hosting you and we're working hard to make sure you have a great time. Contact me through my assistant, **Randy Lam**, if you have suggestions before then.

That email address is [rjlam@socal.rr.com](mailto:rjlam@socal.rr.com).



West Allis Doubles Medal Winners

## TIDBITS

By Cindy Tilbury

The NMRA occasionally prints out full membership lists and we have recently done this. Printed membership directories are now available. Thanks to Mike Hiles' friend, **Dave Ramsden**, for printing these at no cost to the NMRA. If you did not receive your printed copy at the *West Allis* banquet, you will be getting yours in the mail shortly. Please feel free to follow up with **Mike Hiles**.

**Mike Hiles** is also sending out to the Utah medal winners their discs that tell what division the medal represents. Look for those in the mail.

**During the tournament check-in line in Milwaukee,** we heard several people tell us that they had tried to update their email address several times and it was overwritten with an old one. **Ryan Rogers** (of [r2sports.com](http://r2sports.com) and the [usra.org](http://usra.org) websites) reports that you can now update it in your NMRA entry profile and it will update your USA Racquetball profile ([www.usra.org](http://www.usra.org)).

**Please do continue to keep your usra.org address information up-to-date, too.** Log into the [www.usra.org](http://www.usra.org) site using your USA Racquetball player number. That number can be found on your membership card if you haven't already logged in using it. You will set up a password for yourself and verify your address information. **It's easy and quick.** If you need a little help, you can ask your state association board members. We suggest you add a headshot picture, as well.

**Want your edition of the RacquetRacket in color?** Go to [www.nmra.info](http://www.nmra.info) and print the color version on single pages. Once you've read it, you can post the pages on your club bulletin board, as a "public service" for your fellow 45+ players ... **Help the NMRA spread the word!**

**The count of women players in West Allis was 41, or 23 percent of the total players.** It's not a record, but it's not too far from our all-time high of 49 in Minneapolis. Maybe we can top that with the doubles-only tournament in Denver in December, or the singles-and-doubles event in *Canoga Park* in March.



# ENTRY FORM

## NMRA National Championships

### MARCH 11 - 14, 2009



**The Spectrum Club, 22235 Sherman Way, Canoga Park, CA**



Mail-In Entry Must Be POSTMARKED NLT 2/28/09  
Online Entries Must Be COMPLETED BY 3/03/09



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

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Phone: Home \_\_\_\_\_  
           Work \_\_\_\_\_  
           Cell \_\_\_\_\_  
 Fax: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact Name/Number: \_\_\_\_\_

DOB: m\_\_\_\_ / d\_\_\_\_ / yr\_\_\_\_ Age on 3/11/09 \_\_\_\_\_

**Waiver:** I hereby, for myself, my heirs, executors, and administrators, waive & release any & all rights and claims that I may have against the NMRA, USAR, The Spectrum Club and their staff, and all sponsors or their respective agents, for any and all injuries or damages of any nature which I, my spouse or my guest(s) may incur as a result of my participation in this tournament.

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

**FEES:**

First Event	\$ 140	\$ _____
Second Event	\$ 40	\$ _____
Spouse/Guest(s)* (each)	\$ 65	\$ _____
NMRA Membership ** (3yrs)	\$ 45	\$ _____
USRA Membership (required, 1 yr)	\$ 35	\$ _____
Future Fund Donation: \$10 increments	\$	_____
<b>Total Due:</b>	<b>\$</b>	_____

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

**\*\*This is my first NMRA tournament**

*(\*\*First time participants do not have to join the NMRA, but we hope you do, if you are 45 or older)*

**SHIRT SIZE:** S M L XL 2X 3X  
 MENS \_\_\_\_\_ WOMENS \_\_\_\_\_

**PAYMENT:** Send entry form & payment in U.S. dollars, made payable to NMRA. Mail to:  
 Steve Cohen, NMRA Treasurer  
 5832 E Bluebonnet Court, Orange, CA 92869  
 Online entries at: [www.r2sports.com](http://www.r2sports.com)

Players may enter a maximum of two (2) events:

DOUBLES	MEN	SINGLES
_____	45+	_____
_____	50+	_____
_____	55+	_____
_____	60+	_____
_____	65+	_____
_____	70+	_____
_____	75+	_____
_____	80+	_____
_____	85+	_____
_____	90+	_____

DOUBLES	WOMEN	SINGLES
_____	45+	_____
_____	50+	_____
_____	55+	_____
_____	60+	_____
_____	65+	_____
_____	70+	_____
_____	75+	_____
_____	80+	_____
_____	85+	_____

MIXED DOUBLES		
_____	45+	_____ 70+
_____	50+	_____ 75+
_____	55+	_____ 80+
_____	60+	_____ 85+
_____	65+	

Doubles Partner(s): Please print

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

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

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

**RIDE SHARE AREA**

I volunteer to share a ride to or from the Host Hotel and the Club. I understand I am personally responsible and not acting as an employee or agent of the NMRA.

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

**NO REFUND OF ANY FEES AFTER 03/04/2009**

## Keep Your Game Young — How and Why to Jump in Racquetball

By Jo Shattuck

You've seen players jump over the path of the ball being hit by their opponent. The ball whizzes under their feet by inches, and they still keep their center court position. And you wonder, how do they do it?

**It involves two very important pieces of information.** First, you have to know when your opponent is going to strike the ball. Remember, your opponent can hit the ball at ANY height, any time she wants; not just when YOU are ready. Watching the spacial relationship between the ball and your opponent's hips and shoulders as she approaches her set-up will help you determine when and how high to jump. The height and timing of the jump should be just enough to give clearance to keep from being hit by the ball, because... well ouch! You need to be ready to hit the next ball...jump too early or too low and you will get hit with the ball. Jump too late and you already got hit, or can't react to the ball. If your opponent doesn't generally hit low shots, then stay out of her lanes, because you will have plenty of time to retrieve a high shot without the risk of creating a penalty hinder.

Second, the whole benefit of jumping is negated if you don't land balanced. The point of jumping over a ball is that you won't have to vacate your position (hopefully it's in center court), and to allow your opponent the straight-in and the cross court, which is required by the rules. You should land ready to move in any direction, as if your feet never left the floor in the first place.

Two quick reminders, if you find yourself jumping a lot, it means your opponent is taking lots of set-up shots from the deep middle of the court, so you should improve your lateral control. (Stop hitting the side wall with your passes, and keep your wrap-arounds wider.) Second, a penalty hinder should be called if your opponent "moves into the path of the ball." This should be called at any ball height, but it's not usually called if the ball is hit waist high or higher. **Have fun and be safe!**

## How Do We Keep Our Engines Running?

By Lynette Froehlich

Our engines (hearts) are the center of our car's everyday function. Along with our lungs, the heart works non-stop around the clock – around 70 beats per minute. Its main purpose is to circulate blood throughout our bodies to help aid bones, tendons and muscles for everyday activities. It is important to challenge our hearts with daily exercise to keep them strong and healthy.

## Cardio Training

**There are many benefits from cardio training – here are a few of them:**

1. Total energy output - studies show that our metabolism and energy conversion levels can remain much higher for up to 24 hours after a quality workout of aerobic exercise.
2. Reduce risk of heart disease and stroke – keep aerobically fit and we are six times less likely to die prematurely from heart attack, stroke or arterial clogging.
3. Burn higher levels of unwanted fat – during vigorous sessions of aerobic and cardio exercise, our bodies increase energy usage by up to 10 times.
4. Improve mental alertness – studies link effective alertness and productivity with physical fitness.

## more TIDBITS...

By Cindy Tilbury

Thanks a million to Hall of Famer Dick Kincade for the generous donation to the NMRA. Dick donated to our organization, the Colorado Racquetball Association, and the Nebraska Racquetball Association and asked us all to promote racquetball in any way we feel appropriate. We will try to do that! Thanks to all of our NMRA donors. **We appreciate the confidence you place in the organization and the Board that your donation will be used wisely.**



5. Stress management – even a brief session of moderate exercise can produce natural endorphins which medical scientists say are more powerful in the control of stress or depression than any man-made drug.
6. Improve coordination and mobility
7. Cleanse impurities from skin
8. Strengthen bone to fight osteoporosis
9. Increase healthy HDL cholesterol
10. Lubricate and strengthen joints
11. Enhance confidence and self esteem
12. Help stabilize blood sugar levels

Resources from:



Here is a "Training Tip" for your racquetball game:

*"Never get bored or plateau when involved in cardio exercise. Do a wide variety of cardio challenges."*

**Did you know that 30 minutes of cardio can be split into many segments?** In other words, spend 10 minutes on the rowing machine, 10 minutes on the treadmill, and 10 minutes on the bike. Cardio is cardio – as long as we don't take a nap between changes. (It's OK for our heart rate to drop a little when we get that drink.) And since our goal is to increase our time to 45 to 60 minutes – changing workout devices keeps our cardio session interesting and time goes by more quickly.



## Things to do in Colorado

By Cindy Tilbury

Denver and the whole state of Colorado make up a fabulous winter wonderland. Although the weather is unpredictable, visitors flock here, and are always out in the thick of it. You can expect temperatures between 50 and 5. Below is a list of my favorite things to do in Colorado; please contact me if you would like to ask questions about any of these suggestions for your Denver trip to the *NMRA Doubles Duel* event.

### Denver

- City/County Building Lights
- Denver Federal Mint
- Coors Field
- Pepsi Center – Avalanche Hockey
- Invesco at Mile High – Broncos Football
- Zoo Lights
- Coors Brewery Tour
- Downtown Comedy/Restaurants/Nightlife
- 16th Street Mall
- Shopping



### Colorado Springs/Manitou Springs

- Broadmoor Hotel
- Garden of the Gods
- Air Force Academy
- US Olympic Training Center
- Focus on the Family
- Cheyenne Mountain
- Mountain Zoo

### Boulder

- Colorado University
- Pearl Street Mall
- Flatirons Mountains

### Mountains

- Aspen / Vail / Beaver Creek / Breckenridge / Copper Mountain Skiing
- Idaho Springs / Georgetown Victorian Old West Towns
- Glenwood Springs Hot Springs / Lodge / Racquetball Courts
- Skiing / Snowboarding / Snowmobiling / Sleigh Rides



### South

- Mesa Verde Pueblo Dwellings
- White Sands National Park
- Durango / Telluride Old West Town

## Board of Director Candidates Ask for your Vote

By Dave Warner

We have a great slate of candidates for you in our *Board of Directors* election. They are listed below in alphabetical order. Please vote for up to three of the following names, using the ballot at the end of this newsletter. I invite you to contact the candidates directly if you would like to discuss their backgrounds and goals. And, as always, if you are interested in running for the Board in a future election, just contact a current board member and we'll make sure you have the information you need to run an effective campaign. If you want to help and cannot commit to *Board of Director* time commitments or duties, we would invite you to join an *Advisory Board* or just make us aware of how you would like to contribute. There is much to do and a few extra hands would be very valuable.

**Remember that if you don't vote, you can't be too upset about the outcome.** Please let us know if you need any help at all with the election process. It is your duty and privilege to exercise your vote.



### Carmen Alatorre-Martin, Arlington, VA

My license plate says it all, "RQTBL." For me, racquetball is a family affair. When you see me, I'm usually accompanied by my husband. We both love the game and consider *NMRA* racquetball players to be part of our "extended" family.

I've been playing tournament racquetball for over 17 years, working my way up and through the various divisions, from C to Open. I know through firsthand experience the joys and frustrations of playing at the different levels. Having recently retired from the military, I've also had the opportunity to play at various venues across the country. I'm a three-time member of the *All-Air Force Racquetball* team, and I own one 1st place *Worldwide Armed Forces* title. I've also been fortunate enough to earn three *US National Championship* titles and five *NMRA International Championship* titles.

I have coached and taught racquetball at the high school and college levels, directed leagues, purchased equipment for teams, and conducted and sponsored various clinics and tournaments. I've been a sponsored player for over 13 years. Additionally, I'm an *AmPro Certified Instructor*. So, yes, I have a history with racquetball. It's been an important part of my life. But, I'm much more interested in promoting racquetball's future with the *NMRA*.

**What will I bring to the *NMRA* board?** Experience, expertise, enthusiasm and a positive can-do attitude. Most of you already know me, but for those of you who don't...I'm the one with the ever-present smile, the word of encouragement, the "*We can do this...*" attitude, and the husband and daughter who also play racquetball. I am very interested in helping to run the *NMRA* tournaments, as well as editing the newsletter. I would like to volunteer to be the *Secretary* and to assist **Cindy Tilbury** with bringing more women into the sport.

Promoting good will and professionalism; instilling a sense of community and camaraderie; encouraging a high level of competition and sportsmanship among players across all age groups and all levels of play—these are the things I believe in...these are the things I strive for.



### Steve Cohen, Orange, CA

I have been performing the duties of *NMRA Treasurer* for about two years, and I would like to continue serving in that capacity. My experience as CFO and CEO of some large companies in Southern California has provided me the skills I need to ensure accountability of the *NMRA* funds. I love the *NMRA* tournament play, and am working hard to put on a great tournament for you in *Canoga Park* in March 2009.

*My recent racquetball accomplishments include:*

Co-Director of the Palm Desert Senior Olympics 2008 - February

Co-Director of the Pasadena Senior Olympics 2008 - June

Co-Director of the San Diego Senior Olympics 2008 - September

Director of the Southland Senior Olympics 2008 - November

Director of Introduction to World Outdoor Racquetball for Southern California

*continued on page 12...*

## Board of Director Candidates continued from page 11

*My NMRA goals and objectives are:*

Continue to improve the *R2Sports Tournament Software* and update the Membership Database and reduce the cost by adding the ability of the *NMRA* to process credit cards on its own.

Improve the awareness of the *NMRA* by players at local indoor and outdoor racquetball tournaments as well as neighboring *State & National* tournaments so that any age player can look forward to continuing competitive and/or social racquetball at our events.

Continue to advertise the *NMRA* on racquetball websites like [meetandplay.com](http://meetandplay.com).



**Gary Cowger, Urbandale, IA**

I would like to serve on the *NMRA* Board because I believe I could bring the same kind of energy and commitment to getting the job done that the current Board has successfully demonstrated. I believe in the *NMRA* and appreciate what it has done to promote racquetball and camaraderie, and would like the opportunity to serve and give back to a great organization. I recently retired after 38 years with the same company, and now have the time to adequately fulfill the commitment that the Board would require.

*Some of the things I have to offer are:*

- I began attending *NMRA* events in the early 1990s (as soon as I met the age requirement!)
- I am a lifetime member of *USRA Racquetball Association*
- I am on the State Board of Directors for the state of Iowa
- I have played racquetball for 30 years, in which I have attended a wide variety of regional, state, and national tournaments
- I attend National Singles in Houston annually

*Professional experience:*

- 38-year career with the same company; achieved position of Division Manager, in which I supervised 400+ employees, and controlled \$25 million in sales annually.
- Worked and lived in Oklahoma, St Louis, Missouri, Atlanta, Georgia, and Des Moines, Iowa.
- I am good at vision and planning
- I have attention to detail
- I have an excellent work ethic
- I am a team player
- I am results oriented

**I would love the opportunity to serve and would welcome the challenge.**



**Tom Curran, Wilson, NC**

This past term as a *Board of Director* has been both a pleasure and an honor for me to serve the membership of the *NMRA*. It has been a challenging time for the *NMRA* and our sport and I am very proud to have been involved in helping the organization reach its current level of financial accountability and service to our members. I want to continue my service and contributions to the Board to help ensure that we maintain that focus.

During my tenure on the board, I have been fortunate to be elected by my peers to the position of President of the Board of Directors. In that capacity, I have worked to increase the accountability, communication and service of every member of the board and general membership of the *NMRA*...

I continue in my position as the Executive Director of the *Future Fund* and with the generosity of many of our members, and have seen it grow under my management.

I have provided the leadership that resulted in cost savings during our annual tournaments by finding sponsorships that have decreased the overall expenses of our event. This has allowed us to provide funding for Junior and Women programs in Racquetball.

I assumed the responsibility of webmaster and, in that position, redesigned the entire site and (currently) coordinate and create the content. At this writing, we will have a full *NMRA Merchandise Store* available on our website ([www.nmra.info](http://www.nmra.info))

Overall, my efforts are evident by the positive changes in the financial health and

► membership services of the *NMRA*.

Over the past thirty-five years, racquetball has been both my sport and my social life. Like many of you, I am passionate about our sport and the *NMRA*. I want to see them both grow and flourish for generations to come. I am thankful that I have reached a point in my life where I can devote even more time to this goal. I am asking for your support by way of your vote.



**TJ Ferro, Aurora, IL**

I attended my first *NMRA* event at Canton, Ohio, in 2004 and was impressed beyond words with the fabulous play, and knew I had to belong. The

players were great sportsmen and the competition was fantastic. I knew I was part of something special. My desire to serve as a member of the *NMRA* Board is sincere. I want to continue to see the *NMRA* be successful by bringing fresh energy to a board that is doing great things and helping take the *NMRA* into the future. My main goal is to be a voice for the members.

Here are some of my qualifications:

- *NMRA* member since 2004
- *NMRA Board Member* since 2007
- *Illinois State Racquetball Association Board member* since 1998
- *Junior Racquetball Association*, providing no-charge lessons weekly since 1998 and coach of Junior Team Illinois since 2000
- *Tattooed Team Ektelon* sponsored player since 1998; Advisory Staff member since 2000

When people ask me if I am going to Memphis or Houston, my reply is "No, I am on the *NMRA Master Tour—the best racquetball tournaments around.*" Let me help you by helping me get elected to the *NMRA Board of Directors*.

**I am asking for your support and vote in the upcoming election.**



## South Carolina Clinic Action

By Jim Elliott

**SCRPA** Local clubs, state associations and manufacturers are key players in growing our sport. Recently, the *South Carolina Racquetball Players Association (SCRPA)* and **Lynette Froehlich** teamed up to run women's and juniors' clinics around the state with the support of local clubs. This was an excellent example of how we all can put in a little effort to make good things happen for the sport.

The most recent clinic took place at *World Fitness (WF)* in *Goose Creek*, near *Charleston*. **Bob Ison** and **Lance Suter**, league coordinators at *WF*, worked with Lynette to set up the clinic. Lynette ran two two-hour women's novice clinics and four 90-minute junior clinics. Twelve women and 22 juniors attended the two-day clinics. Lynette, an *AmPro* certified instructor, certified personal trainer and *NMRA* member, had local players **Jamey Lands**, a *Gearbox* representative, me (*NMRA* member), plus Lance and Bob help keep things moving on three courts for six hours each day. At the end of Sunday, each new player could hit both forehand and backhand shots and keep score and play a game.

The team effort broke down like this: *SCRPA* helped cover Lynette's travel expenses and also gave each junior an *E-force* starter racquet and glasses, *World Fitness* gave the use of their courts, *Gearbox* donated many giveaways to the juniors, the *NMRA* donated a case of *Ektelon Classic* racquetballs, Bob and Lance put in many hours scheduling and phone calls prior to the clinics, and local players Jamey and Lance gave their weekend to help. Bob and Lance have added a novice women division to the league schedule and are planning a weekly junior shoot around.

If our sport is going to continue to grow and prosper, everybody in the sport must give back to it. We have all received so much from it. **If you would like more details on our programs, please email me at [jmfrn2@msn.com](mailto:jmfrn2@msn.com).**

## more **TIDBITS...**

By Cindy Tilbury

**In West Allis, 70 percent of our players played two events.** I know that two events can be a little too much racquetball for some people, so we, the *NMRA Board*, want to thank you for being great sports to do that. It can make the difference between a profit and a loss for a tournament, unless we have lots of sponsors offsetting the costs. We really appreciate your participating in two events and we will continue to offer to find you a doubles partner if you aren't bringing one with you.

**Please sign up (preferably online at [www.r2sports.com](http://www.r2sports.com)) as early as you can for the Denver doubles-only tournament in December.** Your second doubles event must be Mixed, so get your requests in as early as possible. Watch the participant list grow online, and if you see someone you'd like to play doubles with, let us know and we can give you each others' info. You'll also find it in your printed Membership Directory you received in *Wisconsin*.

**Paul Banales had knee replacement surgery and is doing very well.** We wish him a speedy recovery. We occasionally hear about other *NMRA* players who are having health issues and surgical procedures, and we care about their recoveries, as well. It's impossible to mention them all and we would leave people out, but be assured that they are in our thoughts and we wish for them a fast return to good health and our tournament family.

**Many of us LOVE watching great racquetball.** While there are always exciting 50+ and above matches going on during our tournaments, it was an extra special treat to watch some of the Men's 45+ matches in *West Allis*. Some of the local players were incredibly impressive, and it looked like they were really good friends, as well. In the past, we have not had a lot of 45+ players (they have to work during the week, I guess) so it was very special to have such a strong group—both singles and doubles. I hope those particular players join us in *Canoga Park*, where there are quite a few skilled 45 players. Thanks for some great entertainment, Guys!

**Our NMRA matches have always used regular racquetball scoring in the past,** where you must be serving to score a point. Recently, the topic of rally scoring was brought up as a possible option for 75+ events, or for all of our *NMRA* matches. Rally scoring allows the receiver to score a point if he/she sides out the server. In a variation of rally scoring, the server serves five times and then the serve switches to the other player, who would serve five times (similar to Table Tennis). The idea came up when the participants were trying to figure out how to make combined divisions more exciting and to avoid scores of zero. If any of you readers have thoughts on rally scoring being used in some or all of our divisions, please email the board and let us know what you think. The games would be shorter and the *R2Sports* tournament software would not have to be changed if we adopted rally scoring.

**For the December 2008 Denver doubles-only tournament,** I tried to get enough people together to ski for a few days after the tournament in Breckenridge, Colorado. Although we didn't have enough people to do this, you may have a group you are organizing for a business meeting or family reunion or ski club for which you need ideas. The *Alpine Villa Conference Center* is a perfect place, and IT HAS A RACQUETBALL COURT! The property has 30 beds and can accommodate more than that. You have to see this place to believe it. Check out the website for more details then contact **Elizabeth Hawkins** and tell her the *NMRA* suggested you call. <http://www.alpinevillaretreat.com>

**Congratulations to Mildred Gwinn, who won the coveted Peggy Steding award at USRA National Singles in Houston in May.** Mildred was also the deserving winner of the *Al Wetherill Sportsmanship* award at the *IRF World Senior* tournament in *Albuquerque* in August. Way to go, Mildred. What a year it has been for you! **Congratulations from your NMRA Board of Directors.**



Gwinn Peggy  
Steding Award Winner

# SPEED IS EVERYTHING

INTRODUCING



## UP TO 24% FASTER

Ektelon raised the bar on O<sup>3</sup> racquets by introducing new Speedport Technology. The rectangular port design creates a stronger and larger string hole, improving frame aerodynamics while allowing the string even more freedom to move.

**The result - Ektelon's fastest and most powerful racquet ever!**

### GET PLUGGED IN

Ektelon's Power Plug technology offers 7 different swing weight configurations. Depending on the location and amount of Plugs added to the frame's O-ports, players now have complete control of the overall weight and balance of the racquet. Adding anywhere from 1.5 up to a fully loaded 16 grams to the frame results in a wide variety of swing weight, stability and power combinations. **It's like having 7 racquets in one!**

### STRING IT UP

Ektelon's DPR (Double Power Ring) string pattern maximizes main string length for greater power. When combined with new Premier Power string, the string bed is on Fire! This new multifilament string is now offered in 3 colors that racquetball players crave.

**Finally, a high performance string designed to withstand the demands of extreme racquetball play while providing ultimate power and softer feel.**

RECOMMENDED BY  
WORLD #1 PLAYERS  
ROCKY CARSON\* &  
RHONDA RAJSICH\*

### O<sup>3</sup> SPEEDPORT RED OR CAMO

**BASE WEIGHT:** 170 grams  
(No Power Plugs Added)  
**MAXIMUM WEIGHT:** 186 grams  
(All Power Plugs Added)  
**POWER LEVEL:** 3400-3700  
**STRING:** Premier Power 16

### GO CAMO

O<sup>3</sup> Speedport Camo  
Now Available - Limited Edition



For complete details visit [www.ektelon.com/customizeit](http://www.ektelon.com/customizeit).

#1 Rankings based on 2007/2008 IRT and WPRO results



**RACQUETBALL INSTRUCTOR CERTIFICATION COURSE**  
**CLINIC REGISTRATION FORM**

Local Contact: Darryl Warren  
 Location: Canoga Park, CA  
 Dates: March 9 & 10, 2009  
 Club/Venue: Spectrum Canoga Park  
 Clinician: Darryl Warren  
 Telephone: (310) 991-6330  
 Days/Hours: Mon 9am-6pm, Tues 9am-6pm  
 Email Contact: [warrendz@sbcglobal.net](mailto:warrendz@sbcglobal.net)



**Registration Fees Enclosed:**

Instructor Course	\$225	_____
NMRA member-course	\$150	_____
UPGRADE-current members	\$100	_____
Program Manual	\$40	_____
AmPRO renewal (1yr/3yr)	\$30-\$75	_____
USAR dues (new only)	\$35	_____
Late Fee	\$20	_____

**Total Fees Enclosed \$** \_\_\_\_\_

Payment Method: ( ) check ( ) money order  
 ( ) credit card MC/Visa only  
 \_\_\_\_\_ Exp. \_\_\_\_\_

Name on Card \_\_\_\_\_

**For more information, contact: Gary Mazaroff, Director**  
 6201 Copper NE / Albuquerque, NM 87108 USA  
 (505) 321-1110 tel / (505) 256-1380 fax  
 email: [GMAmpro@aol.com](mailto:GMAmpro@aol.com) or visit website at [Internationalracquetball.com](http://Internationalracquetball.com)

**Send this form and payment to above address.**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Telephone-cell: \_\_\_\_\_  
 Fax: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 USAR Member yes ( ) no ( )  
 NMRA Member yes ( ) no ( )

**Official NMRA Board of Directors Election Ballot**

September, 2008 — Vote for a maximum of three (3) candidates

Review the candidates' qualifications in this newsletter, or online at [www.nmra.info](http://www.nmra.info).

**To make your vote count:**

1. Cut this ballot out of the newsletter
2. Keep the address label on the back of it
3. X your candidate choices.
4. Put it in an envelope by February 1, 2009
5. Send it to Dave Warner, 2204 Merrimac Lane North, Plymouth, MN 55447 Phone 763.763.0046

Vote X	Name	City, State
	Carmen Alatorre-Martin	Arlington, VA
	Steve Cohen	Orange, CA
	Gary Cowger	Urbandale, IA
	Tom Curran	Wilson, NC
	TJ Ferro	Aurora, IL
		Write-In
		Write-In
		Write-In



## Masters TOURNAMENT Trail 2008-2009

Huntsman World Senior Games	Oct 17-20, 2008	St. George, UT	RR / 50+	<a href="http://www.hwsg.com">www.hwsg.com</a>
US Open	Oct 22-26, 2008	Memphis, TN	Draw / All Ages	<a href="http://www.usra.org">www.usra.org</a> <a href="http://www.usopenracquetball.com">www.usopenracquetball.com</a>
State Senior Games 2008	Varies by State	Various Cities	Varies by St / 50+	<a href="http://nsga.com">http://nsga.com</a>
Women's Senior Masters Championships	Jan 16-18, 2009	Canoga Park, CA	RR / 35+ Singles Only	<a href="http://my.execpc.com/~tutsch/WSMRA/main.html">http://my.execpc.com/~tutsch/WSMRA/main.html</a>
USAR National Doubles	Feb 11-15, 2009	Phoenix, AZ	Draw / All Ages	<a href="http://www.usra.org">www.usra.org</a>
NMRA National Champ.	Mar 11-14, 2009	Canoga Park, CA	RR / 45+	<a href="http://www.nmra.info">www.nmra.info</a>
USAR Regionals	Apr, 2009	Various, Chicago	Draw / All Ages Recommended	<a href="http://www.usra.org">www.usra.org</a>
USAR National Singles	May 20-25, 2009	Houston, TX	Draw / All Ages	<a href="http://www.usra.org">www.usra.org</a>
NMRA International Championships	Jul 15-18, 2009	Campaign, IL	RR / 45+	<a href="http://www.nmra.info">www.nmra.info</a>
Summer National Senior Games	Aug 1-10, 2009	Stanford Campus near San Francisco, CA	TBA / 50+	<a href="http://www.2009seniorgames.org">www.2009seniorgames.org</a>
IRF World Seniors	Sep 2-5, 2009	Albuquerque, NM	RR / 35+	<a href="http://www.internationalracquetball.com">www.internationalracquetball.com</a>



## Board of Directors

**Tom Curran, President**  
Wilson, NC Tom1947@aol.com

**Paul Banales, Vice President**  
Tonopah, AZ banstoll@peoplepc.com

**Bruce Adams, Secretary**  
Houston, TX badams@citgo.com

**Steve Cohen, Treasurer**  
Orange, CA nmra\_treasurer@yahoo.com

### BOARD MEMBERS

**Mike Hiles**, Bayport MN splat\_57@hotmail.com

**TJ Ferro**, Chicago, IL tjektelon@@aol.com

**Gary Mazaroff**, Albuquerque, NM  
gmazaroff@usra.org

**Cindy Tilbury**, Denver CO cindy.tilbury@att.net

**Dave Warner**, Fort Myers, FL daw4labs@aol.com



NMRA RacquetRacket Newsletter  
**Cindy Tilbury, Editor**  
3131 East Alameda, #205  
Denver, CO 80209

