



RACQUET RACKET

OCTOBER 2009

Official Newsletter of the National Masters Racquetball Association (NMRA)

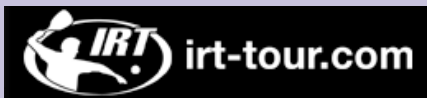
IRTNetwork.com is Now Online!

By Cindy Tilbury

As an avid racquetball watcher, you have been glued to your PC screen watching amateur and Women's Pro matches at www.racquetballonline.tv. It is so fantastic. **Pablo Favre** and **Angela Grisar** do an excellent job bringing us those matches.

This past month, the *IRT Men's Pro Tour* debuted their own online network for viewing the men's pro matches online as they are being played. That site is www.irtnetwork.com and you won't believe the quality of the video and commentary. The service is offered for a small subscription fee with full viewing and archived matches, OR you may watch a tournament live all weekend for one price. The announcer for all pro matches will be **John Scott**.

Tune in and check out the action!



Lucky Free-Room-Night Winners

By Bruce Adams

At our tournaments, we randomly give away the complimentary rooms we earn by having our members book rooms at the *Hawthorne Suites* host hotel. In *Champaign, Illinois*, we had five free nights, and below are the lucky winners who each got their last room night free of charge.

- Ron Marr, KY Renee Fish, FL
- Craig Weaver, TN Scott Kraemer, WI
- Thomas J. Ferro, IL

The 37th NMRA Hall of Fame Inductee

By Bruce Adams



The NMRA inducted David Warner as the thirty-seventh person to be added to the illustrious Hall of Fame, in the player category. Mr. Warner is currently the association's Vice-President, and has been a member for almost 20 years. He and wife Margie (of 37 years) reside in Plymouth, Minnesota and Fort Myers, Florida, about equal time throughout the year.

David started his racquetball career in 1971 actually playing paddleball in college for intramurals, back when the games went to 21 points. He also played table tennis. His conditioning sport was softball during the winter. He played tennis in high school, while his

brother was a teaching pro and college player at Dartmouth, and his mom won a national title in tennis. David also likes badminton, volleyball, and pickleball, (indoor and outdoor), in which he competes nationally.

David now competes in the 60 singles and doubles, and is known for his slide on his volleyball kneepads. His most memorable tournament was a U. S. Open event where he placed third in the 55s against five of the top ten in the nation. David also reached the finals in the 50s the same year.

Attending the prestigious moment at the Friday night banquet were daughters Aimee and Nichol. HOF member Paul Banales presented the beautiful award. David is an avid sportsperson (fishing, hunting, boating, working with horses); proud grandfather of three; is ranked number 1,317 in the racquetball nation; and has won at the



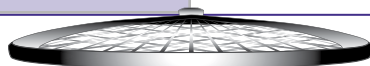
Huntsman Games in both singles and doubles. He is a retired Property and Casualty Manager with Prudential; now an unpaid consultant working for them two or three days per month. David is a humble person that is always willing to talk to anyone about racquetball.

Please help us, the NMRA Membership and Board of Directors, congratulate David Warner on his induction into the NMRA Hall of Fame.

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Layout and design by Birgitte Designs, KarinP@BirgitteDesigns.com



The President's Corner - Fall 2009

By Tom Curran, NMRA President



Hi all...

I hope this note finds all of you well and happy and relaxed after a wonderful summer. As always, it is an honor for me to be able to address the membership of the *National Masters Racquetball Association*.

I have had the pleasure of being your president for the last couple of years and I continue to find it both a challenge and rewarding experience. We have seen a number of changes in our organization over these last few years.

We have embraced technology in the form of our partnership with R2Sports.com, who provides our tournament management system. Our partnership with R2 has resulted in the NMRA putting on more efficient and well-documented events—both in terms of scheduling and accounting. The R2 system provides us immediate and accurate accounting information for each of our events in real time. It also provides each of our tournament players with immediate recognition of his/her efforts on the court by the direct connection to the ranking system with the USAR.

We are looking forward to moving our membership administration under the R2 system as soon as they complete the update to the USAR membership program. *Carmen*, our *Membership Director*, has been working hard on getting the membership records updated and in order. The move to the R2 system will greatly help maintain the accuracy of our renewal and new-member efforts. The new system will automatically check the membership status of all players who register for one of our events and will generate a renewal notice for any member whose membership has lapsed since the last time they played in one of our events.

We have been fortunate to have had great help and support with planning and scheduling our events over this past year and now into 2010 and 2011. I continue to get phone calls and emails asking for information regarding our event schedule and, although I answer every question at the time it is asked, I encourage everyone to check the Official NMRA website (www.nmra.info). We have a page called "Tournament Info" that lists each upcoming event, has a link to the online registration with R2sports.com, a printable copy of the entry form and event information sheet. I ask each of you to visit the site on a regular basis to check on tournament dates and information, and especially to be aware of any updates.

The NMRA website also has articles and notices of interest and should be used as an information source between getting the paper issues of the *RACQUET Racquet Newsletter*. It also provides a link to the *NMRA Merchandise Store*, which offers items with the Official NMRA logo at discounted prices. The *Online Store* was created from requests from our membership for NMRA items to purchase.

Our most recent board meetings this year

(March and July) have resulted in a number of important changes to our organization.

The board approved a fee waiver for all 80+ age group membership renewals.

We did this to honor the long-time support and commitment of this esteemed group.

Many of our members in this age group make regular financial donations to the NMRA directly designated to the *Future Fund*, in honor of a friend or family member, or for a specific racquetball program they want to support.

The board most recently approved term limits for *Board* members to ensure that all members of the NMRA have the opportunity to run for election and serve on the board, if elected. New ideas typically come from new faces. We have a pending action on the board to have term limits on Officers of the Board as well. Again, the idea is to ensure we keep the organization fresh and new in ideas and actions. Strong organizations are those open to change.

continued on page 4...

Thank You, NMRA Members

By Paul Banales

I have been a member of the *National Masters Racquetball Association (NMRA)* for over thirty years and will keep being a member because I believe in the NMRA. During this time:

- I was tournament director for twenty years
- I served as president and treasurer for the board
- I assisted **Carole Stoll** with the NMRA membership coordination and editing the newsletter
- I was honored to be chosen to establish the NMRA into a non-profit corporation and draft the constitution and by-laws
- I'm most proud of being on the board for twenty-five years

During these years, I feel I have contributed to making the NMRA the greatest racquetball organization recognized in the world of racquetball. All of the above, I could not have accomplished had it not been for you, the membership who believed in me and voted for me to the board of directors all these years. I want to thank all of you personally.

I will not run for the board of directors this year. It's time to let younger people get elected and keep the NMRA on course by bringing in fresh ideas. Again, I want to give my sincere thanks to all of you who voted for me over the years. It was a pleasure serving you, the membership.

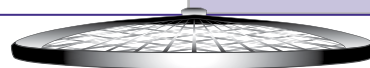
See you in Tucson.

TIDBITS

By Cindy Tilbury

The new racquets are out and the manufacturers' sponsored players are eager to get them in the hands of players for demonstrations and purchase. Contact your regional representatives to schedule a demonstration at your club.

For our Champaign, Illinois tournament, 67 percent of the players entered online using www.r2sports.com. That is still the best way to enter, so we appreciate everyone who took the time to enter online.





NMRA Member John Lomonaco

Passed Away *By Cindy Tilbury*

The regular gang of players at the *Canoga Park Spectrum Club* recently donned black *E-Force* shirts to attend the memorial service for **John Lomonaco**. After playing in the weekly Tuesday night league on May 5, 2009, where he won his last game against fellow *NMRA* player **Kevin Barlia**, John collapsed in the locker room with heart trouble.

John played three or four times a week and has many wins to his credit, including several *NMRA* medals, and a 55A championship a few years ago at *Houston National Singles*. He lived in West Hills, California, near the club, and ran his own fire safety and inspection business. He was 57. I had planned to play *Mixed 50s* with him at the last *NMRA* tournament in *Canoga Park*, but he never got my email. I regret that I didn't get to do that.

He will be missed. ○

more TIDBITS...

Elaine Dexter reports that she has many great local players ready to be partners, if you need one for the **November Doubles-Only tournament in Pleasanton**. Please contact Cindy Tilbury if you need a partner or roommate. If you're undecided about entering the tournament, refer to the list of fantastic things to do in the San Francisco area, included in this newsletter.

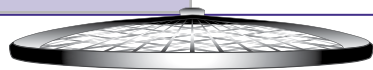
Overheard at a recent tournament: **"As your coach, I strongly suggest taking two weeks off, and then quitting the sport altogether."**

NMRA Tournament Results International Championships, Champaign IL



July 15-18, 2009 / University of Illinois / Tom Curran & John O'Donnell, Tournament Director

Division	Place	Names	State	Points	Division	Place	Names	State	Points	
M45	1st	Daniel Pischke	WA	37.67	W45	1st	Georgia Russell	IL	32.00	
	2nd	Scott Kraemer	WI	36.22		2nd	Sharon Hunter	IL	28.50	
	3rd	Thomas Cain	AZ	28.89		3rd	Becky Gerig	IL	27.13	
	4th	Salvador Acosta	TX	27.67		4th	Melanie Newsome	NC	14.75	
	M50	5th	Michael Chambon	MI	27.11	W50	1st	Cindy Tilbury	CO	35.25
		6th	Tom Neal	IL	24.22	W60	1st	Merijeane Kelley	CA	37.17
		7th	Joe Dorner	FL	24.22		2nd	Sharon Huczek	MI	36.33
		8th	John Richier	IL	22.63	3rd	Cece Palaski	NM	24.83	
M55		1st	Patrick Gibson	TX	37.00	W65	1st	Judy Buckeye	PA	26.67
		2nd	Rex Ledbetter	TN	34.40	2nd	Marquita Molina	CA	23.33	
		3rd	Chuck Snyders	IL	33.60	W70	1st	Lyndon Clemons	WI	24.83
		4th	Ben Roy	MN	30.90	W80	1st	Reta Harring	WI	6.50
	5th	Watmora Casey	IL	30.50	MD45	1st	Daniel Pischke / George Brewer	WA	36.00	
	6th	David Noyes	IL	21.50		2nd	Steve Horve / Barry Elliot	IN	33.00	
	7th	Bill Bouie	VA	20.00		3rd	Scott Kraemer / Paul Rokke	ND	32.29	
	8th	Stephen Butler	IL	19.10		4th	Curtis Perry / Michael Chambon	MI	28.43	
M60	1st	Jim Luzar	TX	36.73		5th	Steve Gulick / Tom Neal	IL	26.14	
	2nd	Howard Walker	WI	36.73		6th	Jimmy Lugo / Bill Bouie	VA	24.29	
	3rd	Rick Betts	CA	33.55		7th	Shawn Warner / Michael Melber	IL	22.71	
	4th	Darryl Warren	CA	30.64		8th	Bruce Adams / Lynn Stephens	NC	14.29	
	5th	Bruce Nelson	IL	29.45	MD50	1st	Howard Walker / Patrick Gibson	TX	36.70	
	6th	George Brewer	WA	28.09		2nd	Ben Roy / Dave Warner	MN	36.44	
	7th	Gregg Mandell	IL	27.73		3rd	Thomas Travers / Alex Puchall	FL	32.63	
	8th	Dan Hirleman	IN	22.73		4th	Stephen Butler / Michael Burns	IL	30.90	
M65	1st	Don Checots	KS	Playoff		5th	Rex Ledbetter / Craig Weaver	TN	30.60	
	2nd	Dennis Healy	IL	Playoff		6th	Michael Hiles / Jerry Manor	MN	25.30	
	3rd	Dave Briski	CA	Playoff		7th	Frank Stevens / Douglas Blackmer	FL	19.67	
	4th	Gregory Hasty	IL	Playoff		8th	Bruce Adams / Lynn Stephens	NC	17.50	
	5th	Frank Taddonio	AZ	Playoff	MD55	1st	Leo Marsocci / Steve Meltsner	CT	38.00	
	6th	Dave Warner	MN	Playoff		2nd	Dan Hirleman / Lee Simoneaux	SC	31.60	
	7th	Ron Marr	KY	30.71		3rd	Ron Marr / Tom Hills	KY	22.22	
	8th	Ralph Worthington	CA	28.60		4th	TJ Ferro / Jim Elliott	UT	17.30	
M70	1st	David Zabinski	MN	Playoff		5th	Gary Mammele / Randal Ashton	IL	27.89	
	2nd	Leon Stanley	AL	Playoff		6th	Jim Curran / Frank Stevens	MA	23.00	
	3rd	Jon Singer	PA	Playoff		<i>continued on page 8...</i>				
	4th	James Weeks	GA	Playoff						
	5th	Gene Berner	MN	Playoff						
	6th	Samuel Johnson	NC	Playoff						
	7th	Francis Florey	WI	27.33						
	8th	Denis Delaney	TX	25.57						
M75	1st	John O'Donnell	IL	Playoff						
	2nd	Cy Dietrich	GA	Playoff						
	3rd	Donald Alt	OH	Playoff						
M80	1st	Victor Sacco	NY	38.00						
	2nd	Philip Dziuk	IL	25.83						
	3rd	Garrett Foy	KY	22.33						
M90	1st	Ben Marshall	TX	8.33						



President's Corner - October 2009 continued from page 2

The board also approved adding a third annual tournament to our schedule. Again, this is something the membership requested. You asked us to try out a Doubles-Only event and we held the first one last December in Denver. It was a great success for the players and the organization, so the board agreed to make it a permanent addition to our annual tournament schedule. As with our March and July events, the Doubles event will have a set time of year to be held (the November and December time frame) and will move to different venues. This year (2009), the event will be held in Pleasanton, CA (San Francisco Bay Area) in November. You will find an entry form and information sheet in this newsletter, or you can download them from the www.nmra.info website under 'tournament info'. The r2 site is open for registration for this event as well. It should be a great event, since the courts and hotel are located in the same building. See the information sheet for all the details.

This March, we will be electing new board members to the NMRA Board of Directors. It is so important that we have a great showing of interest from our membership to run for the open positions and that the membership honor these folks by casting your votes. The election ballot is a part of this newsletter. Please do your part and VOTE.

I also want to take a moment to personally thank Lee Graff for his years of dedication and support in his role as the Executive Director of the NMRA Hall of Fame. Lee recently decided that he was ready to pass that responsibility on. We are in the process of looking for a member volunteer who would be willing to take over this very important position. Please contact Bruce Adams (badams@nmra.info) if you would be interested in being considered. He can detail the duties of that very important position.

I want to take a moment to ask that each of you keep in your hearts and prayers those of our members that have had a difficult time with health issues of their own, or family members:

Board Member TJ Ferro is in a fight for his life against lung cancer; Rex Lawler recently underwent open heart surgery to repair some leaking valves; Lee Graff, Elliott Papermaster and Ron Pudduck continue their battles against various forms of cancer; Gary Mazaroff continues to heal after hip replacement surgery; Board Member Paul Banales is on the mend from knee replacement surgery; Leland Rentz is recovering from a stroke; Ben Marshall was put into the hospital for 10 days to help regulate his heart and is now back to good health; Mike Lippett's wife, Heidi had a life threatening bout with Swine Flu which had her in ICU for over a week and, at this writing, is still hospitalized but on her way to recovery.

If you are aware of any other member who has or is experiencing any illness, please let us know so we can keep them in our thoughts and prayers.

As you can see, you are a part of a very active, vibrant, and caring organization. What continues to make us a great organization is our ability to look beyond our own needs and personal agendas and consider first what is best for the organization. We have a rich history and culture of integrity, sportsmanship and caring that has developed the stellar reputation we hold in our great sport. Let's continue to work to keep our vision and goals above all else.

We look forward to seeing as many of you as possible at the upcoming events in November, 2009, (Doubles Only), and March 2010 in Tucson, AZ. Be well, travel safe. ○

Champaign, Illinois Prize Drawing Winners

Lynn Stephens - Socks, T-shirt and towel.

Vickie Utter - Ektelon racquet

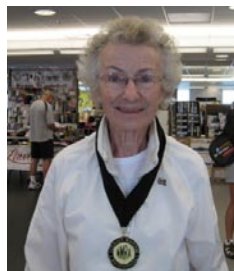
Melanie Newsome - Bag of balls

Jim Curran - Camouflage Ektelon racquet

Donna Backus - Pink Ektelon Racquet for the Cure

Reta Haring - Racquet for not winning a game.

Racquet auctioned off for **\$500** to benefit *Junior racquetball*.



Reta Haring, W80 Champion

The Health Department

By Jerry Northwood

For those of you who have been around this game for more than just a few years, say the early 70s, you may remember a racquetball publication entitled "The Racqueteer". The owner and editor was Ron Starkman, the sometimes doubles partner of a fairly well known player named Charlie Brumfield. His objective was to get the racquetball news out to all the players nationally.

It was my privilege to write a column titled "The Health Department". The publication was in newspaper format, which allowed me to share, unobstructed by space, information pertinent to the racquetball player. Such topics as: Tournament Nutrition – Before, During, After; The Vegetarian Athlete; Do Vitamins, Minerals and Food Supplements Really Make a Difference in Athletic Performance; Avoid Injury – Warm Up Properly; and, Too Many Pounds to Move Around. The last article was designed to assist the player with an exercise and nutrition program to shed unwanted pounds so they could be a "blur" on the court.

It is my privilege to accept **Cindy Tilbury's** request to share with my fellow racquetballers information gained over 40+ years of education, research and practical application on the subject of exercise physiology and nutrition. Although these articles were written in the mid 70s, they have been updated to include the latest research in the field. My primary objective is not to turn all of you into "champions" particularly not the 70+ players (my competition), but the emphasis will be on your health for life – hence the title, "The Health Department".

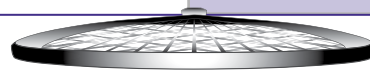
To make these articles more useful to you, we need your input. Just drop a line to the NMRA or myself and share any topics you're interested in.

With that as an introduction, the following is the first article that deals with your overall health.

Seven Steps to Total Health

As someone who has been in the field of physical fitness and nutrition for over 40 years, I've had an opportunity to judge the results of a variety of training programs and philosophies. As a result, I would like to share with you a program designed for maximum health. As a nutritionist, I feel

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NMRA Secretary Stuff

By Bruce Adams



For this edition of the *RacquetRacket*, I wanted to give you a brief recap of the secretary duties of the NMRA, plus the other things I do behind the scenes. I thank

you all for electing me in 2008. The term is three years long. It has been fun and interesting, moving from a state organization to a national organization.

For the Secretary duties, the position includes the traditional recording and distributing minutes and action items to the *Board of Directors (BoD)*; recording, distributing, and maintaining list of votes by e-mail (26 and counting); assisting the President with agendas and handouts; forming a repository of e-mails (700 megabytes) and other electronic documents (5.5 gigabytes and growing); develop documents to assist BoD; and lead in revision of the constitution, when appropriate. I plan to purchase a portable hard drive for the repository matters previously discussed.

Items that I work on "behind the scenes": I assist the *Tournament Directors* (every Board member does) at the tournaments, and the *Membership Coordinator*, as needed. I got volunteered to be the representative to the hotels' banquet coordinators, verifying meal selection, location, replenishment, confirming audio/video needs; and any other items (pianos; flags; etc.).

I asked to take over the banquet presentations from Tom Curran so he could spend more time on his duties. I am self-taught originally in PowerPoint, but have taken a few classes over the past couple of years. I plan on moving the slide shows to the Apple Mac, since it is more of a graphical computer. I try to continue to learn and make the show better, and fresh. I would like to have more contributors of photos, video clips and ideas. I also use it to build the agenda for the banquet, to help the president. Lastly in this area, I interview the *Hall of Fame* inductees and make a special "mini-show" to make their evening special at our July events. [more](#) ➤

Not For Ladies Only



By Cindy Tilbury

WSMRA Tournament in Gaithersburg, Maryland in January.

We seem to have lost our momentum with the numbers of women playing in our tournaments. In *Champaign*, we had 35 women—22 percent of the players. Our highest number yet was almost 50 in Minneapolis. I have a theory that the difficult economy has hit our women players the hardest. If we really are done with this recession, we hope our women players will come out again in droves. Still, bring a friend to *Pleasanton* in November, and to Tucson in March. We'll treat them right! The ladies have their pick of *Mixed* partners at our doubles-only November tournament, where the second event must be *Mixed Doubles*. It's nice to be needed.

No doubt you are deciding which tournaments you will play in the coming season. If you already know about the January 15-18 *Women's Senior Masters Racquetball Association's* annual tournament, you won't have to think twice about entering it. If you haven't played it yet, you will want to seriously consider it. This January, it will be held in *Gaithersburg, Maryland* (the *Washington, DC* area), and it will be hosted by **Brenda Loubé** and her team. It is a singles-only round-robin self-refereed tournament, starting with the 35+ age group, BUT the really great thing about this tournament is that B/C-level divisions are offered for each age group. All of your racquetball girlfriends will feel at home in the right division in this three-day event. Pack your dancing shoes, too—the *WSMRA* ladies throw a great banquet! Contact me or another *WSMRA* player for details, and check out www.wsmra.org for an entry.

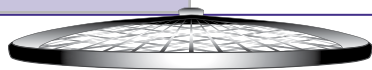


Occasionally, the NMRA is asked to nominate a woman for one award or another, and we have to scramble to decide which of our lady members is most deserving. I am always worried about forgetting a more qualified candidate, and I can't possibly know everything about everyone. If you think one of our members should receive a special award, please submit a name or two to **Carmen Alatorre-Martin** and she can follow up with details.

Our *Canoga Park* tournament director, **Debbie Tisinger**, went into the hospital for her first hip replacement surgery this past month. She is recovering well, and will have her other hip replaced when she is able to get around in a few months. Debbie is a national champion and NMRA player, and her goal is to play in one year at the *IRF World Seniors* tournament in *Albuquerque*. We wish her all the best, as we do for all of our members going through health issues. **Feel better soon, Debbie.** ○

➤ And many of you have stood in front of the dreaded camera on-court, off-court, in the parking lot, and at the banquets. It makes for fun shows, especially since we have started viewing the events of a few years ago. I appreciate your patience. I told a family member that the photos are really not about you, but about others that want to remember you LATER! It is true also in racquetball. And then there are the NMRA and USRA newsletters/magazines, but you all see those.

Again, thanks for letting me share my duties with you. Be sure and review our www.NMRA.info website frequently, and pass it on to others. I especially like to give the *R2Sports* links to co-workers while we have events. If you have questions or comments, feel free to e-mail me at BADams@nmra.info. See you in Pleasanton and then Tucson. ○



NMRA 2009 Doubles-Only Championships PLEASANTON TOURNAMENT INFORMATION SHEET

November 12-14, 2009 www.nmra.info Please read carefully

TOURNAMENT DIRECTORS AND STAFF:

Tom Curran, 513.490.7472 tom1947@aol.com – Venue Director
Jim Elliott 435.705.4144 jmfrn2@msn.com – Venue Director
Steve Cohen 714.767.4622 nmra_treasurer@yahoo.com - Registration
Elaine Dexter 510.381.4963 – On-Site Host
Three members will serve on the Rules Committee

Primary Host Club **ClubSport Pleasanton** – 11 Courts (8 Indoor, 3 Outdoor)
7090 Johnson Drive, Pleasanton, CA 94588,
925.463.2822

<http://www.clubsports.com>

Visit the website for details on the venue and amenities.



Secondary Host Club None - This event is all at one club
Host Club 7090 Johnson Drive, Pleasanton, CA 94588, 925.463.2822

Host Hotel **Hilton Pleasanton at the Club**
7050 Johnson Drive, Pleasanton, CA 94588, 925.737.5622



\$85 Per Night Single/Double
Occupancy plus tax (Includes
Breakfast)
\$95 Per Night Triple/Quad
Occupancy plus tax (Includes
Breakfast)
Rates available until October 27,
2009, but please reserve early;
Request the NMRA Tournament

Discount (Code NMRA); Rate includes deluxe continental breakfast, internet access, daily newspaper, parking, fitness center, more; Registered guests will be entered into a "free night" lottery.

Direct Online Room Reservation Link: <http://www.hilton.com/en/hi/groups/personalized/PLEPHHF-NMR-20091110/index.jhtml>

Enter Online Enter online by November 11, 2009, at <http://www.r2sports.com/tourney/home.asp?TID=5715>; First event--\$140 Second event--\$40; Guests \$65 for the week; You may request a doubles partner and/or roommate and we will do our best to accommodate you.

Enter via US Mail Fill out the entry form at www.nmra.info (Tournament Info page).

Mail completed entry form and fees, payable to NMRA, by October 30, 2009, to: Steve Cohen; 5832 E Bluebonnet Court, Orange, CA 92896

Nearest Airport Oakland International Airport (OAK); I-880 and 98th Avenue, Oakland, CA – Make your reservations early.

Airlines Flying Into Oakland Alaska; Allegiant; Delta; Hawaiian; JetBlue; Mexicana; Southwest; United; US Airways

Alternate Airport San Francisco International (SFO)—West across the bay from Oakland

Airport Taxi / Shuttle Not provided; Airport shuttle service available for a fee; Some local shuttle companies are: Silver Cab & Shuttle Service 925.734.8888; Classic Limousine Service 925.218.4103; East Bay Connection 925.945.0268; **Bay Area Rapid Transit (BART)** Provided from SFO to Pleasanton \$7; 45-Minute Ride 6 am-11 pm 7 days a week 510.465.2278 (Call Hilton for pickup); No need to rent a car unless you are sightseeing; Use the Hilton shuttle.

Shuttle From Host Hotel to Club Shuttle van is not needed from hotel to club, because they are both in the same building.

Parking at Host Club(s) ClubSport Pleasanton – Free
RV parking without hookups is available behind hotel/club

Directions from Airport to Host Hotel

Less than 20 miles east of Oakland airport; Exit airport; South on I-880 2.6 mi; Merge onto I-238 at Exit 31 3 mi; I-238 becomes I-580 9.3 mi; Merge onto I-680 .7 mi; Exit 29 Stoneridge Drive Left for .3 mi; Left onto Johnson Drive for .7 mi; Hotel is on the Right; <http://www.mapquest.com/maps?1pn=oak&2c=Pleasanton&2s=CA&2a=7050+Johnson+Drive>

Directions from SFO Airport to Host Hotel

Take the BART train starting with the Red or Yellow line; Transfer to the Blue line at Daly City, toward Pleasanton; Get off the Train at Dublin/Pleasanton; Contact the Hilton to send the shuttle (too far to walk with bags); Go West on Owens Drive 1.1 Mi; Right onto Johnson Drive 1.1 Mi; <http://www.bart.gov/stations/closest.aspx?to-from=from&address=7050%20johnson%20drive,%20pleasanton&station=DUBL&dir=w>

Directions from Host Hotel to Primary Club

Walk 100 feet North, in the same building.

Tournament Check-In

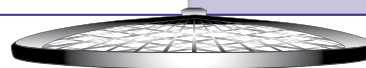
Wednesday, November 11, 2009, 5 to 7 pm at the *Hilton Pleasanton*.

Play Begins / Ends 8 am Thursday, November 12, to 5 pm Saturday, November 14, 2009; Every division plays every day (Thursday through Saturday); Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. Courts will be available at the *ClubSport Pleasanton* club the day before play begins.

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

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

continued on page 8...





ENTRY FORM

NMRA DOUBLES CHAMPIONSHIPS



November 12-14, 2009

ClubSport Pleasanton - 7090 Johnson Drive - Pleasanton, CA - 925-463-2822



Mail-In Entry Must Be POSTMARKED NLT OCT 30, 2009

Online Entries Must Be COMPLETED BY NOV 5, 2009

Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Home _____

Work _____

Cell _____

Fax: _____

Email: _____

DOB: m____ / d____ / yr____ Age on 11/12/09 _____

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, ClubSport Pleasanton 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	\$ 140	\$ _____
Second Event	\$ 40	\$ _____
Spouse/Guest(s)* (each)	\$ 65	\$ _____
NMRA Membership ** (3yrs)	\$ 45	\$ _____
USRA Membership (required, 1 yr)	\$ 50	\$ _____
Additional Tournament Shirt(s)	\$ 25	\$ _____
Future Fund Donation:	\$	\$ _____
Total Due:	\$	\$ _____

* Spouse/Guest(s) Name(s): _____

____ ****Check here if your first NMRA tournament**
 (**First time participants do not have to join the NMRA,
 but we hope you do)

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

Mail to - Steve Cohen
 5832 E. Bluebonnet Court, Orange, CA 92896
 714-767-4622

Online entries at: www.r2sports.com

NMRA Official Website: www.nmra.info

Players may enter a maximum of two (2) doubles events, one of which MUST be Mixed Doubles.

DOUBLES

	MEN	WOMEN	MIXED
40+			
45+			
50+			
55+			
60+			
65+			
70+			
75+			
80+			
85+			
90+			

Doubles Partner(s): Please print

Name/Div/Age Bracket: _____

Name/Div/Age Bracket: _____

___ Check if you need us to find a doubles partner.

SHIRT SIZE —

PLAYER: S M L XL 2X 3X
 MENS _____ WOMENS _____

Emergency Contact Name and Phone Number:

Pleasanton Tournament Info *continued from page 6*

- Appeals** The *NMRA* has a rules committee that can be used by the players to submit an appeal on a rule or issue that arises during the event. The decision of the rules committee is final and binding on all parties concerned.
- Tournament Awards** *NMRA* medals will be awarded to First through Fourth place winners for each bracket. Combined brackets will be awarded medals based on age. 40+ Bracket will receive California Racquetball Association Medals, not *NMRA* medals.
- Eligibility** *USAR*-sanctioned; Current *USAR* membership is required to participate. Entries will not be accepted without payment for *USAR* membership. *NMRA* membership is required for all EXCEPT players who are playing in their FIRST *NMRA* event. Special recognition and gift for first-time players and new *NMRA* members.
- Breakfast** Breakfast is Included in the price of the host hotel, including eggs, sausage, bacon, cereal, coffee, milk, juice. Fruit and drinks available at the club.
- Lunch** Available at the club.
- Evening Hospitality** Available at the club—not a substitute for dinner.
- Banquet** Friday night, November 13, 2009, at the Hilton Pleasanton; Cash bar at 6:30 pm; Dinner and program from 7-10 pm
- San Francisco Area Activities and Attractions** Wineries, shops, museums, missions, 49ers football, Alcatraz, cable cars, Pier 39 at Fisherman's Wharf, beaches, hippies, Walt Disney museum (brand new), Pacific Coast Highway drive, Carmel, Monterey peninsula, many other legendary sights and attractions.
- RV Parks** There are several RV parks with hookups near the host hotel. http://maps.google.com/maps?hl=en&source=hp&um=1&ie=UTF-8&q=rv+parks+near+pleasanton+california&fb=1&gl=us&hq=rv+parks&hnear=pleasanton+california&view=text&ei=eVPBSsX1E43QtgPt7OjAAg&sa=X&oi=local_group&ct=more-results&resnum=1
- Doubles Partners** Contact **Cindy Tilbury** for a doubles partner or roommate cindy.tilbury@att.net or 303.888.4461
- AmPro Clinic** *AmPro* racquetball instructor clinics are generally offered immediately before *NMRA* tournaments. Contact Gary Mazaroff for *AmPro* clinic dates/hours/details gmampro@aol.com
- Player Profiles** It is **extremely important** that you keep your **player profile, including shirt size**, up-to-date in the www.r2sports.com system. The profile is used to help you enter tournaments online and, more importantly, to contact you with the latest tournament information and changes when you enter tournaments. This profile is different than the www.usra.org profile that has you log in with your *USAR* member number, but they are closely linked, so if you update one, you will be updating both. Contact the *USAR* staff in Colorado Springs at 719.635.5396 if you need a little help getting started or remembering your password for this feature. ○

The *NMRA* Needs You

By Tom Curran

As you know, the *NMRA* is completely staffed with volunteers. Those who serve on the Board all volunteer their time and I don't have to tell you how much time they devote to the cause.

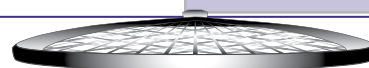
In addition to the Board, we have a few very special folks who provide their expertise and time to fill some very special needs. Over the years we have been blessed with a great number of members who have volunteered for these very important jobs. This year, taking much-deserved breaks, but at a great loss to the *NMRA*, the following folks have told us that they are ready to give someone else the opportunity to excel as a 'volunteer member'.

Lee Graff has been the *Executive Director* of the *NMRA Hall of Fame* for a number of years. As we all know, he recently has been in recovery from a bout with cancer and has decided that he needs to spend more time on his recovery effort and with his family. We will need a replacement for Lee and that will not be an easy task.

The *Executive Director* is the person solely responsible for administering our *HOF*. He/she has the full express authority of the *Board of Directors* to the point that no reporting is required back to the board other than the names of those to be inducted. He/she keeps all the records of medals won and puts out the ballots to a 'secret' voting group who, through a process of balloting and voting, decide who, if anyone, will be inducted into the *NMRA HOF*. The induction is scheduled every July during our *International Championships* and the award is presented at the Banquet. Lee has done a great job of getting the entire process down to a science. He has laid out the entire system so that all that has to be done is someone coming in a take it over. No need to reinvent the process, it works, under Lee's design, flawlessly. Lee also has agreed to mentor whoever is willing to take on this very important program.

Please contact **Bruce Adams** if you are inter-ested in taking over this important program.

Continued on page 10...



NMRA International Championships Results continued from page 3

Division	Place	Names	State	Points	Division	Place	Names	State	Points
MD60	1st	Leo Marsocci / Steve Meltsner	CT FL	37.50	WD60	1st	Donna Backus / Vickey Utter	TX NC	23.00
	2nd	Dave Briski / Kelly Painter	CA CA	31.67		2nd	Shirley Crouse / Elizabeth Anderson	IL IL	8.00
	3rd	David Dosch / James Weathers	VA VA	28.17	WD70	1st	Carol Taylor / Lyndon Clemons	IN WI	19.88
	4th	Mike Pawka / Ralph Worthington	CA CA	28.17	XD45	1st	Gladys Leonard / Jimmy Lugo	VA VA	37.33
	5th	Kevin Dorr / Dan Jones	MD GA	24.83		2nd	Philippe J-Baptiste / Judith Flis	VA PA	29.33
	6th	Robert Born / Don Checots	MN KS	21.83		3rd	Steve Horve / Melanie Newsome	IL NC	28.83
	7th	Robert Ferrara / Greg Podolsky	MA MB	12.00		4th	Alice D-McClure / Charles Douglass	IN IN	27.17
MD65	1st	Peter Pustorino / David Zabinski	MN MN	37.13		5th	David Nelson / Susan Schatz	MN MN	27.00
	2nd	Charles Douglass / Carmen Felicetti	IN IN	29.63		6th	Jim Zimmerer / Burtle Zimmerer	OH OH	20.83
	3rd	Steven Lavorgna / Donald Sperber	NJ FL	27.38	XD50	1st	Mike Pawka / Leslie Pawka	CA CA	36.88
	4th	Thomas Sharum / Robert Erxleben	MI IL	19.38		2nd	Rick Betts / Cindy Tilbury	CA CO	33.63
	5th	John Eliot / Samuel Johnson	NC NC	18.25		3rd	Jerry Manor / Penny Urman	MN WI	31.75
MD70	1st	Otis Chapman / Francis Florey	OH WI	37.20		4th	Chuck Snyders / Cheryl Kirk	IL IL	31.00
	2nd	James Weeks / Rex Lawler	GA IN	31.60		5th	Michael Hiles / Judith Flis	MN PA	30.00
	3rd	Robert Hall / Jim Harper	IN IL	29.40		6th	David Dosch / Beverly Supanick	VA MD	23.75
	4th	William Baker / Leon Stanley	CA AL	27.00		7th	David Nelson / Susan Schatz	MN MN	19.00
	5th	Bill Lash / Don Dennis	IL IL	19.60		8th	Grace Jaworsky / Alex Puchall	MO FL	10.00
	6th	Denis Delaney / William Babcock	TX TX	17.80	XD55	1st	Steve Cohen / Nancy Kronenfeld	CA IL	36.00
MD75	1st	Otis Chapman / Donald Alt	OH OH	36.50		2nd	Frank Taddonio / Carmen A-Martin	AZ VA	34.67
	2nd	Michael Henchy / Paul Banales	GA AZ	29.00		3rd	Jim Elliott / Renee Fish	UT FL	24.00
	3rd	Cy Dietrich / Glenn Pirrong	GA NC	23.75		4th	Jim Curran / Linda Covault	WI MA	9.17
	4th	John O'Donnald / Ron McElwee	IL AL	23.63	XD60	1st	Kelly Painter / Margaret Hoff	CA IL	37.11
WD45	1st	Gladys Leonard / Beverly Supanick	VA MD	30.00		2nd	Kevin Dorr / Carolyn Foster	MD NE	34.56
	2nd	Georgia Russell / Becky Gerig	IL IL	25.50		3rd	Terry Albright / Cece Palaski	MO NM	33.22
	3rd	Alice D-McClure / Burtle Zimmerer	IN OH	13.13		4th	James Weathers / Judy Buckeye	VA PA	31.78
WD50	1st	Carmen A-Martin / Leslie Pawka	VA CA	38.00		5th	John Eliot / Vickey Utter	NC NC	29.88
	2nd	Grace Jaworsky / Carolyn Foster	MO NE	24.63		6th	David Olson / Sharon Huczek	MN MI	20.56
WD55	1st	Linda Covault / Renee Fish	WI FL	37.13	XD65	1st	Rex Lawler / Marquita Molina	IN CA	26.56
	2nd	Margaret Hoff / Nancy Kronenfeld	IL IL	34.13		2nd	Steve Lavorgna / Donna Backus	NJ TX	22.33



The Health Department continued from page 4

obligated to be totally concerned with *prevention* of any possible type of physical problem. My first point of concern when counseling the active person is one of balance.

As many of you are aware, training is specific. If you train for physical development, such as the body builder, you're in a particular degree of physical conditioning. In this case, the individual is interested in body conformation and strength, whereas in racquetball, an activity that develops a different degree of conditioning, the results are more cardiovascular and the sport requires more muscular endurance.

Just as training in these types of particular activities develops a certain degree of health in the individual, I would like to share with you a seven-point formula which will increase your percentage for total health, providing you follow that big word again – BALANCE. Although time and space does not permit a deep analysis of the seven points, let's consider each:

- 1. Nutritional Pattern** – This is without a doubt one of the most important of the seven, although, by itself, it is not the total answer. There have been many famous nutritionists who were far superior to most in their nutritional pattern but have left us prematurely. This is due to a deficiency in one or more of the six remaining areas. Hours could be spent on nutrition but we'll have to leave it with – You must educate yourself and eat out of design instead of desire.
- 2. Exercise** – Not much clarification is needed here except to say the program should be organized around the particular needs of the individual and the program must be followed with regularity. You must make your program part of your normal daily routine, not in addition to it.
- 3. Clean Fresh Air and Sunshine** – This is our first area of discussion most people don't give a great deal of consideration to. Naturally if you're fortunate enough to live along the coast, or up in the mountains, your opportunity for fresh air is better. However, the beach person has to be concerned with balance in regards to the sunshine. Analyze your body's tolerance for the sun (the great healer but don't overdo). As for the fresh air, if you live in a smog area, GOOD LUCK. Seriously, if the air is causing a problem with your health, however slight (it could continue to compound), you should give serious consideration to moving. It sure beats not breathing.
- 4. Pure Water** – This definitely falls in the nutritional area, as do all things ingested. However, special attention is placed on water, for few people give it much consideration. Most feel that the water coming out of their tap must be clean. Unfortunately it isn't so and unclean water is one of the primary sources of many illnesses. There isn't a water company in the country that I know of that will guarantee your water safe to drink and many fall below the Governmental standards for drinking water. The obvious course of action is to have your water tested. If there's a problem, switch to bottled water (which should also be tested) or go to a quality water purification system, which takes your tap water and makes it drinkable.
- 5. Rest** – Rest is separated from sleep to emphasize its importance. "You deserve a break today" is a healthy attitude, however not for the reason it is popularly used in advertising. Whether you're at work or in a home life routine, you need periods of the day when you just take time out to "cool it." Your proficiency at work and your attitude around the family will benefit.
- 6. Sleep** – Very important and often overlooked, the quantity of sleep is not as important as the quality of sleep. Much study has been given to the subject of sleep. One interested in total health should consider whether the conventional bed you sleep on is actually more beneficial than, say, a flotation bed. The results could change your health.
- 7. Tranquil Mind** – The final and equally important area of your life to consider is your mental well-being. There is a term used in physiology, Mind Set – Body Set, and equally, Body Set – Mind Set. In layman's terms, the kind of shape your mind is in will have a great bearing on your physical condition, as well as the reverse. A negative mental attitude has been proven to bring on illnesses of all kinds. Just as important, a strong mental attitude on your part and the part of others around you can heal many infirmities.

There are a variety of modern-day suggestions on how to obtain a tranquil mind. I'm sure

Continued on page 14...

The NMRA Needs You continued from page 8

Another important program is the Editor for the *RacquetRacquet*, the *NMRA Official Newsletter*. As you all know, **Cindy Tilbury**, *NMRA Board* member, took over this vital program and has developed our Newsletter into as professional a publication as is seen in our sport. It is more than a newsletter, it is a magazine. Again, she has put together a system that makes the process easier than before she took it over.

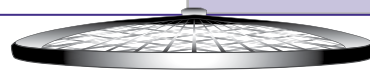
Mainly, the position requires good editing skills (since you would be receiving articles from our membership who are not necessarily trained writers). In addition, the editor would be writing at least one or more articles per edition. All of the layout of the newsletter and mailing is done by a professional printing company.

If you like to write, edit, and know the finished product is really appreciated by the entire *NMRA* members, then please contact **Cindy Tilbury**. She will help with the newsletter and step you through the first few until you feel confident with the process.

One other volunteer position that is available is *Assistant Webmaster* for the www.nmra.info website. Intermediate or advanced computer skills are requested. It is important that the website be kept up-to-date with fresh material so everyone comes back often. I can give you more details on the duties, if you are interested in this position. We think we have a great group of Board members and volunteers. We hope you'll join us. ○



**Reta Harring and Ben Marshall,
Our Most Senior Players**



Racquetball on YouTube

By Cindy Tilbury

You have probably found many racquetball videos uploaded to the YouTube site. If you haven't already seen this one, I suggest you check it out. It is less than 20 seconds and it shows a very special outdoor racquetball shot from this summer's WOR Championships in Huntington Beach, made by top pro **Andy Hawthorne**. Enjoy.



<http://www.youtube.com/watch?v=TmRW2pHtZKI>



National Masters Racquetball is Coming to Your Computer!

www.racquetballonline.tv

The NMRA has the opportunity to broadcast via web streaming matches at the *Pleasanton Doubles-Only* tournament in November. This will be an exciting opportunity to showcase the masters' skills, where previously only professional and junior matches were available for viewing as they happen. Thanks to a generous donation by NMRA member **Mike Lippitt**, and the efforts of **Angela Grisar** and **Pablo Favre** who own Racquetballonline.tv, you will be able to see exciting 45+ doubles if you cannot join us in Pleasanton.

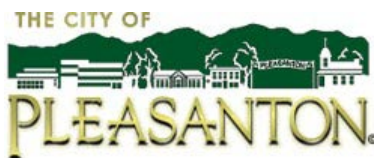
Expect an email with the link to watch all the action. If you are not already on the www.racquetballonline.tv email list, go to the site and sign up today!

Things to Do in the Pleasanton/San Francisco Area

By Elaine Dexter, Doubles-Only Tournament Coordinator

Welcome to *Pleasanton* and the NMRA Doubles-Only tournament! There are so many things to do in and around *Pleasanton* that we suggest you take a few extra days to see them. Below is an abridged list, but please ask me and the other local area players for suggestions on sightseeing and dining for your non-court hours. Below are some excellent ideas you might want to check out during the tournament.

Climate - Average high temperature 65, average low 42 for November



City of Pleasanton - There are several local web pages for visitor information.

<http://www.trivalleycvb.com/>; <http://www.pleasantondowntown.net/>

Downtown Pleasanton is about a 10-minute drive from the club and host hotel, but the hotel has a shuttle, of course. My personal choices would be the walking downtown self-tour, which will feature most of Pleasanton's best restaurants, <http://www.pleasantondowntown.net/pdfs/WalkingTourGuide.pdf> an interesting museum in downtown Pleasanton, <http://www.museumonmain.org/> and the Saturday morning Pleasanton Farmer's Market, also right downtown

The Pleasanton/Livermore area has several local wineries:

<http://www.mitchellkatzwinery.com/>; <http://www.rubyhillwinery.net/>; <http://www.wentevineyards.com/>

Fremont is only a 20-minute drive to see the Mission San Jose

<http://www.missionsanjose.org/>

BART (*Bay Area Rapid Transit*) is less than 5 minutes from the club and host hotel. This train conveniently takes travelers to many destinations, including San Francisco.



City of San Francisco - There are endless attractions to see in the city of San Francisco, and for those who have never been to SF, this would be the city to see while visiting this area, a few highlights listed below:

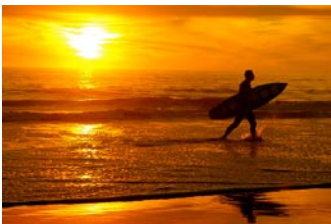
- The *Forty-Niners* host the *Chicago Bears* on Thursday night, November 12th!
- Alcatraz
- Pier 39
- Coit Tower
- Chinatown
- Golden Gate Bridge
- North beach
- the list goes on.....

Napa Valley Wine Country

Beyond San Francisco to the north are the Napa wineries.

San Jose and South

San Jose and the Silicon Valley are less than a one-hour drive south of Pleasanton

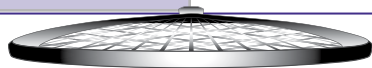


South of San Jose is Santa Cruz, a well known beach site and refuge of many hippies still living in the 1960's.

The Pacific Coast Highway is a legendary drive that leads down past Los Angeles and to San Diego and beyond. It is best enjoyed when you take two or three days to enjoy all of the scenery, Monterey,

Carmel, Big Sur, the Hearst Castle, Pismo Beach, Morrow Bay, Solvang, the Sideways Wine Country, Ventura, Santa Monica, and all of the beaches down to Orange County.

With so much to do, you will definitely want to come back soon. Make sure you bring your racquet.



NMRA 2010 National Championships TUCSON TOURNAMENT INFORMATION SHEET

March 17-20, 2010 www.nmra.info Please read carefully

TOURNAMENT DIRECTOR AND STAFF:

Tom Curran, 513.490.7472 tom1947@aol.com – Venue Director
Jim Elliott 435.705.4144 jmfrn2@msn.com – Venue Director
Steve Cohen 714.767.4622 nmra_treasurer@yahoo.com - Registration
Paul Banales and Carole Stoll 602.319.8677 – On-Site Hosts
Vicky Utter and Howard Walker + One More Member – Rules Committee

Primary Host Club

Tucson Racquetball & Fitness Club - 11 Courts
4001 North Country Club, Tucson, AZ 85716, 520.795.6960
<http://www.tucsonracquetclub.com>
Bring a towel and a lock; Towel service available at a fee



Secondary Host Club

University of Arizona - 8 Courts
1400 East Sixth Street, Tucson, AZ 85721,
Kaila 520.621.9540
<http://campusrec.arizona.edu> *Bring a towel and a lock*



Host Hotel

Randolph Park Hotel and Suites, 102 North Alvernon Way, Tucson, AZ 85711
520.795.0330 or 800.227.6086 520.326.211 Fax
\$69.00 Per Night Regular Room (Up to 4 People); \$89 Per Night Apartment Suite (Up to 4 People); Rates available until March 12, 2010, but please reserve early; Request the NMRA Discount.
Rate includes deluxe continental breakfast, wireless internet access, free local phone calls, unlimited faxes, daily newspaper, parking, mini-refrigerator, microwave, fitness center, more; RV parking is free in a designated area of the parking lot, without hookups; Registered guests will be entered into a "free night" lottery. <http://www.randolphparkhotel.com/>



RANDOLPH PARK HOTEL & SUITES
102 N. Alvernon Way, Tucson, AZ 85711
RESERVATIONS: 800-227-6086



Enter Online Enter online by March 9, 2010, at <http://www.r2sports.com/tourney/home.asp?TID=6041>
First event-\$140 Second event-\$40; Guests \$65 for the week; You may request a doubles partner and/or roommate and we will do our best to accommodate you.

**Enter via
US Mail** Fill out the entry form at www.nmra.info (Tournament Info page).
Mail completed entry form and fees by March 1, 2010, to:
Steve Cohen, 5832 E Bluebonnet Court, Orange, CA 92896

**Nearest
Airport** Tucson International Airport (TUS),
I-10 and I-19, Tucson, AZ – Make your reservations early

**Airlines Flying
Into Tucson** Aeromexico, Alaska, American, Continental, Continental Express, Delta,
Express Jet, Frontier, Jet Blue, Southwest, United, US Airways

Alternate Airport Phoenix Sky Harbor (PHX)—2 hours north of Tucson

**Airport Taxi /
Shuttle** Not provided; Airport shuttle service available for a fee;
Some local shuttle companies are: Alpha Cab 520.322.0868; World Express Service
520.445.3791; Discount Cab 877.539.5607; Scotty VIP Cab Company 520.445.3733;
Tucson & Phoenix Express 520.622.6262; Yellow Express Cab 520.300.6585 ➤

Shuttle to Clubs Shuttle van provided from host hotel between clubs

Parking at Host Clubs Tucson Racquet Club – Free; University of Arizona – check for details at check-in time, as parking pass may be required

Directions from Airport of Host Hotel
Less than 10 miles northeast of airport; Exit airport; Right onto Valencia 1.5 mi; Left onto S Alvernon Way for 2.4 mi; Veer left; Continue on Alvernon for 3.1 mi - *or* - North on Tucson Blvd for 2.8 mi; Stay left; Continue on E Benson Hwy for .6 mi; Slight right at S Kino Pkwy for 3.8 mi; Right at E Broadway Blvd and go for 2 mi; Left at N Alvernon Way; Stay right; <http://www.mapquest.com/maps?1pn=tus&2c=Tucson&2s=AZ&2a=102+N+Alvernon+Way>

Directions from Host Hotel to Primary Club 5 Miles North West of Hotel; North (left) onto Alvernon Way for .9 mi; Left onto E Speedway Blvd for 1 mi; Right onto N Country Club Rd for 3 mi; Club is on the left
<http://www.mapquest.com/maps?1c=Tucson&1s=AZ&1a=102+N+Alvernon+Way&2c=Tucson&2s=AZ&2a=4001+N+Countryclub>

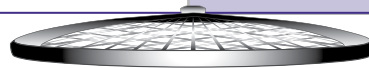
Directions From Host Hotel to Secondary Club Three Miles East of Hotel; South (right) onto Alvernon Way for .9 mi; Right onto E Broadway Blvd for 2 mi; Right onto N Campbell Ave for .4 mi; Left onto E 6th St for .4 mi; Club is on the left

Directions From Primary Club to Secondary Club
Five Miles South West of Primary Club; South on N Country Club Road for 1 mi; Right onto E Fort Lowell Road for 1 mi; Left onto N Campbell Ave for 2.6 mi; Right onto E 6th St for .4 mi; Club will be on the left

Tournament Check-In Tuesday, March 16, 2010, 5 to 8 pm at the *Tucson Racquet Club*

Play Begins / Ends 8 am Wednesday, March 17, to 5 pm Saturday, March 20, 2010; Every division plays every day (Wednesday through Saturday); Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. Courts will be available at the Tucson Racquet club 24 hours per day; However, from 5 to 7:30 pm, courts will not be available due to a handball tournament. Courts will be available at the U of A. ID will be required at both venues.

Continued on page 14...





ENTRY FORM

NMRA National Championships

MARCH 17-20, 2010



Tucson Racquet and Fitness & University of AZ, at Tucson, AZ



Entry by mail must be **POSTMARKED NO LATER THAN 3/1/2010**



Online Entries Must Be **COMPLETED BY 3/9/2010** at <http://www.r2sports.com/tourney.asp?TID=6041>

Please Print — Be Legible, Complete & Accurate

Name: _____
 Address: _____
 City/State/Zip: _____
 Phone: Home _____
 Work _____
 Cell _____
 Fax: _____
 Email: _____

DOB: m____ / d____ / yr____ Age on 3/17/10 _____

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 TFRC and U of AZ 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	\$ 140	\$ _____
Second Event	\$ 40	\$ _____
Spouse/Guest(s)* (each)	\$ 65	\$ _____
NMRA Membership ** (Total f-3yrs)	\$ 45	\$ _____
USRA Membership (required, 1 yr)	\$ 50	\$ _____
Future Fund Donation (\$5 increments)	\$ _____	
Total Due:	\$ _____	

* Spouse/Guest(s) Name(s): _____

_____ ****Check if this is your first NMRA tournament****
 (**First time players do not have to join the NMRA, but we hope you do)

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

NO REFUND OF ANY FEES AFTER 3/15/2010

Emergency Contact/Phone: _____

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: _____

I need a ___ Doubles partner ___ Roommate

Tucson Tournament Info continued from page 12

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

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

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

Tournament Awards NMRA medals will be awarded to First through Fourth place winners for each bracket. Combined brackets will be awarded medals based on age.

Eligibility USAR-sanctioned; Current USAR membership is required to participate. Entries will not be accepted without payment for USAR membership. NMRA membership is required for all EXCEPT players who are playing in their FIRST NMRA event. Special recognition and gift for first-time players and new NMRA members.

Breakfast Breakfast is Included in the price of the host hotel, including eggs, sausage, bacon, cereal, coffee, milk, juice. Fruit and drinks available at both clubs.

Lunch Available at both clubs; *Tucson Racquet* will collect tournament dollars for their menu items; University of Arizona will collect tournament dollars for buffet and evening hospitality.

Evening Hospitality Available at both clubs—not a substitute for dinner.

Banquet Friday night, March 19, 2010, at the *Randolph Park Hotel*; Cash bar at 6:30 pm; Dinner and program from 7 to 10 pm

Tucson Activities and Attractions Golf, hiking, biking, birding, horseback riding, shopping, Saguaro National Park, Arizona-Sonora Desert Museum, Kitt Peak National Observatory, Kartchner Caverns State Park, Mission San Xavier del Bac, Pima Air and Space Museum, Arizona State University Museum/Historical Society, Cactus League Spring Training, Symphony, Gaslight Theatre, Old Pueblo Grill (recommended sponsor restaurant and bar; next to hotel)

RV Parks There are several RV parks with hookups near the host hotel.

Doubles Partners Contact Cindy Tilbury for a doubles partner cindy.tilbury@att.net or 303.888.4461

AmPro Clinic *AmPro* racquetball instructor clinics are generally offered immediately before NMRA tournaments. Contact **Gary Mazaroff** for *AmPro* clinic dates/hours/details gmampro@aol.com

Player Profiles It is **extremely important** that you keep your **player profile, including shirt size**, up-to-date in the www.r2sports.com system. The profile is used to help you enter tournaments online and, more importantly, to contact you with the latest tournament information and changes when you enter tournaments. This profile is different than the www.usra.org profile that has you log in with your USAR member number, but they are closely linked, so if you update one, you will be updating both. Contact the USAR staff in Colorado Springs at 719.635.5396 if you need a little help getting started or remembering your password for this feature. ○



The Health Department continued from page 10

you're all familiar with TM, Yoga, Fasting, and the very unhealthy practice of tranquilizers and other drugs. A variety of occults, cults, and organized religions, too numerous to mention, are also available for the choosing.

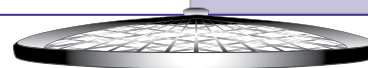
Through the years, these practices and organized religions have been initiated for a variety of ulterior motives, some less than legal or sincere. My answer for you to consider in regards to developing and maintaining a tranquil mind is considerably less complex – Get your head straight with the Lord. I'm talking about a personal relationship. Where does God fit into your life? Is there a balance there?

Once again, the word balance is very important. There is as much to lose from a fanatical religious attitude as there is to gain from a true Spiritual, Born-Again experience where you understand that the Lord really does have everything under control. As you continue to grow daily in His word and as you put Him first in your life, your mental attitude will express His love, joy, peace, and happiness to all you come in contact with.

The success of this formula, as with any formula, is in its active application. Analyze the balance in your life. Correct those areas out of balance and you will have taken a major step toward walking down the path God had planned for you all along – Health, Success, and Happiness.

How To Judge Progress

All healthy males and females know what "on a scale of 1 to 10" relates to. You can also use this same scale on seeing where you can use improvement in one of the seven areas. Most racquetballers will probably be at 7 or 8 out of 10 in the exercise category. Nutrition could be considerably weaker, 5 or 6 out of 10 (hope not). The most important factor is to be brutally honest. It will only hurt you if you're not. I guarantee that, if you can get all areas to an 8 out of 10 (at least), you'll not only be playing better racquetball, but most important of all, you'll be in the best health of your life. ○



more **TIDBITS...**

If you believe a particular member or NMRA player deserves a sportsmanship award, please write a few bullet points about why the person is deserving. We always need great candidates for sportsmanship and recognition. Let us know when you see great sportsmanship! This individual would be recognized at a future tournament banquet. Any of the board members would be happy to take your nomination via email or the US mail.

Do you know of a great site for an NMRA tournament? Let us know. For our singles-and-doubles tournaments, we need 18 or more courts in two (or one) facilities near to each other and near to a nice hotel. We can check out the details if you identify the courts. We love to move our tournaments around the country, in order to pick up new members who wouldn't play our tournaments if they weren't close to home. Once they play one, we think they will love the format so much they will consider traveling to subsequent tournaments, and bring all their player friends.

Overheard at the same (junior) tournament: **"I'm so proud of my son—he's started throwing my signature tantrum!"**

THIS JUST IN...

Gary Mazaroff has just announced that the IRF World Senior Doubles tournament will be held in Dun a ri, Kingscourt, Ireland, June 9 through 12, 2010. If you have not played in an international tournament before, this is the perfect opportunity to combine racquetball with world travel and sightseeing. If you want to enter the tournament and don't have a partner, Gary might be able to find you one. Contact him at gmampro@aol.com. See you in Ireland!

(from the USAR website)..

Graffiti Entertainment Inc., a division of *Signature Devices, Inc.*, a consumer videogame manufacturer, announced that it has signed a license agreement with *USA Racquetball*, the national governing body for the sport of racquetball and for the *U.S. Olympic Committee*.

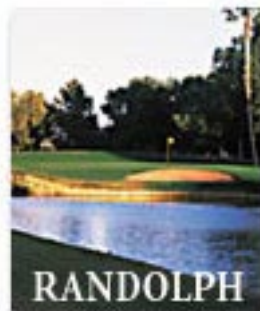
Graffiti Entertainment will publish a *USA Racquetball* videogame initially for the *Wii™* system, and shortly thereafter will roll out games for other videogame console formats. ○

Things to Do During the NMRA 2010 Championships in Tucson, Arizona

By Ed Messing, Tucson Native and Paul Banales' Son in Law

Activities and Attractions

When visiting Tucson in March, the question isn't "What is there to do?"; the question is "What should we do next?" Blessed with fantastic weather in an unparalleled setting, Tucson has something for everyone. Nestled between four beautiful mountain ranges, Arizona's oldest city (the "Old Pueblo") offers a rich history and a great variety of activities for every interest.



Outdoor Activities

Bring your clubs--dozens of great golf courses will test your skill. Within easy walking distance of the host hotel is the *Randolph Golf Complex*, which offers 36 holes of championship golf at one of America's "Top 50 Municipal Courses."

Bring your cameras and binoculars--hiking and superb birding opportunities abound within a very short drive. Ranging from leisurely to challenging, desert to alpine, over 100 miles of hiking / biking / horseback-riding trails radiate from the Tucson valley.

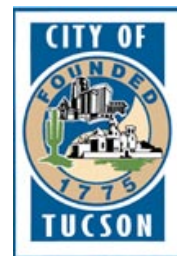
Nature and Science

Visiting the internationally-acclaimed *Saguaro National Park*, *Arizona-Sonora Desert Museum*, *Kitt Peak National Observatory* and *Kartchner Caverns State Park* will instill a sense of wonder and curiosity about the desert and universe in which we live. All are an hour or less drive from town.



History and Culture

Mission San Xavier del Bac and the *Pima Air and Space Museum* are don't-miss attractions that frame Tucson's history. On the *University of Arizona* campus, you will find the *Arizona State Museum* and *Arizona Historical Society*, which complete a 10,000-year journey.



Entertainment and Dining

From *Cactus League Spring Training* and a hot dog, to a *Symphony Concert* and five-star dining, a *Gaslight Theatre* melodrama with a sundae, or great Mexican food with mariachi music, the combinations are endless. Don't miss the *Old Pueblo Grill*, with its great bar and restaurant adjacent to the host hotel, which is offering the NMRA 10% off on food.



Of course, you can just hang out by the pool and enjoy the desert sunshine. Whatever sounds the most fun is for you to decide ○



Keep Your Game Young

By Cindy Tilbury

One reason I love *NMRA* tournaments is that, even though it is not true, I feel like one of the youngest people in the tournament. I realized this is the best way to keep yourself and your game young—recruit older people into the game! You probably know a few people who go to the treadmill several times a week. Offer an introduction clinic to them and show them the game.

There are a few versions you can mention. Of course, you can show them the regular game with the regular rules. In some cases, though, you might want to suggest they play a two-bounce game to allow a little extra time to get to the ball. As an even gentler introduction, consider showing them the special foam ball version, referred to as *Wacquetball*. The name will change soon, but the important point of this version is that the ball is a little bigger and softer, and it is much easier on the arm. Ask me for more information on *Wacquetball* and I will put you in touch with **Dan Davis** from Colorado, who is working with *Ektelon* to get the ball mass-produced and available everywhere.

One other way to keep your game young is to work on your game. Recently, a few of our members attended the *USAR Elite Life Camp in Denver*. In addition to instruction by top-level racquetball coaches **Jim Winterton**, **Jo Shattuck** and **Rhonda Rajsich**, there were sessions from sports psychologists and yoga masters. The camp earned rave reviews. Consider attending this or another racquetball camp in the coming season.

My favorite group that is in need of a little support and attention is the college students trying to get their racquetball sports clubs together. If you have a college with courts near your residence whose players need some coaching or equipment or financial help, I encourage you to adopt them and encourage them to play *USAR*-sanctioned tournaments to meet the local racquetball community. They are the future of our sport and they could use a little boost. ○

Update Your USA Racquetball Profile Online

By Cindy Tilbury

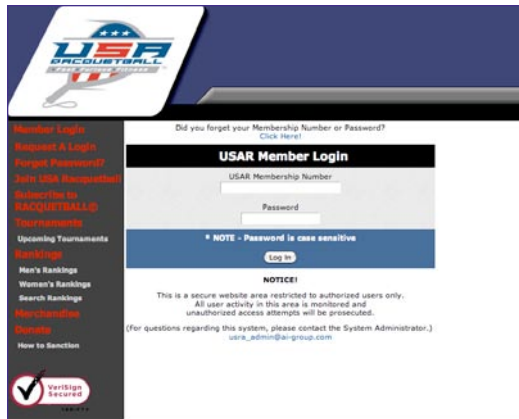
The *NMRA Newsletter* is sent to each member's US Mail address. It is presently available on www.nmra.info, also. We may, however, move to an email (members only) format in the near future. Please take the opportunity now to update your *USA Racquetball* membership profile—most especially supplying your current email address so you don't miss any issues of this cutting-edge publication!

Please follow the steps below to update your profile:

1. Log into www.usra.org
2. Select Membership Login in the upper left hand box
3. Enter your six-digit *USAR* membership number and password*
4. Update the information in the profile
5. Click on *Edit Contact Info*
6. Log out

Now, wasn't that easy?

*If you don't know or have misplaced your membership number and/or password, contact **Heather Izzett** at hizzett@usra.org. Thanks for taking the time...and be sure to visit www.nmra.info for tournament schedule revisions and competition results. ○



Membership Update

By Carmen Alatorre-Martin



We currently have about 700 members in the *NMRA*, and about 20 percent are women. If you are a first-time player, we hope you will become a member—still a bargain at \$45 for three years.

The *USAR* and **Ryan Rogers** of R2Sports.com are still working on the overhaul of the *USAR* and *NMRA* membership information. When they are done with this update, we will have better membership reports and will be able to do better member follow-up. I'll have more details in the next newsletter. In the meantime, I continue to run the membership on spreadsheets. Let me know if you need anything updated or renewed.

Congratulations to all of the current 80+ members—you are now a lifetime member of the NMRA! After you join and turn 80, renewals will be automatic and no-charge. Tell your friends.

If you know of a member who passes away, please notify us so that we can properly recognize him or her at our banquets and update our records. Thanks for your help with this. ○



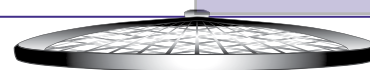
USAR Leadership Conference and Update

By Cindy Tilbury

The *USAR* held its annual *Leadership Conference* at the *United States Olympic Training Center* in September. The attendees all agreed that it was very valuable information in addition to the monthly conference calls the *USAR* puts on to keep state presidents up-to-date.

If you would like details on the topics covered and plans for the future of racquetball, contact your state president or the staff at the *USAR*.

www.usra.org ○



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By Ed Messing, Tucson Native and Paul Banales' Son in Law

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Of course, you can just hang out by the pool and enjoy the desert sunshine. Whatever sounds the most fun is for you to decide. ○

NMRA 2009 Election Candidates

By Cindy Tilbury, Election Chairman

This year, we have three open *Board of Director* positions, and three candidates. Even though it won't be a terribly contentious election, I encourage you to take five minutes to vote and give the new board members your vote of confidence. Of course, we encourage you to write in your favorite candidates too. Please write in people who want to serve on the board.

The results of the election will be made public after February 1, 2009—the deadline for the election. The newly-elected board members will start their duties during the March, 2010 board meeting in Tucson, Arizona.

In alphabetical order, the candidates for three-year terms starting in 2010 are:



Patrick Gibson, Fort Worth, Texas

From my first NMRA tournament experience, I have been telling everyone who will listen that NMRA tournaments are the best tournaments anywhere. I make sure they know the hospitality is always the best, and that they will always get more than their money's worth. I have been playing seriously for over 15 years, and in that time, I have won several NMRA medals and other national titles. In Texas, I give lessons and demonstrations, help with tournaments, give out racquets to potential players, and promote the sport to everyone I can. I want to make sure racquetball thrives, and the NMRA is one of the best organizations to do that. I would appreciate the opportunity to serve on the Board and keep great things happening for the 45+ players. Contact me at hgibson5@hotmail.com if you would like to ask me about my ideas for the NMRA.



Howard Walker, Austin, Texas

Not only am I an avid NMRA tournament player, but I also play national straight-draw tournaments during the year, as well. I am proud to say that I know racquetball from many angles. Here are some of them.

- I was a club owner in the 1990s in Texas
- I have several national titles—singles and doubles
- I coach the team at the *University of Texas*
- I currently serve on the *Texas Racquetball Association* board

Listening to the NMRA membership and implementing their great ideas to keep racquetball growing are my goals for my membership on the board. Contact me at hwrball@aol.com to let me know what you would like done for the NMRA members, or to discuss anything about our sport. With your vote, I look forward to serving on the NMRA board.



Dave Warner, Plymouth, Minnesota and Fort Myers, Florida

My name is Dave Warner and I am a candidate for re-election to my position on the NMRA board. I am from Minnesota and have been playing tournament racquetball for over 30 years. The past 16 years have also involved most of the NMRA tournaments, where I have earned several medals in singles and doubles. At the past July tournament in *Champaign, Illinois*, I was honored to be inducted into the *NMRA Hall of Fame*. 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. I would like to see the board 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. ○

Ektelon Has Discovered A New Source Of Energy

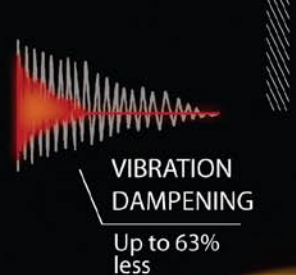


ENERGY BRIDGE™

The revolutionary idea behind **EXO** is the patented Energy Bridge™, an exo skeletal structure that suspends the string bed from the frame, creating a virtual head size that is 10% larger, while expanding the sweet spot up to 51% for ultimate power. In addition, frame vibration is reduced by up to 63%.

ENERGY CHANNEL™

Enhancing the dynamic effects of the Energy Bridge™, is the patented Energy Channel™. This sculpted groove within the frame greatly improves stability by moving mass to outer edges of the frame, for amazing control even on off center hits.



EXO Black
Power Level:
4000
Weight: 170

**HIGHEST
POWER
LEVELS
EVER!**



EXO Copper
Power Level:
4000
Weight: 185



FEEL THE ENERGY

John Lomonaco Memorial Grant

By Cindy Tilbury

Have you ever wanted to go to *Houston National Singles*? Do you know someone who has always wanted to go to *National Singles*? Check out the next *USA Racquetball eNewsletter* and you may be going!

An all-expenses-paid trip (up to \$2,000) to the *USAR National Singles Championships* in Houston, Texas, May 26 through 31, 2010, has been anonymously donated by a friend of **John Lomonaco** of West Hills, California. John Lomonaco, an avid racquetball player and *USAR/NMRA* member, passed away on May 5, 2009, at the age of 57 after playing at the *Spectrum Club* in Canoga Park. He was a good friend and a past national champion.

The recipient of the **John Lomonaco Memorial Grant** may be male or female and must be at least 18 years of age and a U.S. citizen. He/she will submit an application to the *USAR* and write an essay of 500 words or less expressing why he/she wants to attend *National Singles* next May. Full details and the application form will be found at www.usaracquetball.com. The deadline for submissions is December 31, 2009, with the recipient announced on or before February 28, 2010. This is an annual grant. Keep it in mind for 2011 and beyond if you cannot get to Houston in May.

If you need a little more information about *National Singles*, feel free to contact me or any of the *NMRA* board members. We hope to see you there in May!



Election Ballot and Voting Process

By Cindy Tilbury

Our yearly election is at hand. This year, we solicited players at the *July Champaign* tournament for *NMRA* board member candidates and made many email and phone call communications to find qualified candidates for the open positions. Several people let us know they wanted to run. If you would like to run and you are NOT listed in this newsletter, we can do several things to further your campaign:

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

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

OFFICIAL NMRA BOARD OF DIRECTORS ELECTION BALLOT

Postmark Deadline – February 1, 2010

September, 2009 -- Vote for a maximum of three (3) candidates

Review the candidates' qualifications in this newsletter, or online at 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, 2010
 5. Send it to Cindy Tilbury, 3131 East Alameda #205, Denver, CO 80209 303.888.4461 Cell

VOTE X	NAME	STATE
	PATRICK GIBSON	TX
	HOWARD WALKER	TX
	DAVE WARNER	MN/FL
		Write-In
		Write-In
		Write-In



NMRA TOURNAMENT Trail 2009-2010

NMRA Doubles-Only 40+	Nov 12-14, 2009	San Francisco Bay Area, CA	Tom Curran	www.nmra.info or 513.490.7472
All Military Nat'l Champs.	Nov 13-15, 2009	San Diego, CA	Steven Harper	www.usra.org
Womens SR Masters 35+	Jan 15-17, 2010	Gaithersburg, MD	Kendra Tutsch	kdtutsch@wisc.edu
USAR National Doubles	Feb 11-14, 2010	Tempe, AZ	USAR	www.usra.org
NMRA National Championships 45+	Mar 17-20	Tucson, AZ	Tom Curran	www.nmra.info or 513.490.7472
USAR Regionals	Apr 16-18, 2010	Various Cities, US	USAR	www.usra.org or www.r2sports.com
USAR National Singles	May 26-31, 2010	Houston, TX	USAR	www.usra.org
IRF World SR Doubles 35+	Jun 9-12, 2010	Kingscourt, Ireland	Gary Mazaroff	gmampro@aol.com
NMRA International Championships 45+	Jul TBD, 2010	TBD	Tom Curran	www.nmra.info or 513.490.7472
IRF World Seniors 35+	Aug 31-Sep 4	Albuquerque, NM	Gary Mazaroff	gmampro@aol.com
Huntsman SR Games 50+	Oct TBD, 2010	St. George, UT	Jim Elliott	435.705.4144
NMRA Doubles-Only 40+	Nov TBD, 2010	TBD	Tom Curran	www.nmra.info



Board of Directors

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

Dave Warner, Vice President
Fort Myers, FL Daw4labsl@aol.com

Bruce Adams, Secretary
Tulsa, OK Badams@citgo.com

Steve Cohen, Treasurer
Orange, CA NMRA_treasurer@yahoo.com

BOARD MEMBERS

Carmen Alatorre-Martin Memberships
Arlington, VA Teamalamar@verizon.net

Paul Banales Tournament Sites
Tanopah, AZ Banstoll@peoplepc.com

TJ Ferro Tournament Setup
Chicago, IL Tjktelon@aol.com

Mike Hiles Medals, Tournament Sites
Bayport, MN Splat_57@hotmail.com

Cindy Tilbury Newsletter, Ladies Events
Denver CO Cindy.tilbury@att.net



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

