



RACQUET RACKET

NOVEMBER 2010

Official Newsletter of the National Masters Racquetball Association (NMRA)

Allentown Room Winners

By Bruce Adams

Robert Cox	John O'Donnell
Judith Flis	Frank Stephens
Daniel Jones	Beverly Supanick
Sharon Huczek	

Tucson Room Winners

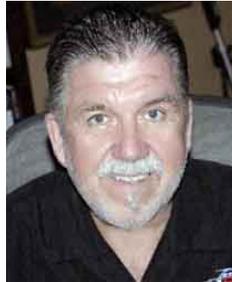
Arthur Johnson	Gladys Leonard
Ruben Gonzalez	Jerry Fronczak
Jan Warren	David Azuma
Fred Roe	Ottis Campbell
Alice McClure	Dorrette Rynkyewicz



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



The President's Corner

By Tom Curran, NMRA President

It was another great season for the NMRA. We were fortunate to have had **Paul Banales** agree to put on our *National Championship* tournament in Tucson. He and Carol Stoll did a great job planning the entire event. Our thanks go out to them for this most recent effort and for all of the years they have supported the NMRA.

In July of this year, we held our *International Championship* in Pennsylvania. For those readers who are not up on NMRA history, the event in PA marked our 39th birthday. The first NMRA event was held in *New Castle, PA* in 1971. The event this year was a great success with the help of the local club and host hotel management teams. The two venues were great locations and had very friendly staff members. The hotel was more than accommodating as witnessed by their leasing a limo for our use the entire week. In addition to the great competition, the event also served to honor our newest *Hall of Fame* inductee, **Amos Rosenbloom**. Read about the induction ceremony and banquet in more detail in another article in this edition.

The Board of Directors have been very busy with a number of other program activities like a new membership management system, getting the NMRA on Facebook, and grooming some folks to begin to take over the duties of the tournament director. As many of you know, **Jim Elliott, Steve Cohen**, and I, with the help of the entire board, have been the primary TDs for the past three years. With my term as President coming to an end this coming March, and Jim taking a couple of years off, that left Steve holding the bag. The three of us have used the past July and future March (2011) events to train **Carmen Alatorre-Martin** and **Pat Gibson**. We are also looking for volunteers who have experience with running events and a willingness to learn the *R2Sports* tournament management system. If you are interested, please come and talk to us the next time you are at one of our events.

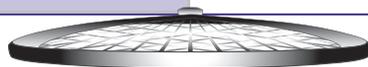
We continue, as a result of the generosity of our members and the efforts of **Steve Cohen**, to be one of the most financially stable organizations in our sport. Although we have experienced a decline in attendance at our events, it has been a lower percentage than

overall attendance at other events. We would like to see "younger" players come and participate, but we understand that the economy has made taking time off from work more difficult than in past years. We don't have the option to run weekend events, due to our round robin format, and we don't think it is a good idea to put caps

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Martin Hiles and Dziuk Kincade in Allentown



President's Corner - October 2009 [continued from page 2](#)

on number of players in order to shorten our events. We are constantly reminded of the importance that the social side of our events provides to our members. It is my personal hope that, in the future, we don't sacrifice that most important element. It is the true character of the *NMRA*.

In this edition, you will see more detailed articles that detail items like the upcoming election to fill vacant slots on the board and the nomination and election process to select the officers of the board who will be leaving their position in March. We also have a short article on recent developments with our official website store and items of interest from our tour sponsors *Ektelon* and *RacquetSkinz*.

As always, it is an honor for me to serve as your President. I encourage each of you to become more directly involved in the *NMRA* in any way you can. We are truly a volunteer organization and I hope we remain that way in the future. Enjoy reading the rest of this great newsletter and remember to thank **Cindy Tilbury** for her dedication and time as our Editor. ○

Editor's Corner: U.S. Open Reflections

By Cindy Tilbury



After 15 years in Memphis, the *US Open* has moved to *Minneapolis*—my home town!!! How incredible is that? I knew all of the wonderfulness of downtown Minneapolis, and now lots of other racquetball people do too.

I had so many positive thoughts and observations about the *US Open*. Here are some of them:

- Although the fall leaf color had peaked a few weeks before the tournament, the weather was unseasonably warm and mostly sunny.

For the *Floridians* and *Arizonans* who may have thought the weather was still a bit chilly, the skyway system provided a complete indoor experience so no warm coats were needed.

- Attendance was up to almost 800. After word spreads about how great the venue is, **Doug Ganim** and the committee may have to add another 10-court club. That will be a nice problem to have.
- Minnesotans finally know what a big deal the *US Open* is. Many of them travel to national tournaments, but unless they have been to an *IRT Grand Slam* with the portable all-lucite-wall court, their reference was local tournaments at local clubs. Now they know!
- There were so many *E-Force* racquets and shirts!!! I expected to see *Ektelon* as the perceived racquet of choice, but I think *E-Force* had the edge at this one. Way to go, *E-Force*. (I play with a *Pro-Kennex* racquet, so I don't think I was biased on this observation, but maybe.....)
- Minnesotans came out of the woodwork to watch the amateur matches. It was great to see them all, but I know I missed some because there were three venues. Many of them played, but it was a special treat to see the non-players who came out to see some old friends and a new *Grand Slam* tournament.
- I really enjoyed getting up early to go downstairs to hit racquetballs before the regular matches started at the *MAC*. We stayed in the *Grand Hotel*, which was in the same building as the *Lifetime Minneapolis Athletic Club*.
- *Downtown Minneapolis* is very alive and the restaurants near the main venue stay open late. You don't find this in many other cities.
- The VIP area was extra nice and the food catered by many of the close restaurants who sponsored the tournament.
- *Huberts* was hopping, starting after the *Timberwolves NBA* game when all of the fans came in for a drink and food. The *Timberwolves'* mascot, *Crunch*, is really funny. His alter ego, *Air Crunch*, is hilarious.
- **Rhonda** repeated her win over **Paola Longoria** in a great four-game match. Amazing!
- **Alvaro Beltran** put up a valiant fight against now-six-time-winner **Kane Waselenchuk**. The first game was extremely exciting, with many players from *Central* and *South America* cheering for Alvaro. He is definitely BACK from his knee injury!

Thanks to the volunteers and the whole *US Open team* for providing such a great tournament experience for us all. ○

The Greatest Sport in the World

By Cindy Tilbury / March, 1995

It's only a game. It's only a sport.
Why do we love it? Why get on the court?

It's not for the promise of Olympic gold.
It's not a distraction when it's too hot or cold.

Although both use racquets,
tennis it's not.
There's no Grand Slam equivalent of the
perfect killshot.

It's so three-dimensional,
explosive and fast!
Watching pros or friends play is truly a blast.

All high-energy people; friendly, too.
They're up for anything. Then later, a brew.

The workout's the best. Not in shape?
Go work harder.
Got singles nailed?
New game—get a partner.

Racquetball could be better.
Help start up a trend.
At the next tournament, sign up a friend.

Give free lessons to kids.
Get a court booked.
In no time at all, they'll be totally hooked.

Find them a league,
or a tourney or shuttle.
Set up a match! Don't try to be subtle.

Take a group to a tourney;
cheer their shots on the court.
You'll stay buds forever when you meet
through our sport.

It doesn't matter if you're young
or you're graying.
If you're like me, you'd rather be playing.

So only YOU can keep it fun.
It's up to you. Take the black ball and run.



Waiting for a match in Bethlehem



NMRA Secretary Stuff

By Bruce Adams



This is a continuation of my last article in *RacquetRacket* and my duties as NMRA Secretary, and other duties.

While attempting to store all e-mails on various subjects, some get grouped on the upcoming tournaments, and others could be general in nature. An example could be a container for the memorial racquet, or even the trophy for the Men's 50-54 champion. Some topics lead to an "electronic vote" which I establish a topic folder, plus tally the votes in an Excel workbook. The grouping of topics for later retrieval/discussion is important, as is the tracking of electronic votes of all nine board members. I track who made the motion, who seconded it; the YES votes; the NO notes; those that ABSTAINED and those who DID NOT VOTE.

I also update the contact list of board members, *Hall of Fame Executive Director*, *Memorial Plaque Coordinator* and *Tournament Scheduler*. I keep a list of expiring term dates (three per year) for the nine board members. With members running multiple times, it gets confusing keeping track of who was "going off the Board" next March.

Updating and merging the comments on the most recent minutes is a Constitutional duty.

As follow-up to the presentations, I keep a "Deceased list" that is forwarded to the membership coordinator. (I am sure Carmen hates to send renewals when we do not need to.) Thanks to all of you for submitting notices of members that have passed on.

Last summer we voted to start storing Job Descriptions, which will serve as a way for future members to understand items to be done for a particular board position, but, it will also help on duties like banquet coordinator; membership coordinator; newsletter editor; medals and awards coordinator; etc., plus the various contacts used in the jobs.

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NMRA Tournament Results National Championships, Allentown, PA

July 14-17, 2010

Allentown/Bethlehem 24-7 Clubs / Steve Cohen & Carmen Alatorre-Martin, Tournament Director

Division	Place	Names	State	Points	Division	Place	Names	State	Points	
M45	1st	Daniel Pischke	WA	37.67	MD50	1st	Dan Weghofer / James Kressly	PA	32.43	
	2nd	Scott Kraemer	WI	36.22		2nd	Philippe Jean-Baptiste / VA			
	M45	1st	Salvador Acosta	TX		33.57		Curtis Perry	DC	31.71
		2nd	John Barrett	PA		32.57	3rd	Kelly Cozzens / PA		
		3rd	Craig Hower	PA		27.43		John Pushak	PA	30.63
4th		P. Jean-Baptiste	VA	23.67	4th	Bruce Adams / Michael Hiles	OK MN	23.63		
M50	1st	Glenn Leib	PA	34.67	MD55	1st	Gary Jeral / Roger Humpton	MD	35.71	
M55	1st	Patrick Gibson	TX	35.75		2nd	Steve Cohen / Scott Winters	CA PA	34.00	
	2nd	Howard Walker	TX	35.38		3rd	Howard Walker / Patrick Gibson	TX	32.57	
	3rd	Pete Fuoco	PA	32.00		4th	Dan Schaffer / Daniel Keuler	PA	30.17	
	4th	Rick Betts	CA	29.25		5th	Mel Gordon / Randy Godwin	PA AR	16.33	
	5th	Peter Holden	NJ	28.38	6th	Richard Halpin / Steven Markey	PA	8.17		
	6th	Randy Godwin	AR	23.38	MD60	1st	Joe Lee / Dave Warner	HI	Playoff	
	7th	Bill Hodges	OH	16.75		2nd	Russ Montague / Joseph Capozzoli	PA A	Playoff	
	8th	Steven Markey	PA	16.25		3rd	Leonard Marsocci / Steve Meltsner	FL CT	Playoff	
M60	1st	Joe Lee	HI	Playoff		4th	Dan Schaffer / Neil Eichelberger	PA PA	Playoff	
	2nd	Frank Taddonio	AZ	Playoff		5th	Kenneth Foster / Mike Honea	TX TX	Playoff	
	3rd	David Edwards	PA	Playoff	6th	Curt Alatorre-Martin / Frank Taddonio	VA AZ	Playoff		
	4th	Tyrone Tony White	AL	Playoff	7th	Billy Johns / Frank Vail	PA PA	28.57		
	5th	James Harvey	GA	Playoff	8th	David Dosch / James Weathers	VA VA	27.14		
	6th	Neil Eichelberger	PA	Playoff	MD65	1st	George Betts / Jerry Prentiss	PA	37.13	
	7th	Dave Warner	MN	30.00		2nd	Dan Jones / Mitch Milewski	GA NH	34.88	
	8th	Mitchell Beck	CT	28.00		3rd	Ben Smith / Robert Robinson	FL FL	27.38	
M65	1st	Dan Jones	GA	37.33		4th	Steven Lavorgna / John Eliot	NJ NC	26.88	
	2nd	Kenneth Foster	TX	34.14		5th	Glenn Allen / Kevin Dorr	VA MD	25.38	
	3rd	Kevin Dorr	MD	29.00	6th	Rex Lawler / Robert Cox	IN OR	24.63		
	4th	Robert Ferrara	MA	25.50	7th	Frank Stevens / Donald Koski	MA GA	20.88		
	5th	Robert Robinson	FL	19.50	8th	Charles Munroe / Phil Pescarino	MA SC	20.63		
	6th	Phil Pescarino	SC	15.50						
M70	1st	Don Sperber	FL	35.67						
	2nd	Arthur Hotchkiss	CT	34.40						
	3rd	Francis Florey	WI	28.20						
	4th	Ben Smith	FL	23.60						
	5th	James Weeks	GA	23.20						
	6th	Jon Singer	PA	18.67						
M75	1st	Donald Alt	OH	35.60						
	2nd	Cy Dietrich	GA	31.25						
	3rd	Joseph Fanellette	NY	28.40						
	4th	Ralph Carito	NJ	25.60						
	5th	David Maitland	CT	23.83						
M80	1st	Mike Martin	CO	36.00						
	2nd	Dick Kincade	CO	34.00						
	3rd	Gerald French	FL	26.25						
	4th	Phil Dziuk	IL	22.50						
M90	1st	Ben Marshall	TX	9.25						
MD45	1st	Leon Jackson / Scott Kraemer	VA	35.50						
	2nd	Gary Koch / Vince Daversa	PA PA	27.50						
	3rd	Daniel Keuler / Roger Cressman	PA PA	22.75						
	4th	Roy Hare / Gary Smarsh	VA PA	14.00						

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GREAT BALLS...ON FIRE!



Fastest Speed
High Visibility Color
Staple for Outdoor



Fast Speed
Lightweight
Popular Color

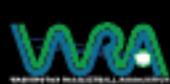


Best Control
Lightest Weight
Softest Feel

Ektelon is being recognized as the most reliable racquetball brand worldwide.

Key racquetball organizations have adopted Ektelon as their "Official Ball" and the list of partners continues to grow like wildfire!

Find out what players are experiencing on indoor and outdoor courts everywhere.
Choose your speed and play with an Ektelon ball today!



NMRA National Championships Results continued from page 3

Division	Place	Names	State	Points
MD70	1st	James Weeks / Rex Lawler	GA IN	31.00
	2nd	Francis Florey / Otis Chapman	WI OH	31.00
	3rd	Donald Sperber / Grant Morrill	FL PA	30.75
MD75	1st	Donald Alt / Otis Chapman	OH OH	36.00
	2nd	Cy Dietrich / John O'Donnell	GA IL	32.75
	3rd	David Maitland / Gerald French	CT FL	19.50
	4th	Joseph Famellette / Luis Fuentes	NY PA	19.25
MD80	1st	Amos Rosenbloom / John O'Donnell	MN IL	38.00
	2nd	Cap Hiles / Mike Martin	FL CO	20.00
	3rd	Dick Kincade / Philip Dziuk	CO IL	19.50
W45	1st	Jean Halahan	NY	38.00
	2nd	A. Deltito-Cook	PA	25.80
W50	1st	Jodi Eslinger	PA	35.20
	2nd	Cindy Tilbury	CO	31.00
	3rd	Pat Musselman	PA	28.11
	4th	Beverly Supanick	MD	27.80
	5th	Karen Simon	NY	26.90
	6th	Diane Nellis	PA	22.60
W55	1st	Barbara Fischetti	CT	32.33
	2nd	Nancy Hodges	OH	18.60
W60	1st	Sharon Huczek	MI	36.33
W65	1st	Mildred Gwinn	NC	30.67
W70	1st	Marquita Molina	CA	26.50
W75	1st	Jeannie French	FL	3.67
WD45	1st	Gladys Leonard / Sallie Benedict	VA VA	37.40
	2nd	Jean Halahan / Thao Le	NY VA	33.80
	3rd	Christi Macri / Judith Flis	NY PA	17.40
WD50	1st	Grace Jaworsky / Melanie Newsome	MO NC	30.20
WD60	1st	Vickey Utter / Jean French	NC FL	6.40
WD65	1st	Marquita Molina / Mildred Gwinn	CA NC	17.40
XD45	1st	Scott Kraemer / Gladys Leonard	WI VA	38.00
	2nd	Curtis Perry / Thao Le	DC VA	30.50

3rd	Kelly Cozzens / Judy Ostoich	PA PA	24.83	
4th	Roy Hare / Christi Macri	VA NY	9.29	
XD50	1st	Rick Betts / Cindy Tilbury	CA CO	36.25
	2nd	Leon Jackson / Sallie Benedict	VA VA	36.13
3rd	Dan Weghofer / Pat Musselman	PA PA	33.50	
4th	Michael Hiles / Grace Jaworsky	MN MO	28.50	
5th	Jim Walmsley / Cathy Bremmer	PA PA	26.13	
6th	John Pushak / Diane Nellis	PA PA	25.63	
7th	James Weathers / Judith Flis	VA PA	25.50	
8th	David Nelson / Susan Schatz	MN MN	18.25	
XD55	1st	Steve Cohen / C. Alatorre-Martin	CA VA	38.00
	2nd	Jim Walmsley / Cathy Bremmer	PA PA	32.14
3rd	David Nelson / Susan Schatz	MN MN	28.00	
4th	Bill Hodges / Nancy Hodges	OH OH	23.71	
5th	Jim Curran / Barbara Fischetti	MA CT	16.14	
XD60	1st	Tyrone Tony White / May Barber	AL VA	31.43
	2nd	Thomas Curran / Shron Hczek	NC MI	21.00
	3rd	John Eliot / Vickey Utter	NC NC	20.71



Allentown shuttle limo arrival; Cohen works Bethlehem desk; NMRA Board welcomes Ektelon Scott Winters



Players check-in at Allentown; the Frenches; Bethlehem players; Sal Acosta M45s, Allentown; Mens Doubles



M75 Winner Otis Chapman at Bethlehem; Bethlehem Mixed Doubles



NMRA 2011 National Championships

PORTLAND TOURNAMENT INFORMATION SHEET

March 23-26, 2011 Check www.nmra.info for updates Please read carefully

TOURNAMENT DIRECTORS AND STAFF:

Carmen Alatorre-Martin 703.919.8188 calatorre-martin@nmra.info - Venue Director and Membership Coordinator
Patrick Gibson pgibson@nmra.info - Venue Director and Youth Fund
Tom Curran 513.490.7472 tom1947@aol.com - Venue Director
Steve Cohen 714.767.4622 nmra_treasurer@yahoo.com - Registration
Vicky Utter and **Howard Walker** + One More Member - Rules Committee

Primary Host Club

Multnomah Athletic Club - 10 Courts
1849 SW Salmon Street, Portland, OR 97205, 503.223.6251
Local contact: Hank Marcus www.themac.com
Bring a lock; towel service is available
Complete pro shop (and much more) is available

Secondary Host Club

The Lloyd Athletic Club - 7 Courts
815 NE Halsey Street, Portland, OR 972332, 503.287.4594
Local contact: Chad Westwood
www.lloydac.com
Bring a lock and towel

Host Hotel

Doubletree Hotel Portland
1000 NE Multnomah Street, Portland, OR 97232, 503.281.6111
\$89 (Plus tax) Per Night Regular Room (Up to 2 People)
\$104 (Plus tax) Per Night Regular Room (3 People)
\$119 (Plus tax) Per Night Regular Room (4 People)
Rates available until February 18, 2011, but please reserve early
Call 800.996.0510 and request the NMRA discount
Rate includes wireless internet access, free parking, fitness center, more
Registered guests will be entered into a "free night" lottery.
http://doubletree1.hilton.com/en_US/dt/hotel/RLLC-DT-Doubletree-Hotel-Portland-OR-Oregon/index.do

Enter Online

Enter online by March 15, 2011, at <http://www.r2sports.com/tourney/home.asp?TID=7368>
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 made payable to NMRA by March 7, 2011, to:
Steve Cohen, NMRA Treasurer, 5832 E Bluebonnet Court, Orange, CA 92896
714.767.4622 (cell)

Nearest Airport

Portland International Airport (PDX); between I-5 and I-205, near I-84, Portland, OR www.flypdx.com

Airlines Flying Into Portland

Air Canada; Alaska Airlines; American Airlines; Continental Airlines; Delta Airlines
Hawaiian Airlines; Horizon Air; Jet Blue; Southwest Airlines; United Airlines; US Airways

Alternate Airport Eugene International Airport (EUG)—2 hours south of Portland.

Airport Light Rail/Taxi/Shuttle Max Tram (light rail) Red Line goes to the hotel for about \$2. Use the Lloyd Center stop. <http://trimet.org/maps/railsystem.htm>

Shuttle to Clubs

Light rail Red Line or Blue Line goes from the hotel to the Multnomah club.
Lloyd Club is within walking distance.

Parking at Host Club(s)

Multnomah Club - Out-of-town parkers, \$6; local players, free. Lloyd Club -
Check for details at check-in time; Max light rail goes to the clubs so there should be no need to park.

Directions from Airport to Host Hotel

Doubletree, 1000 NE Multnomah, Portland, OR
10 miles southwest of airport; use transit station at the airport; take the Red Line ➤

south (only way to go) to Lloyd Center; walk to Doubletree on the right; <http://trimet.org/maps/railsystem.htm>

-or- (Not recommended)

Exit airport toward I-205; take I-205 south toward Portland/Salem 3.1 mi; take I-84 west toward Portland 4.7 mi; take the Lloyd Center exit, right to NE 13th Ave. for .1 mi; turn left onto NE Multnomah Street to 1000 on left in .1 mi

[http://www.mapquest.com/maps?1pn=Portland+International+Airport+\(PDX\)&1c=Portland&1s=OR&1a=7000+NE+Airport+Way&1z=97218&1y=US&1l=45.58684&1g=-122.58703&1v=ADDRESS&1id=14-710356&2c=Portland&2s=OR&2a=1000+NE+Multnomah+St&2z=97232-2111&2y=US&2l=45.531516&2g=-122.655573&2v=ADDRESS#initPgSt](http://www.mapquest.com/maps?1pn=Portland+International+Airport+(PDX)&1c=Portland&1s=OR&1a=7000+NE+Airport+Way&1z=97218&1y=US&1l=45.58684&1g=-122.58703&1v=ADDRESS&1id=14-710356&2c=Portland&2s=OR&2a=1000+NE+Multnomah+St&2z=97232-2111&2y=US&2l=45.531516&2g=-122.655573&2v=ADDRESS#initPgSt)

Directions from Host Hotel to Primary Club Multnomah Club

1849 SW Salmon St., Portland, OR
2.5 miles southwest of hotel or 10 minutes; walk to Max light rail station at Lloyd Center; take the Max train west to the King Hill stop; the club is on SW Salmon, directly across from the light rail stop <http://trimet.org/maps/railsystem.htm>

-or- (Not recommended)

West on Multnomah over Steel Bridge for 1.9 mi; left onto NW 20th Ave for .4 mi; left onto SW Salmon St to 1849 SW Salmon for .1 mi, club is on the left.

<http://www.mapquest.com/maps?1c=Portland&1s=OR&1a=1000+NE+Multnomah+St&1z=97232-2111&1y=US&1l=45.531516&1g=-122.655573&1v=ADDRESS&2c=Portland&2s=OR&2a=1849+SW+Salmon+St&2z=97205-1726&2y=US&2l=45.52026&2g=-122.69245&2v=ADDRESS>

Directions from Host Hotel to Secondary Club Lloyd Athletic Club

1815 NE Halsey St., Portland, OR
One-quarter mile north of hotel or 5-minutes walking; walk west on NE Multnomah toward 9th Ave for .1 mi; right onto NE 9th Ave for .1 mi; left onto NE Halsey St toward 8th Ave to 815 NE Halsey for .1 mi, club is on the right (no light rail needed) <http://www.mapquest.com/maps?1c=Portland&1s=OR&1a=1000+NE+Multnomah+St&1z=97232-2111&1y=US&1l=45.531516&1g=-122.655573&1v=ADDRESS&2c=Portland&2s=OR&2a=1849+SW+Salmon+St&2z=97205-1726&2y=US&2l=45.52026&2g=-122.69245&2v=ADDRESS#mqPgSt9>

continued on page 8...





ENTRY FORM

NMRA NATIONAL CHAMPIONSHIPS

March 23-26, 2011 in Portland, OR

Multnomah Athletic Club and Lloyd Athletic Club

Entry By Mail Must Be **POSTMARKED NO LATER THAN: 3/5/2011**

Online Entries Must Be **COMPLETED BY: 3/7/2011**

ROUND ROBIN SELF-REFEREED FORMAT "No one gets eliminated"

<http://www.r2sports.com/tourney/home.asp?TID=7368>



Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Home _____

Work _____

Cell _____

Fax: _____

Email: _____

DOB: m____ / d____ / yr____ Age on 3/23/2011 _____

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, Multnomah Athletic Club, Lloyd Athletic Club and their staff, and all sponsors or their respective agents, for any and all injuries or damages of any nature which I, my spouse or my guest(s) may incur as a result of my participation in this tournament. I also acknowledge the potential risk of eye injury during competition, and can certify in writing that my protective 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: \$5 increments	\$ _____	\$ _____
Total Due:	\$	\$ _____

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

____ ****Check here 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 _____

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

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 3/15/2011

Emergency Contact/Phone: _____

	<u>MEN</u>	
DOUBLES		SINGLES
_____	45+	_____
_____	50+	_____
_____	55+	_____
_____	60+	_____
_____	65+	_____
_____	70+	_____
_____	75+	_____
_____	80+	_____
_____	85+	_____
_____	90+	_____

	<u>WOMEN</u>	
DOUBLES		SINGLES
_____	45+	_____
_____	50+	_____
_____	55+	_____
_____	60+	_____
_____	65+	_____
_____	70+	_____
_____	75+	_____
_____	80+	_____
_____	85+	_____

<u>MIXED DOUBLES</u>		
_____	45+	_____ 70+
_____	50+	_____ 75+
_____	55+	_____ 80+
_____	60+	_____ 85+
_____	65+	

Doubles Partner(s): Please print

Name: _____

Name: _____

Portland Tournament Info continued from page 6

Directions from Primary Club to Secondary Club (Multnomah to Lloyd)

Four miles northeast of primary club; walk to the Max light rail station at King Hill; take the light rail Red Line toward Gresham and downtown Portland; take the Lloyd Center stop; walk back across the tracks; follow 9th or 7th north to Halsey, club will be between 7th and 9th on the north side of the street. <http://trimet.org/maps/railsystem.htm>

-or- (Not recommended) East on SW Salmon toward SW 18th Ave for .3 mi; left onto southwest 14th Ave for .3 mi; merge onto I-405 North (across the river) for 1.4 mi; merge onto I-5 East for .7 mi; take Exit 302A toward Rose Quarter for .3 mi; veer right onto N Vancouver Ave; left onto N Weidler St for .5 mi; right onto NE 8th Ave for .1 mi; Left onto NE Halsey St to 815, club is on the left
<http://www.mapquest.com/maps?1c=Portland&1s=OR&1a=1000+NE+Multnomah+St&1z=97232-2111&1y=US&1l=45.531516&1g=-122.655573&1v=ADDRESS&2c=Portland&2s=OR&2a=1849+SW+Salmon+St&2z=97205-1726&2y=US&2l=45.52026&2g=-122.69245&2v=ADDRESS#mqPgSt12>

Tournament Check-In Tuesday, March 22, 2011, 5-8 pm at the *Lloyd Club* or *Doubletree Hotel*
Check www.nmra.info for latest updates

Play Begins/Ends 8 am Wednesday, March 23, to 5 pm Saturday, March 26, 2011
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 Multnomah Racquet club for early practice/play.
ID will be required at both clubs.

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.
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 not included in the price of the host hotel. Fruit and drinks available at both clubs.



Lunch Available at both clubs; details will be available at check-in time.

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

Banquet Friday night, March 25, 2011, at the Multnomah Racquet Club; cash bar at 6:30pm; dinner and program from 7-10pm

Portland Activities and Attractions

Golf, hiking, biking, Portland Art Museum, Oregon Museum of Science and Industry, brewery tours, Portland Zoo, downtown restaurants and shopping all along the light rail Oneonta Gorge, Portland Aerial Tram, riverboats, Portland State University, comedy clubs.

RV Parks

There are several RV parks with hookups within 10 miles of the host hotel.

[http://www.mapquest.com/maps?1c=Portland&1s=OR&1a=7000+NE+Airport+Way&1z=97218&1qn=rv+parks&1l=45.58684&1g=-122.58703&1v=ADDRESS&1id=14710356&2pn=Portland+International+Airport+\(PDX\)&2c=Portland&2s=OR&2a=7000+NE+Airport+Way&2z=97218&2y=US&2l=45.58684&2g=-122.58703&2v=ADDRESS&2id=14710356#mqPgSt7](http://www.mapquest.com/maps?1c=Portland&1s=OR&1a=7000+NE+Airport+Way&1z=97218&1qn=rv+parks&1l=45.58684&1g=-122.58703&1v=ADDRESS&1id=14710356&2pn=Portland+International+Airport+(PDX)&2c=Portland&2s=OR&2a=7000+NE+Airport+Way&2z=97218&2y=US&2l=45.58684&2g=-122.58703&2v=ADDRESS&2id=14710356#mqPgSt7)

Doubles Partners

Contact **Cindy Tilbury** for a doubles partner or roommate cindy.tilbury@att.net or 303.888.4461

Instructor Clinic

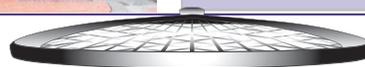
USAR Instructor Program and *AmPro* racquetball instructor clinics are sometimes offered immediately before *NMRA* tournaments. Contact the *USAR* at www.usra.org or **Gary Mazaroff** at gmampro@aol.com for clinic dates/hours/details.

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 now the same as the www.usra.org profile. 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.

Average Temperatures -

Portland in March – High 57° F – Low 41° F – Average 49° F Rain 4.5 Inches ☀



NMRA Secretary Staff continued from page 3

This is still a work-in-progress. The secretary also maintains copies of various contracts (Tournament Director; Facility; hotel; sponsor; balls; other), and archiving paper ballots cast in elections. I also assist the president with preparation of documents for the Board Meetings.

Other activities I am involved with, even though they are not secretarial duties include submitting articles to *USAR's Racquetball Magazine* and the *NMRA's RacquetRacket*, plus recently, putting together the banquet presentation. If you would like to help with pictures, short videos, or supplying "more humor" to the banquet presentation, be sure and catch me during the tournament and we can add your twist to the slideshow. Or if you want to make an overall suggestion, let me know via e-mail or during the next event. I welcome the ideas and it makes me more knowledgeable in PowerPoint.

Again, thanks for letting me share more of my duties with you. Be sure and review our website frequently www.NMRA.info, and pass it on to others. If you have questions or comments, feel free to e-mail me at BADams@nmra.info. See you in Fullerton and Portland.

TIDBITS...

Carmen Alatorre-Martin reports that the new membership system is coming along nicely. There were still some discrepancies (membership expiration dates and addresses and email addresses, for example) left to be reconciled, but soon it will be an amazing tool to save time administering our memberships, and sending out renewal notices and tournament reminder emails. The *USAR* recently moved their membership over from the current online system to one run by the R2sports folks, and our extra membership information works on top of that *USAR* profile. To keep your profile up-to-date, you simply use one login and password for *USAR* and *NMRA* tournaments. If you need help with that, call us or the *USAR* staff.

Join us in Fullerton and Portland, and bring your player friends!

NMRA 2010 Election Candidates

By Mike Hiles, Election Chairman

This year, we have three open Board of Director positions, and four candidates. I encourage you to take five minutes to vote and give your favorite candidates your vote of confidence. If you would like to discuss any plans or issues with these candidates, please contact them at the email addresses provided. 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, 2011—the deadline for the election. The newly-elected board members will start their duties during the March, 2011 board meeting in *Portland, Oregon*.

In alphabetical order, the candidates for three-year terms starting in 2011 are:



Bruce Adams —Tulsa, Oklahoma

It is time for elections in the *NMRA* and I am asking for your vote to return and serve on the Board of Directors. Three years has gone by very quickly. I was appointed to the board in March 2007 to fill a vacancy, and was elected by you in 2008. I have served as Secretary during that entire time. Some of the details are found in this issue and a year ago in the "Secretary Activities" articles that I have written on this and my other volunteer duties in detail. Some of those "other" duties I have worked on are banquet coordinator; author of banquet presentations; interviewer of *Hall of Fame* inductee(s); photographer during and after our events; and running the tournament desks. I also participate in other national racquetball events annually, promoting the *NMRA* cause, and urging members and non-members to attend upcoming events. Our events are the best anywhere!

If re-elected, this would be my last term, due to term limits in our constitution. I will serve with the same zeal as before – whether I was the secretary or not. I really believe the *NMRA* is the best organization out there for the mature racquetball player – playing-wise and hospitality-wise. Please vote for Bruce Adams on your ballot for board director. Thank you; take care. badams@citgo.com



Roy Hare —Alexandria, Virginia

It is with sincere pleasure that I provide this short bio in consideration for Board Membership with the *NMRA*.

Like many things I have participated in throughout my life, racquetball is but one that I've found to be fulfilling and lifelong. I picked up my first racquet when I was 19 years old in the second year of my U.S. Air Force career and have never lost that feeling of excitement. I still get jitters and nervously excited each and every time I walk onto a court - whether it be for a regular weekend workout, a local or State tournament, *National Doubles*, or an *NMRA* tournament.

My reason and interest in becoming an *NMRA* board member is quite simple. I love the sport of racquetball and believe in promoting the game, its fair rules, the camaraderie and friendships and lifelong membership within the organization to the fullest. Organizations like *NMRA* are not and cannot be successful without board members who are dedicated to the sport and promoting its goals through teamwork. Having had a successful *USAF* career, I know a lot about being a team-player and what teamwork means to others. Between the love of the sport and team-oriented work ethic I've learned over the years, I know I have the attributes to be a successful contributor as an *NMRA* board member. Thank you in advance for your consideration and continued dedication to the *NMRA*. Roy.hare.ctr@osd.mil

more candidates on page 11 ➤



Not For Ladies Only

By Cindy Tilbury

You all know that one of the reasons I love this sport is that the women make up only about 20 to 25 percent of the player population, so we are in high demand as doubles partners!! This is particularly true for doubles-only tournaments. This is triply true for our 40+ doubles-only tournaments.



Charlotte Gordon and Pat Musselman

I hope you will consider filling the demand for women and mixed doubles partners for the upcoming December 2 through 4 Doubles-Only NMRA tournament in Fullerton, California. In the Meridien Club venue, we have all the courts we will need, so we are hoping to get over 300 players who want to escape a midwest or east coast winter to come play some racquetball and maybe visit Disneyland.

As always, I will find you a great partner or two partners, and I promise to introduce you to many more potential partners for our future NMRA tournaments. Come out and join us, and, of course, bring your friends. There are more details about the Fullerton and Portland tournaments in this newsletter. The latest updates can be found at www.nmra.info.

Some lady doubles partners and I were chatting in Allentown and we were talking about how fun it is to play with younger men partners for Mixed Doubles. We all appreciate playing doubles in our own age group, but it is really fun to beat a young team when you have a younger, highly-skilled partner. We decided that this is the equivalent of dating younger men, so we realized we were cougar racquetball ladies. Hey, young guys, ask us to play!



I couldn't believe how many cute, young ladies were playing in the US Open! Not only were they all playing, but so many of them were playing in the Open, Pro or Open Age divisions! It was like "Ladies' Night" for racquetball men--as a guy, why would you NOT play this sport? I love this trend!

Here is my last appeal to the ladies who play singles: Please consider playing in

our Denver WSMRA (Women's Senior Master Racquetball Association) 35+ ladies-only tournament in January, 2011. Unlike our NMRA tournaments, the WSMRA offers a B/C division in each age group. If you have player friends who are not Open or A players, you can travel with them to this tournament and you will have the time of your life. I am one of the tournament directors, and we are working very hard to make you feel very special at our tournament. Some



May Barber in Allentown

of us are going skiing at Breckenridge directly after the tournament for a week. If you want to combine racquetball and skiing, email me to see if we have any rooms left. I can give you details via email. Complete tournament details are available on www.r2sports.com or www.wsmra.com.

Ladies, if there is anything I can do for you to make your tournament experience better, let me know. I'm on the Board of Directors to serve you, the members, and my

passion is to get more ladies into this sport and into our tournaments. Email me at cindy.tilbury@att.net with comments and suggestions. ○



Karen Simon and Bev Supanick

First-Time Board Member — Different Perspective

By Patrick Gibson



I just completed my first NMRA tournament as a board member. Thank you to all the folks who took the time and effort to vote.

The perspective is much different as a board member, compared to being a player only. First of all, I flew in on Monday evening to be able to spend about eight hours on Tuesday talking racquetball business. Normally, like most of you, I would fly in just in time to make it to registration on Tuesday evening. Speaking of registration, as a board member, I had the privilege of processing 150 players through their check-in for three hours instead of standing in line for 30 minutes. The rest of the tournament involved being ready to help out wherever a need arose.

Knowing what goes on behind the scenes changes one's perspective. It is incredible to see the amount of work that goes into staging a tournament of this magnitude. As a board member, I got a glimpse of part of that because it was mostly completed before I got to Tucson. All in all, it was a great experience. One of my goals as a new board member is to do whatever it takes to ensure that your experience as a player is as smooth and fun as possible. I believe the NMRA tournaments are the best tournaments around and I want to keep it that way. ○

Overheard at a recent NMRA practice session:

"Let's get back on the court—I have 15 minutes left of my five-hour energy drink."

If anyone is interested in helping out the NMRA on a volunteer basis, let us know and we can talk it over with you to find an area in which you can best contribute—including but not limited to Assistant Newsletter Editor.



moreTIDBITS...

Legionnaires from American Legion Post 215 that attended the dinner Banquet as our Honor Guard: Vice Commander **Terry Kranzley, Darryl Bretzius, John Druckenmiller, Richard Rice, Frank Duda** and **Dennis Kisthart**. They were honored to serve their community. They presented the colors for the *NMRA* Friday night banquet dinner.

Our NMRA Treasurer, Steve Cohen, reports that we have made a profit on the last three tournaments, and our organization is financially stable. If you would like more details on the *NMRA* finances, contact Steve Cohen.

Allentown attendees may remember that our personalized bag tags had not yet arrived by the end of the tournament. Our supplier is running into some financial trouble so it will be up to us to get them out to you soon. The same supplier, Laserworks, was running the *NMRA* Store where you could click on a link on our www.nmra.info website and buy *NMRA* -logoed merchandise online. We will be setting that up again soon with a different vendor; meanwhile, please feel free to contact one of the board members if you would like an *NMRA* -logoed shirt or cap.

The board recently talked about tournament desk staffing, and we would like to hear from you if you would like to work at least eight hours during the tournament to receive a rebate for your entry fee. We will train you on the procedures and, in most cases, you would be helping an experienced person. If you decide you really like staffing the desk and running tournaments, we hope you'll run for the *NMRA* Board of Directors in the future. Contact a board member if you are interested in working at an upcoming tournament.

The NMRA will soon have its own page on Facebook. This will be another way for you to keep track of all of the tournaments and events and share pictures. In addition to pictures, there will be links to the www.nmra.info site and blog entries. Howard Walker will be heading up that effort. Facebook users will want to friend the *NMRA* (the name will be different) when it becomes available.

2010 NMRA Election Candidates continued from page 9



Melanie Newsome —Waynesville, North Carolina

I was first exposed to racquetball in a college freshman PE class in 1974 and I have been addicted ever since. I live in western NC and have played in North Carolina, Tennessee, Georgia, and South Carolina sanctioned tournaments as often as possible through the years. I attended my first *NMRA* tournament in 2003 at the urging of my friend Vickey Utter and I enjoyed the format of play, the hospitality, and traveling around the country to various city venues. I even managed to win a medal or two along the way.

I retired in 2008 and now feel ready to volunteer my time and talents to the *NMRA* that promotes friendships and competition for all of us over 45. As a board member I will work to grow our membership by getting our younger population and women turned on to our wonderful style of tournaments, mixed with vacation opportunities. I will take my responsibilities seriously, offer my opinions, listen to your concerns and constructive criticism, work diligently to improve our tournaments so you will be proud to invite YOUR friends, league players, club members, etc. to join this organization.

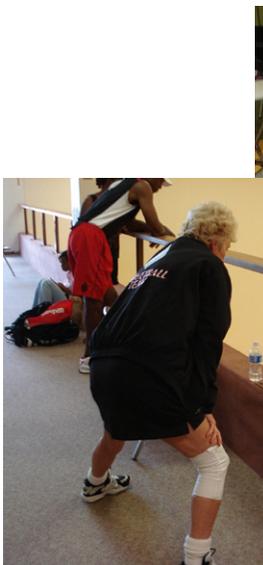
Contact me at news0303@bellsouth.net to voice your suggestions or complaints. I want to constantly be ready to improve our organization and not settle for less than our best. I would appreciate your vote of support.



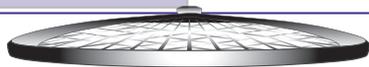
Cindy Tilbury —Denver Colorado / Malibu, California

I try to meet all of our members/players at our tournaments, but if I haven't met you yet, I'm Cindy Tilbury, your newsletter editor and doubles-partner-finder. I have worked hard for the *NMRA* members for the past four years, and if you re-elect me, I will continue to work hard to keep the newsletters informative and make our tournaments better. One of my other passions is to get more women to play in our tournaments—in both singles and doubles events. The more women we have, the more Mixed doubles we have. I also feel it is important to make

the phonecalls to match up doubles partners, since this is a social organization. The *NMRA* is very important and special to me and I hope to continue working for the next three years to keep it great. Cindy.tilbury@att.net



clockwise left to right:
Mildred Gwinn warms up;
Lunch in Allentown;
Sponoys naps in Allentown



Amos Rosenbloom Elected to NMRA Hall of Fame

By Bruce Adams

In July, appropriately at the Allentown tournament, 82-year-old **Amos Rosenbloom** of *Minnesota* became the most recent inductee into the *NMRA Hall of Fame*. Amos' whole family was at the banquet to share the moment and relive the memories of Amos's long racquetball history. When Amos mentioned to his sister-in-law that he was being inducted, she wanted to know if his number would be retired.



Allentown was a special place for this ceremony to happen, since Amos was one of the original 10 who gathered in *New Castle, PA*, to start the *NMRA* almost forty years ago. They met in *Allentown* in the next several years, as the original 10 became 30 players, and then many more. Amos told several stories of the good old days. The original *NMRA* tournaments were "true invitationals," where the host of the tournament would have the players' laundry done and pay for their dinners. Sign me up!



During this *Allentown* tournament, Amos and his 80+ partner, **John O'Donnell** from *Illinois*, placed first in their division—one of Amos' best *NMRA* showings ever.

Amos served for a few years on the *NMRA* board of directors, as well as the *Minnesota State Racquetball Association*, where he was also inducted into the *Hall of Fame*.

Congratulations, Amos!



Taken for Granted

by Patrick Gibson

Sometimes we think we know someone, only to find out we really don't. I sat at breakfast one morning and talked with **Mike Grisz**, one of the 50+ players from *Dallas, Texas*.

Mike is an accountant doing tax preparation. Mike has eight children and one of his sons pitches on the *Duke University* baseball team. Mike has been playing racquetball for a number of years in the *Dallas* area, which is not far from me.

While talking with Mike, I found out that he had been having severe stomach problems for several months. He went to the doctor and was thought to have a parasite for which he was given medication. That did not alleviate the problem, so back to the doctor he went. The doctor thought maybe he had a different parasite and he was put on another medication, to no avail. Finally, a blood test was done and it was confirmed that he had celiac's disease.

Simply stated the disease is like being allergic to gluten.



Mike Grisz

Sponsors Update...

By Tom Curran

Ektelon...

Ektelon continues to be our major event sponsor. This past July, the *NMRA* extended our ball contract with *Ektelon*, ensuring that we would continue to play with the ball initially created for the mature player and that is now regarded as one of the best balls in the sport—the *Classic Black*. The new agreement runs through 2013 with the potential for a two-year extension. At the past two events, we had only three balls reported broken in over 1000 games. The *NMRA* is the proud sponsor of *Racquetball at the Huntsman Games in St George, UT* played in October. The *NMRA* provides the balls for the event, since a large number of the participants (who must be 50 years old or older), are members of the *NMRA*. At this year's event, with 120

continued on next page...

► I asked what is gluten? It is a substance that is in a lot of foods. I asked Mike, "Like what foods?" He said bread, pasta, pizza, etc. I started thinking about all the foods that he could not eat as I sat there eating my bagel in front of him. "Sure would like to have a bagel for breakfast," he shot back at me. Mike has to be extremely careful what he eats or he pays the price. I caught a ride back to the hotel with him later that evening but first we had to stop by the *Whole Foods* store so Mike could get something to eat for dinner. I was amazed at all of the foods that were labeled gluten-free. Yet I now understand how limited his choices are. I realized how I take for granted that I can pretty much eat anything I want. We don't realize how fortunate we are until we hear about what someone else has to endure.

I gained a new sense of respect and admiration for someone who has to suffer through a hardship of life, yet does not allow it to get him down or keep him from competing at a high level. In fact, Mike competed well all week, made the playoff, and won the Men's 50+ division on Saturday.

Congratulations!



Sponsors Update [continued](#)

participants playing round robin format from Oct 6 through 9, 2010, there was NO ball breakage reported. Is that durable and dependable or what? We thank *Ektelon* for their continued sponsorship of the *NMRA* and their efforts to grow our sport at the grassroots level. They should be especially commended for their support of the *Military Racquetball Federation (MRF)* and their efforts to bring racquetball to our wounded and disabled vets through the *Wounded Warrior Program*.



RacquetSkinz..

RacquetSkinz has been a sponsor since October 2009, when they launched the business at the *US Open*. Since that time, they have provided over 50 custom graphic racquets as donations for auctions for *IRT* stops, *US Open* and all *National Events*, raising thousands of dollars for local and national programs. They have designed a special graphic design for the *NMRA* that can be seen (and purchased) on their website at www.racquetskinz.com or by clicking on their logo on the official *NMRA* website (www.nmra.info). *Racquetskinz* recently announced partnership arrangements with *Ektelon* and *Gearbox* and are in the final discussions with *HEAD*. They have the capability to create a completely custom look for both new and used racquets.

Local Sponsors...

As we move our *NMRA* tournaments around the country, we are fortunate to be associated with many local sponsors who make our tournament hospitality and on-court time the best in the sport. We couldn't hold the tournaments without them and we hope you will patronize and thank them when you come to our events.

Future Sponsors...

If you know of a company or service that would fit in with the *NMRA* philosophy of competition and might be interested in sponsoring one or more of our events, please contact me and I would be happy to pursue that opportunity on behalf of the *NMRA*.

Thank you to all of our sponsors!

Fort Myer Racquetball Team Impressive at NMRA National Championships (March 2010)

By Carmen Alatorre-Martin and Leon Jackson

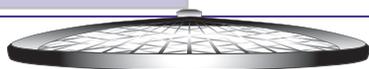
The *National Masters Racquetball Association (NMRA)* held its 2010 *National Championships* in *Tucson, Arizona*, in March. This yearly event is for racquetball players aged 45 and above, and is open to competitors from all over the *United States*. For the fifth year in a row, players who train at the *Fort Myer Fitness Center (Fort Myer Army Post, Arlington VA)* achieved remarkable success at this prestigious event. This group includes *US Armed Forces* active duty and retiree personnel, former military members, dependents, *DoD* employees, and civilians.

Fourteen player/trainees traveled to *Arizona* to compete in various age events. They won a total of fifteen medals: six (6) Gold medals, three (3) Silver medals, two (2) Bronze medals, and four (4) Pewter medals. They trained for several months, practiced together when available, participated in "mock" training tournaments to simulate the *NMRA championship*, and prepared for the round robin format.

The "Masters", 45 years and older, format is a round robin, which requires each doubles team to play all other teams within their competitive category. This format results in the fairest determination of tournament success and mandates consistent, quality play throughout all matches. Some doubles teams played as many as three matches per day in each of two competitive categories. Six matches a day—that's a lot of racquetball played within a compressed timeframe. The competition was extremely tight with the Gold Medal winners being determined by victory in their final matches. At this latest tournament, 191 players participated, including eight players over the age of eighty, and one ninety-two-year-old.

The success of the doubles teams is due, in no small part, to the training and instruction they receive from their coach, **Curtis Alatorre-Martin**. Curtis is a *Gold Medal* winner in prior *Masters* competition, but has just returned to this high level of competition. Amazingly, Curtis underwent a double total knee replacement 14 months ago, and through intense therapy and training, has been able to regain much of his physical and competitive abilities. In the process, he has further inspired the *Fort Myer* racquetball players. The teams receive regular instruction and practice on the nuances and fine points of playing "winning" doubles racquetball. Curtis has established a rigorous training regimen that begins six months prior to a major tournament event and involves the selection of an appropriate partner followed by constant, competitive practice against other doubles teams. The players are drilled and monitored on their team strategy and court positioning, as well as stroke selection and execution. And while tournament wins are the overall objective of his sessions; goodwill, professionalism, and just having fun are the cornerstones of his approach to *Doubles* racquetball.

continued on page 14...



National Masters Racquetball Association TOURNAMENT STATISTICS, since 2007

By Steve Cohen

Tournament	Total Players	Guests	One Event	Two Events	Women	Men
Portland March 2007	178	28	66	112	26	152
Kansas City July 2007	190	34	58	132	41	149
Provo March 2007	167	18	46	121	32	135
West Allis July 2008	178	23	52	126	41	137
Denver December 2008	94	5	58	36	21	73
Canoga Park March 2009	152	12	69	83	29	123
Champaign July 2009	159	21	49	111	35	124
Pleasanton December 2009	109	5	58	51	34	75
Tucson March 2010	190	24	57	133	40	150
Allentown July 2010	143	24	44	99	29	114



more on page 15 ➤



Fort Myer Racquetball Team... continued from page 13

As a result of their training and play, the *Fort Myer* racquetball group has become a magnet in Northern Virginia for quality competitive doubles play in racquetball. Many of the trainees have won *State*, *Regional*, and *National* titles in singles and doubles tournaments, but concentrate more on honing their *Doubles* games. *Doubles* requires an intricate understanding of racquetball positioning and stroke selection different from that necessary in singles competition, and with four people in the court, understanding where you and your partner should be becomes paramount. Knowing when and how to move with your partner--Curtis calls it "*The Dance*"--is the most important aspect of successful doubles, followed closely by the exploitation of most other teams' more traditional court positioning.

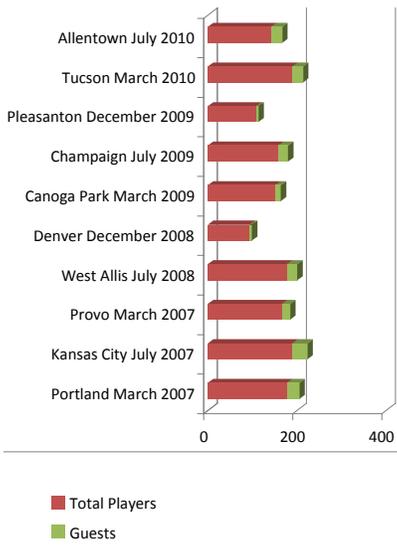
The *Fort Myer* teams are in a down cycle right now, but will begin training soon for the upcoming *Masters International Doubles Championships* in *Fullerton, California*, in December of this year. And they feel very fortunate to have a well maintained facility, a supportive staff, and an encouraging environment in which to play and train.

There are many reasons for competing in *NMRA* tournaments, but the most compelling is the social component. *NMRA* tournaments are competitive, but are foremost about fun, camaraderie, and goodwill among players.

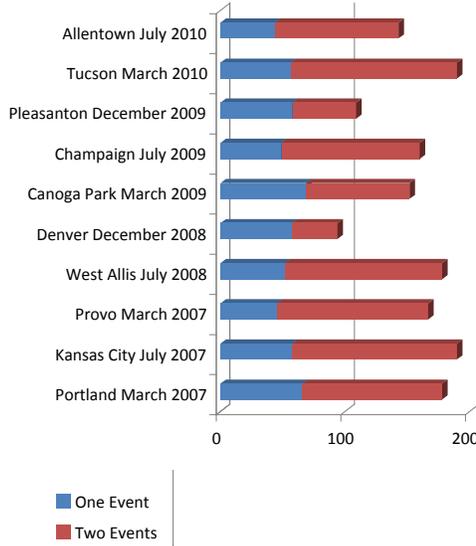
For more information on the national *Masters Racquetball Association (NMRA)* and racquetball at *Fort Myer*, contact **Leon Jackson**, actioneod@aol.com or **Carmen Alatorre-Martin** (teamalamar@verizon.net), who is also the *NMRA* Membership Director (www.nmra.info). ○



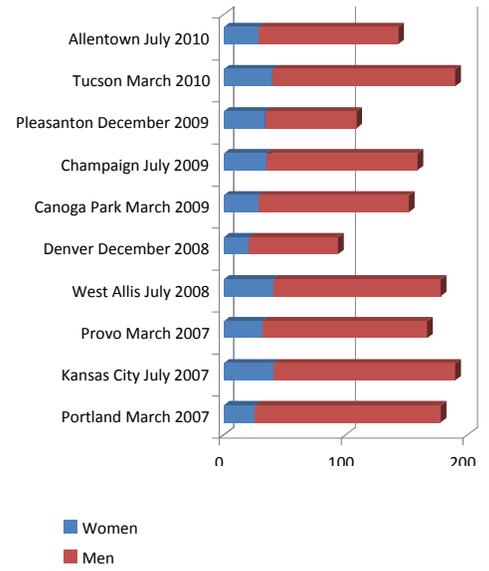
Total Tournament Participants and Guests



Number of Participant Events



Total Participants by Gender



Election Ballot and Voting Process

By Mike Hiles

Our yearly election is at hand. This year, we solicited players at the July Allentown 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, 2011

October, 2010 -- Vote for a maximum of three (3) candidates

Review the candidates' qualifications in this newsletter, or online at www.nmra.info. Election questions can be directed to Mike Hiles at splat_57@hotmail.com or the phone number below.

- 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, 2011
 5. Send it to Mike Hiles, 294 South Fourth Street, Bayport, MN 55003 651/439.8289 (home)

VOTE X	NAME	STATE
	BRUCE ADAMS	OK
	ROY HARE	VA
	MELANIE NEWSOME	NC
	CINDY TILBURY	CO
		Write-In
		Write-In

NMRA TOURNAMENT Trail 2010-2011

Check the www.nmra.info website for the latest updates.

NMRA Doubles-Only 40+	Dec 2-4, 2010	Fullerton, CA	Steve Cohen	www.nmra.info
WSMRA Singles 35+	Jan 14-16, 2011	Denver, CO	Kendra Tutsch	kdtutsch@wisc.edu
USAR National Doubles	Feb 9-13, 2011	Phoenix, AZ	USAR	www.usra.org or www.r2sports.com
NMRA National Championships	Mar 23-26	Portland, OR	Tom Curran	www.nmra.info
USAR Regionals	Apr 2011	Various Cities, US	USAR	www.usra.org
USAR National Singles	May 25-30, 2011	Fullerton, CA	USAR	www.usra.org
NMRA International Championships	Jul 27-30, 2011	TBD, Minneapolis?	Tom Curran	www.nmra.info
IRF World Seniors	Aug 31-Sep 3	Albuquerque, NM	Gary Mazaroff	www.internationalracquetball.com



Board of Directors

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

Howard Walker, Vice President
Austin, TX hwrball@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

Patrick Gibson
Fort Worth, TX hbgibson@hotmail.com

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

Cindy Tilbury Newsletter, Ladies Events, Dbls
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



Be sure to check the www.nmra.info website for updates and immediate election results!