



RACQUET RACKET

FALL 2016

Official Newsletter of the National Masters Racquetball Association (NMRA)

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The NMRA Future Fund

By Mike Griz, NMRA Co-Treasurer and Future Fund Executive Director

The NMRA serves its membership by hosting three tournaments per year in alternative locations. The NMRA Board wants to promote racquetball for its members and to expand our membership and increase participation in our tournaments.

We had members give us contributions over the years and have established the NMRA Future Fund. I am now in the role of managing the assets of the fund and working with a Future Fund Committee and the Board to use these funds in the best interests of our membership. Given that our priorities are to increase membership

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NMRA Board Excited to Descend on Atlanta

By Cindy Tilbury, NMRA President

Chris Poucher, Jason Chan and I have been working hard to get everything ready for our first NMRA tournament at the *Recreation ATL club* in Atlanta (the suburb of Lilburn, actually). Our whole board is very excited to host an NMRA event in a city brand new to us!

I have had so many players tell me they are definitely playing our Atlanta event and that gets me excited and a little nervous. We are worried that we might have TOO many players for the amount of courts available, but we have a plan in case of that. We hope that it is a problem we have to deal with. Remember that it is a round-robin doubles-only tournament (men's, women's and mixed in five-year age increments starting at 40) and we can help find doubles partners. There is a two-division limit, and you don't have to have mixed as one of your divisions. We may have to combine some divisions, but please sign up for what you want and we'll notify you if we have to make adjustments.

Jason Chan, owner of the *Recreation ATL club*, has been very busy this fall. In addition to his regular local tournaments, he has hosted a Ladies Pro Racquetball Tour stop and a World Racquetball Tour event. We are excited to work with him in

person, after all of his help getting this event set up, including the lunches and hospitality.

Our host hotel will be the *Sonesta Gwinnett Place*. It is only about four miles from the club, with no need to get onto a freeway. The special website to help us register is <https://gc.synxis.com/rez.aspx?Hotel=58939&Chain=5157&arrive=12/6/2016&depart=12/11/2016&adult=1&child=0&group=1208RAQUET>

If you know our group, you probably know that we usually have our Friday night banquet and short program at the host hotel. In this case, we saved some budget dollars by holding our banquet at the *PVC Event Center* directly across the street from the racquetball club. Make a note on your calendar to attend—you don't want to miss this. Slide/video shows and awards are customary.

Some other special treats we have in store for you include racquet stringers, massage therapists and a certified Kinesio tapers. Rest assured, we will treat you right.

Make your hotel reservations by Tuesday, November 15, and enter the tournament before the November 21 deadline. **See you in Atlanta!** www.r2sports.com/tourney/home.asp?TID=17447

Big Change in March Venue/Dates

By Patrick Gibson

The NMRA Board had made big plans to put on an extra-special event in March 2017 in *Southern California*. Plans were almost final, but top management of the *Bay Club* squelched the deal and we had to scramble. We will do our best to get back to sunny Canoga Park as soon as they are able to commit courts to us.

Fortunately, we were able to convince the owner of the *Maverick Athletic Club* in Arlington, Texas, to host our devoted group of round-robin enthusiasts and we were able to work around the *Texas State Singles* tourney to finalize the details. **We are going back to Dallas!**

Please update your calendars to reserve **March 22 through 25, 2017** for our Spring tournament. One very small concession we had to make at this club was to hold the banquet (BBQ, actually) on Thursday evening. Note that on your calendar, as well. We love being able to be in the middle of the United States and hope to pick up a few East Coasters who might not have come out to California. Tell all of your racquetball friends to sign up today! www.r2sports.com/tourney/home.asp?TID=18874

NMRA Future Fund

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and to provide world-class tournaments, the Future Fund is meant to ensure the long-term success of the NMRA.

We aim to increase the size of the fund to use it as an endowment for the advancement of our sport and our organization. We need all of our members' help in this regard. We appreciate any donations which are, of course, tax deductible.

My expertise in investment planning led me to volunteer to be the executive director of the Future Fund and I have been recently approved by the Board. Until now, the fund has been in cash. We now plan to invest the Fund in a longer-term strategy that will hopefully have opportunities for both growth and income. (Note, neither I nor my firm will receive any compensation.)

The NMRA will need all of our support to continue to exist. Please consider a tax-deductible contribution to the Fund in your estate or direct donation. I am committed to helping the organization and the Future Fund. IF any of you want to call or email me, please do so at 972-849-0212 or mgrisz@aol.com.

Editor's Note: For \$100 donations or more, I will send you an NMRA logo sew-on patch. If you have already donated and would like a patch, email me! - Cindy Tilbury, NMRA President

President's Corner - 2024 Olympics

By Cindy Tilbury, NMRA President

I will admit that I watched a LOT of hours of Olympic coverage this August. I was so proud of Team USA and teared up hearing the National Anthem so many times. It was also wonderful to see that **Paola Longoria** was being a sports anchorwoman for *Team Mexico*, since her sport of racquetball was not on the list of medal events.

The *IRF Racquetball World Championships* had just been contested in *Cali, Colombia*, and the *USA Racquetball* team took the silver medal. Many of those matches were streamed live and I watched a lot of that too. A surprise second place finish in the Women's Singles was **Gabby Martinez** from Guatemala. Only a win would be better to amp up the excitement for racquetball in that country.

During that two-week tournament, *IRF President, Osvaldo Maggi* from *Argentina*, was interviewed about the sport of racquetball being added as an Olympic medal sport. You can see the full interview [here](#), but a quick summary is that he feels very confident that Racquetball WILL be in the *2024 Olympics* IF *Los Angeles* is awarded the bid to host the games. Just hearing that is so exciting to me (and perhaps all of the other 45+ players around the globe) because we have been waiting so long. As far back as the late 1980s, there had been serious hope that the sport would be included in the 1996 games in Atlanta, but NO.

And for me, the most heartbreaking part of this long wait has been the really lame activities and skills (I cannot call them sports) that are already Olympic sports—summer and winter!!! I won't pick on them by name, but I do cry as I watch them. Even pure Olympic sports like running and swimming, in my humble opinion, should cut out about half of the distances and relays and diving and synchronizing and hurdling and hand out one gold, one silver and one bronze, like they did for

golf. That would make room for a few more sports and let a few other countries share the glory.

During these Games, it may have been a coincidence that the *US Junior Racquetball Team* players and other invited rising stars were training very hard at the *US Olympic Training Center* in *Colorado Springs, Colorado*. The tweets and posts were great to see—our young athletes don't get to train as a team very often.

This made me think about the *2024 Olympics* and the actual participants who will represent the USA. It is eight years from now. Will the team consist of the young kids training at the *Olympic Training Center* now, or will it be kids who have not even picked up a racquet yet? Perhaps Kane Waselenchuk will continue to dominate and stay healthy for another eight years and add an *Olympic Gold* for *Canada* to fill the hole in his trophy room. The 20-year-olds of today may be the stars then...28/30 isn't old in our sport, but will the winners be closer to 18?

Eight years will fly by--will the USA be ready? Will Guatemala dominate? Mexico? Will there be enough coaches for the countries and will that be a real career as we get closer to the big day? What can the rest of us do to help our countries compete at the highest level? *IRF* spokesperson Tim Baghurst suggests donating dollars to the *IRF* to allow it to get more countries (continents too?) on board with courts and equipment for their players. And of course, you can approach a kid at the club and teach him/her to play the sport. How proud would you be if YOU taught the first *Olympic Gold Medal* racquetball player how to play the sport?!?

Contact the *USA Racquetball* office sczarnecki@usra.org or the *IRF* osvaldo@proprinting.com.ar if you want to get more involved.

"Where is Steve Cohen and how is he doing?"

By Cindy Tilbury

I get that question a lot so I'll tell you what I know. While Steve has not played an NMRA event in several years due to a serious health scare, he is now doing quite well and is back on the court. He mostly plays outdoor racquetball and paddleball, and he may be crossing over into Pickleball too. Steve and his lovely wife, Linda, have moved/retired to *Buckeye, Arizona* (not far from Phoenix).



2016 NMRA DOUBLES-ONLY CHAMPIONSHIPS

Registration Wednesday, December 7th, Play December 8-10 at
Recreation ATL, 754 Beaver Ruin Road, Atlanta GA 30047

Entry By Mail Must Be POSTMARKED NO LATER THAN: 11/17/2016

Online Entries Must Be COMPLETED BY: 11/21/2016

<http://www.r2sports.com/tourney/home.asp?TID=17447> Maximum Players 85! Sign up early!

Hotel: Sonesta Gwinnett Place, 1775 Pleasant Hill Road, Duluth GA 30096 | 770.923.1775, code NMRA

Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone Day: _____

Phone Night: _____

Email: _____

DOB: m____ / d____ / yr____ Age on 12/08/2016 _____

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, and Recreation ATL 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 eye guards (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: _____

ENTRY FEES: (NO REFUNDS OF ANY FEES AFTER 11/21/2016)

First Event \$ 165 \$ _____

Second Event \$ 30 \$ _____

Guest(s)* (Daily hospitality & banquet); per Guest \$ 70 \$ _____

NMRA Membership** (Total for 3 Yrs) \$ 45 \$ _____

USRA Membership (1 Year) \$ 50 \$ _____

USRA Membership (1 Event) \$ 20 \$ _____

General Fund Donation \$ 20 \$ _____
Anything is greatly appreciated.

Total Due: \$ _____

*Guest(s) Name(s): _____

____ ****Check here if your first NMRA tournament**
(First time players do not have to join the NMRA)

SHIRT SIZE: MEN _____ OR WOMEN _____
S _____ M _____ L _____ XL _____ 2X _____ 3X _____

Saturday Sandwich Lunch preference:
____ Turkey ____ Tuna ____ Roast Beef ____ Veggie

Limit of two events

DOUBLES		AGE	MIXED
MEN	WOMEN		
		40+	
n/a		40+ B/C	n/a
		45+	
		50+	
n/a		50+ B/C	n/a
		55+	
		60+	
		65+	
		70+	
		75+	
		80+	
		85+	
		90+	n/a
Rotating Partners			

DOUBLES PARTNER(S): Please Print

Name/Div/Age Bracket: _____

Name/Div/Age Bracket: _____

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

__ Yes __ No Would you play a 2nd Doubles if someone needs a partner?

__ Yes __ No Would you play Mixed Doubles if someone needs a partner?

Emergency Contact Information:

Name _____

Phone # _____

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

Mail to: Cindy Tilbury - NMRA
23308 Bocana Street, Malibu, CA 90265

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 WWW.NMRA.INFO.





NMRA 2016 Doubles-Only Championships

Recreation ATL | Lilburn, GA | December 8-10, 2016 (Thursday, Friday & Saturday)

**** Round Robin Age Divisions Starting at 40 Years Young ****

www.nmra.info | <http://www.r2sports.com/tourney/home.asp?TID=17447>

Tournament Directors / Staff	Mail-In Registration to: Cindy Tilbury 303.888.4461 cindy.tilbury@att.net Tournament Director - Cindy Tilbury 303.888.4461 cindy.tilbury@att.net Tournament Director - Chris Poucher 770.231.0083 cpoucher@gmail.com Membership Director - Carmen Alatorre-Martin teamalamar@gmail.com Recreation ATL Club Contact - Jason Chan info@recreationatl.com
Host Club	Recreation ATL – 7 Concrete-Walled Courts (2 Glass-Backed) www.recreationatl.com 754 Beaver Ruin Road, Lilburn, GA 30047 770.676.0435 Bring a lock. Towel service available free. All club facilities are available to tournament players and paid guests. Great club and locker room amenities available during the event.
	
Host Hotel	Sonesta Gwinnett Place www.sonesta.com/gwinnettplace 1775 Pleasant Hill Road, Duluth, GA 30096 770.923.1775 4 Miles From Club; Shuttle provided every hours; Single/Double Rate with breakfast \$105 per night + tax; Triple/Quad Rate with breakfast \$123/\$141 per night + tax. Mention National Masters Racquetball when registering by phone. Online registration website for NMRA coming soon; Reserve early — Only 26 rooms (mostly two-bed) reserved for NMRA but more may be added when those are booked. Rate available through November 17, 2016 – BOOK EARLY! Free parking / Near large shopping mall. https://gc.synxis.com/rez.aspx?Hotel=58939&Chain=5157&arrive=12/6/2016&depart=12/11/2016&adult=1&child=0&group=1208RAQUET
	
Player Maximum IMPORTANT!!!	We anticipate that we will need to cap the number of players at 85, due to the great location, the round-robin format and the number of courts available. You will want to sign up EARLY to ensure your place. A waiting list will be available to allow players to get in as openings happen after the participant list is full.
Enter Online Maximum of Two Divisions	Enter online by November 21, 2016 http://www.r2sports.com/tourney/home.asp?TID=17447 First event--\$165 Second event--\$30 Card Handling Fee \$5 Two Doubles Division Limit. Guests Fee \$70 for the week. We can help find doubles partners and/or roommates.
	
Enter via US Mail Maximum of Two Divisions	Fill out the entry form at www.nmra.info (Tournament Info page). Mail completed entry form and fees by November 20, 2016, to: NMRA / Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265 Two Doubles Division Limit.
	
Doubles Partners/Roommates	Contact Cindy Tilbury for a doubles partner (cindy.tilbury@att.net) or roommate request. You may also use the list feature of R2Sports when you enter online.
Special for Ladies!	We are trying something new to the NMRA—two new B/C age divisions for ladies 59 or younger. If you feel you are not an Open/A-level player, you may enter B/C. Choose 40+ B/C or 50+ B/C
Special for 70+ Players! Rotating-Partner Doubles	We are again offering Rotating-Partner (or Jackpot) doubles as a second division for our 75+ players. If there is enough interest, we will also open up a 70+ division for the younger players. This special division is limited to 16 players and is played during at least 3 days of the event. Each player partners with and against all of the other partners. One individual winner is crowned. Come and meet other players and join the fun. If you prefer, set-partner doubles will also be offered, so grab your favorite guy or gal and sign up as a team.
Special Doubles Division for 40+ Ex-Pro-Tour Players and Amateurs	We will offer a special round-robin doubles division, schedule to be determined, where regular age-group players can pay the entry fee of and play with a 40+ ex-professional player. This will be a mini-tournament within the event—possibly 40+ and 55+ round robins and both genders, if players are willing to try this. Contact Cindy Tilbury for more details and lists of interested ex-professional players.

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NMRA 2016 Doubles-Only Championships INFORMATION SHEET continued from page 4...

Nearest Airport	Atlanta Hartsfield Jackson International Airport (ATL); 6000 North Terminal Parkway, Atlanta, GA 30320; 32 Miles to Host Hotel (40 to 90 Minutes); Book flights at www.atlanta-airport.com
Airlines Flying into ATL	All major airlines fly into ATL. ATL is the busiest airport in the US.
Alternate Airport	Not recommended
Airport Taxi/Shuttle Ground Transportation at ATL	Shuttles are not provided by the host hotel. Taxi or Uber are recommended.
Shuttle from Hotel to Recreation ATL Club	The Sonesta Hotel will be providing a shuttle on an hourly schedule between the hotel and the Recreation ATL Club. Between runs, if you see other players going to the club, don't be shy and ask for a ride. A schedule will be provided to all players at check-in.
Driving Directions from ATL Airport to Host Hotel	32 Miles or 40 Minutes Northeast. Take I-85 North for 31 miles. Take exit 104 Pleasant Hill Road. Turn right onto Pleasant Hill Road. Hotel will be on right. Click here for map.
Directions from Host Hotel to Recreation ATL	4 Miles or 10 Minutes. Southeast on Pleasant Hill Road toward Kroger Blvd for 3 miles. Turn right onto Burns Rd NW. Turn left onto Walking Ln NW. Turn right at the first cross street onto GA378W. Club will be on right. Click here for map.
Parking at Host Club	Free. RVs may park in the rear of the lot with no hookups/utilities.
Tournament Check-In Player Meet and Greet	Wednesday, December 7, 2016, 5 pm to 8 pm, at Recreation ATL Complimentary reception with beverages and hors d'oeuvres. Pick up tournament souvenir, play schedules, etc. and socialize. Identical Player Meetings about 5:30 pm and 7:00 pm to review procedures and answer questions - STRONGLY recommended for NMRA first-timers but everyone is invited.
Play Begins/Ends	Starts at 8 am every day. Ends by 10 pm Thursday. Ends around 5 pm Friday and Saturday 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. Sign-in is required at the club.
Practice Courts	Courts will be available free of charge December 7, 2016.
Tournament Ball	Penn Green is the official ball of the NMRA.
Tournament Scoring	All round robins, self-refereed matches. Every division will play two games to 15. Larger "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. USAR amateur rules will be used.
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.
Eligibility	USAR-sanctioned; Current USAR membership is required to participate. Your membership must be valid thru the last day of the tournament, December 10, 2016. Entries will not be accepted without payment for USAR membership. USAR membership is available at www.usra.org . 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.
Tournament Awards	NMRA medals will be awarded to First through Fourth place winners for each age division. Combined divisions will be awarded medals based on separate age divisions. You must complete all matches in a division to be awarded the medal.
Morning Hospitality	Breakfast is available at the hotel for hotel guests. Fruit and drinks available at the Recreation ATL Club.
Lunch	Lunch is served at the Recreation ATL Club; you may need to present your tournament pass or bag tag.
Evening Hospitality on Thursday	<u>Not a substitute for dinner.</u> Hospitality will be served at the Recreation ATL Club about 5:00pm. You may need to present your tournament pass or bag tag.
Banquet on Friday Night, December 9	PVC Event Hall, 745 Beaver Ruin Road, Lilburn, GA 30047 Across Beaver Ruin Road from the club; 3-minute walk. Included in your entry fee. Guests are invited for \$50, or \$70 for food all week in addition to the banquet. Cash bar at 6:00 pm; Dinner and program from 7 to 10 pm. <i>continued on Page 6...</i>

NMRA 2016 Doubles-Only Championships INFORMATION SHEET

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NMRA Tidbits

By Cindy Tilbury

September 23 was Steve Czarnecki's last day as USA Racquetball Executive Director.

It was a pleasure working with Steve on all of our NMRA projects and getting his perspectives from his former life as a USGA golf executive. It is great to know he has a new job all lined up. USAR is looking for Steve's replacement and the current president, Jason Thoerner, is filling in for him right now, with Jim Hiser's help, I imagine.

It was great watching the Las Vegas 3 Wall Ball from my home computer.

The weather was mild and the turnout was over 600 again. Amazing party out there in the desert! I'm not an outdoor player but would have loved to be there. It was a little odd to see that #1 indoor player Paola Longoria did not win any of her divisions. She came very close but could not defend her 2015 titles. Janel Tisinger won the pro singles and pro doubles with her partner **Aimee Ruiz**. Male #1 indoor **Kane Waselenchuk** does not play outdoor ball, but #2 **Rocky Carson** was there and won the pro singles.

I recommend you print the NMRA RacquetRacket newsletter in COLOR and leave it at the club for all of your 40+ players to peruse.

Local Activities	www.atlanta.net/events/
Sights to See	In addition to Stone Mountain and fabulous museums, please see the separate sheet for a long list of Georgia places to visit and things to do.
Average Temperature	Year – 62° F December – High 54° F – Low 36° F. Average December Precipitation 3.82 Inches.
Altitude	1,050 Feet Above Sea Level; 250 Miles From the Atlantic Ocean
RV Parks	RV parks near the club are: Click here .
Laundromats	Laundromats near the club are: Map later.

Suggestions/Things to do in the Atlanta Area *By Chris Poucher*

Science/News

- Georgia Aquarium
 - Get Tickets Well in Advance
 - Swim With The Whalesharks
- Inside CNN Studio Tour
- Zoo Atlanta
- Delta Flight Museum

Museums/History

- World of Coca-Cola Tour
 - Try beverages from all over the world
- Jimmy Carter Presidential Library and Museum
 - 39th President/Nobel Winner from Plains, GA
- Centennial Olympic Park
 - Site of the 1996 Summer Olympic Games
 - Fountains
 - Events
- College Football Hall of Fame
- High Museum of Art
- Peachtree Trolley Tour**
- Black History Museum
- Center for Civil and Human Rights
- Martin Luther King Junior National Historical Site/Memorial
- Atlanta History Center
- Fernbank Museum of Natural History
- Mansions / Plantations
- Atlanta Streetcar
- Historic Oakland Cemetery
- Margaret Mitchell House (Gone With The Wind)
- Children's Museum

Entertainment

- Fox Theater of Ballet and More
- Atlanta Botanical Garden
- Alliance Theater
- Atlanta Movie Tours (+ The Walking Dead Set)

- Atlanta Symphony Orchestra
- Legoland
- Porsche Experience Center
- Skyview Atlanta Gondola Ferris Wheel

Golf Courses/Outdoor Activities **

- TPC Sugarloaf National Golf Club
- Georgia Trail at Sugarloaf
- Northwood Country Club
- Atlanta Beltline Walk/Ride
- Bicycle Tours of Atlanta
- Skateparks
- Piedmont Park
- Stone Mountain Park
- Lake Lanier
- Six Flags Over Georgia Amusement Park

Shopping / Dining

- Santa Fe Mall
- Atlanta Station
 - Home of Shopping, BODIES Exhibit, Cirque de Soleil
- ATL Cruzers Electric Car and Segway Tours
- Buckhead Luxury Brand Shopping Area
- Sun Dial 360-Degree Restaurant and View

Local Eateries

- TGI Friday's
- Bahama Breeze
- Joe's Crab Shack
- Georgia Diner
- Hibachi Buffet
- Smoothie King
- Golden House Chinese
- Grapevine
- Dave & Buster's
- The Melting Pot Fondue
- Hara Ichiban Japanese
- Myung Ga Won
- Lupita's Mexican
- What The Pho

- La Madeleine Country French Café
- El Torero
- Sweet Tomatoes
- Olive Garden
- IHOP Pancakes
- Red Lobster
- Fast Food
- Farmers' Markets

Wineries

- E & J Gallo Winery

Places of Worship

- St. Patrick's Catholic Church
- Cornerstone Church of Christ
- The Bridge Church
- Kingdom Now Ministries
- St. Andrew Kim Korean Church

Breweries

- Jekyll Brewing Company
- 5 Seasons Brewing
- Monday Night Brewing
- Max Lager's Wood Fired Grill
- Red Brick Brewing

Sports

- Atlanta Falcons (Football)
- Atlanta Braves** (Baseball)
- Atlanta Hawks (Basketball)
- Atlanta Dream (WNBA)

Longer Drive

- Hilton Head, South Carolina
- Savannah, Georgia
- Augusta, Georgia (Masters Golf Course)**
- Charlotte, North Carolina (NASCAR Hall of Fame)
- Huntsville, Alabama Rocket Center
- Chattanooga, TN Train Museum
- Florida Beaches

**Seasonal/Not Available at this Time of Year

MORE **NMRA Tidbits**

I was listening to the Sirius XM Spa Channel the other day and heard a lovely song that caught my attention. It sounded like there was a racquetball noise in the fabric of the instrumentation. Check it out for yourself on *iTunes* and see what you think. It was *Edge of Destiny* by *Troika*.

In Portland, we had BROTHERS playing Men's Doubles 45s and won it. I love to see that and will openly admit that I wish my sister played racquetball instead of tennis and would play *Women's Doubles 55s* with me!!! Congratulations to Randy and Mark Moore.

Also in Portland, during the Friday night banquet, we gave away many raffle prizes to attendees who had purchased at least one ticket for \$5. We raised \$1500 for local High School racquetball teams in *Beaverton*. Coaches **Dave Azuma** and **Paul Maduell** were very grateful, and we were grateful for the help of some of the high school team players during our event.

The NMRA has a healthy Future Fund, whose intended purpose is to be an emergency fund and a possible pool to strengthen the NMRA and its pet projects. There is a separate article highlighting the new Executive Director, **Mike Grisz**. If you would like to donate \$100 to the *Future Fund*, I will personally send you an *NMRA* sew-on patch. Thanks for considering us in your racquetball charity plans.

The NMRA is now using the Penn Green balls. If you are practicing for an *NMRA* tournament in the near future, you will want to buy *Penn* balls. We have had some feedback on other *Penn* color preferences, and we will consider changes in a few months. For now, *Penn* has sent us green balls for the next few events and we are really happy with them. Many states and all *National* events except for the *US Open* use the green ball, so we hope you appreciate not having to change balls before our events. Let us know what you think and what your favorite ball is.

Newest NMRA Hall of Fame Inductee - Len Sonnenberg

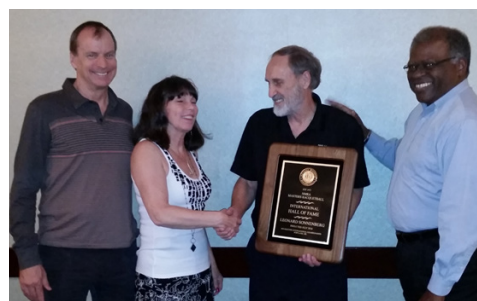
By Cindy Tilbury, NMRA President



In the beautiful city of *Portland, Oregon*, on July 8, 2016, the *NMRA* proudly inducted another Hall of Famer. This time, it was **Len Sonnenberg**'s time in the spotlight. Len lives in *San Diego, California*, and runs a successful CPA firm.

Although Len has been a tireless *NMRA* and racquetball contributor for many years, he has been especially invaluable over the past three years. During that time, Len's skills as a CPA—particularly his experience with non-profits—were put to the test by our organization. Len spent countless hours on *NMRA* accounting, professional and legal matters, never once asking for reimbursement

or even a free entry. In addition, Len is our *Hall of Fame* Executive Director, making sure each year that the voting committee actions are properly executed in order to elect inductees or wait until there is a worthy candidate. His sportsmanship and quiet dedication to the *NMRA* have not gone unnoticed by the Board of Directors and the voting committee members—Len is a 2016 *NMRA Hall of Fame Outstanding Contributor Inductee*.



Other *NMRA Hall of Fame* inductees for 2016 are **Carmen Alatorre-Martin** of *Arlington, Virginia*; **Ralph Stillman** of *Minneapolis, Minnesota*; **Dan Jones** of *Atlanta, Georgia*; and (posthumously) **Phil Dziuk** of *Champaign, Illinois*. Induction ceremonies will be held at future *NMRA* banquets. Congratulations to all of the new Athlete and Contributor inductees!

Join us for our SOCIAL style of all-round-robin racquetball. No more "one and done." Our next event is *Atlanta 40+ Doubles-Only - December 8-10, 2016*. Sign up early, as we are anticipating having to limit players. First-time *NMRA* players do not have to join the *NMRA*, but they must be current *USAR* members. Contact Cindy Tilbury at 303.888.4461 or go straight to the www.nmra.info website, Tournament Info page for details.

NMRA 2016 Portland Videos Available

By Leon Jackson, NMRA Secretary

It was just our luck to have the laptop battery run out before allowing the banquet attendees at our *Portland* event! After checking the battery on your own laptop, you can now see that show in your own home. I have uploaded to YouTube.com three slideshows and video presentations and I hope you will take a few minutes to enjoy them. You are probably the star of one of these videos!

NMRA 2016 Portland Tournament Slide Show

https://youtu.be/jkgTTtePC_8

NMRA First-Time Players International Tournament, Portland, OR

<https://youtu.be/1-3JF3A6cl4>

NMRA 2016 International Tournament Portland OR

<https://youtu.be/V8dMMVoAbYUg>

MORE NMRA Tidbits

Exciting news: The LPRT ladies pro tour has named the Penn Pink as their soon-to-be official ball. The pink ball has the same specifications as the green ball, but since the color changes the rubber a tad, it will bounce just a bit differently. The pink ball is not in full production yet, but the LPRT will get the first batch.

2017 National Doubles will be in Phoenix at Arizona State University, due to construction at the Highlands Ranch Rec Center in Denver.

ASU student center is a great facility for our events—*National Doubles* has been held there for a few years now. It will be interesting to see where the tournament is played in 2018. Some people prefer not to play at altitude.

Over 70 and can't find a great doubles partner to travel to NMRA events with you? We get that. It is not easy to find guys in your age group who will fly across the country to play for a week. We have two suggestions: Sign up for the Rotating-Partner (Jackpot) doubles where you change partners every round; or take us up on our offer to find partners and roommates. Don't be afraid to ask! Text or call or email Cindy. 303.888.4461 or cindy.tilbury@att.net.

USA Racquetball and R2Sports.com Provide Free Challenge Ladder Software

By Cindy Tilbury

Are you interested in joining a challenge ladder? How about starting one for all the random players at the club to get them to meet and play? You probably don't know how to go about it. There is good news for you!

Nick Irvine of *USA Racquetball* is proud to announce that there is a FREE online tool that allows you to set up challenge ladders quickly and easily. Many of the players in your club are already in the player database, but if they are new, they DO NOT need to join the USAR. This means that the leagues are not USAR-sanctioned, and therefore, no ranking points will be accumulated and no secondary liability insurance is provided by the USAR for the players or clubs. Players can sign up online and challenge others online—no more excuses not to get a match going! Of course, results are updated immediately and all players will know the winner at the end of the league.

Nick will send you a professional-looking poster that you can post in your club to notify players. You can add your club logo and details of how/when to sign up.

The best part is that the challenge ladder site can be used for singles, doubles and mixed doubles!!! The league coordinator sets up the divisions available, and that same person would probably suggest which skill level a player would choose.

Setting up a ladder has never been easier. YOU can be the one to facilitate the social racquetball scene at your club. There is no reason for all of the club players not to meet. Take some initiative and start a challenge ladder in your area today so your players can join the 300 players who are already participating in 40 ladders across the country!

NMRA 2016 Fall Membership Update

By Carmen Alatorre-Martin

As we move our tournaments around the country, we find many new first-time members and have repeat players renew their NMRA memberships. We are committed to keeping that plan going, finding new venues, and finding new first-timers to experience the NMRA way of holding an event. We are sure they will appreciate the round-robin competitiveness and great food in the social atmosphere and come back as soon as they can. We know it is not always easy to find 45+ competition in your local area, so our goal is to provide that for four days.

One of the groups who find it extra difficult to find age-appropriate competition is our 80+ group. We currently have 65 members who play in the 80 age division or above. We have made our 80+ people lifetime members and do our best to make sure they get great value from our events and bring their younger friends with them.

Our mailing list has grown a little lately, with first-time members. We have over 2000 people who have played in our tournaments, with almost 500 of them current three-year or lifetime members.

A three-year membership is currently \$45.



First-timers don't have to join the NMRA, but we hope they will. If you know someone who is interested in becoming a member of our organization, have them contact me and get signed up. teamalamar@gmail.com

Racquetball in the Media

By Cindy Tilbury

I love to discover TV shows with long racquetball scenes. The May 11, 2016 episode of The Americans (called The Day After) was set in the 1980s and had FBI Agent Stan playing racquetball against Philip, his neighbor. Stan has no idea that Philip and his wife are Soviet spies (the Americans). Neither was a very good player. I'd rate them as C's.

I hope you will follow me on Twitter. My Twitter handle is @NMRAPrez and I assure you I will NOT tweet too much and annoy my followers. I try to keep my pearls of wisdom about racquetball, with little event reminders or cool things I've found on the internet. Sometimes I retweet funny tweets. twitter.com/nmrarez The NMRA on Facebook is still a bit of a gamble, since we don't have a board member or other member who will update it regularly.

Check out this great article in a recent Denver Post about racquetball making comeback.

<http://www.denverpost.com/2013/04/29/racquetball-popular-again-in-colorado-at-places-like-denver-athletic-club/>

During the May 2016 National Singles in Denver, national junior champion Erika Manilla was interviewed on the local television news. They concentrated on her because of her hometown connection and her recent national championship results. Erika's brother is also a former national junior and collegiate champion.

A yoga instructor from the Seattle area recently looked into racquetball. Here is her Seattle Times article: <http://www.seattletimes.com/pacific-nw-magazine/racquetball-is-a-fun-way-to-exercise-once-you-figure-out-the-math/>

Another amazing article on a former NMRA player comes from Aimee Berg, writing for FINA (Diving and Swimming)

New R2Sports.com Free Mobile App Ready for Download!

By Cindy Tilbury

While I know our loyal NMRA members aren't exactly known for their phone app acumen, they are most definitely known for wanting to keep up on racquetball and tournament results—especially their own! There is a new app, created by Ryan Rodgers of R2Sports.com that works seamlessly with your favorite online tournament software. It is available for both Apple and Android, and we definitely recommend you download it from the Apple Store. There is a handy link on the www.r2sports.com website. The app has lots of new features that you will love. Here are some examples:

Follow minute-by-minute results of all of the players you like—Yourself, Rocky, Kane, Paola, Rhonda, all of your favorites. Texts will be sent when they do the following and more:

- Enter a tournament
- Get assigned to a court
- Win a game (if electronic scorecard is used by the referee or tournament director)
- Win a match

Other great features included are to:

- Allow electronic scoring by a referee or scorecard updater, avoiding typing in scores and unassigning courts
- Allow tournament directors to provide link to livestreaming for every match
- Allow tournament directors to push out messages to a select group or all players (example: "45+ match times have changed"); Tournament director can see who has seen the message

Future releases will include a method to communicate (like texting) with your followed players (congratulate them on their big wins), and even an electronic coin flipper.

The NMRA is looking at the possibility of replacing our darling little clipboards with iPads, ready to accept scores from the players. This will allow the desk to know when matches are done and the court is ready to be reassigned, also avoiding typing errors on scores. How cool will that be?

Note: You will want to delete the old R2Sports app off of your phone first, if you had it installed (you probably did not). If you have questions or need a little help, email Ryan Rodgers at support@r2sports.com. We can also help you during the tournaments.

Challenge: Download and install the app, add your favorite players for the US Open or the December NMRA tournament, and wait for the results to come in.

Magazine about Bob Webster from the Northeast United States. I didn't know this gentleman, but Len Sonnenberg and I had to help get the stats on Bob's NMRA medal count for the author. The article is on page 98 (!).

http://fina.wildom.com/fina/edir/fina_aquatics_magazine_free_2016_03/index.html#/0

Next is a helpful link from the USAR Instructor Program and includes social media DOs and DON'Ts. http://www.teamusa.org/~media/USA_Racquetball/Documents/Programs/Instructor/Newsletter/2016/2016augustusaripnewsletter.pdf?la=en

HEROES FROM THE PAST
Bob WEBSTER (USA, diving)

"How lucky am I?"

Only four men in Olympic diving history have won back-to-back gold on the platform. Americans Sammy Lee, Bob Webster and Greg Louganis, and Italy's Klaus Dibbern were those three in a row. In fact, Webster had not beaten Dibbern by 1.04 points at the 1964 Tokyo Games, the latter might have had a four-year lead whether happened to Webster, the shy Southern California star was discovered by Gerry Lee and was undefeated from 1960 to 1964. In short, he coached diving for 20 years at the University of Minnesota, Princeton and Arizona, became a serious recreational player and recruited swimmers for a while. But that's none.

In April, we planned the 72-year-old celebration of "How lucky am I?" with the help of an Olympic diving coach who had coached Webster. He is a legend in the sport, and we can only hope he'll be able to tell us the story.

He was diving in the 1950s and 1960s, and he was a member of the U.S. Olympic team. He was the only American to win the gold medal in the 1960 Summer Olympics in Rome. He was the only American to win the gold medal in the 1964 Summer Olympics in Tokyo. He was the only American to win the gold medal in the 1968 Summer Olympics in Mexico City. He was the only American to win the gold medal in the 1972 Summer Olympics in Munich. He was the only American to win the gold medal in the 1976 Summer Olympics in Montreal. He was the only American to win the gold medal in the 1980 Summer Olympics in Moscow. He was the only American to win the gold medal in the 1984 Summer Olympics in Los Angeles. He was the only American to win the gold medal in the 1988 Summer Olympics in Seoul. He was the only American to win the gold medal in the 1992 Summer Olympics in Barcelona. He was the only American to win the gold medal in the 1996 Summer Olympics in Atlanta. He was the only American to win the gold medal in the 2000 Summer Olympics in Sydney. He was the only American to win the gold medal in the 2004 Summer Olympics in Athens. He was the only American to win the gold medal in the 2008 Summer Olympics in Beijing. He was the only American to win the gold medal in the 2012 Summer Olympics in London. He was the only American to win the gold medal in the 2016 Summer Olympics in Rio de Janeiro.

"I stayed away from all the hoopla!"

When you were in the 1960 Olympic team, did you ever have any problems? In 1964, I was the only American to win the gold medal in the 1964 Summer Olympics in Tokyo. I was the only American to win the gold medal in the 1968 Summer Olympics in Mexico City. I was the only American to win the gold medal in the 1972 Summer Olympics in Munich. I was the only American to win the gold medal in the 1976 Summer Olympics in Montreal. I was the only American to win the gold medal in the 1980 Summer Olympics in Moscow. I was the only American to win the gold medal in the 1984 Summer Olympics in Los Angeles. I was the only American to win the gold medal in the 1988 Summer Olympics in Seoul. I was the only American to win the gold medal in the 1992 Summer Olympics in Barcelona. I was the only American to win the gold medal in the 1996 Summer Olympics in Atlanta. I was the only American to win the gold medal in the 2000 Summer Olympics in Sydney. I was the only American to win the gold medal in the 2004 Summer Olympics in Athens. I was the only American to win the gold medal in the 2008 Summer Olympics in Beijing. I was the only American to win the gold medal in the 2012 Summer Olympics in London. I was the only American to win the gold medal in the 2016 Summer Olympics in Rio de Janeiro.

What happened when you got to the 1968 Summer Olympics? I was the only American to win the gold medal in the 1968 Summer Olympics in Mexico City. I was the only American to win the gold medal in the 1972 Summer Olympics in Munich. I was the only American to win the gold medal in the 1976 Summer Olympics in Montreal. I was the only American to win the gold medal in the 1980 Summer Olympics in Moscow. I was the only American to win the gold medal in the 1984 Summer Olympics in Los Angeles. I was the only American to win the gold medal in the 1988 Summer Olympics in Seoul. I was the only American to win the gold medal in the 1992 Summer Olympics in Barcelona. I was the only American to win the gold medal in the 1996 Summer Olympics in Atlanta. I was the only American to win the gold medal in the 2000 Summer Olympics in Sydney. I was the only American to win the gold medal in the 2004 Summer Olympics in Athens. I was the only American to win the gold medal in the 2008 Summer Olympics in Beijing. I was the only American to win the gold medal in the 2012 Summer Olympics in London. I was the only American to win the gold medal in the 2016 Summer Olympics in Rio de Janeiro.

MORE NMRA Tidbits

Ex-professional racquetball player and have trouble finding anyone to travel with you to NMRA events?

I'm kind of kidding, but we want to create a special division for you, if we have enough participants. We are hoping 45+ amateurs and 45+ ex-professional players will team up for a division that provides extra-difficult competition. In addition, we suggest the amateur pay for the ex-pro as a way to thank him or her for paving the way during the earlier years of our sport. Contact me if you want more details on this plan.

NMRA enjoys sponsoring a very special tournament in Sun City West, Arizona—the Men of October Racquetball tournament.

You have to be 80 years old to play in this event, and the guys come from all over the country to compete at that age group level. The NMRA sent a case of racquetballs and some fun giveaways. If you are 80+, plan to play in this October event in 2017.

Are you wearing your pedometer every day to make sure you get a minimum of 10,000 steps? If not, get to *Dick's Sporting Goods* and pick up some for you and your friends. You'll be amazed at how many steps one game of singles or doubles generates—I estimate 1,800 and 1,300, respectively. It doesn't take much time to reach your goal. Ask me about mine!

NMRA Player Profile - Sandy Rios of Kerrville, Texas

By Cindy Tilbury

Sandy Rios of *Kerrville, Texas*, has been playing *NMRA* tournaments for about ten years. Three or four times a week, she has to drive 58 miles to get to her racquet club in *San Antonio*. Playing for about 25 years, besides *NMRA* events, of the 12 tournaments she plays each year, her favorite tournament is the *Longhorn Open* in *San Antonio* in January. She loves Mixed Doubles the best, and she plays a lot with **Rhett Collins**, who is just recently old enough to play some *NMRA* tournaments.

Sandy is single and makes a living as a medical billing professional. A few years ago, she left a company and started her own business servicing her doctor clients. She has three adult children, ages 36, 34 and 21. The other loves of her life are her dogs—Great Dane *Slider* and Boxers *Kona* and *Shooter*.



After a hard day at the racquetball

court, Sandy loves to do some gardening and sewing and would love to learn to work with wood and mosaic tiles.

Sandy told me that the reason she loves *NMRA* events so much is as follows.

“Not only is it excellent level of play, but I get to see many friends from across the country, as well as meet more. I also enjoy being able to play with different partners, and that helps my overall game. I also am able to take advantage of the considerable wealth of knowledge from others at the *NMRA* tournaments. Occasionally I even get to do some tourist-type activities.”

Sandy recommends others try *NMRA* events when possible. “Although I don't get to make nearly as many *NMRA* events as I would like to, I always enjoy them when I can. They are the absolute best tournaments!”



Is Surgery My Only Option?

By Rick Betts

First a disclaimer: I am not a doctor and I have no background or training in medicine. I am writing this article to provide some information regarding alternatives to surgery and to pass along my recent experience with a process known as PRP injections.

The reality for many of us in the *NMRA* world is that years of playing our sport has taken a toll on our bodies. Racquetball is one of the most demanding sports and many of us have been playing at a very competitive level for 20, 30, or even 40+ years. The wear and tear on our joints accumulates over time and most, if not all, of us have had to deal with some type of injury. The most common problem areas seem to be knees, hips and shoulders. I'm sure we all know someone who has had multiple surgeries and perhaps even a knee or hip replacement. I have often wondered if surgery was in my future.

Off and on for the last 30 years, my left knee would act up but I could usually resolve the problem with rest and ice. In 1993 I had an MRI done that concluded that I had a complex tear of

the medial meniscus and a compression fracture of the tibial plateau. My doctor told me that half of the doctors in town would recommend immediate surgery but he wanted to try physical therapy and some anti-inflammatory medication. Two weeks later I was fine. I found myself both relieved and angry. I thought that MRI's were the know-all, see-all, state-of-the art technology. If I had gone to a different doctor I might have ended up with an unnecessary surgery. In 2013 I had another MRI done and it came back with the same results. This time I opted for a cortisone shot, which was totally painless, and by the end of the day my knee was pain free.

Around the middle of March of this year I began to have some serious twinges in my left knee while playing. It wasn't bad enough to make me stop playing so I just tried to work through it. By the end of April it got so bad I couldn't even put weight on it. I thought about getting another cortisone shot but after doing some research on

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NMRA NATIONAL CHAMPIONSHIPS

March 22-25, 2017 – Maverick Athletic Club, Arlington (Dallas), TX 76013

Entry By Mail Must Be POSTMARKED NO LATER THAN: 03/08/2017

Online Entries Must Be COMPLETED BY: 03/11/2017

<http://www.r2sports.com/tourney/home.asp?TID=17029>



Please Print — Be Legible, Complete & Accurate

Name: _____

Address: _____

City/State/Zip: _____

Phone: Cell _____

Home _____

Work _____

Fax: _____

Email: _____

DOB: m____ / d____ / yr____ Age on 03/22/2017 _____

Waiver: I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against the NMRA, USAR, the Maverick 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 eye guards (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: _____

ENTRY FEES:

First Event \$ 165 \$ _____

Second Event \$ 30 \$ _____

Spouse/Guest(s)* (Each) \$ 70 \$ _____

NMRA Membership ** (Total for 3 Yrs) \$ 45 \$ _____

USRA Membership (required, 1 Yr) \$ 50 \$ _____

Total Due: \$ _____

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

____ ****Check here if your first NMRA tournament ****

(First time players do not have to join the NMRA, but we hope you do.)

SHIRT SIZE: MEN _____ WOMEN _____

S _____ M _____ L _____ XL _____ 2X _____ 3X _____

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 WWW.NMRA.INFO.

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

Mail to: Cindy Tilbury - NMRA
23308 Bocana Street
Malibu, CA 90265

NO REFUND OF ANY FEES AFTER 03/11/2017

Limit of two events only: singles and doubles or two doubles.

Everyone plays every day; arrive Tuesday!

DOUBLES			AGE	SINGLES	
MEN	WOMEN	MIXED		MEN	WOMEN
			45+		
n/a	n/a	n/a	45+ B/C	n/a	
			50+		
			55+		
n/a	n/a	n/a	55+ B/C	n/a	
			60+		
			65+		
			70+		
			75+		
			80+		
			85+		
		n/a	90+		

DOUBLES PARTNER(S): Please Print

Name/Div/Age Bracket: _____

Name/Div/Age Bracket: _____

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

Emergency Contact Information:

Name _____

Phone # _____



NMRA 2017 National Championship

Maverick Athletic Club, Arlington (Dallas Area), TX

March 22-25, 2017 (Wednesday through Saturday) www.nmra.info

**** Round Robin Age Divisions Starting at 45 Years Young ****

<http://www.r2sports.com/tourney/home.asp?TID=18874>

Tournament Directors / Staff

Mail-In Registration to: Cindy Tilbury 303.888.4461 cindy.tilbury@att.net
Tournament Director –Patrick Gibson 817.319.0080 prgibson5@hotmail.com
Tournament Director – Cindy Tilbury 303.888.4461 cindy.tilbury@att.net
Leo Vasquez – Maverick Club Contact leorvasquez@gmail.com

Host Club



Maverick Athletic Club – 10 Panel-Walled Courts www.themav.com
1919 West Pioneer Parkway, Arlington, TX 76013 817.275.3348

Club hours 5 am to 10 pm. Bring a lock. No overnight lockers. Towel service available free (driver license held). All club facilities are available to tournament players and paid guests. Club and locker room amenities available during the event. Massage therapist available. Racquet stringer / Pro shop items available

Host Hotel - La Quinta Inn Arlington South



La Quinta Arlington South
4001 Scots Legacy, Arlington, TX 76015 817.467.7756

4 Miles From Club; Shuttle to clubs provided every hour
Single/Double Rate with breakfast \$89 per night + tax; Triple Rate with breakfast \$99 per night + tax
Mention National Masters Racquetball when registering by phone
Reserve early—Only 30 rooms reserved for NMRA but more may be added when those are booked
Rate available through February 24, 2017. Free parking / free hot breakfast / free wifi

Enter Online Maximum of Two Divisions



Enter online by March 8, 2017

<http://www.r2sports.com/tourney/home.asp?TID=18874>

First event--\$165 Second event--\$30 Credit Handling Fee \$5

Two-Division Limit – Singles + doubles or two doubles.

Guest Fee \$70 for the week includes lunches and banquet.

We can help find doubles partners and/or roommates.

Enter via US Mail Maximum of Two Divisions



Fill out the entry form at www.nmra.info (Tournament Info page).

Make check payable to NMRA. Mail completed entry form and fees by March 6, 2017, to:

NMRA / Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265

Two-Division Limit

Refunds

No refunds after March 8, 2017, when jackets will be ordered and banquet plates reserved.

Doubles Partners / Roommates

Contact Cindy Tilbury for a doubles partner (cindy.tilbury@att.net) or roommate request. You may also use the list feature of R2Sports (link on the tournament home page) when you enter online.

Special For Ladies!

We are trying something new to the NMRA—two new B/C Singles age divisions for ladies 59 or younger. If you feel you are not an Open/A-level singles player, you may enter B/C. Choose 45+ B/C or 55+ B/C. The two divisions may be combined to provide enough matches.

Special Doubles Division for 45+ Ex-Pro-Tour Players and Amateurs

We will offer a special round-robin doubles division, schedule to be determined, where regular age-group players can pay the entry fee of and play with a 45+ ex-professional player. This will be a mini-tournament within the event—possibly 45+ and a 60+ round robins and both genders, if players are willing to try this. Contact Cindy Tilbury for more details and lists of interested ex-professional players.

Special for 75+ Players

In the event that there are not enough singles and doubles matches for 75+ players, a special no-charge Jackpot Doubles will be offered where players switch partners every round and the one player with the most points at the end of the event wins the division.

Nearest Airport DFW

Dallas / Fort Worth International Airport (DFW)
19 Miles to Host Hotel (30 Minutes). Book flights at www.dfairport.com

Airlines Flying into DFW

All major airlines fly into DFW.

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NMRA 2017 National Championship INFORMATION SHEET continued from page 12...

Alternate Airport DAL	Dallas Love Field (DAL) 27 Miles or 40 Minutes From Host Hotel. Book flights at www.dallas-lovefield.com
Airlines Flying into DAL	Delta Southwest Virgin
Airport Taxi / Shuttle Ground Transportation at DFW and DAL	Shuttles are not provided by the host hotel. A transportation concierge may be provided by the NMRA (more details later). <i>Uber</i> and <i>Lyft</i> and taxis are great options.
Shuttle From Hotel to Maverick Athletic Club	The <i>NMRA</i> will be providing a mini-van shuttle on an hourly schedule between the hotel and the two clubs. Between runs, if you see other players going to the club, don't be shy and ask for a ride. A schedule will be provided to all players at check-in.
Driving Directions From DFW to Maverick Athletic Club	20 Miles or 30 Minutes. Exit airport toward TX 360 S. South on TX-360S. 10 miles. Right(west) on Pioneer Parkway, 4.3miles. Club is on the right. https://www.google.com/maps/dir/DFW+Airport,+Grapevine,+TX+75261/Maverick+Athletic+Club,+West+Pioneer+Parkway,+Arlington,+TX/@32.8037755,-97.1471913,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x864c2a66094076dd:0x2f80ce4db91b9cda!2m2!1d-97.0400155!2d32.8980036!1m5!1m1!1s0x864e7cd85e1cc87b:0xda1addac0c3f7440!2m2!1d-97.1373371!2d32.7097069
Driving Directions From DAL to Maverick Athletic Club	27 Miles or 40 Minutes. South on Cedar Springs to airport exit. Right on Mockingbird. 2 miles. Merge onto 183W. 7 miles. Take 161, George Bush tollway south. 6 miles. Take I-30 West. 6 miles. Exit on Fielder. Take left. 4 miles. Right on Pioneer Parkway. 1/2 mile. Club on right. https://www.google.com/maps/dir/Dallas+Love+Field+Airport,+Herb+Kelleher+Way,+Dallas,+TX/Maverick+Athletic+Club,+West+Pioneer+Parkway,+Arlington,+TX/@32.7780854,-97.0585094,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x864e9c34982312d1:0xea741a5750bb2386!2m2!1d-96.8512063!2d32.8481029!1m5!1m1!1s0x864e7cd85e1cc87b:0xda1addac0c3f7440!2m2!1d-97.1373371!2d32.7097069
Driving Directions From Maverick Athletic Club to Host Hotel	4 Miles or 11 Minutes. Right (west) on W Pioneer Parkway .7 Miles Left onto S Bowen Road for 1.7 Miles. Left onto W Arbrook Blvd for 1.1 Miles. Right onto Parks at Arlington Mall Left onto Scots Legacy Drive. Hotel will be on the right https://www.google.com/maps/dir/Maverick+Athletic+Club,+West+Pioneer+Parkway,+Arlington,+TX/La+Quinta+Inn+%26+Suites+Dallas+Arlington+South,+Scots+Legacy+Drive,+Arlington,+TX/@32.6918938,-97.1497139,14z/am=t/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x864e7cd85e1cc87b:0xda1addac0c3f7440!2m2!1d-97.1373371!2d32.7097069!1m5!1m1!1s0x864e62c364de2933:0x6aac0aa68b10381f!2m2!1d-97.1232995!2d32.6791935
Directions From Host Hotel to Maverick Athletic Club	4 Miles or 10 Minutes. Take Scots Legacy toward W Arbrook Blvd. Turn left onto W Arbrook Blvd. Turn right onto S Cooper St for 2 miles. Turn left onto W Pioneer Parkway for 1.3 miles. Club will be on your right https://www.google.com/maps/dir/La+Quinta+Inn+%26+Suites+Dallas+Arlington+South,+Scots+Legacy+Drive,+Arlington,+TX/Maverick+Athletic+Club,+West+Pioneer+Parkway,+Arlington,+TX/@32.694409,-97.1433896,14z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x864e62c364de2933:0x6aac0aa68b10381f!2m2!1d-97.1232995!2d32.6791935!1m5!1m1!1s0x864e7cd85e1cc87b:0xda1addac0c3f7440!2m2!1d-97.1373371!2d32.7097069
Parking at Host Clubs	Free. RVs may park in the parking lot with no hookups/utilities.
Tournament Check-In Player Meet and Greet	Tuesday, March 21, 2017, 5 pm to 8 pm, at <i>Maverick Club</i> Complimentary reception with beverages and hors d'oeuvres . Pick up tournament souvenir, play schedules, etc. and socialize. Early and later Player Meetings will be held about 5:45 pm and 7:00 pm to review procedures and answer questions. STRONGLY recommended for NMRA first-timers; everyone is invited
Play Begins / Ends	Starting at 8 am every day. Ends by 10 pm Wednesday and Thursday. Ends around 5 pm Friday and Saturday 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. Sign-in may be required at club.
Practice Courts	Courts at the Maverick Club will be available free of charge March 21, 2017, except that they will NOT be available during tournament check-in (5:00 to 8:00 pm Tuesday).
Tournament Ball	Penn Green is the official ball of the <i>NMRA</i> .
Approved Eyewear	Eyeguards are mandatory. The <i>USAR</i> has established strict criteria for approved eyeguards. This document represents those products which meet or exceed the <i>USAR</i> 's criteria. Approved Eye Guard List

continued on Page 14...

NMRA 2017 National Championship INFORMATION SHEET continued from page 13...

Tournament Scoring	All round robins, self-refereed matches. Every division will play two games to 15. Larger “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. <i>USAR</i> amateur rules will be used.
Appeals	The <i>NMRA</i> 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.
Eligibility	<i>USAR</i> -sanctioned; Current <i>USAR</i> membership is required to participate. Your membership must be valid through the last day of the tournament, March 25, 2017. Entries will not be accepted without payment for <i>USAR</i> membership. <i>USAR</i> membership is available at www.usra.org . <i>NMRA</i> membership is required for all EXCEPT players who are playing in their FIRST <i>NMRA</i> event. Special recognition and gift for first-time players and new <i>NMRA</i> members.
Tournament Awards	<i>NMRA</i> medals will be awarded to First through Fourth place winners for each age division. Combined divisions will be awarded medals based on separate age divisions. You must complete all matches in a division to be awarded the medal.
Morning Hospitality	Breakfast is available at the hotel for hotel guests. Fruit and drinks available at the <i>Maverick Athletic Club</i> .
Lunch	Lunch is served at the <i>Maverick Club</i> ; you may need to present your tournament pass or bag tag.
Evening Hospitality on Wednesday and Friday	Not a substitute for dinner. If needed (matches could end earlier than dinner time), hospitality will be served at the <i>Maverick Club</i> . You may need to present your tournament pass or bag tag.
Banquet on <u>Thursday</u> Night	<i>Maverick Athletic Club</i> First Floor **Usually on Friday night!!** Included in your entry fee. Guests are invited for \$45, or \$70 for food all week in addition to the banquet. Cash bar at 6:00 pm; Dinner and program from 7 to 10 pm. Slideshows and awards are customary. Don't miss this!
Local Activities	www.arlington.org https://www.fortworth.com/things-to-do/ https://www.tourtexas.com/destinations/50-free-things-to-do-in-Dallas
Sights to See	In addition to the <i>AT&T Cowboys Stadium</i> tour, please see the separate sheet for a long list of Dallas area places to visit and things to do.
Average Temperature	Year – 66° F March – High 68° F – Low 48° F Average 58° F Average March Precipitation 3.5 Inches
Altitude	604 Feet Above Sea Level
RV Parks	RV parks near the club are: https://www.google.com/maps/search/rv+parks/@32.7097056,-97.1548467,14z/data=!3m1!4b1!4m8!2m7!3m6!1srv+parks!2sMaverick+Athletic+Club,+1919+W+Pioneer+Pkwy,+Arlington,+TX+76013!3s0x864e7cd85e1cc87b:0xda1addac0c3f7440!4m2!1d-97.1373371!2d32.7097069
Laundromats	Laundromats near the club are: https://www.google.com/maps/search/laundromat/@32.7097032,-97.1548467,14z/data=!3m1!4b1
Massage Therapist	Massage Therapists will be available during the tournament at a suggested rate of \$1.00 per minute. Sign-up sheets will be out if there is a wait.
Racquet Stringer	Racquets can be restrung by the stringer at the <i>Wisconsin Athletic Club</i> .
Player Profiles / Shirt Sizes	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 the same as your www.nmra.info and www.usra.org profile. Contact the <i>USAR</i> staff in Colorado Springs at 719.635.5396 if you need a little help getting started or remembering your password for this feature.

Things To Do in the Arlington Area

Arlington, Texas, is considered “the entertainment district” of the Dallas/Fort Worth area, due to the malls, sports arenas and amusement parks. It is about 20 minutes south of the airport, and is centrally located between Dallas and Fort Worth. Make sure you check out the attractions in both cities while you’re in Arlington for the tournament.

Arlington Area

Hyena’s Comedy Club
Six Flags Amusement / Roller Coaster

Dallas Cowboys NFL Stadium Football Tour
Texas Rangers MLB Stadium Tour
Shopping / Ice Skating at Parks Mall
Restaurants

Dallas Area

JFK Dealey Plaza Site / Museum
Dallas Aquarium
NBA Mavericks American Airlines Arena / Shops
Restaurants

Fort Worth Area

Billy Bob’s
Stockyards
Dallas Fort Worth Zoo
Restaurants

Austin Area (3 Hours)

State Capitol
Music
Restaurants
Houston Area (3 Hours)
Galveston Gulf Coast Area

Houston Area (3 Hours)

Galveston Gulf Coast Area
Houston Texans NRG Center Tours
NASA Johnson Space Center
Restaurants

San Antonio Area (4 Hours)

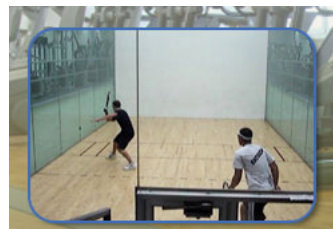
Alamo Fort
Riverwalk Restaurant Area

Not for Ladies Only

By Cindy Tilbury, NMRA President

Women’s Senior/Masters 35+ in Chicago

The favorite women-only tournament of the year will again be on *Martin Luther King* weekend in 2017, but this time in the Chicago suburb of Lombard at the *Glass Court* club. It may be chilly, but we know that the huge group of local ladies will be representing their state well. **Cheryl Kirk** and Laurel Davis will be our hostesses, and they assure us that there will be a crack



staff of men volunteers to keep things running smoothly. Singles and doubles will be available for 35+ women, with a maximum of two divisions. One of the reasons it is so well loved is the availability of B/C divisions for the ladies who do not feel their skill level is quite up to A or Open. More details are available at www.wsmra.com and the group pictures from the last 20+ years are also there.



Time to Lose Weight?

My 40-year high school reunion was October 1 so I had been working a little harder at losing weight. I am not too much different than I was in high school, but I wasn’t exactly thin then. I know that many of my classmates went up a few pounds each year and don’t have a great plan to lose the pounds that they put on. I feel so lucky and grateful to have been involved with racquetball for almost 40 years and could not even calculate how many calories I have been able to burn because of this great sport. I know most of my classmates don’t have anything like it in their lives, nor a great reason to get out of the house and go to the club four or five days a week. Some play softball, if they can find a team. Some dabble at tennis or basketball, but they depend on the availability of other people. Racquetball isn’t like that, and my life is so much better for having found it. But in addition to burning calories through racquetball, I was also lucky to have found *Jenny Craig*. It has been so great having a plan for eating every day, instead of just giving in to what I REALLY want to eat. Their desserts and breakfasts and meals are so great that it makes it very easy to stay on track and eat right. I’m not an expert but I totally recommend trying *Jenny Craig* for both men and women, so feel free to ask me about it.



Malibu Racquetball Camp

I’ve written about this before, so I won’t elaborate, but I hope you’ll remember to get a *Malibu Ladies Racquetball* camp on your calendar and the calendar of all your racquetball ladies friends so you can come out to the sunny west coast and we can treat you right. You pick your own date and coordinate with me. It’s time to work on your game, then relax and get pampered on the same trip. It’s like a B&B/spa where all the guests are racquetball friends. Ask me for details and open dates so we can get instructors and massage therapists all lined up to raise your spirits and improve your well-being. It’s my gift to the amazing women who play racquetball.



MORE NMRA Tidbits

The NMRA is excited to work with the new USAR President, Dan Whitley from St. Louis, Missouri. Jason Thoerner is now the Executive Director and that left room for Dan to move up (?) Congratulations to both Dan and Jason!

The USAR is looking for board member candidates. If you have time, skills and energy to offer, contact the USAR immediately.



Is Surgery My Only Option?
continued from page 10

the internet, I concluded that cortisone might be a good short-term solution but it had some long-term downsides. I have a friend who had good success with PRP injections so I decided to give that a try.

PRP stands for Platelet Rich Plasma. This is where a doctor draws blood from your arm and spins it in a centrifuge to separate out the platelets. He then takes that serum and injects it into the injured joint. He is able to guide the needle to the right place through the use of an ultrasound monitor. It was done under a local anesthetic and was totally free of pain. The whole process took less than 45 minutes--less than a couple of minutes for the actual injection. I was charged \$300 for the initial consultation and \$850 for the procedure. It is not covered by most insurance plans.

The theory behind the procedure is that platelets are the cells that your body uses to repair itself. By injecting the Platelet Rich Plasma into the injured area it enhances the body's self-repair mechanisms. Unfortunately, there has not yet been enough studies done on the efficacy of the procedure, so that is why most insurance companies don't yet cover it.

I felt a little better right after the procedure and

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NMRA International Championship Results

Sunset Athletic Club, Portland, Oregon | July 6-9, 2016
Cindy Tilbury / John Winings, Tournament Directors

Division	Place	Name	State	Points
MD50	1st	Luis Morales	ID	28.88
	2nd	Jim Douglas	OR	13.38
M50	1st	Jeff Miller	AB	38.00
	2nd	Everett Brunelle	CA	28.50
	3rd	Tony DeGiorgio	ID	26.00
M55	1st	Mike Grisz	TX	36.33
	2nd	Glenn Martineau	TX	32.22
	3rd	Michael Stoner	OR	32.22
	4th	John Harris	GA	19.78
M60	1st	Greg Campbell	OR	32.11
	2nd	Dennis Riggs	CA	33.44
	3rd	Rick Betts	CA	25.56
	4th	Randy Pentland	AB	13.89
M65	1st	Bob Smith	OR	34.29
	2nd	Mike Wouk	CO	34.29
	3rd	Tony Alfaro	CA	34.29
	4th	Ron Jones	FL	27.43
	5th	Patrick Conners	WA	26.57
	6th	Gordon Levy	CO	23.00
	7th	Greg Podolsky	MB	11.57
	8th	Fielding Snow	WA	Injury
M70	1st	Gary Jones	CA	38.00
	2nd	David Olson	MN	26.10
	3rd	Donald Childs	TX	11.70
M75	1st	Lee Graff	OR	29.50
	2nd	Steve Covey	CA	26.10
	3rd	William Baker	CA	18.20
MD45	1st	Mark Moore / Randy Moore	VA / WA	35.88
	2nd	Joey Brandes / Luis Morales	ID / ID	35.25
	3rd	Everett Brunelle / Jon Davis	CA / OR	28.88
	4th	Estuardo Ponce / Antonio Aguirre	GUA / GUA	20.75
	5th	Len Massey / Daniel Pischke	WA / WA	Injury
MD50	1st	Tyrone Gilmore / Lars Cole	TX / MI	35.80
	<i>Playoff</i> 2nd	Jeff Miller / Randy Pentland	AB / AB	30.20
	3rd	Randy Moore / Daniel Kreuzer	WA / CA	24.20
	3rd	Renny Wylie / Tony DiGiorgia	ID / ID	31.60
	5th	Leon Jackson / Scott Kraemer	VA / WI	24.40
	6th	Len Massey / Daniel Pischke	WA / WA	Injury



Division	Place	Name	State	Points
MD55	1st	Dave Azuma / Michael Stoner	OR / OR	38.00
	2nd	Joey Brandes / Renny Wylie	ID / ID	31.86
	3rd	Greg Hardy / Greg Campbell	OR / OR	31.00
	4th	Glenn Martineau / Lars Cole	TX / MI	30.29
	5th	Mike Grisz / Paul Reed	TX / OR	29.57
	6th	Michael Hiles / Bruce Adams	MN / FL	17.00
	7th	Michael Kauhane / John Harris	OR / GA	15.00
	8th	Jeff Larson / Fielding Snow	WA / WA	Injury
MD60	1st	Greg Hardy / Dave Azuma	OR / OR	38.00
	2nd	Bob Smith / John Haynes	OR / OR	29.50
	3rd	John Lombardi / Patrick Conners	VA / WA	19.67
MD65	1st	Mike Pawka / Tony Alfaro	CA / CA	29.33
	2nd	Barry Hendricks / Jon Walker	AZ / AZ	28.00
	3rd	Mike Wouk / Gordon Levy	CO / CO	20.17





Division	Place	Name	State	Points
MD70	1st	Jon Walker / Mike Pawka	AZ / CA	37.63
	2nd	Price Thomas / Len Sonnenberg	CA / CA	29.13
	3rd	Jim Rockstad / Jeff Delys	WA / WA	18.00
MD75	1st	Lee Graff / Francis Florey	OR / WI	24.88
	2nd	Steve Covey / William Baker	CA / CA	21.38
WD45	1st	Marie Gomar / Karin Ide	GUA / OR	35.63
	2nd	Cindy Tilbury / Linda Reeves	CA / OR	33.00
	3rd	Vivian Rodriguez / Tammarran Rogers	WA / WA	32.63
	4th	Gladys Leonard / Joanie Hofmeister	AL / OR	31.13
	5th	Roxanne Rehling / Vicky Reyes	CA / OR	31.00
WD50	1st	Linda Ellis / Beth Bernardo	OR / OR	30.25
	2nd	Jae Graham / Joanna Lombardi	WA / VA	10.75
WD60	1st	Linda Covault / Renee Fish	WI / FL	17.88
WD75	1st	Marquita Molina / Mildred Gwinn	CA / NC	13.13



Is Surgery My Only Option?
continued from page 16

about 90% better after three days. The doctor wanted me to take at least four weeks off but, since I had the National Singles Tournament coming up, I only took two weeks off. When I did get back on the court there was no pain but the knee just felt a little weak. Fortunately, by the time the tournament started, the knee felt totally normal. After the tournament, I decided to get another injection just for extra insurance and my knee feels 100% right now. I may even go a step further and get a stem-cell injection toward the end of this year. That may be the subject for a future article.

My final conclusions:

- MRIs are not all that they are cracked up to be. They oftentimes can give a false positive.
- Doctors may be treating the MRI and not the patient.
- Many orthopedic doctors have a natural bias toward surgery. That is what they are trained for and that is how they make their living.
- Surgery, especially joint replacement, should be the last option after all of the more conservative treatments have been considered.

For more information and videos of PRP and Stem Cell procedures go to:

www.stemcellinstitute.com

You can also contact me at betts4@aol.com or 310.729.0149.

NMRA International Championship Results

continued from page 17...

Division	Place	Name	State	Points
XD45	1st	Tyrone Gilmore / Linda Reeves	TX / OR	36.70
	2nd	Joanie Hofmeister / Paul Reed	OR / OR	30.70
	3rd	Daniel Kreuzer / Roxanne Rehling	CA / CA	29.40
	4th	Marie Gomar / Mark Moore	GUA / VA	27.10
	5th	Jon Davis / Vicky Reyes	OR / OR	24.00
	6th	Jim Douglas / Karin Ide	OR / OR	14.50
XD50	1st	Gladys Leonard / Scott Kraemer	AL / WI	37.50
	2nd	Marni Winings / John Winings	CA / CA	31.70
	3rd	John Lombardi / Joanna Lombardi	VA / VA	21.60
XD55	1st	Beth Bernardo / Leon Jackson	OR / VA	25.10
	2nd	Cindy Tilbury / Rick Betts	CA / CA	24.30
	3rd	Paul Maduell / Linda Ellis	OR / OR	22.70
XD60	1st	Dennis Riggs / Jae Graham	CA / WA	37.25
	2nd	John Haynes / Renee Fish	OR / FL	27.63
XD65	1st	Barry Hendricks / Linda Covault	AZ / WI	30.88
XD70	1st	Price Thomas / Mildred Gwinn	CA / NC	25.00
	2nd	Marquita Molinda / Len Sonnenberg	CA / CA	16.00



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Paola Longoria

"All the Pro's on the IRT know that the Pro Penn HD ball is second to none. With today's lightweight racquets this is the only ball to play with. Its lightweight design and softer feel offers players of all levels the most comfortable experience on the court, even with shots exploding over 180 mph!"

Rocky Carson

MORE NMRA Tidbits

The NMRA's special Hall of Fame voting committee recently voted in several Hall of Fame inductees who have not yet accepted their award and made their acceptance speeches on their big nights. **Len Sonnenberg** had his ceremony in Portland in July, **Dan Jones** will be the big star in Atlanta in December, but there are still a few left. **Carmen Alatorre-Martin** and **Ralph Stillman** will probably accept in March in Dallas, and **Phil Dziuk's** representative, **John O'Donnell**, will be in the spotlight in Milwaukee in July. By then, we may have more some inductees for next year. Stay tuned, folks!

I am pleased to say that I have not gotten any notifications of NMRA players who must be added to our Memorial Names list. We were adding three or four a newsletter lately, so I am pretty happy that we have no new names this time. If you do hear of any NMRA members or former members who have passed, please help us honor them in the newsletter and tournament banquets.

Racquetball Rules You Should Know!

By Leon Jackson

Do you really know the governing racquetball rules and how they apply to *National Masters Racquetball Association (NMRA)*-run tournaments? Many of our current NMRA members understand most of the existing racquetball rules as delineated in the latest version of the **USA Racquetball Official Rules of Racquetball** (Last Updated September 30, 2015). However, many of you are not aware of special rule modifications that apply to NMRA tournaments.

In general, competition in NMRA tournaments will follow the standard rules governing racquetball established by the USAR, except for particular modifications. Your knowledge of these modifications will help you compete and remove doubt and frustration regarding their application. Below is a **must know** list of rules for players/teams competing in NMRA sponsored tournaments. The location of individual rules within the USAR rule book is indicated at the end of the each rule. *My comments are in italics.*

NMRA Rule Modifications

- The number of entrants and available court time dictate the choice of score to win a game, which is usually the first player/team to score either 11 or 15 points. A match consists of two games. Games played in the upcoming *NMRA 2016 and 2017 International* tournament will be to 15 pts, win by one point. **14.3 Game, Match**
- Each player/team receives credit for every point scored during the match. They earn two more points for each game they win, plus an additional 4 points if they win the match by scoring more overall points than their opponent. However, if each player/team wins a game and the scores are the same, then there is no match winner and the match is recorded as a "tie". A "tie" match results in each player/team earning 2 points for the game they won, plus 2 more points, i.e. one-half of the 4 additional points usually earned by the winner of the match. **14.4 Match Score**
- Final division ranking of the players/teams are determined by who scored the highest average number of points (total overall points earned divided by the total games played). **14.5 Order of Finish**
- If a team/player forfeits a match, they receive zero points for that match and their opponents receive the maximum total points for the match. **If a team/player drops out of the**

tournament, they cannot receive an award. No points are earned for matches not played.

14.6 Forfeits

- Safety Is The Responsibility Of Every Player Who Enters The Court! Players are entitled, and expected, to hold up their swing, without penalty, any time they believe there might be a risk of physical contact. Any time a player claims to have held up to avoid contact, even if being over-cautious, they are entitled to at least a replay hinder and, perhaps a penalty hinder depending on the circumstances.

D Self-Officiating

- Since there is no referee, it is important for the server to announce and for both players/teams to agree on both the server's and receiver's score BEFORE each first serve. The server should do this before serving. **D.1 Score**
- During rallies, it is the **hitter's** responsibility to make the call. If there is a possibility that a skip ball, double-bounce, or illegal hit occurred, play should continue unless the hitter makes the call against himself. If the hitter does not make the call and goes on to win the rally, and the opponent thought that one of the hitter's shots was not good, they may appeal to the hitter by pointing out which shot was thought to be bad and request that the hitter reconsider. **If the hitter is sure of the non-call, and the opponent is still sure the hitter is wrong, the rally should be replayed.** As a matter of etiquette, players are expected to make calls against themselves any time they are not sure. Unless the hitter is certain the shot was good, it should be replayed. **D.2 During Rallies**
- Fault Serves. The receiver has the primary responsibility to make this call, though either player may make it. The call must be made immediately. **D.3 Serve**
- The screen serve call is the **sole responsibility of the receiver.** If the ball passes so close to the server that the closeness causes the receiver to not have clear view of the ball, a screen serve should be called immediately. The receiver may not call a screen after attempting to hit the ball or after taking himself out of proper court position by starting the wrong way. The server may not call a screen under any circumstance and thus, must always expect to play the rally unless the receiver calls "screen

National Masters Racquetball Association

TOURNAMENT STATISTICS since 2007

serve. D.3 Serve

- Doubles serves. At the beginning of each game, when the first server of the first team to serve is out, the team is out. After that, either partner can serve first each time the team steps in to serve. Both players on each team shall serve until there is a handout and a side out -- i.e. both players are out. **4.2 Serve in Doubles**

- Only the person going for the shot can stop play by calling a hinder, and must do so immediately. If the hindered party believes they can make an effective return in spite of some physical contact or impairment that has occurred, they may continue to play, but should not claim a hinder thereafter. **D.4 Replay Hinders**

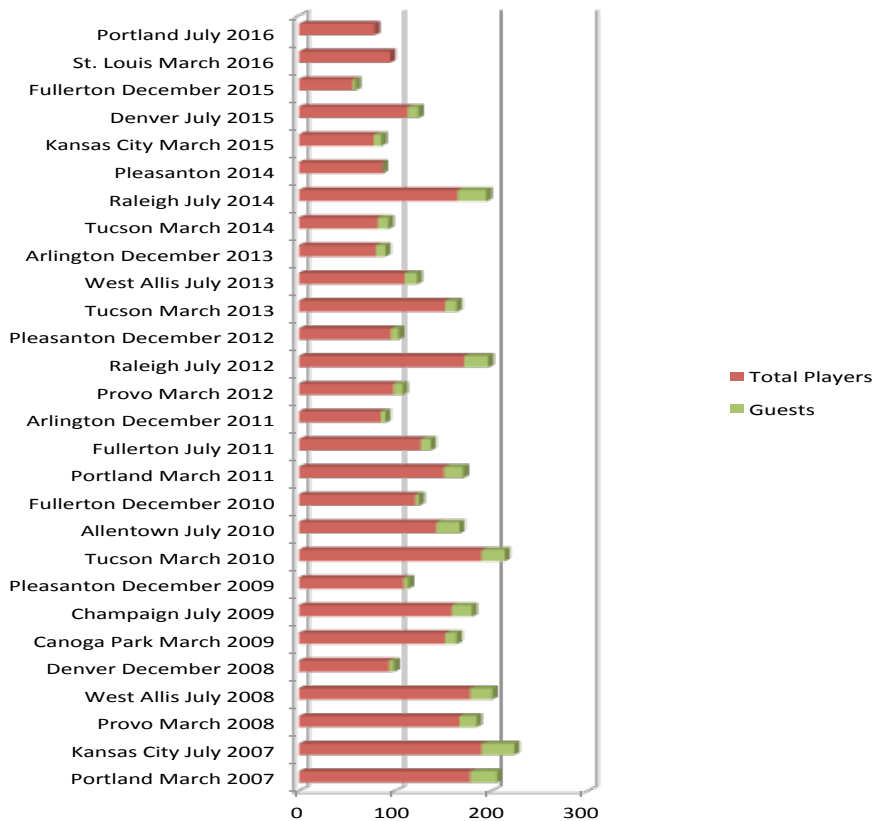
- Penalty hinders are usually unintentional, and a player who realized that they have caused such a hinder should simply declare their opponent to be the winner of the rally. If a player feels that his opponent caused such a hinder, but the opponent does not make the call himself, after the rally, the offended player should point out that a penalty hinder may have occurred. However, unless the opponent agrees that a penalty hinder occurred, it should not be called, but simply replayed. Often just pointing out what appears to have been a penalty hinder will prevent the opponent from such actions on future rallies. **D.5 Penalty Hinders**

- Should either player, for any reason, desire to have a referee, then a referee should be sought, although there could be some delay in the match while the person is sought.

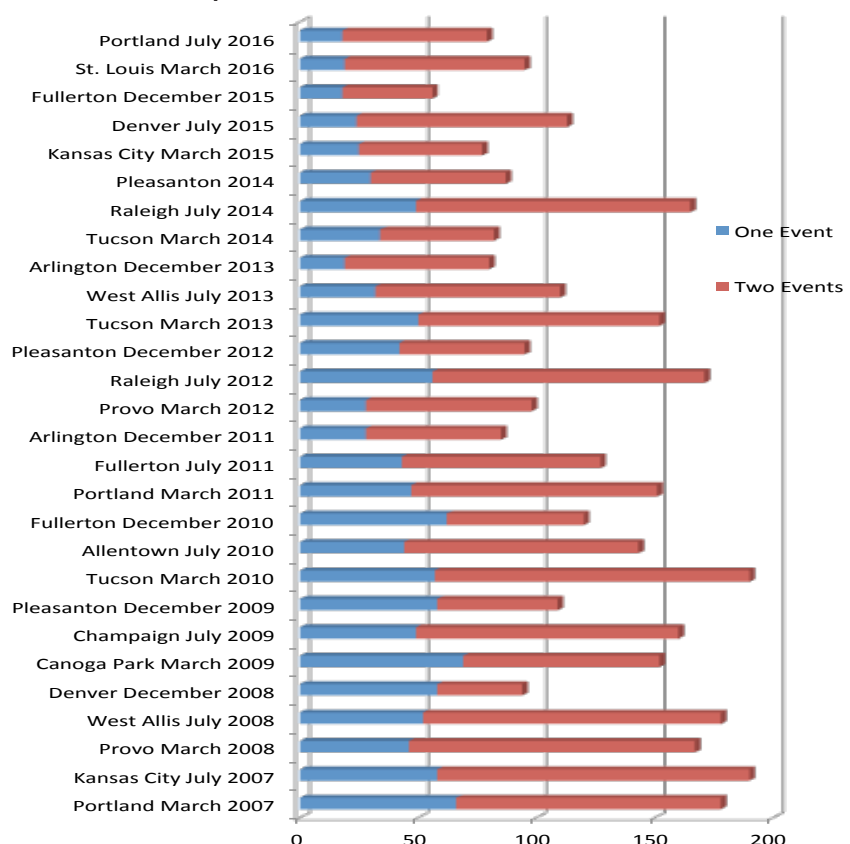
D.6 Disputes

- The NMRA President or other designated person (*tournament Director*) will resolve all NMRA rules questions or disputes. **14 NMRA Rule Modifications**

Total Tournament Participants and Guests



Number of Participant Events



MORE NMRA Tidbits

There is no hurry, but the next NMRA event after Atlanta and Dallas will be in Milwaukee (West Allis), Wisconsin July 22 through 25, 2017. The Wisconsin Athletic Club at West Allis will be our club (one of our favorites, and not just because of the great bar) and the host hotel will be the Crowne Plaza in Wauwatosa.

Here is a registration website so you can make your reservation super early. https://www.ihg.com/crowneplaza/hotels/us/en/wauwatosa/mkemr/hoteldetail?gAdlt=1&qBrs=6c.hi.ex.rs.ic.cp.in.sb.cw.cv.ul.vn.ki&qChld=0&qFR A=1&qGRM=0&qGrpCd=NMR&qlta=99801505&qPSt=0&qRRSrt=rt&qRef=df&qRms=1&qRpn=1&qRpp=20&qSHp=1&qSmP=3&qSrt=sBR&qWch=0&srb_u=1&icdv=99801505

Enter the tournament online here: <http://www.r2sports.com/tourney/home.asp?TID=18834>

Remember: If you like what we do and want to further our NMRA organization and way of life, we always welcome cash and other tournament-centric donations from our fans. Round-robin, self-refereed, social racquetball events are what we promote and we hope you want us to keep up the good work. Thanks in advance for considering us in your racquetball charity causes.

NMRA Election Candidates



Cindy Tilbury,
Malibu, California

Racquetball is my life. During my early local-tournament days in Minnesota, the current state association president asked me to join the board. I thought I had some skills that would help them out, so I said yes. That was 1988 or so, and I can't think of more than a few years since then that I have not been on one or more racquetball association boards. *NMRA* and *WSMRA* (*Women's Senior/Master Racquetball*) are my current projects. I need your vote to continue on with the *NMRA* board.

I joined the board in 2007, producing the newsletter and doing many behind-the-scenes tasks, then was elected President three years ago and tripled my *NMRA* workload. It has been extremely gratifying because the *NMRA* members are amazing and thankful. Many of you know that I work hard for racquetball causes, and not just 45+ players. Please vote for me in the *NMRA Board of Directors 2017* election so that I can continue to make a positive impact on the greatest sport on the planet. Contact me at cindy.tilbury@att.net or 303.888.4461 if you want to talk about my plans and accomplishments so far.



Marni Winings,
Woodbridge, CA

I would like to tell you a little about myself and why I am interested in running for the board. I have been playing racquetball off and on since High School, but did not really get serious about it until after my son graduated high school. I worked at and owned a *Racquetball Club* in Eugene Oregon for almost 20 years until I retired and moved to California four years ago. I served on the Oregon Racquetball Association board while I was still living there. My wonderful husband, John Winings, and I met and began to fall in love because of this wonderful sport! He has been a board member for the last 3 years. We have been volunteering as tournament directors and helping the organization where we can, since that time. Since I am retired and he is still working, I would like to take a more

active role in the organization by becoming a board member. John will still continue to help the board wherever he can.

I have been very impressed with the quality and values of the *National Masters Racquetball Association* tournaments since I first began playing in them 6 years ago. I believe they are the best tournaments I have ever played in and tell my friends how great they are every chance I get! I love the round robin format that guarantees playing every day, the hospitality is always excellent, everything is top quality and you always get more than your money's worth. I also love the emphasis on honesty, sportsmanship and the camaraderie of the players. These "old school" principles are what make this organization so special. I have met people through the organization that will be lifelong friends.

Racquetball is my passion and I welcome an opportunity to pay back the sport that has given me so much joy, good friends and a healthy lifestyle for so many years. If I am elected, I will continue to support the core values of the *NMRA* and work to increase our membership so that we can enjoy these tournaments for many years to come. If you have any questions, ideas, or concerns, please feel free to contact me at marniwinings@gmail.com



John Winings,
Woodbridge, CA

I have been active in racquetball since 1983. Has it already been 33 years of involvement in the sport that we all love? I have been an *AMPRO* certified instructor since 1995 and teaching racquetball since 1985. I have worked at clubs throughout my playing time as racquetball director/instructor. I have attended National Racquetball events since 1992 (both singles and doubles). In 2009, I attended my first *NMRA* tournament and was thoroughly impressed with the format. The fact that everyone played every day was a completely new concept to me at a national event. Playing all the players in my respective divisions also

continued on next page...

NMRA Election Candidates

John Winings continued from page 22

added to the camaraderie and interaction among the players. My wife, Marni, and I have played most of the events since our first experience in 2009. It has led to wonderful relationships with some amazing people nationwide. I believe in the NMRA tournament model; we can all make our organization better and grow it in the future. I look forward to serving on the board of directors for a second term. Contact me at johnwinings@hotmail.com if you have questions before voting.

2017 NMRA Election Ballot and Voting Process

By Carmen Alatorre-Martin, NMRA Vice President

Our yearly election is at hand. This year, we solicited players at the two previous tournaments for NMRA board member candidates and made many email and phone call communications to find qualified candidates for the open positions. All three of our board members whose three-year terms are expiring decided to run for re-election. We will again be offering online voting. The election will be available to all current NMRA members at the www.r2sports.com website (event type is Election, rather than Tournament). It only takes a few minutes to vote, so log on and voice (click) your opinion! Click this link to vote. Do it now while you are thinking about it! You must have a USA Racquetball profile in R2sports.com, but you may set it up or find your password, if you don't already know it.

<http://www.r2sports.com/tourney/home.asp?TID=18697>

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.

Questions or comments? Contact me at teamalamar@gmail.com or 703.919.8188.



Official NMRA Board of Directors ELECTION BALLOT

Postmark Deadline: February 1, 2017 | Online Deadline: February 1, 2017

Review the candidates' qualifications in this newsletter, or online at <http://www.r2sports.com/tourney/viewDivsFees.asp?TID=18697>.

To make your vote count:

1. Vote online at <http://www.r2sports.com/tourney/home.asp?TID=18697>

-OR-

1. Cut this ballot out of the newsletter.
2. Keep the address label on the back of it to validate that a current NMRA member is voting.
3. X your candidate choices.
4. Put it in an envelope by February 1, 2017.
5. Send it to Carmen Alatorre-Martin, NMRA Election, 3000 S Randolph Street #810, Arlington, VA 22206 703.919.8188 Cell

Vote X	Name	State
	Cindy Tilbury	CA
	John Winings	CA
	Marni Winings	CA
		Write-In
		Write-In
		Write-In



Check the www.nationalmastersracquetball.org website or [Facebook](#) for news and updates.

2016
2017

DATE	TOURNAMENT	LOCATION	CONTACT	Website www.r2sports.com
Oct 27-29	Men of October 80+	Sun City West, AZ	Greg Steger	gmsteger@gmail.com
Nov TBD	All-Military National Championships	San Diego, CA	Steven Harper	www.militaryracquetball.com
Dec 8-10	NMRA Doubles-Only 40+	Atlanta, GA	NMRA	www.nationalmastersracquetball.org
Jan 19-22	WSMRA 27th Championships Ladies-Only 35+ Doubles and B/C Singles Divisions Now Offered	Chicago, IL	Cheryl Kirk	www.wsmra.com
Feb 8-12	USAR National Doubles	Phoenix, AZ	USAR	www.usra.org
Mar 22-25	NMRA National Championships	Dallas, TX	NMRA	www.nationalmastersracquetball.org
May 24-28	USAR National Singles	Phoenix, AZ	USAR	www.usra.org
Jul 12-15	NMRA International Championships 45+	Milwaukee, WI	NMRA	www.nationalmastersracquetball.org
Aug 29-Sep 2	World Seniors 35+	Albuquerque, NM	Gary Mazaroff	www.internationalracquetball.com
March 2018	NMRA National Championships	Warren, NJ	NMRA	www.nationalmastersracquetball.org

NMRA BOARD of DIRECTORS

- Cindy Tilbury, President Cindy.tilbury@att.net
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- Len Sonnenberg, CPA lens@sonnenbergcpas.com
San Diego, CA | Hall of Fame Administrator



RACQUET RACKET

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Cindy Tilbury, Editor
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PLEASE CONTACT US
TO RENEW YOUR MEMBERSHIP



Be sure to check the www.nationalmastersracquetball.org website for updates and immediate election results!