



# RACQUET RACKET

SPRING 2018

Official Newsletter of the National Masters Racquetball Association (NMRA)

## INSIDE This Issue:

Nat'l Championships....	3
Election Results .....	7
Results .....	10
Ron Pudduck.....	12
Int'l Championships ...	15
Dbls Championships..	21
Tournament Trail.....	24
NMRA Board.....	24

## Racquetball in Unexpected Places

Tosh.0

September 26, 2017  
23 Minutes In.

Chop & Steel weird workout partners sword fighting with a racquetball racquet and a tennis racquet.

See more on Page 2!

*"Footwork begins when you are set up for the shot."*

—Quote from  
Coach Debbie Tisinger

GO TEAM  
USA!

## President's Corner - New Venues

By Cindy Tilbury, NMRA President

Hey players and friends! It's time for another NMRA newsletter. I love the opportunity to share NMRA information and generate a little enthusiasm for our special brand of racquetball. Three times a year, we love to see our old friends and make some new ones. Lately, we have been especially successful in attracting first-time NMRA players (about 30 per tournament) as we have gone back to our favorite venues. We will do that again in Tucson in December for our 11th Doubles-Only tourney.

We are hoping that another way to find some first-timers is to try some new venues and we have two lined up that we are very happy about. Although they have racquetball tournaments all the time, the NMRA has never been to Warren, New Jersey and we are all set to descend on the city in May. Our last venture to the Northeast US was in 2010 when we played at the Allentown and Bethlehem, Pennsylvania, clubs. I can't be more excited to go back, in beautiful May weather, and add a new venue to our list of NMRA hosts. Jonathan Clay is our on-site host and Peggy and Jerry Prentiss have done all of my legwork there. So I have not yet visited the club. I'll be as surprised as the rest of you when we get there in May. The nine courts should be enough for our group, but we will handle it if we have too many players sign up. I have my fingers crossed.

After a winter Doubles-Only in Tucson, the plan is to introduce San Antonio to our group, and our group to San Antonio. Like New Jersey, San Antonio has a full year of racquetball tournament offerings—especially if you include the surrounding San Marcos and Austin events—but they have not yet had our NMRA group to the area. I convinced Mike Cantu that we would fit right into their schedule in late March, so that is the plan. I just have to find a great hotel for our banquet and rooms, and sign some contracts. I know a lot of people who want to check out the Alamo, the Riverwalk restaurants and shops, and Seaworld. Sandy Rios and Mike Cantu assure me that March will be in the mid-70s so our cold-weather friends will want to plan their trips now. I'll get those agreements signed very soon.

As I hear of potential venues (new and repeat), I contact them and check on possibilities. That is also the case with old venues (Canton, Ohio, Orem, Utah, and Raleigh, North Carolina, for instance). If you have ideas for NMRA venues or gifts or activities, please pass them on to me or another board member.



## NMRA Videos Now Available

### General NMRA Promotional Video Available on YouTube

You HAVE to check out the NMRA "commercial" that was recently added to YouTube. Leon Jackson created the original, and then Bruce Adams worked on the voiceover to finish it off. Please bring it up and view it many, many times! Search for "promotional" and "leon jackson" on [YouTube.com](https://www.youtube.com/watch?v=9LO_VSxGgps) if you don't have the link available. [https://www.youtube.com/watch?v=9LO\\_VSxGgps](https://www.youtube.com/watch?v=9LO_VSxGgps)

John Scott has been graciously playing our commercial during pro match livestreams during IRT matches on [irtnetwork.com](http://irtnetwork.com). Let him know how much you enjoy hearing about the NMRA!

### Pleasanton Slideshows on YouTube

Leon Jackson is also pleased to announce that a video containing many of the photos from the December 2017 Pleasanton tournament is now ready for your viewing on YouTube. As always, you can search for the NMRA videos easily using the search criterion "nmra leon jackson" or earlier videos using "nmra bruce adams". <https://youtu.be/C4osaDWiXP0> <https://youtu.be/iOcedzuJ73s>

## NMRA Tidbits

By Cindy Tilbury

### Results on R2Sports

In addition to reading the recent results in this newsletter, check *NMRA* scores and the detailed results on *R2Sports*. The December 2017 Pleasanton tournament had 23 first-timers. Official results can be found here: <http://www.r2sports.com/tourney/viewResults.asp?TID=21765>

### Fundraiser During the Pleasanton Banquet

We were proud to raise \$1,000 for two amazing junior programs in Northern California at our Saturday night banquet in Pleasanton. We split the donations between the two, and then our board voted to double the donation for the [Fitness4Ever.com](http://Fitness4Ever.com) group in Stockton. We are so proud of the work they do in Stockton and Pleasanton, producing many national champions of all ages. We hope they will keep up the good work.

### Where are they Now?

Have you ever wondered what happened to 1970s top pro **Jerry Hilecher**? We regularly play racquetball with and against Jerry Hilecher at the (former *Spectrum Club*) *Athletic Society* in Canoga Park. I have been trying to get him to enter an *NMRA* tournament. He would now be in the 60+ division and is playing extremely well.

## Susan Hendricks, NMRA Veteran and First-Year USAR Intercollegiate Player

By Cindy Tilbury

I think we can all be inspired by this story—especially the *NMRA* ladies.



A few months ago, **Susan Hendricks** of Phoenix decided to go back to school and get her MBA at *Arizona State University*. That doesn't seem so unusual, except that Susan was almost 64 and was quitting a job she had had selling health insurance for about 30 years. Even that might

not be so amazing and not all that notable to racquetball people, if not for this—Susan was enrolled full time and had not used up her eligibility to play on the *ASU* racquetball team. Since Susan is an excellent Elite player, she easily won a spot on the racquetball team that was gearing up to go to *USAR Intercollegiates* in Minneapolis in late March.

One more cool thing to note is that the Number 1 Gold woman for *ASU*, **Melania Sauma** from Costa Rica, got an injured quad in a shootout so Susan was promoted to that Number 1 spot. Melania was a finalist in this tournament in 2017 in Fountain Valley, California.

At the tournament, Susan won her first match, then lost her next one against **Erika Manilla**. As you might imagine, she does extremely well against ladies her own age in her *NMRA* tournaments. Wish Susan luck at her future *USAR Intercollegiate* tournament(s), and with her MBA.

## Racquetball in Unexpected Places

By Cindy Tilbury

### 9JKL TV Show October 23, 2017 High Steaks episode

Josh begs to be let into friends' racquetball match each month. They don't actually play racquetball—just tell the mom that's what they are doing. Very disappointing.

### Tosh.0 (Daniel Tosh) on Comedy Central August 1, 2017

Episode about golf carts running over players unexpectedly. At the 20-minute mark, Daniel and a woman are playing racquetball in a squash court and the woman sneaks a golf cart into the court to run over Daniel. As he is trapped under the cart, he is still trying to get the ball, then concedes the point.

### The Greg Gutfeld Show on Fox News Channel February 3, 2018

15 minutes in, Greg has a fake ad for the Border Wall 2000. "Sick of playing tennis, racquetball and squash with a partner when you'd rather play solo? The Border Wall 2000 is the ultimate multi-purpose wall that everyone can enjoy." Very funny fake ad for the proposed border wall.

### 48 Hours TV Crime Show Saturday, March 10, 2018

Several *LA Fitness* racquetball friends were getting together on Saturday, March 10, to watch "48 Hours" where they were relating the story of *E-Force* rep and *LA Fitness* league coordinator **Rob Baker**. In January of 2017, Rob and a woman from the club had plotted (and carried out, unfortunately) her husband's murder to collect his life insurance. **Rob** and **Monica Sementilli** are still in prison, awaiting trial after pleading "not guilty." They connected Rob to the case by DNA. His blood was at the scene and he had been arrested in 1993 in Long Beach. The two were under surveillance for months after the DNA match and arrested shortly afterward in June. A third accomplice has not yet been identified or arrested. The victim/husband was hairdresser celebrity and CEO of *Wella* haircare products, **Fabio Sementilli**. We all knew **Rob Baker** and this was a huge shock for our group and for our sport. The evidence seems strong, but we will wait to see how a jury decides their fates.



# NMRA NATIONAL CHAMPIONSHIPS

May 2-5, 2018 – Warren Health & Racquet Club, 149 Mt Bethel Road, Warren, NJ 07059

Entry By Mail Must Be POSTMARKED NO LATER THAN: April 16, 2018

Online Entries Must Be COMPLETED BY: April 18, 2018

<http://www.r2sports.com/tourney/home.asp?TID=22262>

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

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

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

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

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

Cell \_\_\_\_\_

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

DOB: m\_\_\_\_ / d\_\_\_\_ / yr\_\_\_\_ Age on May 2, 2018

**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 Warren Health & Racquet 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 this is your first NMRA tournament \*\***

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

**NO REFUND OF ANY FEES AFTER APRIL 18, 2018**

**SHIRT SIZE: MEN \_\_\_\_\_ WOMEN \_\_\_\_\_**

**S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2X \_\_\_\_\_ 3X \_\_\_\_\_**

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

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

**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
			40+		
			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	n/a	90+		n/a
			75+ Jackpot		

**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 2018 National Championships

**Warren Health & Racquet Club (Greater New York City Area) | MAY 2-5, 2018**

(Wednesday through Saturday) \*\*Round Robin Age Divisions Starting at 40 Years Young\*\*

[www.nmra.info](http://www.nmra.info) | <http://www.r2sports.com/tourney/home.asp?TID=22262> Please read carefully.

### Tournament Directors / Staff

Cindy Tilbury 303.888.4461 [cindy.tilbury@att.net](mailto:cindy.tilbury@att.net)  
Mike Grisiz 972.849.0212 [mgrisiz@aol.com](mailto:mgrisiz@aol.com)  
Jonathan Clay - On-Site Host  
Panel of Three Members – Rules Committee

### Primary Host Club



**Warren Health & Racquet Club** – 9 Cement-Walled Courts  
149 Mt. Bethel Road, Warren, NJ 07059 Phone 908.647.0400  
[www.warrenhealthclub.com](http://www.warrenhealthclub.com)

Club is open 6 am to 10 pm. Bring a towel and a lock. Four practice courts available on May 1 afternoon/evening. Lunches served in the hospitality area. Club facilities will be available to players and paid guests. Daily sign-in at the club may be required. Viewing is available for all matches. WiFi is normally not available at the club, but we will try to provide it.

### Host Hotel



#### \*\*\* Important -- New Hotel Information \*\*\*

#### Hotel Indigo

80 Allen Road, Basking Ridge, NJ 07920 732.560.0500  
Call 908.580.1300 to Register Mention National Masters Racquetball  
[www.hotelindigo.com](http://www.hotelindigo.com) Online Registration at NMRA. Group Rate is not Available  
Christina Piccoli, Sales | 5 miles from club  
\$139 + Tax Per Night Double Queen or King Room (Up to 2 People)  
Rates available until April 9, 2018, but please reserve early (25 reserved)  
Rate includes two full hot breakfasts, wireless internet access, parking, mini-refrigerator (request when reserving), fitness center, more. More roommates will pay breakfast buffet price of about \$13. RV parking is free, without hookups; Check with hotel, as there is only room for three or four RVs (see list of RV parks nearby at the bottom of this Info Sheet).

### Enter Online



Enter online by April 18, 2018 <http://www.r2sports.com/tourney/home.asp?TID=22262>

First event--\$165 Second event--\$30 Guests \$70 for the week

You may request a doubles partner and/or roommate and we will do our best to accommodate you (Try the "Find a Partner" list feature of R2sports). \$5 credit card convenience fee will be charged.

### Enter via US Mail



Fill out the entry form at [www.nmra.info](http://www.nmra.info) (Tournament Info page). Make check payable to NMRA.  
Mail completed entry form and fees by April 16, 2018, to: NMRA / Cindy Tilbury, 23308 Bocana Street, Malibu, CA 90265

### Refunds

Refunds are available until April 18, 2018, when shirts will be ordered, banquet dinners will be committed, and match scheduling will be completed.

### 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 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. This will be played Saturday afternoon, so plan your flight accordingly.

### Special for Ladies!

We are offering 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. Most ladies end up playing in the general round robins, as we have only had a few ask for B/C singles. Call Cindy with questions.

### Nearest Airport

Newark Liberty International Airport EWR | 3 Brewster Road, Newark, NJ 07114  
Make your flight reservations early / Book flights at <http://www.panynj.gov/airports/newark-liberty.html> 29 miles or 40 minutes from the hotel (with tolls)

*continued on Page 5...*

**NMRA 2018 National Championships INFORMATION SHEET** continued from page 16...

<b>Airlines Flying into EWR</b>	All major airlines fly into EWR
<b>Airport Taxi/Shuttle</b>	First try Uber or Lyft and then airport ground transportation like taxi or the New Jersey Transit, Dunellen station (10 minutes from the club). Try the "Share a Ride" list feature of <a href="http://www.r2sports.com">www.r2sports.com</a> when registering for this tournament
<b>Shuttle to Club</b>	Shuttle van provided by the hotel between the host hotel and clubs. Tips appreciated.
<b>Parking at Host Club</b>	There is a large parking lot at the WHRC, free to all players and guests. No overnight parking is available.
<b>Directions from Airport EWR to Host Hotel Indigo Basking Ridge</b> 80 Allen Rd, Basking Ridge, NJ 07920	No Car - 40 Minutes 26 Miles: Take Uber or Lyft or use a taxi. Car / 42 Minutes 26 Miles: Print the directions from the link below, or use GPS to navigate with or without tolls <a href="https://www.google.com/maps/dir/Newark+Liberty+International+Airport+(EWR),+3+Brewster+Rd,+Newark,+NJ+07114/Hotel+Indigo+Basking+Ridge+--+Warren,+Allen+Road,+Basking+Ridge,+NJ/@40.6777735,-74.5178751,11z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x89c252e1c5ec0cef0xb3f3b437c5d7f286!2m2!1d-74.1744624!2d40.6895314!1m5!1m1!1s0x89c3bdee290eca27:0x2685702a94a39dc0!2m2!1d-74.580595!2d40.652687">https://www.google.com/maps/dir/Newark+Liberty+International+Airport+(EWR),+3+Brewster+Rd,+Newark,+NJ+07114/Hotel+Indigo+Basking+Ridge+--+Warren,+Allen+Road,+Basking+Ridge,+NJ/@40.6777735,-74.5178751,11z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x89c252e1c5ec0cef0xb3f3b437c5d7f286!2m2!1d-74.1744624!2d40.6895314!1m5!1m1!1s0x89c3bdee290eca27:0x2685702a94a39dc0!2m2!1d-74.580595!2d40.652687</a>
<b>Directions From Host Hotel Indigo to Warren Health &amp; Racquet Club</b>	No Car / NMRA Shuttle – 10 Minutes 5 Miles: Take the NMRA shuttle Car 120 Minutes 5 Miles: Print the directions from the link below or use GPS to navigate (no tolls) <a href="https://www.google.com/maps/dir/Hotel+Indigo+Basking+Ridge+--+Warren,+Allen+Road,+Basking+Ridge,+NJ/Warren+Health+%26+Racquet+Club,+Mount+Bethel+Road,+Warren,+NJ/@40.644331,-74.5613942,14z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x89c3bdee290eca27:0x2685702a94a39dc0!2m2!1d-74.580595!2d40.652687!1m5!1m1!1s0x89c3bc03ae05e17d:0x864d0299b1505699!2m2!1d-74.507155!2d40.632879">https://www.google.com/maps/dir/Hotel+Indigo+Basking+Ridge+--+Warren,+Allen+Road,+Basking+Ridge,+NJ/Warren+Health+%26+Racquet+Club,+Mount+Bethel+Road,+Warren,+NJ/@40.644331,-74.5613942,14z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x89c3bdee290eca27:0x2685702a94a39dc0!2m2!1d-74.580595!2d40.652687!1m5!1m1!1s0x89c3bc03ae05e17d:0x864d0299b1505699!2m2!1d-74.507155!2d40.632879</a>
<b>Tournament Check-In Player Meet and Greet</b>	Tuesday, May 1, 2018, 5:00 to 8:00 pm in the hospitality area. (Check <a href="http://www.r2sports.com">www.r2sports.com</a> for venue changes) Light appetizers and drinks, with early and later player meetings. Plan to stay and socialize!
<b>Tournament Souvenir</b>	A high-quality shirt or jacket will be given out at check-in night.
<b>Play Begins / Ends</b>	8:00 am Wednesday, May 2, to 5:00 pm Saturday, May 5, 2018 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. ID/bagtag may be required at both venues.
<b>Practice Courts</b>	Practice courts are available Tuesday, May 1, in the afternoon at no charge. Come practice before the tournament check-in event.
<b>Tournament Ball</b>	Penn Green is the official ball of the NMRA.
<b>Approved Eyewear</b>	Eyeguards are mandatory. The USAR has established strict criteria for approved eyeguards. This document represents those products which meet or exceed the USAR's criteria. <a href="#">Approved Eye Guard List</a>
<b>Tournament Scoring</b>	All round robins, self-refereed matches. Every division will play two games to 15. Large "pool play" divisions will have Saturday playoff matches. Playoff format will be two games to 15, tiebreaker to 11 if needed. Bonus points are awarded for winning games (2 per game) and the match (4). Ties will split the extra four match points. Points are automatically calculated by the R2sports tournament software. When any team or player must forfeit, average scores will be used to determine final results of the division or pool. If a forfeit occurs during a match, the opposing team or player will be awarded points required to finish the match. You must play all of your matches in a division to receive a medal. In rare circumstances, a "watcher" may be requested of the tournament director to settle disputes.
<b>Appeals</b>	The NMRA has a rules committee that can be used by the players to submit an appeal on a rule (immediately) or issue (not necessarily immediately) that arises during the event. The decision of the rules committee is final and binding on all parties concerned.
<b>Tournament Awards</b>	NMRA medals will be awarded to First through Fourth place winners for each bracket. Combined brackets will be awarded medals based on age. No medal will be awarded for the combined division itself.
<b>Eligibility</b>	USAR-sanctioned; Current USAR membership is required to participate. Entries will not be accepted without payment for USAR membership. NMRA membership is required for all, EXCEPT players who are playing in their FIRST NMRA event. Special recognition and gift for first-time players and new NMRA members will be given out.
<b>Breakfast / Morning Hospitality</b>	Full hot breakfast is included in the price of the host hotel. NMRA will put out fruit and drinks at Warren Health & Racquet Club.

*continued on Page 6...*

## MORE NMRA Tidbits

### Next NMRA Events

Although there are about ten great racquetball events for players 40 and over each year, I'll highlight the next three that the NMRA hosts, and you can go to the back page to find the rest. Mark your calendars now so you can join us at the 2018 NMRA events:

**May 2-5, 2018 in Warren, New Jersey.** This will be a first for us and we expect to attract a lot of Northeast US players. Details, including a recent host hotel change, are available on the Tournaments/Entry Info tab of the NMRA info website. This is a Wednesday-through-Saturday event.

**July 25-28, 2018 in Denver, Colorado.** The dates are set and we are excited to get back to the *Highlands Ranch Recreation Center* and the *Hilton Garden Inn*. Plan your summer vacation for 2018. Again, the days for this event are Wednesday through Saturday.

**November 30-December 2, 2018 in Tucson, Arizona.** We are going back to Arizona—in the winter! The *Tucson Racquet & Fitness Club* has 11 concrete-walled courts and a great restaurant by the outdoor pool. A Friday, Saturday, Sunday event, we will have our big banquet on Saturday, December 1. Plan to join us!

## NMRA 2018 National Championships INFORMATION SHEET

continued from page 5...

<b>Lunch</b>	Available at the club in the hospitality area. Check for details during the tournament. Planned lunch times will be 11:30 am to about 2:00 pm. Match times may be scheduled around lunch, but please set aside a lunch if you are playing and will want to eat afterward.
<b>Evening Hospitality</b>	Available at club in the hospitality area—not a substitute for dinner. Feel free to hang out in the bar and watch matches.
<b>Friday Banquet</b>	Friday night, May 4, 2018, at the Hotel Indigo ballroom Cash bar at 6:00 pm; Dinner and program from 7:00 to 9:00 pm or so Videos, slide shows and possible awards (fun and serious) presentations are customary. Don't miss this! Guests are invited for \$50 (or all-week hospitality with the banquet is available for \$70)
<b>Eastern New Jersey / New York City Activities and Attractions</b>	Warren is one hour from New York City and one hour from the Jersey shore. Casinos in the area are in Bethlehem, PA, and New York. Atlantic City is two hours from Warren, as is Philadelphia. See the separate handout of Things To Do in the greater New York area.
<b>RV Parks</b>	RV park with hookups near the host hotel: <a href="https://www.google.com/maps/search/rv+parks/@40.6528042,-74.6506352,12z/data=!3m1!4b1!4m8!2m7!3m6!1srv+parks!2sHotel+Indigo+Basking+Ridge+Warren,+80+Allen+Rd.+Basking+Ridge,+NJ+07920!3s0x89c3bdee290eca27:0x2685702a94a39dc0!4m2!1d-74.580595!2d40.652687">https://www.google.com/maps/search/rv+parks/@40.6528042,-74.6506352,12z/data=!3m1!4b1!4m8!2m7!3m6!1srv+parks!2sHotel+Indigo+Basking+Ridge+Warren,+80+Allen+Rd.+Basking+Ridge,+NJ+07920!3s0x89c3bdee290eca27:0x2685702a94a39dc0!4m2!1d-74.580595!2d40.652687</a>
<b>Laundromats</b>	Here is are some laundromats near the host hotel. <a href="https://www.google.com/maps/search/laundromat/@40.6530223,-74.6506353,12z/data=!3m1!4b1">https://www.google.com/maps/search/laundromat/@40.6530223,-74.6506353,12z/data=!3m1!4b1</a>
<b>Massage Therapist</b>	Massage Therapists should 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.
<b>Racquet Stringer</b>	Racquets can be restrung by the stringer at the <i>Warren Health &amp; Racquet Club</i> . A pro shop is located in the club, with clothing, shoes, and basic racquetball gear.
<b>Doubles Partners</b>	Contact Cindy Tilbury for a doubles partner or roommate <a href="mailto:cindy.tilbury@att.net">cindy.tilbury@att.net</a> or 303.888.4461   Please try the "Need a Doubles Partner" list feature of R2Sports when registering. There are also "Need a Roommate" and "Need a Ride" lists.
<b>Player Profiles / Shirt Sizes</b>	It is <b>extremely important</b> that you keep your <b>player profile, including shirt size</b> , up-to-date in the <a href="http://www.r2sports.com">www.r2sports.com</a> 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 <a href="http://www.nmra.info">www.nmra.info</a> and <a href="http://www.usra.org">www.usra.org</a> profile. Contact the USAR staff in Colorado Springs at 719.635.5396 if you need a little help getting started or remembering your password for this feature.
<b>Average Temperatures</b>	Warren in May – High 72° F – Low 53° F – Average 62° F    Precipitation 4 Inches Humidity 60crow%
<b>Altitude</b>	509 Feet

## MORE NMRA Tidbits continued...

The tournament after that is planned for San Antonio, Texas in March, but details are not yet available. We are interested in hearing about potential new venues for NMRA events—have us give them a call.

### Fall/Winter 2018 NMRA RacquetRacket Newsletter

[Click here](#) for the full-color online version of the last newsletter, or refer to our [www.nmra.info](http://www.nmra.info) website. You will also want to print out some of the newest newsletters and give them to a 40+ racquetball friend to let them know that they are MISSING OUT! If you opt out of email (and please consider opting back in via your *USA Racquetball* profile), you may ask for a printed-paper copy through the US Mail.



## Stickers Still Available

By Cindy Tilbury

A few years ago, the NMRA had some stickers made that can be stuck to your car window to identify you as a racquetball family. We still have stickers left and want to see them on every racquetball car in the western hemisphere. Contact me if you would like to check them out. We have the following for \$5 each:

- Dad (diving or overhead shot)
- Mom (cute skirt)
- Son (ball cap)
- Daughter (little ponytail)
- Racquetball Family
- Racquetball Lovers



Let your neighborhood and fellow club parking lot friends know that you LOVE your sport! Get some stickers today.

## Get on the Lists! Ambassadors and Facility Partners

By Cindy Tilbury

Two lists have been set up to give extra recognition to special racquetball resources—ambassadors and partner facilities. These lists are new and you will definitely want to get on them. We hope you all will consider being deemed “ambassadors” of our sport, and having your club on the list of places that have courts. If your club/school is not on the list of *USAR Facility Partners*, we need your help making that happen. Here are both links; more info is included there:

<http://www.teamusa.org/usa-racquetball/programs/ambassador-program>

<http://www.teamusa.org/USA-Racquetball/Programs/Facility-Partnership-Program>

## 2018 NMRA Board of Directors Election Results

There were no results surprises in our recent election, ended February 1, 2018, for the *NMRA Board of Directors*. We had three candidates who were running for re-election and we had those same three spots available. Those three re-elected candidates are:

**Mike Grisz** of Texas and Virginia

**Bill Baker** of California

**Carmen Alatorre-Martin** of Virginia

*A rather unexpected happening was that over 110 members voted—a first for our online elections.*

One note: **Scott Kraemer** of Wisconsin had decided to step down after the Milwaukee tournament, and **Karen Turner** of Virginia was appointed to fill his term. She plans to run again at the end of that term. Welcome, Karen, and welcome back, Mike, Bill and Carmen! As always, contact your *NMRA* board members if you have concerns or ideas to make us a better association.

## 2018 NMRA Membership Update

The *NMRA* currently has 560 members, and our total email mailing list is almost 2500 people. Let's get a bunch more (first-timers) for our May New Jersey tournament! Bring a friend and partner who is new to the *NMRA*.

### 2018 NMRA Tournament Incentives

Take advantage of these three entry fee deals today!

1. 80+-year-olds are offered a free entry for two divisions. Currently, *USAR* membership still needs to be kept up-to-date, but the *NMRA* offers all 80+ members a free-lifetime membership.
2. Bring a friend and get a second division entry fee free. Let us know who the new friend is and we will refund you \$30.
3. 40- to 44-year-olds can also have a free second-division entry paid for. We LOVE the young players and want to get you in to try our tournament. This will also be a refund when you get to the tournament.

See you in New Jersey, Denver or maybe even Tucson. Contact Cindy Tilbury at [cindy.tilbury@att.net](mailto:cindy.tilbury@att.net) if you have questions on these entry fee incentives.

## Racquetball Museum Online

By Randy Stafford

Please visit the online Racquetball Museum and take a stroll down racquetball memory lane—or learn some history you never knew. This is a work in progress. Many of the items are stored by the *USAR* and can be brought out for special occasions. Contact me if you have questions, comments or want to suggest additions.

[thecourtco@aol.com](mailto:thecourtco@aol.com)

You will notice on the site that there is a call for photos of old tournament shirts. If anyone could contribute to this department of the museum, it would be the *NMRA*, so please feel free to send me your old photos with information about the people and events pictured. Thanks for supporting this effort.

<http://racquetballmuseum.com/>



## MORE NMRA Tidbits

### Representing the NMRA to the USA Racquetball Board

In addition to being your president, I am on the *USA Racquetball Board of Directors*. My committees there include the *Fundraising and Collegiate Committees*. It seems that, whatever I do in racquetball, I always think of the 40+ players and try to speak for them (us). Contact me if you would like me to bring up any topics or programs to the board—or if you would like to talk about donations for the *USAR* or *NMRA*.

### Join the NMRA

If you have not already done so, we invite you to join the *NMRA* as a full three-year member at a total cost of \$45. Membership dues help us cover newsletter and medal costs, as well as award plaques and other organizational expenses. First-timers do not have to join to try us out. If you first-timers want to join, simply bring up the *USAR* website ([www.usra.org](http://www.usra.org) is one way) and click the Membership link, then Join *USAR*. The list shown is *USAR* memberships, but below that on the left is the link to purchase an *NMRA* membership. Direct link is as follows, but please call if you have any trouble: <http://www.usaracquetballevnts.com/cartProduct.asp?productGroupID=45&categoryID=172&brandID=0&modelID=984&cartID=>

## Things To Do In and Around Warren Township/Somerset County, NJ and the New York City Area



	Online Link:
<b>Climate:</b> Average high temperature 72, average low 46 for May.	<a href="http://www.weather.com">www.weather.com</a>
The Township of Warren, NJ Nestled in the Watchung Mountains, the Township of Warren was described as the greenest place in New Jersey. It is less than 35 miles from Manhattan. It has several very nice strip malls and many restaurants. <b>Malanga Farm Market</b> is an inviting Country Store.	<a href="http://www.warrennj.org">www.warrennj.org</a>
<b>Somerset County, New Jersey</b> Somerset County Tourism & Information Center. Somerset County is part of the New York Metropolitan Area and is home to many State Parks and golf courses.	<a href="http://www.co.somerset.nj.us">www.co.somerset.nj.us</a> <a href="http://www.visitsomersetnj.org">www.visitsomersetnj.org</a>
Things to do near the host hotel, the <b>Hotel Somerset-Bridgewater</b> , which is 9 miles from the racquet club	<a href="http://www.hotelsomersetbr.com">www.hotelsomersetbr.com</a>
<b>USGA Golfer's Museum</b> (Cooperstown for golfers) in Far Hills, NJ. 7 miles from club, 16 miles from hotel.	<a href="http://www.usga.org">www.usga.org</a>
<b>Somerville</b> (8 miles) has many ethnic restaurants and a lovely downtown area. Favorites are Café Picasso (BYOB) and DaFilippo's (BYOB)	<a href="http://www.downtownsomerville.com">www.downtownsomerville.com</a>
<b>Bridgewater Commons Mall</b> (8 miles). Maggiano's and the Cheesecake Factory are two of the many restaurants in the mall.	<a href="http://www.bridgewatercommons.com">www.bridgewatercommons.com</a>
The <b>Mall at Short Hills</b> is 34 miles from hotel.	<a href="http://www.shopshorthills.com">www.shopshorthills.com</a>
<b>Princeton</b> is 17 miles away. Professorial home to Albert Einstein and many others.	<a href="http://www.princetonnj.gov">www.princetonnj.gov</a> <a href="http://www.princeton.edu">www.princeton.edu</a>
Spring Lake at the <b>Jersey Shore</b> is 47 miles away with a quiet ocean front.	<a href="http://www.visitspringlake.com">www.visitspringlake.com</a>
<b>Asbury Park</b> , NJ is 45 miles away. Bruce Springsteen sings about his youth in Asbury Park.	<a href="http://www.apboardwalk.com">www.apboardwalk.com</a>
Newark Liberty International <b>EWR</b> Airport is 30 miles from the host hotel.	<a href="http://www.airport-ewr.com/newark">www.airport-ewr.com/newark</a>
New Jersey Transit (973-275-5555) has train service to <b>Newark Penn Station</b> and Jersey City.	<a href="http://www.njtransit.com">www.njtransit.com</a>
Contact Jerry and Peggy Prentiss (as well as local players) for more suggestions during the tournament.	
From Jersey City or <b>Liberty Landing Marina</b> at Liberty State Park (38 miles), you can take a Ferry or the Path train to the <b>World Financial Center Terminal</b> which is very close to the Freedom Tower and Wall Street. Ferries also go to <b>Ellis Island and the Statue of Liberty</b> . <b>Jersey City and Hoboken</b> have wonderful views of Manhattan and the Statue of Liberty.	<a href="http://www.libertylandingferry.com">www.libertylandingferry.com</a>
Other points of interest in New York City are <b>Central Park, Times Square, Eataly</b> (Mario Batali's Famous Italian Market) and <b>Union Square Farmer's Market</b> .	<a href="http://www.nycgo.com/maps-guides">www.nycgo.com/maps-guides</a>
<b>The Highline</b> is a 1.45 mile-long linear park built on a historic freight line elevated above the streets on Manhattan's West Side. Easy walk with great views.	<a href="http://www.thehighline.org">www.thehighline.org</a>
<b>Philadelphia, Pennsylvania</b> (90 minutes) The birthplace of America with many Revolutionary War sites to see, in addition to the Liberty Bell and Independence Hall and professional sports teams.	<a href="http://www.visitphilly.com">www.visitphilly.com</a>
<b>Hershey, Pennsylvania</b> (2 hours) Home of the chocolate company	<a href="http://www.visithersheyharrisburgh.org">www.visithersheyharrisburgh.org</a>



## USA Racquetball Team USA Competes in Chile and Colombia in 2018

By Cindy Tilbury

There are several international competitions for racquetball that amateurs don't get too excited about, because they are not invited to participate in them. There are two of those this year, and they are a BIG DEAL. The first will be held at the end of March in Temuco, Chile (almost to the bottom of Chile) and it is the *Pan American Racquetball Championships*. The US will be sending a team of two men and two women to cover two singles slots and one doubles team slot for each gender. The results of this competition will directly impact how well we can do in the *World Racquetball Championships* in Cali, Colombia in late August. There, the *USAR* plans to send four men and four women to represent our great racquetball programs. As you can imagine, the travel costs to send our contingent will be quite high—much higher than in previous years. The *USAR Fundraising Committee* is working hard to come up with the \$60,000 to cover the team. **If you would like to help**, please give me a call or donate directly via the [usaracquetball.com](http://usaracquetball.com) "Donate" page. There is a travel registry (which is not unlike a wedding or baby shower registry), via the **Donations then Campaigns** links, where you can cover a meal or a flight or insurance for a team member—your favorite *Team USA* member. Donations are tax-deductible and we appreciate your generosity and commitment to the future of our sport.



## Not For Ladies Only – I Challenge You

By Cindy Tilbury

To all of the amazing, special ladies of the *NMRA*, I challenge you to do one thing this tournament season—take three racquetball lessons. How hard would that be? Not so hard! Why do I challenge you? For a few reasons:

1. **To do something for yourself.** Ladies always do everything for everyone else, but taking a moment out of playing racquetball to concentrate on getting better at playing racquetball could make a difference in your performance. It's always more fun to play racquetball well, so why not set a goal and work on it at least one of the three times?
2. **To achieve a goal.** Your instructor can zero in on your main goal and help you check it off your list. That goal could be beating a person or team, or developing an ace serve. No matter what it is, you have to work one step at a time toward it, and noticing progress is an achievement in itself.
3. **To support your local racquetball instructor.** There is always something you can learn from a good instructor, or even a good player, so hire them a few times and let them know how respected their skills are. Racquetball people are notorious for expecting free goodies. Time and talent are valuable.
4. **To inspire you.** Sometimes we hit little ruts in the road and aren't as excited about our sport as we once were. Taking a lesson and improving skills can be a big energy boost, where you can't wait to go out and try a new serve or other skill.
5. **To have fun.** If you bring a bunch of friends with you for your lesson, you can all have fun and improve skills at a low price. Be the ringleader and set up a series of lessons today.
6. **To make a vacation more fun.** Get out of town and take a camp or play an out-of-town tournament, just to experience the area. Bring player friends or make new friends there. Of course, I recommend *NMRA* tournaments for this, but *IRF* and *USAR* inter/national events are pretty great too.

There are unlimited reasons to invest in yourself. Think about the year ahead and consider setting and making progress toward your racquetball goals. Call me if you need some suggestions on available resources.



## NMRA 2017 Doubles-Only Championships

ClubSport Pleasanton, Pleasanton, CA | December 1-3, 2017

Cindy Tilbury / Marni Winings, Tournament Directors

*NMRA  
Players  
are the  
"Team  
Behind  
The  
Team"*



Division	Place	Name	State	Points	Division	Place	Name	State	Points
MD40	1st	Carlos Contreras / Freddy Flores	CA / CA	36.86	MD60	1st	Gil Cepeda / Jim Durham	CA / CA	36.83
	2nd	Paul Morse / Kyle Paredes	HI / HI	26.29		2nd	Ruben Gonzalez / Hatch Saakian	SC / CA	31.33
	3rd	Jarred Kriz / Davinder Singh	CA / CA	14.71		3rd	Mike Grisz / Chris Poucher	TX / GA	31.00
MD45	1st	Stan Hampton / Greg Vezey	CA / CA	35.57		4th	Stan Hampton / Barry Clyde	CA /	27.33
	2nd	Steve Turner / Frank Biehl	CA / CA	33.14	MD65	1st	Ruben Gonzalez / Hatch Saakian	SC / CA	38.00
	3rd	John Winings / Knox LaRue	CA / CA	26.57		2nd	Cliff McBride / Bert Castelanelli	CA / CA	30.17
	4th	Steve Cook / Raul Berrios	CA / VA	20.43		3rd	Paul Dinerman / Barry Hendricks	AZ / AZ	22.50
	5th	Clayton Nishikawa / Keoni Tengan	HI / HI	18.00	MD70	1st	Jerry Miller / Tim Scott	CA / CA	34.25
MD50	1st	Ninja Nomura / Ken Stone	CA / CA	38.00		2nd	Mike Lippitt / David Olson	CA / MN	33.75
	2nd	Steve Turner / Frank Biehl	CA / CA	32.67		3rd	Kirk Hunt / Roland Chan	CA / CA	28.38
	3rd	Louis Reba / John Winings	CA / CA	28.50	MD75	1st	Ken Herman / Len Sonnenberg	CA / CA	24.38
	4th	Gary Hudgeons / Tim Iseminger	CA / CA	26.17		2nd	George Moore / Robert Sullins	TX / TX	12.13
	5th	Dennis Kaufman / Tom Vessie	CA / CA	25.33	WD40	1st	Heather Colon / Marni Winings	CA / CA	30.29
	6th	Butch Fish / Richard Aal	CA / CA	16.17	WD45	1st	Kathy Zeckman / Sandra Ramos Mowry	CA / CA	35.71
	7th	Gonzalo Chayrez / Joe Belardo	CA / CA	16.00		2nd	Anna Hayman / Shari Coplen	CA / MO	26.86
MD55	1st	Steve Wattz / Ken Stone	CA / CA	38.00					
	2nd	Michael Callahan / Roger Lee	CA / CA	22.00					
	3rd	Butch Fish / Harold Patterson	CA / AK	21.33					
	4th	Mike Grisz / Gary Jeral	TX / LA	18.83					





Division	Place	Name	State	Points
WD50	1st	Sherron Boyea / Carolyn Hollis	CA /	
CA	28.14	2nd	Pauline Kobata /	
		Cindy Gilbert	CA	21.43
WD55	1st	Cindy Tilbury / Elaine Dexter	CA / CA	35.14
	2nd	Michele Robinson / Tori Davis	CA / OR	27.14
WD75	1st	Marquita Molina / Nidia Funes	CA / CA	5.43
XD40	1st	Heather Colon / Freddy Flores	CA / CA	35.00
	2nd	Sandra Ramos Mowry / Raul Berrios	CA / VA	26.40
XD45	1st	Elaine Dexter / Carlos Contreras	CA / CA	35.00
XD50	1st	Jill Mitchell / Tim Eseminger	CA / CA	29.60
	2nd	Anna Hayman / Richard Aal	CA / CA	19.60
	3rd	Marni Winings /	CA /	

		Steve Cook	CA	17.00
Division	Place	Name	State	Points
XD55	1st	Shari Coplen / Steve Wattz	CA / MO	35.83
	2nd	Carolyn Hollis / Harold Patterson	CA / AK	32.83
	3rd	Jill Mitchell / Gary Hudgeons	CA / CA	32.33
	4th	Cindy Gilbert / Gil Cepeda	CA / CA	30.83
	5th	Cindy Tilbury / Rick Betts	CA / CA	28.33
	6th	Ann Draudt / Doug Draudt	TX / TX	17.17
	7th	Pauline Kobata / Randy Christopher	CA / CA	9.50
XD60	1st	Sherron Boyea / Chris Poucher	CA / GA	34.50
	2nd	Ann Draudt / Doug Draudt	TX / TX	30.50
XD75	1st	Marquita Molina / Len Sonnenberg	CA / CA	9.00



## MORE NMRA Tidbits

### **Challenge Ladder and Jamboree League Software from USA Racquetball**

Free Online Challenge Ladder signup and progress software is available to you and your friends—just contact the USA Racquetball guys for a little help. In addition, Jamboree Leagues are available for a small fee. Those leagues are very flexible where you can match up different partners for doubles and have more than one match per entrant each time the league meets. Be the person at your club who gets players organized! Nick Irvine at the USAR will tell you all the details.

### **Just for Fun**

I recently got my car washed and the steering wheel was in a higher position. It felt like I had bought a new car! Getting a new racquet, glove or shoes also gives me that great feeling.

Overheard at Michigan State University watching a Junior Nationals several years ago. Don Schopieray said, "My coach told me to take two weeks off and then completely quit the game."



## A View from the Past: Ron Pudduck

By Len Sonnenberg, NMRA Accountant

**Ron Pudduck** (our former NMRA President 1997 thru 2005) started his sports career as a varsity swimmer at *The University of Michigan*. Right after college in 1958, he married Pat, and they have been married for 60 years and have three children and nine grandkids. For seven years they traveled to many places and taught, but sports participation was not part of his picture. When Ron was 31 years old, a friend introduced him to *Paddleball*. Ten years later, after many lessons and defeats from better players, Ron won the NPA (*National Paddleball Association*) *National Singles* title. During the next five years, he won three more National titles in singles and doubles and finished second in about four more national tournaments. While in *Paddleball*, Ron met, played and became friends with **Jim Owens** (now President of the NPA). The two coordinated to run many very successful Paddle tournaments. In 1980, Ron won the NPA *Earl Risky Award*, given to the person who contributed most to the sport of *Paddleball*.

One day in 1981, Ron, still a paddleballer, was asked by a racquetball player friend to play doubles with him in the upcoming *USAR National Racquetball Tournament* that was to take place in nearby Belleville, MI. The tourney was only six days away, and Ron spent each frustrating day with his new partner teaching him how to play racquetball. To his great surprise, the new team finished second in doubles (losing to a **Charlie Garfinkel**'s Z-ball--never seen by Ron). Ron also made it to the semifinals in singles. So, that was when Ron turned to becoming a racquetball player.

*Ron joined the NMRA in about 1984 or 1985 and played in as many events as he could. In 1994, Ron created the newsletter "Racquet-Racket" and published it three or four times a year until 2005.*

In 1996 he was elected to the NMRA *Board of Directors*, and became NMRA President in 1997, until 2005. When he was first elected, the NMRA had about 275 paid members. Ron created the first NMRA promotional brochure, and with generous member donations, mailed those brochures to over 10,000 players 45+ years old. Within three months, membership rose to about 500, in six months to about 800, and within a year to over 1,000. A cap was put on membership at about 1,150, as so many players were entering

the NMRA tournaments that they had to start limiting the entry number. The previous record number of players to enter an NMRA tourney was 147 in Las Vegas. Ron's first tourney in *Champaign, IL* (run by **John O'Donnell**) had 193 players, and every other NMRA tournament after that had about 200 to 260 players. The NMRA was really rolling along!

In 1996, Ron was inducted into the NMRA *Hall of Fame* as a player. Also, in 2000, Ron was inducted as a player into the *Michigan Racquetball Hall of Fame*. In 2005, Ron was awarded the *USAR Joe Sobek Outstanding Contributor Award*. During the time Ron played in the NMRA and USAR tournaments, he won 24 Gold medals in singles, doubles and mixed doubles. His main partners were **Paul Banales**, **Ron Adams**, and **Merijean Kelley**.

Ron wants to thank all those *Board of Director* members and people who assisted in making the NMRA such a great organization: **Ivan Bruner** (founder and first President, 26 years), **Paul Banales** and **Carole Stoll** (who did everything for many years), and **Merijean Kelley** (his main support, membership coordinator, and greatest contributor). Thanks also go to the contributions of **Lee Graff**, **Rex Lawler**, **Glenn Allen**, **Cap Hiles**, **Ken Moore**, **Len Sonnenberg**, **Elliott Papermaster**, **Allison Pudduck**, all tourney directors, and many more wonderful people.

Ron is a two-time cancer survivor, he and would like to thank all those NMRA players who supported him and his daughter **Jennifer Colby** (donations for her "Walk for Cancer Cure"-- where she received a record amount of donations). Ron has been retired for 23 years, is healthy, and trying to learn to play quality *Pickleball*.

Ron and his wife, Pat, have many great memories of the friendships they have with NMRA members. They both feel that those were "very good days" in their lives. They hope that good health, happiness, lots of smiles and many pleasant memories are shared by their NMRA friends.



Ron Pudduck 2000



UnitedHealthcare®

# US OPEN 2018

RACQUETBALL

PRESENTED BY



MINNEAPOLIS, MN  
OCT 3-7

23<sup>rd</sup>  
CHAMPIONSHIP



Call 719.635.5396 ext. 0 for ticket and  
entry information or visit [UnitedHealthcareUSOPEN.com](http://UnitedHealthcareUSOPEN.com)





## MORE NMRA Tidbits

### *IRT on Facebook Live!*

**John Scott**, owner and commentator extraordinaire of the *IRT Network*, decided to boost his pay-per-view racquetball broadcasts by using *Facebook Live* to get out and find some people new to racquetball. He was amazed at the response to his early-round broadcasts from just an *iPad* and a little commentary to go with it. All of the normal *IRT* lovers shared the feed and in no time, he had **over 3 million hits** for the weekend of the *Sioux Falls Lewis Drug Pro Am*. That is great news to *IRT Network* advertisers and to people like me who have loved watching the matches online when I could not be at the pro stop.

### *Website Link Updates*

For our NMRA "In Memoriam" website page, if you have more information on any of the passed players honored there, please send it along. Perhaps you know a link to the original obituary or newspaper notice. We would love to include it. And thanks!

### *First-Time Experience?*

If you are interested in sharing your NMRA first-timer experience, we would love to hear from you! Send me an article and I will put it in the NMRA newsletter. I hope it was a positive impression.

## Racquetball Floors OFTEN JUST PLAYED ON AND TAKEN FOR GRANTED

By Randy Stafford, Owner, The Court Company, Memphis, Tennessee

Racquetball floors are often just played on and taken for granted, until you start to have dead-sounding areas when a ball strikes the floor. Or your knees really start to ache after a hard game. Playing on a floor that has dead spots or hollow areas can become a nuisance and it can affect the ball bounce.

If the floor boards are in good shape, the main area of concern is how soft the floor is that you are playing on. Most racquetball floors use maple strip flooring on some type of underlayment that hopefully has some type of rubber pads. These pads offer a varying degree of resiliency to the floor that is softer on the legs of the players. Unfortunately, once a floor is installed, it is too late to address the softness of the floor. This needs to be done before the court is built and is still in the design stage. The worst type of floor to play on is some type of parquet flooring that is glued down to the concrete slab. These floors are about the same as playing on concrete, which, for my old knees, is a big no-no.

I like to combine playing on a "sleeper system" floor that has rubber pads with adding a good rubber cushion insole in my shoes to replace the typically cheap one that comes with most racquetball shoes. By doing this, you are doing the most to protect your joints and can enjoy your game longer with less pain.

The most noticeable concern about your racquetball floor is when you hear the thud of dead boards. This is not fun when you are dropping the ball for a serve and it makes a dead sound and does not bounce correctly. Or, for that matter, any shot that makes a dead sound because the floor is hollow is always a sign of a floor that needs some work.

Typically what has happened is that the floor boards have come loose from the underlayment and the individual floor board vibrates when a ball strikes the floor. A quick fix is to take small wood screws and countersink the floor boards



back into the underlayment. This underlayment or subfloor could either be sleepers with rubber pads attached, or plywood with pads attached underneath the plywood. Either way, the fix is the same. Sometimes another step needs to be done, and that is injecting some urethane between the sleepers in the hollow areas to fill up these voids to reduce the dead sounds. You would only do this injection if securing the maple to the subfloor does not work.

These loose boards occur as a floor system ages, usually because of movement caused by changes in humidity in the room. As the moisture in the wood fluctuates, the wood either grows or shrinks, putting pressure on the anchors and dislodging them from the underlayment. This causes the boards to no longer to be anchored to the subsurface. A gym floor company can usually be called in to fix these boards. A smart idea is to have the players mark the individual spots with a non-permanent ink or tape so the repair guy can know the exact locations. Not a hard fix, but on older floors it needs to be done to keep the floor from having these hollow areas.

Re-varnishing your floors every few years can make a huge difference too. A slippery floor is an accident waiting to happen. *CourtGrabbers* attached to your shoes can help until floors are varnished.

To ensure a true bounce of the ball and minimize safety issues, it is really important to keep court floors in good condition. If you need any suggestions for your court floor maintenance people, please email me at [thecourtco@aol.com](mailto:thecourtco@aol.com).

## Patches

It is a recent tradition that we create sew-on patches with the tournament logo and make them available for sale at each tournament. NMRA logo patches are also available. If you would like to get a patch from past tournaments, just send me a quick email and we'll get it out to you right away. We ask for \$10 per patch.







# NMRA INTERNATIONAL CHAMPIONSHIPS

July 25-28, 2018 - Northridge Rec Center, Highlands Ranch, CO 80126

Entry By Mail Must Be POSTMARKED NO LATER THAN: July 9, 2018

Online Entries Must Be COMPLETED BY: July 13, 2018

<http://www.r2sports.com/tourney/home.asp?TID=22463>

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

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

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

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

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

Work \_\_\_\_\_

Cell \_\_\_\_\_

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

DOB: m\_\_\_\_ / d\_\_\_\_ / yr\_\_\_\_ Age on 07/25/2018 \_\_\_\_\_

**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, Northridge Rec Center and their staff, and all sponsors or their respective agents, for any and all injuries or damages of any nature which I, my spouse or my guest(s) may incur as a result of my participation in this tournament. I also acknowledge the potential risk of eye injury during competition, and can certify in writing that my protective 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 this is 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 \_\_\_\_\_**

**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 APRIL 18, 2018**

**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
			40+		
			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	n/a	90+		n/a
			75+ Jackpot		

**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 2018 International Championships

Northridge Rec Center | Highlands Ranch, CO

July 25-28, 2018 [www.nmra.info](http://www.nmra.info)

### Tournament Directors / Staff

Cindy Tilbury 303.888.4461 [cindy.tilbury@att.net](mailto:cindy.tilbury@att.net)  
 Karen Turner [ktracquetball@gmail.com](mailto:ktracquetball@gmail.com)  
 Bill Fearing, Marcia Richards and Dan Montague – On-site Hosts  
 Panel of Three Members - Rules Committee

### Primary Host Club



**Northridge Rec Center** – 10 Courts Panel and Cement-Walled  
 8801 S Broadway (C-470 and Broadway), Highlands Ranch, CO 80126 | 303.471.8950

<http://hrcaonline.org/HRCALInfo/RecreationCenters/Northridge.aspx>

Bring a towel and a lock. Towel service available for a small fee.  
 Some practice courts available on July 24, except during registration time; Call to reserve your practice court. Lunches available in the Wetterhorn room on the main level.

### Secondary Host Club

#### Check R2Sports.com Tourney Site for Updates

If required, we will line up more courts nearby. Lunches will be available ONLY at the other club.

### Host Hotel



#### Hilton Garden Inn Highlands Ranch

1050 Plaza Drive, Highlands Ranch, CO 80126

Call 303.683.4100 to Register, Used Code NMRA

\$129 + Tax Per Night Regular Room (Up to 2 People/NMRA Subsidy)

\$5 More For Each Additional Person

Rates available until June 26, 2018, but please reserve early (45 reserved). Rate includes full hot breakfast, wireless internet access, upgraded Hilton bedding, parking, mini-refrigerator, fitness center, and more. RV parking is free in a designated area of the parking lot, without hookups

<http://hiltongardeninn3.hilton.com/en/hotels/colorado/hilton-garden-inn-denver-highlands-ranch-DENSWG1/index.html>

### Enter Online



Enter online by July 13, 2018, at

<http://www.r2sports.com/tourney/home.asp?TID=22463>

First event--\$165 Second event--\$30 Guests \$70 for the week

You may request a doubles partner and/or roommate and we will do our best to accommodate you (Try the "Find a Partner" list feature of R2sports). \$5 credit card convenience fee will be charged

### Enter via US Mail



Fill out the entry form at [www.nmra.info](http://www.nmra.info) (Tournament Info page).

Mail completed entry form and fees by November 10, 2018, to:

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

### Refunds

Refunds are available until July 13, 2018, when shirts will be ordered, banquet dinners will be committed, and match scheduling will be completed.

### Nearest Airport

Denver International Airport (DEN), 8500 Pena Drive, Denver, CO 80249

I-70 and Pena Boulevard – Make your flight reservations early.

### Airlines Flying into DEN

Aeromexico | Air Canada | Alaska | American | British Airways | Delta | Frontier | Great Lakes | Icelandair | JetBlue | Lufthansa | Southwest | Spirit | United | US Airways | Volaris

### Alternate Airport

Colorado Springs (COS) - NOT Recommended

### Airport Taxi / Shuttle

Super Shuttle Phone: 303-370-1300 One-Way \$50 Individual / \$12 Additional People

Make a reservation to avoid delays <http://www.supershuttle.com/?Port=DEN>

Uber and Lyft are good choices / Check R2Sports for more options

Taxi No reservations necessary / \$100 one-way estimated fare

Try the "Share a Ride" list feature of [www.r2sports.com](http://www.r2sports.com) when registering for this tournament

### Shuttle to Clubs

Shuttle van provided from host hotel between clubs. Tips are appreciated.

### Parking at Host Clubs

Free. Please park in the back lot at Northridge.

Saturday swim meet at the outdoor pool will cause parking issues so park across Broadway at the church if the back lot is full.

*continued on Page 17...*

<b>Directions from Airport DEN to Host Hotel Hilton Garden Inn</b> <a href="http://mapq.st/1EVczRU">http://mapq.st/1EVczRU</a>	39 Miles (Non-Toll Road) / 45 minutes or 42 Miles Toll Road / 45 Minutes ( <i>Not Shown Here</i> ) Exit airport via Pena Road going east ( <i>only way possible</i> ) 12 mi Merge onto I-70 West (left exit) 1.6 mi; Merge onto I-225 South via Exit 282 12.6 mi Left exit 1A to I-25 South 5.6 mi; Merge onto C-470 West via Exit 194 6.5 mi Take the Broadway exit and turn left (south) .7 mi; Club will be on the left.
<b>Directions from Airport DEN to Host Hotel Hilton Garden Inn</b> <a href="http://mapq.st/1FJlrZs">http://mapq.st/1FJlrZs</a>	.8 Mile East / 2 Minutes (Easy walking distance, along sidewalk) East on Plaza Drive .7 mi; Right (south) onto Broadway .1 mi; Club is on the left.
<b>Tournament Check-In</b>	Tuesday, July 24, 2018, 5:00 to 8:00 pm near the Club Wetterhorn Room (Check <a href="http://www.r2sports.com">www.r2sports.com</a> for venue changes) Let the access desk person know you are there for the racquet-ball tourney. Light appetizers and drinks, with player meeting at 7:00 pm. <b>Plan to stay and socialize!</b>
<b>Tournament Souvenir</b>	A high-quality shirt will be given out at check-in night. Extra shirts will be available for sale.
<b>Play Begins / Ends</b>	8:00 am Wednesday, July 25, to 5:00 pm Saturday, July 28, 2018 <i>Every division plays every day (Wednesday through Saturday)</i> Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. ID/bagtag may be required at both venues
<b>Tournament Ball</b>	Penn Pro Green is the official ball of the NMRA.
<b>Tournament Scoring</b>	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. You must play all of your matches in a division to receive a medal. In rare circumstances, a "watcher" may be requested of the tournament director to settle disputes.
<b>Appeals</b>	The NMRA has a rules committee that can be used by the players to submit an appeal on a rule (immediately) or issue (not necessarily immediately) that arises during the event. The decision of the rules committee is final and binding on all parties concerned.
<b>Tournament Awards</b>	NMRA medals will be awarded to First through Fourth place winners for each bracket. Combined brackets will be awarded medals based on age. No medal will be awarded for the combined division itself.
<b>Eligibility</b>	USAR-sanctioned; Current USAR membership is required to participate. Entries will not be accepted without payment for USAR membership. NMRA membership is required for all, EXCEPT players who are playing in their FIRST NMRA event. Special recognition and gift for first-time players and new NMRA members will be given out.
<b>Breakfast / Morning Hospitality</b>	Full hot breakfast is included in the price of the Hilton Garden Inn host hotel. Fruit and drinks available at Northridge Rec Center.
<b>Lunch</b>	Available at the Northridge Rec Center only, in the Wetterhorn Room. Check for details during the tournament. Planned lunch times will be 11:30 am to about 2:00 pm. Match times may be scheduled around lunch, but please get a lunch and set it aside if you are playing and will want to eat afterward.
<b>Evening Hospitality</b>	Available at Northridge Rec Center only -- not a substitute for dinner.
<b>Banquet</b>	Friday night, July 27, 2018, at the Hilton Garden Inn ballroom; Cash bar at 6:00 pm Dinner and program from 7:00 to 9:00 pm or so. Videos, slide shows and possible awards (fun and serious) presentations are customary. Don't miss this!
<b>Denver Activities and Attractions</b>	Golf, hiking, biking, birding, horseback riding, shopping, zoo, museums, <i>Air Force Academy</i> , <i>Rockies</i> baseball, 40-minute drive to Colorado Springs (including the <i>USAR</i> headquarters and the <i>US Olympic Training Center</i> ), ziplining, fishing, mountain towns, 2-hour drive to <i>Vail</i> and other famous ski towns, white water rafting, much more. See the separate handout of Things To Do in Colorado at our <a href="http://nmra.info">nmra.info</a> website.

continued on Page 18...



## Things to Do in Colorado

By Cindy Tilbury

Denver and the whole state of Colorado make up a fabulous summer wonderland. The weather is sunny 300 days a year so visitors flock here and are never at a loss on finding things to do. You can expect temperatures between 50 and 90. Below is a list of Colorado highlights; please contact me if you have questions about your Denver trip to the NMRA July 2018 event.

### Denver

- Denver Federal Mint
- Coors Field – Rockies baseball
- Pepsi Center – Various concerts and Nuggets basketball (Avalanche hockey in winter)
- Invesco at Mile High – Various concerts (Broncos football in fall and winter)
- Zoo
- Coors Brewery Tour
- Red Rocks Amphitheater – Various concerts – Famous recording venue
- Downtown Comedy/ Restaurants/Nightlife
- 16th Street Mall
- Marijuana dispensaries
- Bicycle trails
- Botanical Gardens
- Golfing
- Shopping

### Boulder

- Colorado University
- Pearl Street Mall
- Boulder Brewery and other microbreweries

## NMRA 2018 Int'l Championships INFORMATION SHEET continued from page 17...

<b>RV Parks</b>	There are several RV parks with hookups near the host hotel. <a href="https://www.google.com/#q=rv+parks+near+highlands+ranch%2C+co">https://www.google.com/#q=rv+parks+near+highlands+ranch%2C+co</a>
<b>Laundromats</b>	Here is a list of laundromats near the host hotel. <a href="https://www.google.com/#q=laundromats+near+highlands+ranch%2C+co">https://www.google.com/#q=laundromats+near+highlands+ranch%2C+co</a>
<b>Doubles Partners</b>	Contact Cindy Tilbury for a doubles partner or roommate <a href="mailto:cindy.tilbury@att.net">cindy.tilbury@att.net</a> or 303.888.4461 Please try the "Need a Doubles Partner" list feature of R2Sports when registering. There are also "Need a Roommate" and "Need a Ride" lists.
<b>R2Sports App Free Download</b>	To better follow the tournament and get notifications for your matches and results, please download the free R2Sports app. For questions, contact Ryan or Tish at R2Sports.com. Info and download links here. <a href="http://www.r2sports.com/tournament-app.asp">www.r2sports.com/tournament-app.asp</a>
<b>Player Profiles / Shirt Sizes</b>	It is extremely important that you keep your player profile, including shirt size, up-to-date in the <a href="http://www.r2sports.com">www.r2sports.com</a> 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 <a href="http://www.nmra.info">www.nmra.info</a> and <a href="http://www.usra.org">www.usra.org</a> profile. Contact the USAR staff in Colorado Springs at 719.635.5396 if you need a little help getting started or remembering your password for this feature.
<b>Average Temperatures</b>	Denver in July, High 88°F, Low 56°F, Average 72°F Precipitation 1.7 Inch
<b>Altitude</b>	5,280 Feet (One Mile) To increase your competitiveness, it is highly recommended that you arrive an extra day early to get used to the dryness and altitude. The ball bounces much higher (it is typical for ceiling balls off the back wall to go out to the shortline). Practice courts are only officially available on the day before the tournament, but the nearby Littleton Y generally lets in players who pay a guest fee. DRINK LOTS OF FLUIDS during the event!

## Things to Do in Colorado continued...

- Flatirons Mountains
- World-class rock climbing
- Hot air ballooning
- Buddhist community
- Fresh local food restaurants
- Hiking along Boulder Creek
- Celestial Seasonings Tea Tour
- Stanley Hotel ("The Shining")
- Golfing
- Shopping
- Marijuana dispensaries

### Mountains

- Aspen / Vail / Beaver Creek / Breckenridge / Copper Mountain / Keystone / Steamboat Springs Hiking
- Idaho Springs / Georgetown Victorian Old West Towns
- Glenwood Springs Hot Springs / Lodge / Racquetball Courts
- Food and music festivals with concerts
- Art galleries
- Fly fishing

- Mountain biking (ride lift up)
- Wildlife viewing (Bighorn Sheep, Elk and Buffalo)
- Kayaking / River Rafting
- Native American art / paintings
- Golfing
- Ziplining
- Casinos

### South

- Mesa Verde Pueblo Dwellings
- White Sands National Park
- Durango / Telluride Old West Town / Bluegrass Festivals
- Mountain climbing
- Hot springs / spas
- Hot air ballooning / paragliding
- Food and music festivals

### North

- Cheyenne and other Wyoming towns
- Fort Collins University and New Belgium Brewery Tour

**Penn**<sup>®</sup>  
WORLD'S #1 SELLING BRAND.

**To Us, The Ball Matters™**



*"I LOVE the new Pro Penn Pink ball! The fast crisp action off my racquet helps me dominate the competition. In addition, the vibrant visibility of the ball, especially on courts with glass walls, makes the Pro Penn Pink a joy to play with."*

**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**



## Things to Do During the NMRA Championships in Tucson, AZ

By Ed Messing, Tucson Native and NMRA Member  
Paul Banales' Son-in-Law  
Reprinted from the Fall RacquetRacket

### Activities and Attractions

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

### Outdoor Activities

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

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

### Nature and Science

Visiting the internationally-acclaimed *Saguaro National Park*, *Biosphere 2*, *Arizona-Sonora Desert Museum*, *Kitt Peak National Observatory* and *Kartchner Caverns*

## NMRA PLAYER PROFILE —

### Carolyn Hollis, Calabasas, California

By Cindy Tilbury

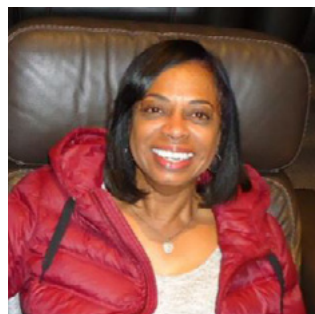
**Carolyn Hollis** doesn't get to every NMRA event, but she really wants to. She is a Vice President of a large bank in downtown Los Angeles, where she controls the commercial loan documentation. This forces her to manager her vacation time—like many of our NMRA member players. I talked to her recently about her path to our NMRA family and her future racquetball plans.

Before Carolyn started playing racquetball when she was about 35 years old, she had taken a racquetball class in college in Torrance (*El Camino College*) and really enjoyed it. She joined her first club in Torrance, the *West End Racquetball Club*, the same year the Rodney King riots happened about ten miles away. There was a great group of players at the *West End* and Carolyn was soon up to C level ball.

Soon, she moved to Calabasas in the San Fernando Valley and joined the nationally-famous *Racquetball World in Canoga Park*, where **Debbie Tisinger** was one of the instructors and a top-ranked player. Carolyn didn't really want lessons—playing recreationally was just fine. After a few years of seeing tournaments going on, though, Carolyn went up to Lake Tahoe with **Kim Glansberg** (whose mother was a strong player in New York) and entered a tournament as a way to meet some friends and enjoy the change of scenery. She was in the final singles match, losing badly, and got a tip on a way to change her serve. That worked and she aced her opponent multiple times for the win.

Carolyn was then very motivated to learn more about game strategy and shots, so she turned to Debbie Tisinger for some lessons and leagues. Debbie taught Carolyn to always have a goal or purpose during practice and playing—not to just get on the court and hit the ball. Later, Debbie introduced her to **Sherron Boyea**, and they have played many doubles tournaments since. Now she actually prefers doubles and has many NMRA

medals to prove it. Carolyn continues to combine business and racquetball tournaments as often as she can.



One group that has had a huge influence on Carolyn's game is the Fort Myer (Arlington, Virginia/ Washington, DC) players and their leaders, **Carmen** and **Curtis Alatorre-Martin**. These military and government racquetball players meet several times a week to play and work on their game. They are very tight at the NMRA tournaments and are also great players. Carolyn saw them and wanted to do well against them and get to know them a little better. She and her partner beat **Gladys Leonard** and her partner at the time, and she was in. They invited her to come out to Washington to play and train with them and now she is considered part of their family—the NMRA's family too.

Carolyn recently got to live out one of her racquetball dreams. She got to play WITH **Gladys Leonard** in Atlanta and another of her favorite players, **Tyrone Gilmore**, in Dallas and she won gold medals with both. Now that she needs some new goals, I asked her what is in her future. "When I retire in a few years, I will travel to a LOT more tournaments—especially NMRA and *Women's Senior/Masters* in January. I will also probably join a state racquetball board and work to get more college and high school kids playing racquetball leading up to the *LA2028 Olympics*."

In January, I talked her into playing *Sponsor Doubles* at our recent *IRT* pro stop and Carolyn had a blast playing with and against the top men pros. She also enjoys watching Kane and Paola, but her favorite is still **Janel Tisinger** when she competes for the internationally. She is almost as proud of her as her mom, Debbie.

### THINGS TO DO IN TUCSON, AZ continued...

*State Park* will instill a sense of wonder and curiosity about the desert and universe in which we live. All are an hour or less drive from town.

### History and Culture

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

### Entertainment and Dining

From *Cactus League Spring Training* and a hot dog, to a *Symphony Concert* and five-star dining, a *Gaslight Theatre* melodrama with a sundae, or great Mexican food with mariachi music, the combinations are endless. Of course, you can just hang out by the pool and enjoy the desert sunshine. Whatever sounds the most fun is for you to decide.





# NMRA DOUBLES-ONLY CHAMPIONSHIPS

November 30-December 2, 2018 - Tucson Racquet and Fitness, Tucson, AZ

Entry By Mail Must Be POSTMARKED NO LATER THAN: 11/12/2018

Online Entries Must Be COMPLETED BY: 11/14/2018

<http://www.r2sports.com/tourney.asp?TID=24920>

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

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

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

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

Phone Day: \_\_\_\_\_

Phone Night: \_\_\_\_\_

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

DOB: m \_\_\_\_ / d \_\_\_\_ / yr \_\_\_\_ Age on 11/30/2018 \_\_\_\_

**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 Tucson Racquet & Fitness 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: (NO REFUNDS OF ANY FEES AFTER 11/14/2018)

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 \$ xx \$ \_\_\_\_\_

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](http://WWW.NMRA.INFO).



## NMRA 2018 Doubles-Only Championships

Tucson Racquetball & Fitness Club | Tucson, AZ

November 30-December 2, 2018 [www.nmra.info](http://www.nmra.info)

### Tournament Directors / Staff

Cindy Tilbury 303.888.4461 [cindy.tilbury@att.net](mailto:cindy.tilbury@att.net)  
Mike Grisz 972.849.0212 [mgrisz@aol.com](mailto:mgrisz@aol.com)  
Renee Sitter – On-site Hosts  
Panel of Three Members - Rules Committee

### Primary Host Club



**Tucson Racquet & Fitness Club** – 11 Concrete-Walled Courts

4001 North Country Club, Tucson, AZ 85716 | 520.795.6960 <http://www.tucsonracquetclub.com>

Bring a towel and a lock. Towel service available at a \$2 fee.

Full use of the club 24 hours a day is available for participants and spouses

Practice courts available on November 28, except during registration time

Café will host all hospitality for TRFC players.

### Host Hotel



**Doubletree Tucson Reid Park**

445 South Alvernon Way, Tucson, AZ 85711

Call 520.881.4200 to Register, request the NMRA Discount | Tom Lewis, Sales

\$109 + Tax Per Night Regular Room (Up to 2 People)

\$15 More for Each Additional Person

Rates available until October 30, 2018, but please reserve early. Rate includes full hot breakfast,

wireless internet access, upgraded Hilton bedding, parking, mini-refrigerator, fitness center, and

more. RV parking is free in a designated area of the parking lot, without hookups

Registered guests will be entered into a "free night" lottery.

[http://doubletree1.hilton.com/en\\_US/dt/hotel/TUSBDT-DoubleTree-by-Hilton-Hotel-Tucson-Reid-Park-Arizona/index.do](http://doubletree1.hilton.com/en_US/dt/hotel/TUSBDT-DoubleTree-by-Hilton-Hotel-Tucson-Reid-Park-Arizona/index.do)

### Enter Online



Enter online by November 14, 2018, at

<http://www.r2sports.com/tourney/home.asp?TID=24920>

First event--\$165 Second event--\$30 Guests \$70 for the week

You may request a doubles partner and/or roommate and we will do our best to accommodate you

### Enter via US Mail

Fill out the entry form at [www.nationalmastersracquetball.org](http://www.nationalmastersracquetball.org) (Tournament Info page).

Mail completed entry form and fees by November 12, 2018, to:

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

### Nearest Airport

Tucson International Airport (TUS) | 7250 South Tucson Road, Tucson, AZ 85706

I-10 and I-19, Tucson, AZ – Make your reservations early

### Airlines Flying into DEN

Aeromexico | Alaska | American | Continental | Continental Express | Delta | Express Jet | Frontier | JetBlue | Southwest | United | US Airways

### Alternate Airport

Phoenix Sky Harbor (PHX) - 2 hours north of Tucson - Not recommended

### Airport Taxi / Shuttle

May be provided by hotel, but call Doubletree for details

Airport shuttle service available for a fee. Suggestions: Uber/Lyft or taxi

### Shuttle to Clubs

Shuttle van provided from host hotel between clubs. Tips are appreciated.

### Parking at Host Club

Tucson Racquet Club - Free

### Directions from Airport TUS to Host Hotel Doubletree

<http://mapq.st/OGljyq>

Less than 10 miles north of airport, or 17 minutes

Exit airport; Right onto Valencia 1.5 mi; Left onto S Alvernon Way for 2.4 mi

Veer left; Continue on Alvernon for 3.1 mi;

### Directions from Doubletree Host Hotel to Tucson Racquet & Fitness Primary Club

5.5 Miles North of Hotel

North (right) onto Alvernon Way for 3.4 mi; Left onto E Fort Lowell Road for 1 mi;

Right onto N Country Club Rd for 1 mi; Club is on the left

*continued on Page 23...*

## NMRA 2018 Doubles-Only Championships INFORMATION SHEET continued from page 22...

<b>Tournament Check-In</b>	Thursday, November 29, 2018, 5 to 7:30 pm at the Tucson Racquet Club (Check <a href="http://www.r2sports.com">www.r2sports.com</a> for venue changes); BBQ hot appetizers with beer and wine. Plan to stay and socialize!
<b>Play Begins / Ends</b>	8 am Friday, November 30, to 5 pm Sunday, December 2, 2018 <i>Every division plays every day (Friday, Saturday and Sunday)</i> Please show consideration for all players and remember that we play every bracket every day of the event. Schedule your travel arrangements accordingly. Courts will be available at the Tucson Racquet club 24 hours per day. ID/bagtag may be required at both venues.
<b>Tournament Ball</b>	<i>Penn Pro Green</i> is the official ball of the NMRA.
<b>Tournament Scoring</b>	All round robins, self-refereed matches; Every division will play two games to 15. Large "pool play" divisions will have Sunday 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. In rare circumstances, a "watcher" may be requested of the tournament director to settle disputes.
<b>Appeals</b>	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.
<b>Tournament Awards</b>	NMRA medals will be awarded to First through Fourth place winners for each bracket. Combined brackets will be awarded medals based on age.
<b>Eligibility</b>	USAR-sanctioned; Current USAR membership is required to participate. Entries will not be accepted without payment for USAR membership. NMRA membership is required for all, EXCEPT players who are playing in their FIRST NMRA event. Special recognition and gift for first-time players and new NMRA members.
<b>Breakfast / Morning Hospitality</b>	Full hot breakfast is included in the price of the host hotel. Fruit and drinks available at Tucson Racquet & Fitness.
<b>Lunch</b>	Available at the club; Tucson Racquet café will collect tournament dollars for their menu items. Check for details during the tournament.
<b>Evening Hospitality</b>	Available at the club -- not a substitute for dinner.
<b>Banquet</b>	Saturday night, December 1, 2018, at the Doubletree Hotel Cash bar at 6:30 pm; Dinner and program from 7 to 10 pm or so. Videos, slide shows and possible awards presentations are customary.
<b>Tucson Activities and Attractions</b>	Golf, hiking, biking, birding, horseback riding, shopping, Saguaro National Park, Arizona-Sonora Desert Museum, Kitt Peak National Observatory, Kartchner Caverns State Park, Mission San Xavier del Bac, Pima Air and Space Museum, Arizona State University Museum/Historical Society, Cactus League Spring Training, Symphony, Gaslight Theatre, Biosphere 2.
<b>RV Parks</b> <a href="http://mapq.st/SCMTOc">http://mapq.st/SCMTOc</a>	There are several RV parks with hookups near the host hotel.
<b>Doubles Partners</b>	Contact Cindy Tilbury for a doubles partner or roommate <a href="mailto:cindy.tilbury@att.net">cindy.tilbury@att.net</a> or 303.888.4461
<b>Player Profiles</b>	It is <b>extremely important</b> that you keep your <b>player profile, including shirt size</b> , up-to-date in the <a href="http://www.r2sports.com">www.r2sports.com</a> 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 <a href="http://www.nationalmastersracquetball.org">www.nationalmastersracquetball.org</a> and <a href="http://www.usra.org">www.usra.org</a> profile. Contact the <b>USAR</b> staff in Colorado Springs at 719.635.5396 if you need a little help getting started or remembering your password for this feature.
<b>Average Temperatures</b>	Tucson in December – High 66° F – Low 41° F – Average 55° F Precipitation 1 Inch
<b>Tucson Altitude</b>	2,389 Feet Above Sealevel (About One-Half Mile)



Check the [www.nationalmastersracquetball.org](http://www.nationalmastersracquetball.org) website or [Facebook](#) for the latest updates.

DATE	TOURNAMENT	LOCATION	CONTACT	Website <a href="http://www.r2sports.com">www.r2sports.com</a>
May 2-5 *Change*	NMRA National Championships 40+	Warren, NJ	Cindy Tilbury	<a href="http://www.nationalmastersracquetball.org">www.nationalmastersracquetball.org</a>
May 23-27	USAR National Singles	Pleasanton, CA	USAR	<a href="http://www.usra.org">www.usra.org</a>
Jul 25-28	NMRA International Championships 40+	Denver, CO	Cindy Tilbury	<a href="http://www.nationalmastersracquetball.org">www.nationalmastersracquetball.org</a>
Aug 28-Sep 1	World Seniors 30+	Albuquerque, NM	Gary Mazaroff	<a href="http://www.internationalracquetball.com">www.internationalracquetball.com</a>
Oct 4-8	US Open	Minneapolis, MN	Doug Ganim, USAR	<a href="http://www.usra.org">www.usra.org</a>
Oct TBD	Huntsman Senior Games	St. George, UT	Kevin Boerup, Mark Ottenshot	<a href="http://www.seniorgames.net">www.seniorgames.net</a>
Oct TBD	Men of October 80+	Sun City West, AZ	Greg Steger	<a href="mailto:gmsteger22@gmail.com">gmsteger22@gmail.com</a>
Nov 30-Dec 2	NMRA Doubles-Only	Tucson, AZ	Cindy Tilbury	<a href="http://www.nationalmastersracquetball.org">www.nationalmastersracquetball.org</a>
Jan 18-20, 2019	WSMRA 29th Championships	Los Angeles, CA	Cindy Tilbury	<a href="http://www.wsmra.com">www.wsmra.com</a>

## NMRA BOARD of DIRECTORS

Cindy Tilbury, President [Cindy.tilbury@att.net](mailto:Cindy.tilbury@att.net)  
Malibu, CA | Newsletter, Tournaments, Ladies Events, Doubles Partners

Carmen Alatorre-Martin, V.P. [Teamalamar@gmail.com](mailto:Teamalamar@gmail.com)  
Arlington, VA | Memberships, Tournaments

Patrick Gibson, Co-Treasurer [prgibson5@hotmail.com](mailto:prgibson5@hotmail.com)  
Fort Worth, TX | Tournaments

Mike Grisz, Secretary, [mgrisz@aol.com](mailto:mgrisz@aol.com)  
Dallas, TX | Tournaments, Future Fund Executive Director

Leon Jackson [actioneod@aol.com](mailto:actioneod@aol.com)  
Washington, DC/Apollo Beach, FL | Videos, Media, Tournaments

## BOARD MEMBERS

Bill Baker [wabassoc@cox.net](mailto:wabassoc@cox.net)  
Rancho Palos Verdes, CA | 70+ Focus

Karen Turner [ktracquetball@gmail.com](mailto:ktracquetball@gmail.com)  
Alexandria, VA | Tournaments

Marni Winings [marniwinings@gmail.com](mailto:marniwinings@gmail.com)  
Woodbridge, CA | Tournaments, Member Development

John Winings [johnwinings@hotmail.com](mailto:johnwinings@hotmail.com)  
Woodbridge, CA | Tournaments, Member Development

### Other

Linda Mojer Edgewater, FL | Webmaster [linda@lindamojer.com](mailto:linda@lindamojer.com)

Len Sonnenberg, CPA [lens@sonnenbergcpas.com](mailto:lens@sonnenbergcpas.com)  
San Diego, CA | Hall of Fame Administrator



# RACQUET RACKET

NMRA RacquetRacket Newsletter

**Cindy Tilbury, Editor**

23308 Bocana Street  
Malibu, CA 90265

PLEASE CONTACT US  
TO RENEW YOUR MEMBERSHIP



Be sure to check the [www.nationalmastersracquetball.org](http://www.nationalmastersracquetball.org) website for updates and immediate election results!