JOE SOBEK

IN THE BEGINNING...
SEAMCO 444
...the only official ball of the International Racquetball Association

IF IT BOUNCES SEAMCO MAKES IT.

DYNAMITE OFFER.

FREE gift with racquet purchase.

Buy one of Omega's dynamite racquets and you'll receive a fantastic free gift. When you choose our new top-of-the-line Century or Pro II, take your pick of any of the gifts shown: a handsome Omega Sport Bag, attractive canvas tote, or professional eye guard. Values up to $42! Buy Omega's Esprit, Baron, or MTD and the tote, eye guard or a head cover is yours. A head cover is your gift for buying the BOOMER. You'll find Omega racquets at your favorite store or racquetball club. Hurry, the free offer runs only from January 1 through April 15, 1979.

10850 Metro Court • Maryland Heights, MO 63043
"Never played a ball like it before. Lively. Very quick off the wall. Lots of action. And I can do more with each shot. Kills, back walls, Z's...they're all there...with more control. Really consistent. Seems to last longer too. Great workout!"

GO CHASE AN ACE.
Features

15 In the Beginning . . .
   Joe Sobeck Recalls the Genesis of Modern Day Racquetball • Tom Carlson

18 Deadly Doubles
   or, Eat My Racquet, Please • Mark Holland

21 What Makes Johnny Run?
   Taming a Competitive Nature Through Running • R. John Kaegi

26 The Nittany Lion Open
   The Lion Roars • Charlie Garfinkel

Departments

6 Receiving Line
   Letters to the Editor

8 New Directions
   And a Happy New Year

10 Players' Forum
   Answers to Your Questions

13 First Service
   Court Club Openings

24 Calendar
   Upcoming Tournaments

30 Winning Points
   Pinch Shots • Michael Mjehovich

32 Winning Points
   Ceiling Balls • Patricia Froeba

36 Industry News and New Products
   People and Equipment

39 State Director
   Alaska's Marvin J. Andresen

42 Short Lines
   News Round-Up

43 Scorecard
   Tournament Results

COVER: Illustration by Ed Hirth
The Power Tool.

The Impact One™ racquet from AMF Voit. Our top-of-the-line racquet is not for everyone. But if you want to translate experience, power and control into kill shots on the courts, you've just met your match. Every feature we put into the Impact One racquet is designed to play up to you. And then some.

The Shape of power. It's not quadriform, tear-shaped or rectangular. Impact One's "I-extruded" aluminum frame is shaped to put more weight behind the hitting area and give you a larger "sweet spot." Yet it weighs only 267 grams.

The grip of power. It's top grade calfskin, of course. And the Impact One racquet has something you won't find on any other—a floating nylon throat. It's not absolutely rigid, so the throat lets you feel the power of your shots.

Staying power. The Impact One racquet's proportional stringing pattern gives you the consistent response you need to keep your competitive edge. And a coated continuous strip grommet protects strings from breakage. We've even stitched on the head bumper, so it won't slide around and knock your swing off balance.

Power hungry? Check out AMF Voit's Impact One racquet before you play your next game. After all, your best shots deserve our best shot.
We Have Lost These Members, Please Help Us Find Them!

The International Racquetball Association is attempting to find the correct addresses of the individuals below. If you know their whereabouts, please contact the IRA office at 5545 Murray Road, Memphis, Tennessee 38117.

California
- W. Michael Adkins
- Gregory Flessing
- Dr. John Gumbelevicius
- Greg Ulloa

Colorado
- George Beard
- Jackie Lane

District of Columbia
- Brenda Loube

Idaho
- Joe Scott

Illinois
- Illinois Athletic Club
- Moline YMCA

Indiana
- David Bennett

Kansas
- Donna Tedes

Maryland
- Pamela Halperin
- Barry & Clarke Jensen
- Allan Werle

Massachusetts
- Dan Bettencourt

Missouri
- Bob Shearer

Spaulding Racquetball Club
- The Court House

Nevada
- Gordon Ross, Sr.

New Jersey
- Madison Racquet Club
- Racquetball at Raritan Center
- Tiger Racquet Club

New Mexico
- Joel Blickenstaff
- Rick Bowman
- Jerry Greene
- Caroline Morrison
- Doug Perea

New York
- Thomas Corrao
- Alfred Lewis
- Stephen M. Shulman

Ohio
- Dr. Tom Stefanik

Oklahoma
- Jean A. Kirby
- Frank P. Stone

Pennsylvania
- Ned Eldridge
- Richard Yevak

South Carolina
- Ralph Maynard
- Russell Williamson

Tennessee
- David L. Busbee
- Mack & Margaret Greene
- Bill Gurner
- Terry D. Manning
- Charles McKelvey
- James R. Spencer

Texas
- Court Sports, Inc.
- Jim Haugen
- Alan M. Miller, M.D.
- Bob Riekl

Utah
- Russell Kemp

Vermont
- Robert S. Comolli

Virginia
- Bobby J. Ison

Washington
- Rita Agnew
- Tacoma YMCA

Wisconsin
- Randy Duemke
- Joanne M. Wagner
- Michael Wilson

Canada
- Ken N. Fairweather

Please Help Us Find Them!
As I said, so little difference that one not very much different from the use of avoidable. The use of the word "unintentional" in rule 4.10 (a)(6) is called.

"unintentional" in rule 4.10 (a)(6) is "that thick!"

Well, so be it. The only thing that we have to work with at our state and local tournaments is that rule book. We can't use the opinion of a guy who once talked to a guy that knew a guy that went to the National's. Further, I think that any beginning player should be able to pick up the rule book and, if he reads it carefully, come away with an understanding of how to play the game.

This is not now the case. One example under discussion was whether a server could start "winding up" to serve with one or both feet outside the service zone. The interpretation used at the National's was that he could not. But rule 4.1 (c) and (d) is as clear as can be (ask any lawyer). A server is committed "as the ball leaves the server's hand." Anything that you do prior to that is not relevant to foot faulting.

Another interesting call was the avoidable hinder called by Fred White on Bob Klass while Bob was laying on the floor after a diving "get." You all agreed that this was an "obvious" avoidable hinder. This was not one of those circumstances where, after the dive, the man, while struggling to his feet, got in his opponent's way; Bob tried to get out of the way but was unable to do so. I'm convinced that had Bob been on his feet and not able to get out of the way, no avoidable would have been called. If this situation is avoidable, I can't imagine any situation that is not avoidable. The use of the word "unintentional" in rule 4.10 (a)(6) is not very much different from the use of the word "avoidable" in rule 4.11 (1).

As I said, so little difference that one wonders how any hinder could not be considered avoidable if you pushed the rules far enough.

I don't wish to make it sound as if I feel that rule writing is easy. I know from experience that it is not. You all have a tremendous responsibility whenever you rewrite the rules since the enjoyability of the game is, to a great extent, dependent on simple and understandable rules. Your difficulty is even greater since you have been immersed in the game and its rules for so long that they have become second nature to you and perhaps that makes your view of them slightly biased. I know that we will be seeing rule changes in the near future that will clarify many of the points that need clarification.

Thanks for all the effort you've put into the sport.

John R. Ware
Silver Spring, MD

(P.S. I'll be back next year, with a backhand!)

With great interest I read your letter (New Directions, Sept.-Oct.) about the future plans for our Racquetball Association. Especially the additional age divisions. This is, in my opinion, an absolute must. There are so many older people now who would like to compete in tournaments for a 60 and over class. Tennis has it—I play every year in the 50 and 60 Clay U.S. Open; Tabletennis has it—The U.S. Table Tennis Championships offers two classes: one over 60 singles and one over 70 Singles. I played last year in it and am registered for this year in the 60's. We should do the same with Racquetball. I think it would incite more players to enter our association.

Otto H. Wenk
Little Rock, Ark.

[In November of 1977, the I.R.A. established new age groups for men of 55, 60, and 65 years old in both singles and doubles. As of October 1978, we established 45, 55, 60, and 65 singles and doubles age groups for women. Junior age groups have been designated for both girls and boys in the 17 and under, 15 and under, 13 and under, and 10 and under age groups.]

I am very interested in the development of racquetball in Israel. I was first introduced to racquetball in 1969 in the Jewish Community Center of Worcester, Mass., where I worked as the H. & P.E. Director. I learned to love the game with the help of Mr. Lester Sadowsky who at one time was a New England champion. One of my young helpers at that time was Steven Mondry, whom I understand plays today professionally.

I have tried to approach racquetball in Israel in a few ways, but so far not with great success. However, in a few weeks we'll operate the first legal one-wall court at the Mt. Washington College for P.E. Teachers where I work as Recreation Director.

My part-time efforts have been directed in the last few years toward the establishment of the first indoor racquetball center in Israel. This still remains the first major project through which we can introduce the game, conduct clinics, etc.

Well, I guess it's time for me to tell you that I gladly accept the I.R.A.'s offer of becoming the contact person in my country. I am looking forward to getting more specific information, and to help build racquetball in Israel.

Sincerely yours,
Uri Lipzin
Israel
BEFORE YOU INVEST IN RACQUETBALL

discover how you get the fastest dollar return with CPI's total package...

- COMPLETE ARCHITECTURAL SERVICES
  - Feasibility plans & costs for financing
  - Preliminary architectural plans
  - Complete architectural & mechanical plans with specifications
- COMPLETE COURT PACKAGE
  - PANELS, STEEL STUDS, FLOORING, LIGHTING
- COMPLETE INSTALLATION: QUALIFIED INSTALLERS & CONSTRUCTION MANAGEMENT
- PRE-OPENING MEMBERSHIP SALES & MARKETING PROGRAMS
- TAX ADVANTAGE CONSULTATION

CPI's total system includes FIBERESIN high-density 62 lb./cu. ft. recreation court panels.

YES, please send me more information on:

☐ Racquetball Club Franchise
☐ CPI's total racquetball package.

name__________________________
company________________________
address________________________
city__________________________state________zip________
phone__________________________

MAIL TO: Court Planners & Investor Services, Ltd.
575 Underhill Boulevard
Syosset, New York 11791
(516) 364-9270

COMING in 1979
A RACQUETBALL CLUB FRANCHISE
GET DETAILS TODAY BUSINESS

ABOUT THIS EXCITING OPPORTUNITY. SEE COUPON BELOW.

WHEN CPI SERVES, YOU GET THE RETURN
Dear I.R.A. Member,

1978 has been a year of great change and new direction for our Association. 1978 saw a complete reorganization of the International Racquetball Association and the return of the control of the I.R.A. to the players who truly govern the Association. Much went on behind the scenes to accomplish this task which need not be recounted here.

I feel that special recognition must be given to Al Mackie, President of Seamco Sporting Goods. Throughout this reorganization and our quest to regain credibility, Seamco stuck with us and continued to fulfill their contract with us along with providing moral support to us. Without their support and your loyal support of their products, the I.R.A. would only be a memory.

Our future is bright and exciting because of Seamco and you, the grass roots amateur racquetball player.

Luke St. Onge
Executive Director, IRA

A PICTURE’S WORTH
1,000 WORDS

Here’s the picture
Write us for the words
about offering elegance at your
new or existing facility

WHIRL-SPA INC.
WHIRLPOOL BATHS
5320 NW 10th Terrace, Ft. Lauderdale, Fla. 33309/(305) 491-0500
*Dealer Inquiries invited

RACQUETBALL  HANDBALL  SQUASH
Planning, Designing, Building, Specifying recreation courts?
This FREE brochure will prove invaluable.

Describes the original genuine FIBERESIN® thermally fused, high density melamine-surfaced court panel ... proven since 1970 in hundreds of Racquetball/Handball/Squash courts.
Protect your investment! Specify FIBERESIN, the experienced one. Call or write Chuck Hendrickson for complete data and literature.

FIBERESIN Industries, Inc.
P.O. BOX 88, OCONOMOWOC WI 53066
PHONE 414/567-4427

®
Industries, Inc.
John Newcombe doesn't play racquetball in tennis shoes. Why do you?

Or are you one of those still playing in basketball sneakers? Either way, you're selling yourself short.

Let's look at it this way; nobody moves around in tennis shoes better than a champion like John Newcombe. But even he needs a special shoe when he leaves the grass, clay and asphalt tennis courts for the hardwood floors of racquetball.

They can give you much better traction, with a suction tread gum rubber sole that grips so well you can practically scale the walls. They wear longer because of the double-stitched top grain leather, canvas or composition uppers and durable toe overlays. And they feel better because of a contoured anatomical footbed and heel counter.

In Lotto's you'll move quicker and feel lighter on your feet. Ask to see all five Lotto racquetball models for men and women. It's the better way to go...and stop...and go...

Great racquetball shoes.

Lotto-Newk U.S.A., Inc.,
San Antonio, Texas 78216
A division of Program Tennis Service
**PLAYERS' FORUM**

**ANSWERS TO YOUR QUESTIONS**

To start off the new year, we'd like to answer your questions about equipment and I.R.A. playing rules and policy. If you have any other questions—or comments—write to us; we'll be glad to help in any way we can.

Explain one more time how the ball must be played after your opponent has hit the ball during a rally with such velocity that it hits the front wall, carries to the back wall, bounces on the floor, and hits the front wall again.

Of all the questions we receive, this is the most frequently posed. The ball must be returned to the front wall by your opponent's racquet. He may play the ball prior to hitting the front wall a second time or after it hits the front wall the second time, but in either case, it must be played with his racquet.

Why the change on the Junior age qualification?

For those not aware of it, beginning Jan. 1, 1979, a Junior in any I.R.A. sanctioned event may play in his age group based upon his age as of January 1. The reason behind this decision stems from almost a reverse advantage in all other divisions where age is determined on the first day of the tournament. In all other divisions you can play up—B's can play Open, Seniors can play Open, Masters can play Seniors or Open, etc. In Juniors there is a distinct disadvantage to being forced to play up—15 year-olds having to play against 17 year-olds; 10 year-olds having to play against 13 year-olds, etc. The Board of Directors felt that it was extremely unfair for a Junior to play in one division most of the year and because of an arbitrary tournament date have to play in a higher division due to his birthdate. Every Junior will know as of January 1 of each year what division he will qualify for, which is only fair under the conditions.

There is a lot of discussion concerning compression-type balls and non-compression balls. What is the difference?

We want you to know that we are not ball experts by a long shot, but we will give you a try. A compression type ball (Seamco, Vittert, Wilson) are two-mold balls made from rubber with a 2-4 pounds of internal pressure. This internal pressure exceeds atmospheric pressure and when the ball is struck against a wall the compression combined with the resilience of the rubber results in the faster type balls. When these balls lose their internal pressure, the balls become "dead." The internal pressure of non-compression balls (such as the Voit and Trenway-Z ball) is the same as atmospheric pressure. These balls rely on the rubber compound for their liveliness. They are never as lively as the compression ball.

What is percentage racquetball?

Basically, percentage racquetball is selecting the shot or serve that you have the best chance of making. For example, if you are deep in the left back corner, your opponent is ten feet back from the front wall and four feet from the left side wall, and the ball is coming at you waist high, the percentage shot is a ceiling ball. The non-percentage shot is a kill.

I see where the definition of PROFESSIONAL in the I.R.A. has changed again. What goes?

The definition for "professional" under the I.R.A. interpretation has NOT changed and never has changed. Only the requirements for someone termed "professional" who wishes to regain his amateur status has changed.

O.K. how has it changed?

Prior to this decision, a pro could regain his amateur standing by refraining from taking cash in any pro-sanctioned tournament for a year and waiting a year from the date of his or her letter requesting a return to amateur status. Now a player may regain amateur status by refraining from taking cash for a year and he or she may write the letter requesting return to amateur status at any time during that year.

Can a player call a "Cabot time-out" under I.R.A. rules?

Here we go again: for those who do not know, a "Cabot time-out" occurs when the receiver calls time-out after the server has dropped the ball and before he hits it with his racquet. For the life of us we cannot understand how any referee has ever allowed this to happen. Rule 4.1, part D clearly states that the serve is commenced as the ball leaves the server's hand, not when it is struck by the racquet. Thus play has already begun when the receiver has called "time-out" and it is not allowed.

Let's see you answer this one. Can the server start his serve with a foot outside the server's box?

No. We beg to differ with Mr. Ware ("Receiving Line," this issue) that the rule is clear. Again refer to Rule 4.1, section C. "The server may serve from any place in the service zone. No part of either foot may extend beyond either line of the service zone." A Philadelphia lawyer may argue that this does not prohibit someone from running into the service zone and complying with the rules by serving, but the above wording has always been interpreted to mean that the entire serve must begin within the server's box.

What is behind the decision of the Board of Directors of the I.R.A. that players are allowed to play only in one Championship event in the Regionals?

In the past, we have run into a problem when a top amateur enters and wins two events in the Regionals (the Senior and Opens, for example). He could receive reimbursement for 1/2 coach air fare in only one event at the Nationals. Let's say he picked the Open and therefore forfeited his 1/2 fare in the Seniors to the runner-up. The unfair part is that all those he had defeated in the Senior bracket really did not have a fair chance to play or beat the number two man in the Seniors.
Why I designed a superb court panel

Just as every player strives for consistency, so are his demands for court playability. That's why I designed a superb court panel.

Being a player and an owner of court clubs, I designed the M-M Panel with the player and owner in mind.

M-M Panel plays just like concrete. Every bounce is true. I tried to make the ball bounce different than concrete, but it was super. And, the new insulating, sound-deadening properties are the state-of-the-art.

For the court owner, M-M Panel has put together playability, durability, aesthetics, convertibility and minimal maintenance all in one system. The results are great savings in money over a long period of time.

The pros and I accept the panel as the playing surface of the future. Here is a panel system which will revolutionize court construction at a level everybody can afford.

Call or write M-M Court Systems today!

For the best panel, the best price and the best consulting service, call or write now.

M-M Court Systems

2340 Tampa Avenue    El Cajon, California 92020    714/697-1344
LAST CHANCE TO SAVE 40%
On Your I.R.A. Membership Dues
... Includes Your Subscription to
RACQUETBALL Magazine...

In March 1979, RACQUETBALL Magazine will come to you monthly and I.R.A. dues will be increased to accommodate this additional number of issues you receive each year. You get TWICE as many RACQUETBALL Magazines next year!
Sign up now for new membership or renew your old one and SAVE 40%!

<table>
<thead>
<tr>
<th></th>
<th>If You Renew Now!</th>
<th>If You Wait Until March!</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 year single</td>
<td>$6</td>
<td>$10</td>
</tr>
<tr>
<td>2 years single</td>
<td>$10</td>
<td>$18</td>
</tr>
<tr>
<td>1 year family</td>
<td>$9</td>
<td>$15</td>
</tr>
<tr>
<td>2 years family</td>
<td>$15</td>
<td>$20</td>
</tr>
</tbody>
</table>

New Classifications

1 year junior, military, collegiate $6 LIFETIME $100

New members can join at the current rates if you join now. Current members of I.R.A. can renew now at the old rates, no matter when your membership expires. We will simply add the additional 1 or 2 years to your present membership.

Fill out the application card and mail it to I.R.A.

AT THESE PRICES—YOU CAN SWING IT!

See Special Poster Offer on Page 45
**FIRST SERVICE**

**New Court Club Openings**

**All’s Wellesley**

Wellesley Racquetball Club, located on Rt. 16 in Wellesley Hills, Mass., will be open in February, 1979. This facility is comprised of 9 racquetball and 2 squash courts, all fully air conditioned and controlled, built into a 4 level structure which also contains over 13,000 sq. ft. of office rental area.

The club will feature individual saunas and whirlpool spas plus a large exercise room, members’ lounge, nursery and pro shop. Ten of the courts will have viewing areas with one of them, through a glass side wall, looking directly into a proposed 100 seat restaurant located on the third level. Professional staff will provide programs to suit the needs of every level of player. Private memberships are available on an individual, family, or corporate basis.

For more information, write Wellesley Racquetball Club, P.O. Box 253, Wellesley Hills, Massachusetts or call 617-235-4307.

**Meet Me In St. Louis**

The Spaulding Racquetball Clubs, Inc., St. Louis, Missouri, is nearing completion of its first racquetball-handball club in the state of Texas at 5890 Point West Drive in southwest Houston.

Upon its scheduled completion in late December of this year, this newest Spaulding Club will have 16 professional racquetball-handball courts with paneled, carpeted locker rooms with saunas and whirlpools. There will also be a modern nursery with competent daytime supervision.

**In The Knoll**

The Knoll Tennis and Racquetball Club is scheduled to open in early spring of 1979 in Parsippany, New Jersey. It is adjacent to the Knoll Country Club in Lake Hiawatha.

This 50,000 sq. ft. sports complex features 4 indoor tennis courts and 12 professional racquetball courts and a complete gym with the latest exercise and weight training equipment.

Other amenities include fully supervised nursery, complete pro shop and a fresh juice bar. The locker rooms are fully carpeted with men’s and women’s steam rooms and sauna, as well as individual private showers for men and women.

The comfortable lounge areas are complemented by a functional brick fireplace and afford excellent viewing into glass walled exhibition courts. There will be extensive lesson and clinic programs for both tennis and racquetball. The club will also offer slimnastics and exercise classes in conjunction with a total fitness/health program.

For membership information, please contact Knoll Tennis and Racquetball Club, at 1130 Knoll Road, Lake Hiawatha, N.J. 07034 (201)335-6200.

**Screen Play**

A new Spaulding Club at 725 River Road in Edgewater, New Jersey will become a part of a unique recreational complex that includes a nine-court indoor tennis club, a four-screen movie theatre, an ice skating rink, and an unusual 500-seat floating restaurant converted from a remodeled Hudson River Ferry Boat.

Upon its scheduled completion in mid-December, 1978, this newest Spaulding Club will have 20 professional racquetball-handball courts with paneled, carpeted locker rooms with saunas and whirlpools. A modern nursery with competent daytime supervision will be available.

**Crowning Achievement**

Royal Racquetball of Delden, N.Y. will open its 2 1/2 acre recreation facility this month. The facility, located at 607 Middle Country Road at Patchouge-Mt. Sinai Road in Coram, N.Y., has 12 championship courts (five are viewing courts) men’s and women’s saunas; free, supervised child care; equipped slimnastics room, men’s steam room; a lounging area, including snack bar, disco, pro shop; and a meeting and conference room.

Royal Racquetball’s programs include private and club-hosted parties, round robins, lessons, tournaments, leagues, and special events such as fashion shows and luncheons.

Information about single, family, and corporate memberships is available either by writing or by calling 732-5300.

**Imperial Court**

A multi-million dollar sports facility, featuring a complex of 14 championship racquetball courts, plus what has been called the most complete fitness training center in the East, opened in Fort Lee, New Jersey last December. About one-quarter of the 50,000 square-foot, four-story facility is devoted to racquetball.

King Arthur’s racquetball courts are specially designed with the latest technology, including floating hardwood floors, precision lighting and acoustic controls, so they’ll be fitting hosts for exhibitions and clinics by nationally-ranked professionals. According to Stan Danzig, operations partner, nationally-prominent players will also be on the staff of King Arthur’s.

Other features of the sports club are an advanced, well-equipped fitness and sports training center, with a 4,000 square-foot gymnasium, banked running track, and the most sophisticated exercise hardware and locker room setup anywhere; and an outstanding health food restaurant, with menus planned by a leading nutritionist.

King Arthur’s Court has a staff that includes a physiologist, sports trainer, cardiovascular consultant and nutritionist, along with racquetball instructors. They’ll administer a wide range of activities, including aerobic exercising and cardio-efficiency testing.

**Can’t Hold That Tiger**

Tiger Racquetball Club at Kingston, New York announced the addition of ten new racquetball courts completed November 1978. The courts have maple floorings, formica walls, and a climate-control system.

The addition is the second phase of plans by owner-operator Seth Nadel. The first phase included seven indoor and six outdoor tennis courts, saunas, a whirlpool, a full-sized adult swimming pool, and a children’s pool. The three buildings of racquet activities, plus the outdoor courts and pools are on nine acres, making it one of the largest racquet sport centers in the country. They feature year-round activities — round robins, lesson programs, tournaments, leagues, and other programs.

The third phase will include a large restaurant featuring an international cuisine and an additional seven racquetball courts for a total of 17. This construction should be completed by 1981.
# International Racquetball Association

## 3-Wall Outdoor Championships

### Official Entry Blank

<table>
<thead>
<tr>
<th>Tournament Host</th>
<th>Lakeland, Florida Municipal Courts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tournament Director</td>
<td>Gene Owen 813-687-6875</td>
</tr>
<tr>
<td>Dates</td>
<td>March 30, 31, April 1, 1979</td>
</tr>
<tr>
<td>Entry Fee</td>
<td>$25.00 1st event; $10.00 2nd event. All entries are final</td>
</tr>
<tr>
<td>Entry Deadline</td>
<td>All entries must be postmarked by Tuesday, March 20, 1979.</td>
</tr>
<tr>
<td>Official Ball</td>
<td>Seamco 444</td>
</tr>
<tr>
<td>Eligibility &amp; Rules</td>
<td>All entrants must show a current International Racquetball Association card and abide by IRA tournament rules. You must meet the age requirements as of March 30, 1979. Tie breakers will be played to 15 points.</td>
</tr>
<tr>
<td>Awards</td>
<td>Trophies for the first four places and consolation</td>
</tr>
<tr>
<td>Playing Time</td>
<td>8:00 A.M., March 30, 1979. The draw will not be given out in advance.</td>
</tr>
<tr>
<td>Mail</td>
<td>Entry fee should accompany form. Make check payable to the I.R.A. and mail to: Fred White, 8431 N.W. 2nd Manor, Coral Springs, Fla. 33065</td>
</tr>
<tr>
<td>Housing</td>
<td>Contact Fred White 305-473-3912</td>
</tr>
<tr>
<td>Events</td>
<td>Men’s Open; Women’s Open; Women’s Senior Open (35+); Men’s and Women’s Senior Open (35+); Men’s and Women’s Master (45+); Men’s and Women’s Golden Master (55+); Men’s and Women’s Golden Master (60+); Boy’s (17 and under); Boy’s (15 and under); Boy’s (13 and under); Boy’s (10 and under); Girl’s (17 and under); Girl’s (15 and under); Girl’s (13 and under); Girl’s 10 and under); NON CHAMPIONSHIP; Men’s B; Women’s B.</td>
</tr>
</tbody>
</table>

Make check payable to: I.R.A.

Send this form with entry to:
Fred White
8431 N.W. 2nd Manor
Coral Springs, Fla. 33065

**PLEASE INDICATE SHIRT SIZE**

<table>
<thead>
<tr>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
</tr>
</thead>
</table>

**EVENT ENTERING**

<table>
<thead>
<tr>
<th>IRA CARD NO. &amp; EXP. DATE</th>
</tr>
</thead>
</table>

| IRA CARD NO. & EXP. DATE |

<table>
<thead>
<tr>
<th>ADDRESS</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>CITY</th>
<th>STATE</th>
<th>ZIP</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>BUS. PHONE</th>
<th>HOME PHONE</th>
<th>ESTIMATED TIME OF ARRIVAL</th>
</tr>
</thead>
</table>

I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Florida Racquetball Association, Lakeland, and the International Racquetball Association and their respective agents, for any and all injuries.

**DATE**

**DATE**

**SIGNATURE**
Joe Sobek Recalls the Genesis of Modern Day Racquetball.

Joe Sobek isn’t the type to boast. Yet if he wanted to, he could hook his thumbs under his suspenders, rock back on his heels, and tell you that he singlehandedly invented a national pastime.

Joe Sobek is the undisputed father of racquetball. Twenty-eight years ago, he came up with the idea, designed the equipment, and formulated the rules for a game which has since grown into a multi-million dollar industry and may soon become an Olympic sport.

Today Sobek still lives in Greenwich, Connecticut, where he first experimented with the game, and where at present he is the tennis pro at the Fairview Country Club. The energetic and personable grandfather of five still plays the game—often with his wife, Nancy—while keeping one eye on national developments of the sport he created.

In this present age of committees, when it seems that almost all decisions and inventions come out of industrial laboratories, ad hoc study groups, and corporate think tanks, Joe Sobek’s story of the invention of racquetball sounds like something out of a previous century when great ideas were traceable to inspired individuals toiling alone. As usual, necessity was the mother of Sobek’s brainchild.

In the 1940’s Sobek had been a squash and tennis pro at the Greenwich YMCA. In 1950, however, he took a desk job with a rubber manufacturing company in nearby Bridgeport. It wasn’t long before he found himself getting restless for some exercise. The cold Connecticut winters did not allow for much tennis, so he spent a great deal of time at the local “Y” and health clubs playing wall sports. An “A” class squash player, he couldn’t find much quality competition, and he didn’t like handball (“too strenuous and too hard on the hands”). So he turned to pad
Paddleball and platform tennis. That’s when the lightbulb blinked on over his head.

“One day I decided that a strung racquet would allow you to make shots you could never make with a dead wooden paddle,” recalls Sobek.

Variety being the spice of wall sports, Sobek went home and began drawing up a blueprint. He started with a platform tennis paddle—not with a sawed-off tennis racquet as has so often been reported. To compensate for the weight loss involved in converting a wooden paddle into a strung racket, Sobek included a lead ply in the bow. He took his design to the Magna-Racquet Manufacturing Company nearby where the engineers made a few minor alterations before sending it into production. The first order of twenty-five was purchased by a group of players at the Greenwich YMCA who had become interested in their friend’s invention.

The next problem was a serviceable ball. The compression, size, and weight of handballs and paddle-balls made them unsatisfactory for the new game which, in 1950, Sobek was calling paddle racquets. Other balls were tried—even the insides of a tennis ball. Still unsatisfactory. Finally, Sobek found some Spalding balls at a local five-and-dime store and was delighted with the results. When the supply ran out, he went back for more and discovered that Spalding had stopped making that kind of ball before World War II.

The company still had the mold, however, and agreed to supply the minimum order of 150 dozen. Before they went into production, Sobek asked them to make one change. The original ball had been half blue and half red—a real psychedelic experience on the court. He asked that the ball be made solid blue (“Black was a little easier to see, but blue wouldn’t mar up the courts”). Still, Sobek’s problems weren’t over. When he and his friends tried the new balls, they discovered that they were much too lively. Evidently the original five-and-dime balls had mellowed like wine on the store shelves. Sobek couldn’t wait another five or six years for the new balls to follow suit. So he began writing to ball manufacturers. “I think I contacted every rubber company in the country,” he said. “It got so that every drawer in our house was filled with sample balls.” Finally he took one of the original Spalding balls to a friend at Seamless Rubber Company in New Haven. The designers there matched the size, compression, and wall thickness, eliminated some of the “rabbit,” and the modern racquet ball was born.

Next came the rules. Sobek drew up a set and took them around to “Y”s” in the area for the advice and consent of local players. While he was at it, he formed the players into a Paddle Rackets Association to promote the sport. The rules Sobek formulated in the early ’50’s did much to determine the shape of the game today.

“The major difference,” says Sobek, “was that the rules as I originally laid them out leaned more toward squash than handball. Today the rules are closer to those of handball.” For instance, in the early ’50’s version of the game, the rear-court receiving area was divided by a line into two “service boxes” as in squash. Also in keeping with squash rule, the server could strike the ball before it hit the floor, and could use the rear wall, but he had to alternate his serves to the two rear service boxes.

By now paddle racquets was showing signs of becoming a full-fledged epidemic. Some Greenwich enthusiasts had moved and taken the game with them; local businessmen proselytized on business trips across the country; the military was picking it up.

Joe Sobek found himself in the mail order business, packaging and sending off racquets, balls, and rule booklets to St. Louis, Memphis, Detroit, Chicago and points west. He also did some vigorous promoting. He supervised clinics in Hartford, New Britain, Nashville, Fort Dix, and the Pentagon. Promotional flyers were sent out all over the country:

**Gentleman:**

Are you discouraged with your physical condition? Are you exhausted and winded after the slightest exertion? Have you neglected the most precious possession God gave you, your body?

Well buddy, if your answer is “Yes” to all of the above, it is about time you started to do something about it. Your first step is to say “Yes” to your physical director when he asks you to try Paddle Racquets.

And so on. Interested parties were sent rackets and balls on a trial basis. If they didn’t care for the game, they could send the equipment back. “No one ever did,” says Sobek.

As the sport continued to snowball into the late 1950’s, Sobek and his National Paddle Rackets Association began setting up the first tournaments. In 1959, they organized the first national invitational amateur championships in New Britain, Connecticut. The two-day tournament drew players from as far away as Cleveland, Chicago, and Memphis. (For trivia fans, the first national amateur champion was Victor Lugli of New Britain, while the first national doubles champions were Dr. Joe Granski and Norman “Apple” Steinberg, also of New Britain.)

By 1959, the sport was well out of its infancy. It grew steadily throughout the ’60’s and in 1968, at the age of eighteen, racquetball reached its majority. That was the year of the National Paddle Rackets Tournament in Milwaukee. Organized by Larry Lederman, athletic director of a local Jewish Community Center, the tournament drew players from all over the country, large crowds, and perhaps most important of all, national news coverage.

Racquetball was obviously here to stay, and one of those to see the handwriting on the wall was handball impresario Robert Kendler. Meetings were held after the tournament, and within a year, paddle racquets had a new name, and the International Racquetball Association had been born.

“When I saw Kendler and the IRA begin massive national organizing, I decided that things had grown beyond me and my Paddle Rackets Association, and so I willingly let the big boys take over,” says Sobek. “I wasn’t upset by these develop-
ments." he's quick to add; "I knew that with their resources they could do a better job of promoting on a national scale."

And promote they did. In 1969, the IRA held the first international racquetball championships in St. Louis (won by Dr. Bud Muehleisen). Within three years participation in racquetball had tripled to over a million and a half, and the building boom was on. By 1977, over five million people would be playing the game, and more than 600 court clubs would be opened across the country.

About the time Sobek's Paddle Rackets Association had given way to the IRA, a curious—and, for Sobek, an ironic—pattern had become apparent in the growth of the sport. Racquetball was catching on much faster in the Midwest and Far West than it was in his own native Northeast. Sobek offers a tentative explanation: "In the '50s and 60's the Northeast had a lot going for it—tennis, skiing and other winter sports as well as all kinds of wall sports—squash, handball, platform tennis and paddleball. In other parts of the country, many people had never played handball or paddleball, and so for them, racquetball was a novelty.

In the last five years, however, the prodigal sport has come home. As an example, just last year in nearby Westchester County, Sobek himself set up Court Sports I, an ultra-modern complex featuring fourteen glass-wall exhibition courts. Future plans for this one area alone include four more racquetball complexes with a total of sixty-six courts.

As to why racquetball caught on at all in the early days, Joe Sobek is more certain. "It's an easy game to learn," he observes. "In about fifteen minutes of practice, anyone can achieve instant mediocrity." A lot of people, he says, have trouble hitting a ball with a gloved hand, "but with a short-handled racquet, there's a large striking surface near the hand so it's easy to make contact even if your hand-eye coordination isn't the best." He points out further that for the average player, racquetball demands less shot-making ability, patience, or knowledge of strategy than squash, handball, or tennis.

Another basic virtue of the sport is that it allows the player healthy exercise in a minimum of time; playing at a normal pace, the racquetballer can burn up almost 800 calories an hour.

And because racquetball is not strictly a power or strength sport, the largest number of new converts has been from among women of all ages and older men who have found that they can compete successfully with younger men.

"One other advantage," Sobek continues, "is economic. Most winter sports activities are not as convenient, and many of them, like skiing, are quite expensive." He's got a point. The most a serious beginner should have to spend on a racquet, racquetball shoes, and a can of balls is $46—and the shoes aren't requisite.

Finally, there's the psychology of the game. It's Sobek's suspicion that the sound of the ball has a lot to do with the game's appeal. "When you hit the ball, it makes an awful pop, and that's just a very satisfying noise," says Sobek. And good therapy too. It's interesting to note, however, that racquetball has yet to hear from the psychologists. Other older sports such as football, baseball, and basketball have been examined as substitute war games, quasi-hunting rituals, and vehicles for transferred aggression. (One recently published article has it that football is essentially a homosexual activity—terms like tight end, split end, fumbling, and scoring, along with players patting each other on the bottoms, and the posture of the quarterback and his center being the dead giveaways.) Perhaps we should prepare ourselves to be told sometime in the near future that most racquetballers are aggressive, anti-social types suffering from acute agoraphobia. We anxiously await their findings.

Looking back on it all in 1978 finds Joe Sobek both amazed and gratified. "I find it a little hard to believe sometimes," he admits; "a sport I began for a few friends at the Greenwich YMCA is now played by millions of people all over the world. It's truly astonishing."

Not all facets of the sport's growth have pleased its inventor, however. "I've always thought that professionalism in sports was a good thing because it made the sport grow, but recently, I've been worried that the pendulum has swung a little too far to the professional side. I'm worried that the amateur level isn't being adequately protected." Sobek and others who share his concern have taken heart, however, at the Public Funding Act recently signed into law by President Carter. The bill will bring amateur racquetball under the aegis of the U.S. Olympic Committee, and eventually promises to promote it as an Olympic sport.

Sobek would also like to see changes in a few aspects of the present style of play and some of the modern rules. "Take the power serve used by many young people," he says; "it's discouraging to many people, and if you see it on television, it's fast and final and uninteresting." Sobek believes that power serving could be controlled by either limiting serve tries to one or dividing the back court into receiving areas or "service boxes" as it had been in the early days of the sport.

A couple of present-day rules also bother Sobek. The hinder rule for instance. "It's too vague, and there are so many actors involved that it's very difficult for the referee to decide whether or not it was intentional." The English "let" rule in squash, he argues, is much more manageable.

The same holds true for the eighteen-inch rule in serving. "It's a difficult if not impossible judgment call, especially in a power game," says Sobek. Finally, he would like to see some changes in the out-of-court rule: "Now, whenever a ball goes out of court, the point is played over. What should happen is that a player should be penalized if the ball goes out of court as a result of a bad shot."

But if Sobek is not the type to boast, he's not the kind to complain either. He likes what has happened to racquetball. His attitude toward the sport today is that of a father whose child has grown up and left the nest. He sired the sport, raised it, and gave it direction. Now, at twenty-eight years of age, racquetball is out on its own, and Joe Sobek is happy to sit back and smile proudly.
Novice doubles is more dangerous than frying bacon in the nude. A doubles game may seem an innocent enough undertaking to the beginning player. After all, doubles is simply a spirited game with plenty of competition in which everybody gets to play. Lots of fun, lots of exercise. Right? Wrong. When four inexperienced players are confined in that over-ambitious closet we call a court, collisions are as inevitable as earthquakes in Southern California.

Despite the perils, novice players continue to play doubles; whether out of ignorance or arrogance, they insist on taking their chances. What they don't realize is that the normal concept of team versus team does not hold true in doubles: theoretically, you and your partner are on the same side, playing against the other two players. But in reality the contest often pits partner against partner, or partner against everybody.

PARTNER-VERSUS-PARTNER

Injuring your partner is the result of ignorance and clumsiness; but sometimes it has its own deadly choreography. Consider the "I'll take it! You got it!" play which is stolen from the baseball scrapbook of easy ways to a quick concussion. In this situation, two players on the same team scurry after a ball which has been lobbed into the rear court by the opposing team. When they reach the ball, in the confusion of the moment, one player shouts, "I'll take it! You got it!" The two players then turn quickly with cat-like grace and watch the ball float to the floor between them. As the ball hits the floor, there are two alternatives available to the players: they can both put their hands on their hips and stare disgustedly at one another (as a member of the opposing team comments, "good teamwork"), or they can use the alternative that most novice doubles players choose. As the ball hits the floor, they both flail at it, hoping they can hit it at the last minute: instead, teeth and racquets collide. Blood is optional. Pain is requisite.

Players usually agree before a game whether they will play side-by-side or one up front and one back. The "front/back" position results in many more injuries than the "side-by-side," yet for some unknown reason, most novice doubles players seem to opt for it. When they do, the "kneeling knight" play and the "blind bat wallop" are inevitable.

The "kneeling knight" play takes its name from the days of chivalry when a young squire entered knighthood by kneeling and receiving a tap on both shoulders with a sword. In racquetball the opposing team must hit a ceiling shot which comes down in the middle of the court. The front player of the defending team then backs up with his racquet cocked over his head, ready for a ceiling shot return. But at the last moment, he drops to one knee like a kneeling knight and hollers for the back player to take it. The back player, with his racquet cocked over his head, moves forward quickly and swings viciously at the ball. He may
or may not hit it, but he will with awesome regularity bring the metal edge of his racquet crashing down onto the forward player's head. The game is usually stopped at this point.

The "blind bat wallop" is a precise maneuver which requires split-second timing on the part of the front player and depends entirely on his ability to deceive his teammate in the back court. The setup requires that the opposing team hit a good, crisp passing shot by the front player. He makes a move toward the ball, but then appears to give up and let the ball pass. At this point, timing is crucial. Just as the back player decides that the ball is his, the front player pivots and lunges after the passing ball like a bat closing on some unsuspecting insect—hence the name of the play. Needless to say, the back player has already completed half of his swing and has no hope of checking it. The result is a loud gasp from the front player. The red and blue lines appearing instantly across his nose and cheeks will fade in a week or so.

PARTNER-VERSUS-EVERYBODY

The partner-versus-everybody maneuvers lack the grace and poetry of the partner-versus-partner moves, but are infinitely more sinister because they seem more premeditated, and paradoxically, more out of control. One player seems to declare open season on the other three players.

The "three cowering mice" syndrome can be precipitated only by a player who is under the influence of the "lone ranger" complex. It can appear at any moment during a novice doubles match, but is most likely to occur toward the end of a game as the result of overexertion. Initially, the potential "lone ranger" will encroach on his partner's side of the court, taking shots that his partner could have made. At first it happens infrequently and apologies are made immediately. Soon, though, the encroachments happen more frequently, and the apologies, if they come at all, come less quickly.

Suddenly he goes berserk. He loses control and starts racing wildly all over the court, oblivious to the fact that he even has a partner. He tries to get every shot regardless of where it's hit.

Internally, the "lone ranger" is having grandiose illusions about his abilities. He can do anything. He can reach any ball. He can make any shot; Hogan or Brumfield wouldn't stand a chance. He and the ball are the only thing that exist. He has become one with the ball. This feeling may be described by the "lone ranger" as a religious experience (the Zen of racquetball), but it is described by the other three players as dangerous.

Novice doubles players should be aware of the early warning signals of the "lone ranger" complex and if a fellow player exhibits any of the signs, they should stop the game and have the potential zealot take a break and catch his breath. If they don't take this precaution, they could fall victim to their own ignorance and become the "three cowering mice."

"Three cowering mice" can truly be called cruel and unusual punishment because it is not sure and swift. It gives the three players time to contemplate the pain that one of them will soon be feeling. Anyone who has ever seen "three cowering mice" performed knows that it can be as excruciatingly painful to watch as it is to experience.

Racquetball can't grow if new players keep maiming each other. Novices should get some experience before they donate their bodies to the game of doubles.

The basic choreography begins after the "lone ranger" has just made another bad shot. He is standing close to the front wall on the extreme left hand side of the court. The opposing team then hits a lob which carries toward the back wall on the extreme right hand side of the court. Regardless of the fact that he is as far from the ball as he could possibly be, and that his partner is standing in the far right hand corner of the court, ready to make the shot, the "lone ranger" comes raging out of the front court toward the ball. Using common sense, the other players start backing away from him; suddenly there is no more room to back up—but the "lone ranger" is still coming. He has herded them all into the corner and they are pinned. The ball drops about five feet from the backwall and bounces high while the "lone ranger" cocks his exaggerated backswing. His racquet is within inches of the three players: they cower. As the "lone ranger" lunges at the ball, the three players raise their racquets in the hope of warding off the blow. Then there is a thud, a crack, as one of the "three cowering mice" doubles over in pain. The other two sigh with relief; they have been spared. Then they rush to the aid of their fallen comrade. The "lone ranger" snaps back to his senses, and in shame, realizes what he has done. It is not a pretty sight, but then novice doubles is not a pretty game.

Even a player who is under complete control of his emotions and senses can fall victim to the "disappearing player" phenomenon. Any description of the "disappearing player" situation should start with a quick anatomy lesson: humans have only two eyes: one to watch the ball, the other to watch three other players. With a little luck, and good peripheral vision, a player making a shot will be able to keep track of the ball and two other players. That leaves one player whom he can't see—the "disappearing player."

Magicians have an old saying: "What disappears must reappear." The trouble with a player who vanishes during a doubles game is that he, too, must reappear. In a novice game, the invisible player many times reappears at the exact point at which a swing racquet has reached its maximum velocity.

For example, player A goes for a forehand kill. He adjusts his body position to avoid hitting the player off to his right, player B. Player A sees his partner up in the front court, player C, but he doesn't see player D-D for disappearing. Where the heck did that guy go, player A wonders. Did he just disappear, or what? Oh well, I've got to smash this shot. While player A prepares to kill the ball, the "disappearing player" is wide-eyed with fear. He is directly behind player A and he is gyrating spasically, trying to move out of the way to keep from getting clobbered. As player A hits the ball, the bang-pop of his shot contrasts sharply with the thud of his racquet making contact with the "disappearing player." There that pesky rascal is. The "disappearing player" staggers backwards in pain, wishing there had been some way he really could have disappeared.

Racquetball can't continue to grow if new players keep maiming and scaring each other. Novice players should wait until they are experienced enough to know their limitations before they donate their bodies to the abuse of a doubles game. If this description of dangerous doubles possibilities has not been enough to arouse the instinct of self-preservation, and if there are novice players who still feel they must play doubles, then they should be aware of an excellent plan offered by Blue Cross/Blue Shield, with a semi-private room, plus major medical, plus . . . .
WHAT MAKES JOHNNY RUN?

Just as left-handed people must learn at an early age to use right-handed scissors or forget about cutting anything, so it is that non-competitive people must adjust to the predominance of such competitive sports as football, basketball, hockey, and racquetball or drop from the sports scene. Indeed, it is a hard, competitive world for the non-competitive athlete, who must alter his inclinations, sit on the sidelines, or find a non-competitive sport.

Fortunately, there are non-competitive sports. Running, for instance, is a perfect activity for non-competitive people. As a matter of fact, it has so many non-competitive qualities that the competitive person is the one needing to adjust, for a change.

Competitive people who see any activity as a contest between themselves and an opponent (as in racquetball) or at least between themselves and the clock (as in running) are likely to become increasingly miserable as runners, and finally give it up altogether. Or they may develop personality traits similar to those of their non-competitive brothers and sisters to become successful runners.

I'm my own best example. I am still a competitive person but I underwent a psychic overhaul while I learned to handle running. I hadn't really realized it until I dropped by the office of my friend, Mark.

"Hey John, I caught your jogging act this morning on my way to work."

"Yeah?"

"How far do you jog, anyway?" Mark asked with a kind of curiosity that cleared me he's interested in running himself.

"It depends on how I feel, how much I've run already this week and..."

"Cut the excuses, how far today?"

"Six miles today," I blurted. "And eight on Sundays." Suddenly I was embarrassed by my vanity.

"Six miles! I couldn't walk that far with hourly rest periods."

he declared. Mark's disclaimer had a smugness all its own, but I detected a bit of envy from my friend, the cynic. It was my chance to regain a little humility.

"Sure you could. Why there's hundreds of old ladies out there who do better than that."

"I don't know, John. I've tried jogging before. It's too boring for me."

That smugness again, as if running (which to him was jogging) was beneath his dignity or something. I responded, "Have you tried the LSD method?"

"LSD!" he gasped. "I heard that some cancer patients smoke grass legally, but LSD for joggers?"

"Not the drug, Mark."

Long, Slow Distance, I explained, is what LSD stands for, and it is a very effective running-training-technique that dissolves pain and boredom.

"Long, slow distance work actually overcomes the boredom of running because your body enjoys the jaunt and your mind is free to wander."

"But doesn't long distance tire you out for racquetball? I hardly have the energy to keep up my number one sport, much less another."

Looking back on it, I really got pompous at this point. Me, the expert. "Actually," I explained, "racquetball is the very reason I run. But before I go any further, let me enlighten you with the proper terminology. Jogging is a passe term for running."

I explained to Mark that the great athletic fantasy of running is half the satisfaction, so why spoil it with a less than flattering description? If you feel like you're exerting yourself beyond a fast walk, you're running.

"Mark, there are two types of human personalities—competitive and non-competitive. You're more non-competitive wouldn't you say?"

"You know I am. But if you think I'd enjoy the dull routine of running, you're mistaken."

"Running doesn't have to be monotonous," I responded.

"Runners who train with the LSD method report anything but monotony because their minds become detached from the repetition of the workout, their feet and become transfixed on the surroundings or solutions to their problems or beautiful daydreams. Myself, I daydream about winning racquetball tournaments. That's just between you and me, Mark."

R. John Kaegi, publisher of Alpha: The Magazine for Campus Greeks, ran competitively in high school and college, then quit for six years. Not wanting to feel "over-the-hill" at 30, he began running again three and a half years ago and now competes in 5-10 mile road races.

Taming A Competitive Nature Through Running · By R. John Kaegi
At this point he was the victim of my "running is so good for you" appeal that secretly reinforces every runner's sense of purpose. I recited every benefit I could remember: endurance, cardiovascular development, leg muscle tone, psychological tranquility—almost like meditation—and "Oh, I almost forgot, brainstorming ."

"Brainstorming?"

"Yeah. The running time is among the most creative moments of my day. Besides, too much racquetball can be dull, too," I added. "A racquetball-running training approach is the ideal aerobic exercise program since the start-stop-start of racquetball alone is less beneficial aerobically speaking. It also strains muscles and tendons that can be strengthened with the proper running program. And a combination of racquetball and running will repel the blahs of too much of either."

Here I reminded Mark that aerobic exercises are those that involve large muscle masses and are performed continuously for a significant period of time until one's breathing becomes deeper, the heart beats faster and the blood vessels expand. Aerobic exercise improves the body's ability to consume and use oxygen. On the other hand, anaerobic exercises, such as weight lifting or sprinting, do little for the cardiovascular system, though they will strengthen muscles.

"Many racquetball players get even less cardiovascular benefit when they take long rest breaks between games or play for only brief periods. For exercise to be truly good for you, it must be performed for extended intervals and it must be rhythmic so the lungs and heart will work harder than usual. Remember, your heart is your most important muscle."

"I gotcha. You're saying that a running program in addition to racquetball will improve my endurance to the point that I will enjoy racquetball more and not worry whether I'm getting enough of the right kind of exercise."

"Yeah, I guess I am."

"Well, I enjoy racquetball. But I'm not sure I would stick with running."

"Mark, a non-competitive type person like you would love running if you only gave it a try, and, of course, followed some advice. I'm sure you wouldn't make the same mistake I did in setting lofty goals and trying to establish new records every trip out. I'm so competitive that I came back to running after once burning out, but, this time, with a positive mental approach."

"Like?"

"Like allowing myself to become detached from the results of my running. It may sound contrary, but I've become both humble and selfish when it comes to running. I'm no longer concerned with how others rate me as an athlete based on my running. I enjoy road racing, but I run for myself, not against the clock or the others in the race. No use fretting about winning or losing since speed is largely an inborn thing, not likely to be influenced much by training.

"I've become selfish in my preference to run alone, to run as far or short as I want that day and to plan my time around running. I enjoy running. Before I became a runner, I was just a competitive type who was 'chug, chug, chugging' along, always staring straight ahead. The only variety was my futile attempt to break my previous day's record. Runners aren't 'chug, chug, chuggers' because they relax and enjoy the beauty around them regardless of the season or surroundings. They—we tend to drift off into new mental
“Keep in mind that a runner’s feet strike the ground some 800-1100 times a mile, Mark. Running shoes are made to comfort the feet while running.”

Actually, more suitable adjectives for a good pair of running shoes might be “wonderful” or “exotic” (and while it’s tempting to wear them for nonrunning sports, it’s better not to since they’re not made for twisting, jumping and fast starting). As many as 16 different models (ranging in price from $15-$60) are made by a score of companies. I wouldn’t rely on a department store special that sells for less. Most casual runners today just buy one pair of training shoes, though shoes are also made for road racing, cross country and sprinting.

“Say I do learn to enjoy running,” Mark intoned, “how long does it take to get over the soreness of starting out?”

“You don’t have to have any soreness. Start slowly or even combine walk and run stints over a mile for the first two or three weeks. You’re in pretty decent shape now, so you could work your way up to an easy two mile run in three or four weeks. Then add a half mile every two weeks until you’re running at least 30 minutes each time out. Thirty minutes is a minimum necessary for real cardiovascular improvement.

“Pay attention to your body, your breathing, and your muscles. Take short, quick steps and just run naturally. Your stride and style will evolve quickly and will be right for you. Keep your elbows bent, but not tight against your body, and relax your hands. Also, don’t run on your toes. Let each foot contact the ground at the heel and roll forward.

“Once you begin enjoying the long, slow distance method, you’ll be surprised how long you’ll want to stay out running. Then you might want to try the fartlek training method.’’

“Fartlek? You’re kidding.”

“No, it’s a Swedish word that means ‘speed play.’ It’s only effective if you are disciplined enough to perform a tough workout. But it’s also fun. In fartlek training, several runners take off into the woods or fields at a fast pace through and over whatever obstacles are present, whether they be streams, high grass, mud, snow drifts, whatever. Each obstacle is seen as a challenge. Overcoming those challenges makes the fartlek method an outstanding training method.

“But watch yourself, especially when you combine hard training with racquetball. You could overtrain like I did a few years ago.”

At age 32 I am far from over the hill, but on my 30th birthday I decided to become another Bruce Jenner. At 5:30 every morning I began a six mile run followed every evening by a tough racquetball practice. Although I felt great, after a couple months of this insanity I began sensing trouble. Early in the tournament season I played brilliantly in the first game of each match, but inevitably worsened as the matches wore on. I stepped up my regimen despite the early warning signs my body provided. Swollen glands, sore throat and headaches added to the misery cont. on p. 34
January 12-14
New Hampshire State Racquetball Championships Closed Singles and Doubles* Off the Wall Racquet Club 596 W. Hollis St. Nashua, NH 03060 Tournament Director: Ina Iverson

8th Annual Cowboy Open* Oklahoma State University 119 Colvin Center Stillwater, OK 74074 Tournament Director: Dorothy Searcy 405-624-7406

L.R.A. Maine Closed* all events other than doubles Andy Valley Racquetball Club Lewiston, ME Contact: Bruce Lewis 30 Bow St. Freeport, ME 04032

2nd Annual European Racquetball Assoc. Single Championships Augsburg Open* Tournament Director: Ray Jimenez or Ken Hines Augsburg, Germany

Invitational A & B P.A.R.C. Bellingham, WA Tournament Director: Gene Altman 206-876-1000

1st Liberty Bell Town & Country Tennis & Health Center 1st Ave. No. Federal Way, WA 98218 Tournament Director: Gary Hansen 206-927-3312

AMF Voi/Datsun Racquetball Classic National Playoffs for all Tournament finalists Supreme Court Las Vegas, NV 213-276-2018

January 15-26, 1979
Cambridge Area Jaycees and YMCA Men's and Women's A & B Divisions P.O. Box 87 Cambridge, OH 43725 Tournament Director: Ralph Penick

Thorton YMCA Doubles* Contact: Jean Lehr Oklahoma City, OK 405-843-9741

Down East Women's Classic USAIat Racquet Club South Portland, ME January 26-28

One More Time 18th District Morrie Major Lind Park Court Club 220 W. North Ave. Chicago, IL Tournament Director: Angelo Petitti

B-4 Sporting Goods Racquetball Classic* Tournament Director: Jim Lovell Severn Valley Racquet Club Severn Valley Road San Diego, CA 92121

Long Island Open* 1677 Westmoreland Rd. Merrick, NY 11566 Tournament Director: Allen Selitman February 2-4

Burlington Open* Burlington YMCA Tournament Director: Harry Haynes February 8-9

Lawton YMCA Senior II Masters Tournament* Lawton, OK Contact: Dick Hoffman or Jean Lehr Oklahoma City, OK 405-843-9741

2nd East Coast Women's Doubles* Off the Wall Racquet Club 3100 Industrial Blvd. Bethel Park, PA 15102 Tournament Director: Ken Goldberg 412-833-7600

February 9-11

New Hampshire Open* Off the Wall Racquet Club 596 W. Hollis St. Nashua, NH 03060 Tournament Director: Ina Iverson

North Carolina State Championship* February 16-18

Connecticut Open* C/o Phil Panarella Box 259 New Britain, CT 06050

Williamsport Open* Tournament Director: Kirby Shimp 3rd & Hepburn Williamsport, PA 717-323-7134

A & B Men's and Women's Doubles Cove County* 22 & Finley Lombard, IL Tournament Director: Angelo Petitti 312-348-3805

All C Divisions tournament Pro Am Court House Tournament Director: Bob Petersen 7211 Colonial Boise, ID 209-377-0040

February 23-25

Woman '79* Boston Tennis Club Tournament Director: Carol Mason 617-358-4341

President's Council on Physical Fitness Clinic* Northwest Region Pacific Lutheran University Tacoma, WA Masters Singles Invitational* Jacksonville Racquet Club 6651 Crestline Dr. Jacksonville, Fl. 32211 904-724-6994 Tournament Director: Ina Varson

Colorado State Championships* Denver Sporting House 5151 DTC Parkway Englewood, CO Tournament Directors: Bob Klass 303-629-2970

February 26-March 4

International Racquetball Week March 2-4

International Racquetball Association State Championships* March 9-11

March of Dimes* Downtown Racquetball Club New Haven, CN Tournament Director: Wayne Bruno 203-787-7459

West Virginia L.R.A. State Championships* March 30-April 1

Maine Open-L.R.A.* Mall Racquetball Club S. Portland Downeast Court Club Falmouth, ME Contact: Bruce Lewis 38 Bow St. Freeport, ME Delaware L.R.A. State Championships* Tournament Director: William Stoebel Brynmar Racquetball Club 2513 Bryan Drive Wilmingon, DE 19808

Northwest Open P.A.R.C. Tournament Director: Gene Altman Bellingham, WA 206-676-1800

March 23-25

Mid Atlantic Masters Invitations* Racquetine, Inc. Senior Invitations Racquetine Racquet Club 4314 Old William Penn Highway Monroeville, PA 15146 Contact: Gary Martin


Tennessee State* U. of Chattanooga Tournament Director: William Stoebe 615-527-5111 Daffodil Festival Open Sprinker Rec Center Tacoma, WA Tournament Director: Gary Hansen 206-537-2600

March 29-30

International L.R.A. 3-Wall Championships* (see p. 14) Tournament Director: Fred White 777 American Express Way Ft. Lauderdale, FL 33337 305-473-3912

March 30-April 1

Maine Open-L.R.A.* Mall Racquetball Club S. Portland Downeast Court Club Falmouth, ME Contact: Bruce Lewis 38 Bow St. Freeport, ME

February 16-18

Connecticut Open* C/o Phil Panarella Box 259 New Britain, CT 06050

Williamsport Open* Tournament Director: Kirby Shimp 3rd & Hepburn Williamsport, PA 717-323-7134

A & B Men's and Women's Doubles Cove County* 22 & Finley Lombard, IL Tournament Director: Angelo Petitti 312-348-3805

All C Divisions tournament Pro Am Court House Tournament Director: Bob Petersen 7211 Colonial Boise, ID 209-377-0040

February 23-25

Woman '79* Boston Tennis Club Tournament Director: Carol Mason 617-358-4341

President's Council on Physical Fitness Clinic* Northwest Region Pacific Lutheran University Tacoma, WA Masters Singles Invitational* Jacksonville Racquet Club 6651 Crestline Dr. Jacksonville, Fl. 32211 904-724-6994 Tournament Director: Ina Varson

Colorado State Championships* Denver Sporting House 5151 DTC Parkway Englewood, CO Tournament Directors: Bob Klass 303-629-2970

February 26-March 4

International Racquetball Week March 2-4

International Racquetball Association State Championships* March 9-11

March of Dimes* Downtown Racquetball Club New Haven, CN Tournament Director: Wayne Bruno 203-787-7459

West Virginia L.R.A. State Championships* March 30-April 1

Maine Open-L.R.A.* Mall Racquetball Club S. Portland Downeast Court Club Falmouth, ME Contact: Bruce Lewis 38 Bow St. Freeport, ME

Augsburg Open* Tournament Director: Ray Jimenez or Ken Hines Augsburg, Germany

Invitational A & B P.A.R.C. Bellingham, WA Tournament Director: Gene Altman 206-876-1000

1st Liberty Bell Town & Country Tennis & Health Center 1st Ave. No. Federal Way, WA 98218 Tournament Director: Gary Hansen 206-927-3312

AMF Voi/Datsun Racquetball Classic National Playoffs for all Tournament finalists Supreme Court Las Vegas, NV 213-276-2018

January 15-26, 1979
Cambridge Area Jaycees and YMCA Men's and Women's A & B Divisions P.O. Box 87 Cambridge, OH 43725 Tournament Director: Ralph Penick

Thorton YMCA Doubles* Contact: Jean Lehr Oklahoma City, OK 405-843-9741

Down East Women's Classic USAIat Racquet Club South Portland, ME January 26-28

One More Time 18th District Morrie Major Lind Park Court Club 220 W. North Ave. Chicago, IL Tournament Director: Angelo Petitti

B-4 Sporting Goods Racquetball Classic* Tournament Director: Jim Lovell Severn Valley Racquet Club Severn Valley Road San Diego, CA 92121

Long Island Open* 1677 Westmoreland Rd. Merrick, NY 11566 Tournament Director: Allen Selitman February 2-4

Burlington Open* Burlington YMCA Tournament Director: Harry Haynes February 8-9

Lawton YMCA Senior II Masters Tournament* Lawton, OK Contact: Dick Hoffman or Jean Lehr Oklahoma City, OK 405-843-9741

2nd East Coast Women's Doubles* Off the Wall Racquet Club 3100 Industrial Blvd. Bethel Park, PA 15102 Tournament Director: Ken Goldberg 412-833-7600

February 9-11

New Hampshire Open* Off the Wall Racquet Club 596 W. Hollis St. Nashua, NH 03060 Tournament Director: Ina Iverson

North Carolina State Championship* February 16-18

Connecticut Open* C/o Phil Panarella Box 259 New Britain, CT 06050

Williamsport Open* Tournament Director: Kirby Shimp 3rd & Hepburn Williamsport, PA 717-323-7134

A & B Men's and Women's Doubles Cove County* 22 & Finley Lombard, IL Tournament Director: Angelo Petitti 312-348-3805

All C Divisions tournament Pro Am Court House Tournament Director: Bob Petersen 7211 Colonial Boise, ID 209-377-0040

February 23-25

Woman '79* Boston Tennis Club Tournament Director: Carol Mason 617-358-4341

President's Council on Physical Fitness Clinic* Northwest Region Pacific Lutheran University Tacoma, WA Masters Singles Invitational* Jacksonville Racquet Club 6651 Crestline Dr. Jacksonville, Fl. 32211 904-724-6994 Tournament Director: Ina Varson

Colorado State Championships* Denver Sporting House 5151 DTC Parkway Englewood, CO Tournament Directors: Bob Klass 303-629-2970

February 26-March 4

International Racquetball Week March 2-4

International Racquetball Association State Championships* March 9-11

March of Dimes* Downtown Racquetball Club New Haven, CN Tournament Director: Wayne Bruno 203-787-7459

West Virginia L.R.A. State Championships* March 30-April 1

Maine Open-L.R.A.* Mall Racquetball Club S. Portland Downeast Court Club Falmouth, ME Contact: Bruce Lewis 38 Bow St. Freeport, ME
RACQUETBALL QUESTIONNAIRE

The I.R.A. and RACQUETBALL Magazine are launching a new effort to communicate the needs and desires of the amateur player to the manufacturer and court club owner. One part of this effort involves the following questionnaire. Please take the time to answer all or any number of the questions and return your answers to us. We feel confident that your effort will benefit the sport.

Please mail the questionnaire to: Research Department, RACQUETBALL Magazine, P.O. Box 16566, Memphis, TN 38116. Thank you for your help.

HABITS
What sport do you play most?
Second (if any)_________________________ Third (if any)_________________________
How long have you been playing racquetball?_________________________
How frequently do you play racquetball?_________________________ times a month
How long do you play each time?
Compared to the past, are you playing more less about the same
What days do you usually play? S M T W TH F S (please circle)
During what hours?________ A.M. ________ P.M.
At how many different places do you play?
Are you a member of any of these clubs?_________yes_________ no
If yes, how many?_________________________
What membership dues do you pay?_________________________ month_________________________ year
What are your court costs?_________________________ per hour
Have you incurred any major injury that forced you to miss playing?_________ yes_________ no
If yes, what kind of injury?
For how long were you sidelined?
Which of the following activities do you enjoy participating in at your club?
______ ladder _____ round robins _____ club tournaments _____ open play _____ private classes
______ group classes _____ pick-up games _____ clinics _____ other (please list)

Do you eat before you play?______ yes _______ no _______ no regular pattern
How long before?_________________________
What is your favorite food before you play?_________________________
Do you eat after playing? __ yes __ no __ no regular pattern
How long after? ________________
What is your favorite food after you play? ________________________________
Do you drink after you play? __ yes __ no __ no regular pattern
If yes, what type of beverage? ____________________________ brand
how much ________________
Do you warm up before playing? __ yes __ no
If yes, how long? ________________
Do you cool down after playing? __ yes __ no
If yes, how long? ________________
List what you do after playing (shower, shave, chat with friends, etc.)
1. ________________ 2. ________________ 3. ________________ 4. ________________
5. ________________ 6. ________________ 7. ________________ 8. ________________

How far do you travel to play? ________________ miles ________________ minutes

**FACILITIES**

Does your club (______private______public) have the following facilities? (If your club has the facility indicate with a ✓, if you use that facility add an x.)

- nursery ✓
- supervised nursery
- exercise/weight room ✓
- lockers
- steam room ✓
- health bar
- snack bar
- whirl pool (men's)
- whirl pool (women's)
- sauna (men's) ✓
- sauna (women's)
- pro shop (equip.)
- pro shop (clothes)
- tennis court
- running track
- golf
- other

**EQUIPMENT**

Do you buy shoes specifically designed for racquetball? __ yes __ no
If yes, how many pairs do you own? ________________
What brands do you own? ________________________________
How much did you pay for each pair? ________________
How often do you buy athletic shoes? ________________
When you are ready to buy another pair, which brand will you buy? ______________________________
Where will you go to buy them? ______________________________

Do you buy special tops for racquetball? __ yes __ no
If yes, how many do you own? ________________
What brand(s) do you own? ____________________________ cost
How many do you buy each year? ________________
When you are ready to buy a new shirt/top, which brand will you buy? ______________________________
Where will you go to buy it? ______________________________

Do you buy special shorts for racquetball? __ yes __ no
If yes, how many pairs of racquetball shorts do you own? ________________
What brand(s) do you own? ____________________________ cost
How many pairs of athletic shorts do you buy each year? ________________
When you are ready to buy a new pair of athletic shorts, which brand will you buy? ______________________________
Where will you go to buy them? ______________________________

Do you buy athletic socks for racquetball? __ yes __ no
If yes, how many pairs do you own? ________________
What brand(s) do you own? ____________________________ cost
How many pairs of athletic socks do you buy each year? ________________
When you are ready to buy a new pair, which brand will you buy? ______________________________
Where will you go to buy them? ______________________________

Do you buy athletic shoes for racquetball? __ yes __ no
If yes, how many pairs do you own? ________________
What brand(s) do you own? ____________________________ cost
How many pairs of athletic shoes do you buy each year? ________________
When you are ready to buy a new pair, which brand will you buy? ______________________________
Where will you go to buy them? ______________________________
Do you own safety glasses? ______ yes ______ no
Are they prescription glasses? ______ yes ______ no
What brand do you own? __________________________ cost ______________________
Would you buy the same brand again? ______ yes ______ no
If no, what brand would you buy?
If you do not currently own safety glasses, are you considering buying a pair? ______ yes ______ no
If yes, what brand are you considering?

Do you own any wrist, knee, or elbow supports? ______ yes ______ no
If yes, do you wear them only when you are injured? ______ yes ______ no
What brand(s) do you own? __________________________ cost ______________________
Would you buy other support equipment? ______ yes ______ no
If yes, what brand(s)?

What brand(s) of racquet do you own? __________________________ cost ______________________
How often do you buy a new racquet?
When you are ready to buy a new racquet, what brand will you buy?
Where will you go to buy it?

Do you buy athletic underwear/supports for racquetball? ______ yes ______ no
If yes, what type?
What brand(s) do you own? __________________________ cost ______________________
When you are ready to buy new underwear/supports, which brand will you buy?
Where will you go to buy them?

What brand of racquetballs do you play with?
What brand of balls do you like the best? __________________________ cost ______________________
How long does a can of balls last you?
Where do you buy your racquetballs?

Do you own a carry bag? ______ yes ______ no
If yes, what brand?
How often do you need a new bag?
How often do you buy a new bag?
If you were to buy a new bag, what brand would you buy?
Where would you go to buy it?

Do you own a racquetball glove? ______ yes ______ no
How many do you own? ______ What brand do you own? __________________________ cost ______________________
How often do you need a new glove?
How often do you buy a new glove?
When you buy one, what brand will you buy?

**Travel**
Have you ever traveled out of your city specifically to play racquetball? ______ yes ______ no
How often? ______ times per year for ______ years.
What is the farthest you have traveled? ______ miles
What is the longest time you have spent playing/watching out of town? ______ nights
Where did you stay? _______hotel/motel _______friends _______homes of host _______club members _______other
Type of play _______informal _______tournament
Would you travel out of town to see a tournament? ______ yes ______ no
At what playing level?
SPEAK OUT
What changes would you like to see regarding the following?

EQUIPMENT
Racquets

Balls

Shoes

Gloves

Other

COURT CLUBS
Hours

Facilities

Courts

Costs

What do you like most about your club?

About the management?

What do you like least about your club?

About the management?

Have you ever resigned from a court club? yes no
If yes, why?

What new club rules would you like to see added at your club?

PLAYING RULES
Does your club follow I.R.A. rules? always only during tournament play never

it's up to the players except during tournaments

What playing rules would you like to see changed?

Serve

Return of serve

Officiating

Play

Hinders

Tournaments

Your Name

Sex M F

Address

City, State, Zip

Telephone Number
5th Annual Mass. Singles (Closed)*
Cedardale Racquet Club
Haverhill, MA
Tournament Director: John Lepore
617-662-6731

President’s Council on Physical
Fitness Clinic*
Northeast Region
Board of Education
New York, New York

Box 61116
Raleigh, NC 27661
Tournament Director: Sonny Harmon
919-227-1161
919-832-5513

SnowFest Racquetball
Tournament*
August YMCA
Contact: Bruce Lewis
39 Bow St.

Alabama State Championships*
Huntsville Athletic Club
Tournament Director: Gary Bell
2005 Sewanee Road
Huntsville, AL 35801
205-534-5019

Alaska State*
Racquetball Fairbanks
Front & Eagle Streets
P.O. Box 73169
Fairbanks, Alaska 99707

519 Warwood Ave.
Wheeling, W. VA 26003
304-277-3840

March 16-18
Intercollegiate I.R.A.
Championship*
to be held at Penn State State
University
Tournament Director: Larry Liles
Jim Cullen
c/o Court House
1990 Dek Ind. Blvd.
Marietta, GA
404-452-2120
Memphis State University
901-454-2905

Bay State Open*
North Meadow Racquet Club
Tewkesberry, MA
Tournament Director:
Dan Giordano

To urnament
Tri City Court Club
1350 N. Grant St.
Kenwick, WA 99033
Tournament Director: Kathy Schilling
April 5-8
N.R.C. Regionals

Bumble Bee Women’s Classic*
Open, Singles, and Doubles
Juniata Valley YMCA
Lewisport, PA
Contact: Rhonda Mccardle
717-248-8176

April 6-8
Washington State Championships*
Tennis World
Tournament Director: Mir Rahim
7245 West Marginal Way
Seattle, WA 98106
206-767-4400

April 22-24
I.R.A. Regionals*
(see p. 31)

*I.R.A. Sanctioned Tournaments
Penn State's campus was a great place to be in mid-November. UPI and AP had Penn State ranked as the number one college football team in the nation and everyone who held a ticket for the upcoming game with Pitt knew they held gold. Could the Penn State Nittany Lions beat the Pittsburgh Panthers to remain number one?

At the intramural building, the battle to be number one was about to begin. The excitement started building until the air fairly crackled with nervous energy. Coming early to claim the best vantage points, the spectators cheered the players as they warmed up. They waited impatiently for the best players to compete in the most prestigious contest in the East. Football? Nope. It was racquetball time.

The 7th Annual Nittany Lion Open had begun.

Head unveils its racquetball line with a simple suggestion:

Consider the source.

Head® brings exciting news to racquetball with the Competition and Professional racquets. Innovation from the people who refuse to accept the obvious in design. We revolutionized the art of tennis racket construction through the use of composites and aluminum — and have taken every major professional tennis title in the process. Now, once again, we come equipped to change the face of a sport.

The sleek Competition features our patented combination of fiberglass and aluminum. For the first time in racquetball, Head captures the power and durability of metal with the “feel” of fiberglass.

The Professional is equally impressive. Under its classic burgundy finish is the highest strength aluminum in the racquetball industry. The result is devastating power.

And both racquets feature Head’s revolutionary contoured (hourglass) handle that can help you add critical wrist-snap power to your shots.

The innovations continue. But they’re best explained by the expert at your sporting goods store. He’ll demonstrate exactly what our quadriform head, laced-in bumper guards, and replaceable throat piece and grommets can do for you. And he’ll carefully describe our options in racquet weight and handle size, as well as introduce you to the complete line of Head accessories — shoes, string, eyeguards, gloves and bags.

From Wimbledon to...
The Nittany Lion Open once again proved to be one of the best tournaments in the East. In the Men's Open final, a David-versus-Goliath match occurred. Clark Pittman, 5'7" and about 150 pounds, was matched against Tom Ranker, 6'4" and 215 pounds. Clark, who is from Mansfield, Ohio, quickly showed that his smaller stature was definitely not a detriment. Using well-placed serves, a faultless ceiling game, and an unbelievable array of shots, he completely stymied Ranker in the first game by the score of 21-5. Ranker was missing shots and seemed unsure of himself. His vaunted power game never got started.

In game two, Pittman's concentration seemed to waver a bit, but he was still playing well. Ranker knew he had to shoot, and shoot he did! He turned the match around and won the second game 21-16. Game three was a see-saw battle with Pittman putting a few more shots away to win 15-13. Even though Pittman was seeded seventh and Ranker was seeded fourth, Pittman's win was no fluke. The 1977 Midwest Regional Champion, he has recently defeated such players as Phil Steppe, Jim Austin, John Hennen, and Larry Fox.

As for Tom Ranker, his dedication and desire to improve his racquetball game during the past four years has been amazing. As Tom himself said, "I've improved 500%. Luke St. Onge taught me the game in 1974. In 1976, I moved to Detroit and played with the top players there. Now I play a lot with Tom Whipple and he has helped me immensely. I play every day and I have won five singles titles this year."

In the semifinals, Pittman defeated Al Plummer of Pittsburgh 21-17, 21-12. Plummer had upset number six seed Jack Chelucci and number three seed Jim Bailey in earlier rounds. Plummer, a 23-year-old pro at Off the Wall in Pittsburgh, hits the ball very hard and misses unerringly. He's in great shape: he plays two hours of racquetball, runs four miles, and does a half hour of calisthenics—every day. He'll be heard from in the future.

In the other semifinals, Tom Ranker was defeating his good friend and doubles partner Tom Whipple 21-12, 21-14. Ranker was very "on" and Whipple seemed a bit weary after five matches and 13 games the previous day.

Whipple, a three-time Maryland State Singles Champion, had pulled the top upset of the tournament by defeating number one seeded Charlie Garfinkel in the quarterfinals. Whipple won the first game 21-9. Garfinkel won the second game 21-11, and Whipple jumped out to a big 13-4 lead in the third game.

Garfinkel gained control and ran ten straight points by Whipple to lead 14-13. When Whipple regained the serve, Garfinkel promptly rolled out a forehand. Whipple rolled out Garfinkel's next serve, then won the match on an off-balance forehand pinch shot in the right corner. The crowd went wild as the final score stood 21-9, 11-21, 15-14.

In the other quarterfinals, Clark Pittman avenged his last year's loss to second seed Leo Marsocci by completely overwhelming the mustachioed slugger 21-12, 21-4. Clark's shots and control completely neutralized Marsocci's power.

Number three seed Jim Bailey lost to Al Plummer 21-17, 21-12 in a match that wasn't as close as the scores indicate. Plummer was so hot that there are still scorch marks on the lower front wall of the court they played on. He couldn't miss. Bailey, who relies on his great gets, stamina, and forehand pinch shots, was not as sharp as usual.

In the final quarterfinal match, Tom Ranker defeated Rich Zewe 21-4, 21-13. Many thought that the match would be much closer since Zewe had upset fourth seeded Craig Gunter 21-20, 21-17 in an earlier round. Ranker had barely gotten past Jere Willey in the round of 16 (20-21, 21-20, 15-14). But in this match, Ranker was strong in all departments. The most interesting feature of the Men's Singles was the fact that the first four seeds didn't make the semis. Surprising? Perhaps. However, there are more and more contestants playing high caliber racquetball and the players at the top will have to work harder and harder.

Women's Singles

In the Women's Open Singles final, Carol French of Newport News, Virginia proved to be the class of the field by defeating Lucy Zarfos of York, Pennsylvania 21-15, 21-19.

Zarfos is a steady player who relies on control, passing, and an excellent ceiling game. Zarfos, who has won the Mid-Atlantic Regionals four years in a row and who was runner-up to Sarah Green in the United States Amateur Championship in 1976, has a devastating forehand. She tries to keep the ball moving constantly and doesn't use a ceiling ball a great deal. She stays in shape by coaching and playing basketball and by taking a conditioning class that emphasizes stretching, running, and calisthenics.

In the semis, both women completely overwhelmed their opponents: French defeated Cindy Baxter 21-2, 21-12 and Zarfos defeated Mary Musewicz 21-14, 21-2.

One of the most incredible comebacks ever witnessed occurred when Sue Jameson was serving game-match point,
14-3 to Molly Hartenstein. The serve was an apparent winner that Hartenstein just managed to get a racket on, sending the ball straight up in the air. As the ball descended, it struck Jameson on the shoulder as she was about to receive congratulations from her opponent. Hartenstein broke Jameson’s serve, fought off four exchanges of serve, and scored 12 straight points—including seven service aces—to take game three and the match!

Men’s Doubles

In the Men’s Open Doubles finals, Clark Pittman emerged a double winner in the tourney. He teamed with Leo Marsocci to defeat Mitch Buckler and AI “Rip” Miller 21-12, 21-12.

Marsocci was incredulous after the match. He said, “Pittman had just completed a gruelling three-game singles final and they played me the whole match. I couldn’t believe it.”

Marsocci, who has won the doubles championship four times with four different partners, is one of the premiere doubles players in the East. His power, z-balls, reverse z-balls, and half volleys control most of his doubles matches. The fans love it when Leo rolls out a kill shot, points his finger at the spot where he hit the ball, and yells at the top of his lungs, “YAH-h-h-h-h-h-h-h!!”

Buckler, a finalist in the Juniors, and Al Miller had pulled the upset of the doubles tourney by defeating Tom Ranker and Tom Whipple 21-12, 21-20. Miller said, “We wanted to make sure that Ranker felt bored. He looked like he was doing a rope-a-dope the first game.”

Miller was right. Ranker looked as if he were saving himself for his singles semifinal. Even so, Buckler’s deadly left-handed forehand kills and Miller’s great gets proved decisive.

Marsocci and Pittman defeated Dennis Onkotz and Jere Willey in two well-played games 21-12, 21-14 in the other semis.

In the quarterfinals, there were two super matches. Buckler and Miller defeated Tim Grapes and Jim Jones of Pittsburgh 16-21, 21-13, 15-9. Ranker and Whipple defeated Carm Felicetti and Herb Meyers 10-21, 21-15, 15-9.

Women’s Doubles

Carol Frenck became a double winner in the tournament by teaming with Andrea Katz to defeat Mary Musewicz and Diane Palazzo 21-20, 21-2. Frenck and Katz have played a lot of doubles together and it shows in their control, teamwork, and court position. They always seem to be in the right place and they usually put the ball away. Farrell and Ross gave a good account of themselves, but made too many unforced errors.


Juniors

Kevin Pillion is 5’10½” and weighs 130 pounds. When he stands sideways, he almost disappears. But don’t let that fool you; sixteen-year-old Kevin’s strokes are textbook perfect and he is deceptively powerful. As Kevin himself says, “I like to shoot off both sides. It doesn’t matter. I hit good low serves. I have a super wrist and Al Plummer has helped me a lot.”

In the Junior finals, Pillion defeated Charlie Horton 21-14, 20-21, 15-8. His seemingly flawless game eventually wore down the harder hitting Buckler.

Pillion’s semifinal wasn’t any easier. He defeated Charlie Horton 11-21, 21-12, 15-10. Horton (who wears a moustache at 15) possesses a great forehand, but has lapses in concentration. He was a quarterfinalist in the National Juniors and will be tougher and tougher from now on.

In the other semis, Mitch Buckler won by the scores of 21-7, 21-13 over Ira Miller of Maryland.

All of the juniors showed great potential and improved court manners. They are the future champions.

Up-and-comers can find no better proving grounds than the Nittany Lion Open. It remains the premier racquetball tournament of the East.

Time Out: Many Thanks

To: Ed Checki and Penn State University for their continued support of amateur racquetball.
To: Seamco Sporting Goods Company for their donation of shirts and racquetballs.
To: The entire tournament committee of Denny Onkotz, Jere and Carolyn Willey, Fran Mason, Ron and Marcia Marseno, Bill Bradley, Bill Verity, Earl Haines, Sue Jamison, and John Dougherty.
To: Mark Belden who again did a yeoman’s job as floor manager.
To: All participants who once again made the Nittany Lion Open the premier amateur event on the East Coast.
WINNING POINTS

PINCH SHOTS

By Michael Mjehovich

THE SKILL

To practice the pinch shot, you must first have an accurate swing. Because the successful pinch shot is hit to a desired area on the side wall, a consistent stroke is necessary.

Secondly, you must also understand the angles involved in hitting the pinch shot. Stand near the right side wall (right handed) about six feet from both back and side walls. Use the same motions for practicing the basic forehand, but instead for the side wall first. Do this several times but make sure the ball rebounds to the front wall before striking the floor. After a while you will see a pattern develop as the ball rebounds.

Move closer to the center of the court using the same drill. You will now notice you must adjust your swing and aim at a different spot to acquire the same pinch effect. This is simply a learning process to familiarize yourself with the court position necessary to make a good pinch shot.

The third step is to practice hitting good low shots. With low shots, mistakes are easy, so patience is a must. Remember this is an advanced shot, so you must treat it as a new skill and practice.

The fourth step is to use the back wall to practice hitting the pinch shot. Toss the ball off the back wall and follow it out to the contact point, slightly adjusting your swing while aiming for the side wall. This will insure the flight of the ball to the desired position. The pinch shot should be treated as a new skill. Too often, players take this shot for granted saying “all I have to do is aim for the side wall.” It’s not that easy. You must know where to hit the side wall. This, of course, depends on your position on the court. A mistake made when hitting a pinch shot usually results in a skip ball. The pinch shot is effective, but as with all the strokes, its effectiveness comes from your ability to make the shot when you want to.

STRATEGY

As an advanced shot, the pinch shot is very effective. It is used as an offensive weapon and also helps to add a change of pace in your selection of shots. Like a baseball pitcher who throws a curve once in a while, the pinch shot can be successful when mixed up with the regular strokes. The most effective setting for using the pinch comes when playing the ball off the back wall. Imagine during a game you are taking your back wall shots and hitting them very hard, using straight pass shots and cross court pass shots. Your opponent will be reacting to the first contact the ball has with the front wall. Since the back wall shots are usually hit so they strike the front wall first, their angle of return is usually straight towards the back wall. This is the ideal time to use the pinch shot off the back wall.

If the ball is hit to the side wall just before it strikes the front wall, the ball will rebound off the front wall back towards the center court at a 45 degree angle. This, as you can see, will cause a quick change in direction for the ball as well as for your opponent. The farther away from the front wall that the ball strikes the side wall, the less the angle of the ball’s return to the middle.

In this case two things happen. First, your opponent will automatically start to move in the direction of the side wall when the ball first makes contact. This is a natural reaction because of the sound the ball makes when it strikes the side wall. As your opponent takes a step to the side wall, the ball will rebound in the direction of the front wall. Again, you have a change of direction. Your opponent will now have to change his movement to that of the ball. The ball will rebound off the front wall towards the opposite side wall. To complicate it further, if the ball is hit low, you should now be able to see why a good pinch shot is an added weapon for the offensive player.

Now that you have shown your opponent this shot, he will be thinking about moving up to cover it. He must wait until he can follow the flight of your shot before reacting. Everytime you have a back wall return you will be more confident knowing your opponent has no idea which shot you are going to use. You can learn to choose your type of shot at the last second, depending on the position of your opponent.

The pinch shot can be used at any time. The return of the back wall shot is the most common but not the only example. The return of the back wall is the most deadly because you can set up and hit a powerful shot at any height you desire. With your opponent going one way and the ball the other, the pinch shot is a most effective weapon.

REVERSE PINCH SHOT

Reverse pinch shot is the term used to describe the shot that first strikes the front wall, rebounding directly into the side wall. This is not a common shot but is very effective.

There are very few times during a game when the beginning or intermediate player hits the reverse pinch shot "on purpose." The advanced player knows its effectiveness and also its difficulty. An unsuccessful reverse pinch shot usually results in the ball rebounding to the center of the court, allowing a greater chance of return for your opponent.

[We inadvertently left Mike's by-line off last issue's Winning Points article on passing shots. We appreciate Mike's articles and apologize for leaving off his by-line. -Ed.]
Some people play the game of their lives on these courts... shouldn't they be playing on the best? They come on the court with a wide array of shots and serves. They play their best and they expect true bounces, off the walls and ceilings... and the Sports Unlimited Court Panel system gives it to them. When you are ready to build, talk to us about our panels, for they are unmatched in aesthetics, playability, and durability... at prices comparable with any wall system currently in use.

Sports Unlimited
P.O. Box 1207 / Stillwater, Oklahoma 74074 / 405-624-1252

I.R.A. REGIONALS
APRIL 20-21, 1979

Northeastern Region
Cedarvale Racquet Club
Haverhill, MA
Tournament Director:
Dan Giordano
617-861-3212 (office)
617-274-0570 (home)
Extra Events: Men's and Women's B, C, and Novice
Limit of 64 entrants in each non-championship event
Limit of one event per entrant
Entry fee includes Banquet
Saturday evening (guests $10.00)
Housing: Howard Johnson's Motel in Haverhill (617-373-1511)

Western Region
Kangaroo Kourts
200 S. Harding Blvd.
Roseville, CA 95678
916-782-7711
Extra Events: Open Doubles, Men's and Women's B and C Singles, B Doubles

Northwestern Region
Eastern Washington University
Cheney, WA 99004
Tournament Director:
Pat Whitehill
509-359-2406
Extra Events: Men's and Women's Open Doubles, Men's Senior Doubles, Men's and Women's B Singles, Women's Novice Singles, Men's C Singles
Housing available at the University
Contact: Conferences and Workshops (509-359-2406)

Mid-Atlantic Region
Extra Events: Open Doubles, Open B Doubles, Men's and Women's B Singles
Extra event costs an additional $5.00
Open Division limited to 64 entrants; B Division limited to 128 entrants

Southern Region
Court House
1990 Delk Industrial Blvd.
Marietta, GA
Tournament Director: Jim Cullen
Extra Events: Men's and Women's Open Doubles, Men's and Women's B and C Singles
Limit of one singles event and one doubles event
Draw available at noon on Wednesday, April 18, 1979
Tournament Director reserves the right to upgrade or refuse any entry
Housing: Holiday Inn and Ramada Inn on Delk Industrial Blvd. in Marietta, GA. When making reservations, specify "Regional Racquetball Tournament."

Midwestern Regional
West Port Racquet Club
2386 Chaffee
St. Louis, MO 63114
Tournament Directors: Len Marks (314-725-3710) and Dan Hillecher (314-469-1989)

Extra Events: Men's and Women's B, C, and Novice: Men's and Women's Doubles

Southwestern Region
University of Texas at Arlington
Arlington, TX
Tournament Director: Brad Walker
101 E. 10th
Dallas, TX 75203
214-948-3243
After tournament begins, all phone calls should be directed to the
Rec Center at the University
Extra Events: Men's and Women's B, C, and Novice: Men's and Women's Doubles

Extra Events: Men's and Women's B, C, and Novice: Men's and Women's Doubles
Southwestern Region
University of Texas at Arlington
Arlington, TX
Tournament Director: Brad Walker
101 E. 10th
Dallas, TX 75203
214-948-3243
After tournament begins, all phone calls should be directed to the
Rec Center at the University
Extra Events: Men's and Women's B, C, and Novice: Men's and Women's Doubles

Extra Events: Men's and Women's B, C, and Novice: Men's and Women's Doubles

WINNING POINTS

CEILING BALLS

By Patricia Froeba

A full-time graduate student working on her PhD in English at the University of Southwestern Louisiana, Patricia Froeba plays in tournaments in Baton Rouge, New Orleans, and as far west as San Antonio. She is working on a book about athletics for children in conjunction with the owner of the club where she works part-time.

All right, you're confused. You've spent weeks working on ceiling shots—you can hit the corners with unerring accuracy, and you have developed the knack of dropping the ball maddeningly near the backwall. The rest of your game is reassuringly solid, so you enter a big tournament not too far from home. And in the first round, something goes haywire. Your ceiling shot is the most visible evidence—your ordinary stroke is sending the ball too deep, and it is bounding off the back wall for easy set-ups. You ease up, and aim for side walls in desperation, but now the ball seems to drop far too short. Your concentration is suffering the most. Mis-hitting the ceiling shot can be disastrous—it can bound off the back wall for easy set-ups, or it can fall into the three-quarter court area where it is easily put away. From the standpoint of your own offensive game, it is a necessity to learn something about the balls being used in tournaments in your area. Talk to other players, but do not accept their evaluation as final—get balls from the different companies and try them out yourself. If you know which ball will be used in a tournament, work with it prior to the tournament.

Tournament balls, for whatever reasons, seem to be high-charged super-bouncers. But be aware that, like fingerprints, no two balls are quite the same. Even within the same type, there will be variations. Consistency of bounce seems to be a necessity to learn something about the balls being used in tournaments in your area. Talk to other players, but do not accept their evaluation as final—get balls from the different companies and try them out yourself. If you know which ball will be used in a tournament, work with it prior to the tournament. Tournament balls, for whatever reasons, seem to be high-charged super-bouncers. But be aware that, like fingerprints, no two balls are quite the same. Even within the same type, there will be variations. Consistency of bounce seems to be a mythical quality, much talked of but little seen.

There are other considerations. Within the last few years, at a relatively small sample of tournaments in my area, I have seen tournament directors run out of balls on Saturday and switch to a new supply balls, telling players to use whatever they had with them. Some players carry favorite balls onto the court with them—these have ranged from very lively balls to heavy, slow-bouncing balls. I have seen balls that make a terrific noise when hit, but which move slowly off into the back wall despite the gunshot sound. Finally, I have seen the official ball change the day of the tournament because a shipment did not arrive.

So what does all of this mean for the club player? If the club player (meaning you and me, not the semi-pro who lives at the club) is going to enter tournaments and even travel around a little, he should be prepared for the differences in balls. He should have a firm idea as to what a good ceiling ball does, and before a tournament, he should practice executing that shot with a variety of balls. At the tournament, he should spend a part of his warm-up before a match hitting the ceiling shot with the game ball. He should find out how much power it takes to reach the back wall, or how much "finesse" he will need to keep the ball off of the back wall. Knowing what his shot will do, knowing ahead of time that it will, for instance, bound off the back wall or drop in good position, helps a player prepare for the return. He is one step further along in anticipating because he has prepared.

There is another side to the preparation. If your opponent is not used to or hasn't practiced with a supercharged ball, you have the makings of some dandy offensive set-ups. He will hit the ceiling ball too hard, and you will find it coming off the back wall awaiting your pleasure. His ceiling shots will fall short as he tries to ease up with an unfamiliar ball. Be prepared to take full advantage of his mistakes—practice hitting short ceiling balls aggressively—work on passing to the corners, down the line and cross-court, as well as killing the ball, hitting Z shots, or returning ceiling balls. Give yourself as many options as possible by preparing ahead of time.

A ceiling shot that rebounds off the back wall is also an offensive opportunity, though hitting the shot requires some minor adjustments in thinking. First, the ball is a back-wall set-up, but it has some important differences. Unlike a normal back-wall set-up, this shot is slower—it has hit the ceiling, and is slowed down by the contact. You must adjust to the slower speed and be prepared to supply a bit more power than was needed on the other shot.

Second, the ball is coming from a very different angle. A non-ceiling shot moves rapidly off the front wall, hits the floor, then bounces upward into the back wall, moving upward at a good speed (Diagram A). You need to estimate where it will fall, then roll it out.

DIAGRAM A
A ceiling shot hit too hard is a different story. It strikes the ceiling first, then the front wall, then the floor. Moving slowly in a gentle arc, it strikes the back wall on the down-side of the arc and continues to drop, softly and quickly (Diagram B). If you are to move offensively with this ball, you must adjust. Remember that the ball is slower than usual; remember that it is moving downward. Concentrate on contacting the ball solidly as part of a level swing; if you try to track the ball in the air and hit it so that it follows its present course (possible in a normal back-wall shot), you will skip the ball. You may even miss it altogether. You must practice to get the sense of timing for this shot—treat it as a new shot, not just another set-up off the back wall. Practice the shot often, and practice doing a variety of things with it—send some back to the ceiling, down the line, cross-court, etc. You may need to slap it into the back wall if it is dropping very softly. Be ready for the shot.

You may have trouble practicing alone—it may be difficult to hit a ball hard enough to take that bounce, particularly with ordinary pro-shop balls. A partner is invaluable—so is a lively ball. It may help to take a pressure-adjustable ball and pump it up a bit. Remember that lively balls have a way of showing up at tournaments, so be ready to adjust your own shots and to take full advantage of your opponent's mis-hits. If you make him eat his mistakes, he will be under pressure to hit each shot with precision—and we all know what extra pressure can do to one's game.

Once you have practiced with heavy balls and super-lively balls, you should have confidence that you can execute no matter what ball is used. Further, you will be ready to take offensive advantage whenever your opponent makes a mistake. With a little extra practice at adjusting to the altered path and reduced momentum of a ceiling ball off the back-wall, you will have added another killer shot to your arsenal.

FIVE REASONS Your Club Should Have An Identatronics-Mini Photo I.D. System

1) Quickly and easily identify club members from non-members.
2) Prestige — your card is custom designed with your club insignia.
3) Use for billing — court time, lessons, equipment, clothing and gathering marketing information.
4) The Mini System is compact, portable and produces an instant laminated photo I.D. in less than 2 minutes — Requires approximately 2 feet of table top space for operation.
5) Only an I.D. card with a photo can eliminate card passing!

The Identatronics Mini System includes all equipment necessary to produce an instant photo identification card.

DISTRIBUTOR INQUIRIES WELCOME
CALL TOLL FREE 800-323-5403

SANCTION YOUR TOURNAMENT THROUGH
The International Racquetball Association
AND RECEIVE FREE:

Seamco 444 Racquetballs
Score cards
Draw Sheets
Rule Books
Clinic Booklets
Decals and bumper stickers
Tournament programs
Qualification for World Amateur rankings (September 1979)
Guidelines of how to run a successful tournament
of my self-imposed torture. When my game continued to deteriorate and the annoyances persisted, I visited my doctor. He said he had seen this kind of mild mononucleosis in other over-trained athletes. He advised rest.

"The moral of the story," I told Mark, "is wrapped up in the epilogue. I rested, all right, about two weeks. Then I was back on the streets every morning, albeit only four miles now, and the courts every evening. I felt fine and played well, but suffered from extreme disinterest and laziness in racquetball tournaments. After the season I took several months away from the game which gave me a chance to see my troubles with a fresh perspective. I could see that my body had never fully recovered from that mono. I understood all too well the old runner's adage, "train, don't strain."

Now, a week out of my new training program is a bit more sane for someone over 30. Racquetball practice five days a week, running three days a week, the only overlap day on the weekend when I have more rest and less occupational stress. Also, I warm up thoroughly with five minutes of stretching exercises before running. Afterwards, I walk and do additional stretching exercises to cool down. I use exercises that extend leg and lower back muscles and hold them for a six count with five to ten repetitions. Quick, jerky exercises only contract the muscles.

"I'm glad you had all those problems, not me," said Mark who seemed exhausted himself. "I'll be sure that I don't overtrain," he chuckled as he leaned back in his chair.

"How old are you?" I returned.

"It makes a difference?"

"I have a purpose in mind."

"You always do."

"You really should have a complete physical if you're over 30. People over age 40 should have a physical and a treadmill test every other year."

"I'll get my physical next year, then," Mark responded. Then he asked the toughest question of all.

"What is that natural high that runners get?"

"For me, runner's high, as it's called, is a myth. Maybe some runners experience it, but I never have."

For some runners, after 30-40 minutes of running, a euphoric natural high sets in, giving them a false confidence in their energy reserves. Marathoners have prematurely run themselves into oblivion because they felt "too good" after six miles. There's a story going around that during a race, a famous actor-marathoner had pushed himself so hard that he felt he was doing fine—and all the while he was standing stock still and literally sweating blood.

So far, I've never experienced anything like that. However, with nearly every run I reach a point somewhere after midway where my mind is anywhere but on running. Though there's no exhilaration, there's no pain; likewise, no energy deception, but no exhaustion either. Rather, my mind is detached from running, probably conjuring up some sales innovation or, more likely, daydreaming about winning the national championships. It's a time when I'm most creative and I love it. Perhaps it's why I love running. "Once I dreaded running; now I look forward to it," I added.

"Your enthusiasm is contagious," Mark said. "And it fits."

"How so?"

"It fits with something I read yesterday, about the U.S. Surgeon General's opinion of running."

"Yeah?"

"He said people who run regularly even enjoy sex more. If that isn't motivation enough, I don't know what is."

"So you'll give it a try?"

"I may be non-competitive in athletics, but in sex...OK. I'll give it a try."

Look for us monthly beginning March 1979

Racquetball Magazine
IRA
Inside the Copenhagen
Why the Copenhagen is the best shoe made for Racquetball.

The Pre-molded sole gives several distinct advantages. The black "cookie" shaped disc in the center of the heel area is made of soft foam material that absorbs and cushions the foot against shocks. Cotton inner sole may be pulled up to allow for repositioning or enlarging or decreasing the arch support pad.

Multi stitched side stitching for reinforcement and strength.

Nylon & Suede uppers—reinforced on side to withstand additional pressure and torque.

Hexagonal shaped tread pattern for maximum effectiveness on a wood floor. Sole will grip in any direction without skidding or slipping. Soles are made of 100% gum rubber compound for flexibility and durability.

Available at Pro Shops and good Sporting Goods stores

You owe it to your feet™
45 East 30th Street, New York, N.Y. 10017—(212) 686-8052

©1978 Action & Liesure, Inc.
INDUSTRY NEWS & NEW PRODUCTS

**Carry On**

This season, Ektelon is offering a line of athletic tote bags with styling to suit every taste and a wide range of uses. Their rugged good looks and special features make Ektelon bags ideal not only for carrying racquetball, tennis or other sports gear, but also for use as overnight, flight or carryall bags.

In addition to its popular blue-and-yellow vinyl All Pro Bag and Racquetballer Bag of brown Unioral Ranchide expanded vinyl, Ektelon has two new bags of 18-ounce canvas duck cloth.

The New Racquetball Sport Bag offers the traditional racquetball styling in chocolate brown duck cloth while the New Racquet Tote Bag of earth-tone duck cloth provides a different look with external racquet pockets.

All Ektelon bags are equipped with a roomy interior for clothes and equipment and separate waterproof pockets.

**Moving On**

Omega Sports, a St. Louis-based firm which is one of America’s largest producers of racquetball racquets, has been acquired by Carlson Companies, Inc. of Minneapolis, Minnesota.

“The acquisition of this respected racquetball products firm is part of the continuing growth of Carlson Companies in the nation’s leisure products industry,” says Edwin C. Gage, president of Carlson Marketing and Motivation Division. “We feel that Omega Sports has set the standards of excellence in this expanding industry.” Gage reported that with the acquisition of Omega Sports, the Carlson Companies leisure industries group has combined annual sales of around $30 million.

Mrs. Crummey will be headquartered in Southern Connecticut, and will work with Omega’s manufacturer representatives in servicing customers in New England and the Middle Atlantic States. In addition, Mrs. Crummey will coordinate Omega’s racquetball clinics and supervise the Omega Player representation program in the eastern United States.

Mrs. Crummey has been closely associated with the development of racquetball in New England. She is a contributing editor of *New England Tennis Journal*, and a regular participant in racquetball programs throughout the east coast area.

**Espirit de Court**

The first racquetball racquet designed specifically for women, now the number one selling women's racquet on the market, is the Espirit by Omega. Weighing only 250 grams and measuring 18 1/4" long, the Espirit offers the player a balance of flexibility and strength. A modified teardrop headshape provides a great hitting area. These features combine for controlled power which women players appreciate. A pale blue metallic frame and matching leather grip is another attractive feature women prefer. Grip sizes are 4" and 3 7/8.

Omega's American-made racquets are virtually unbreakable due to the "total frame" concept in which the frame extends to the butt of the handle. Omega offers a one year warranty on the Espirit frame and handle.

**Set 'em Up**

"Hey, let me have that serve again! Put it right there! This time I'm really going to put it away!"

How many times have you wished you could have a difficult shot over again—maybe even a hundred times over again to learn and practice on? With the development of the racquetball practice machine, this is now possible. Manufactured by Crown Manufacturing, "The Racqueteer" can be set to deliver ceiling balls, lobs, drive serves, "Z" balls or a perfect set up at various speeds anywhere on the court.

According to Jack Scott, President of Crown Manufacturing which makes the "Racqueteer," the machine has been designed to be safe, reliable, quiet, very consistent, and virtually maintenance free. It is self contained, easily portable, and battery powered. It can deliver several dozen balls per loading at speeds from 10 to 80 miles per hour.

For further information, contact RPM Distributors, 714-885-0794 or Write Box 1245, Running Springs, Calif. 92382.

**Mini Court**

A novel approach to making new friends for racquetball is Sports Illustrated Court Clubs' traveling mini-
COMBAT GLASSES.

Prescription All-Sport Eyeguard for racquetball, hockey, football, squash and other friendly games.

Virtually indestructible plastic (Lexan) frame.

Adjustable headband.

Foam rubber cushion included (not shown).

Wide-vision, plastic wraparound lens ground to your prescription.

Wide temporal protection.

No-fog vent.

It's funny how serious friendly games can get. Which is why most of us take our equipment seriously.

If you wear glasses, the Rainbo Prescription All-Sport Eyeguard will be the most serious piece of sports equipment you can own.

They give your eyes the same advantage on the playing field that your regular glasses give off the field.

They let you see. And more so, they help protect your eyes from injury.

At least, you can play safe.

Rainbo Prescription All-Sport Eyeguard

Now available at your eye care specialist.

Call (800) 423-5221 for information.

In California call collect (213) 999-4330.
court which was used to put on a racquetball exhibition on the Mike Douglas show December 5, 1978, and is expected to make other TV appearances. The court, 26 x 16 feet x 10 feet high, has approximately half the playing area of a regulation court and is half the height. A three-foot strip in the center of the back and side walls is transparent Plexiglas for easy viewing.

SI Court Clubs takes its portable court to shipping centers, sports shows and other public places to conduct exhibitions and free teaching clinics. First-time players are invited to play skill games on court.

It has been booked in January for the National Sporting Goods Dealers Association trade show in McCormick Center, Chicago and for a sports show at the Notre Dame University fieldhouse.

The mini-court was built for SI Court Clubs by Bauer-Frampton, Detroit, builders of court panel systems, and is available for rental. For information contact Gil Schmitt, SI Court Clubs, 18311 W. 10 Mile Road, Southfield 48077.

Design of the Times

It may just be the racquetball club of the future—now. At least, that’s how its owner, Jack J. “call me J.J.” Press describes the Black Mountain Racquetball Club on San Diego’s Mira Mesa. And, indeed, it is more than just a place to play racquetball.

Press calls it a “public utility”: that’s utility as in use and public as in for everyone. He designed his club for the entire Mira Mesa population, not just for its hardcore wall bangers. When he talks about his club, Press uses phrases like “community involvement” and “total community service.” The programs at Black Mountain reflect his intention to open the sport of racquetball and his club up to the widest possible audience.

For example, the club has spacious meeting rooms which are open for use by local groups. IMED Corporation, for one, has taken advantage of the club’s offer and is using a room to stage an in-house management training program for its employees. Other groups have set up corporate health programs, stress testing, and physical fitness programs at Black Mountain. In addition, handicapped therapy and women’s health programs also make the club what Press calls “a public resource for better health.” Of course, the club has the usual amenities: Jacuzzi, jazz exercise, day care, and modern lockerrooms.

And it’s not a bad place to go just to play racquetball either. The club’s fourteen courts are often full of fifth-graders from La Jolla Country Day School, the local high schools, and the United States International University at Miramar. One of the club’s most far-reaching activities is the league play it sponsors. Press has taken the initiative in organizing a league for women novice players and intercompany play for the many corporations in the area.

The facility itself is futuristic and combines experimental and proven design innovations. Press, who prior to club ownership was a professional inventor for the United States Navy, has turned the club into a demonstration project in water and energy conservation. The facility is designed to use a minimum of water from the self-closing sink faucets in the back-to-back, groundfloor lockerrooms to the low maintenance plumbing design; there is even a drip irrigation system for the surrounding landscape.

The courts are lighted with high-intensity, low energy metal halide lights which use only half the energy for equivalent illumination of low cost mercury vapor lights.

The entire facility is both cooled and heated by passive and active solar and wind energy systems. Wind-driven roof ventilators provide cooling and ventilation. A special two-component coating on the building increases radiant night cooling, improves air circulation, and eliminates water condensation on the courts during the winter.

Press is testing the first low-cost industrial solar heating system at the club in cooperation with the Navy, but his specialty is synthetic materials. He designed a synthetic fiber while with the Navy and has used what he learned in the construction of his courts, building them of fiberglass fabric in a polyester resin rather than drywall or cement panels.

“There are no dead spots,” notes National Men’s Amateur Champ Jeff Bowman who sometimes plays at Black Mountain. “Everyone who has played here says that they are the fastest walls they have ever played on,” adds Press.

At Black Mountain, a very special man’s concern for the public and his investment in and contributions to the technology of the eighties combine to create a club which serves the best interests of the community without being a drain on its natural resources. The club of the future is now.

—Mike Hogan

Rainbow Prescription Eyeguard

An optometrist has come up with a design for a new protective eyeguard for people who wear prescription glasses but want to participate safely in active sports.

The Rainbow Prescription All-Sport Eyeguard is being marketed by Lloyd Distributors, 23930 Craftsman Rd., Calabasas, Ca. 91302, (Call toll free (800) 423-5221. In California call collect (213) 999-4330), who manufacture a non-prescription protective eyeguard for racquetball players. The company also furnishes other safety equipment for the sport.

The eyeguard frame is available in five lightly tinted, translucent colors and in the more medical-looking clear plastic. All come with a single dark colored headband. Corrective lenses can be clear or tinted.

The entire package comes with a custom-made protective case and a bottle of anti-fog solution and sells for about $80.

Persons interested in the Rainbow Prescription eyeguard should see their eyecare specialist.
What kind of sport do you play if you live where there are 23-hour nights and the ground below eight inches is permafrost? Racquetball, of course.

Oil and gas brought Marvin J. Andresen to Fairbanks in 1960, where he busied himself teaching geology at the University of Alaska. His wife, Patricia Ann, is an associate professor of mathematics at the university and she and Marvin have five children: Mary, 20, John, 19, Robert, 17, Elizabeth, 12, and Melissa, 6.

Going into business for himself in 1964, he was a founding partner of Geonomics, which provided geological research and financial advisory services to major oil companies, independent oil and mining companies, the Alaska Native Regional Corporation, and to individuals. They advised on and participated in the drilling of several test wells for oil and gas in Alaska and participated in a barite mining operation in Missouri.

From January 1973 until the present, Andresen has been president of Alaska Energy Corporation, which manages natural resource assets worth more than $6 million. They explore for oil and gas primarily outside of Alaska and have commercial production in Oklahoma, Colorado, and Nebraska.

What does all this have to do with racquetball? Andresen’s Alaska Energy Corporation owns 50% of Impact Systems, a firm which designs and manufactures racquetball courts. The home office is in Hawaii. Lucky Andresen.

He’s also the managing partner in Racquetball Fairbanks, which is constructing an eight-court facility which should open soon.

Andresen says that he is eager to work hard to develop competitive racquetball in Alaska and is looking forward to being the IRA’s State Director. The IRA welcomes Marvin and feels privileged to have him for its Alaska State Director.
<table>
<thead>
<tr>
<th>Region</th>
<th>State</th>
<th>Director Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>WESTERN REGION</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**MEN AND WOMEN**  
**IRA Intercollegiate Championships - 1979**

**March 16-18**  
**Penn State University**  
**State College, PA**

**Eligibility:**
1. Each player must be or become a current IRA® member and present card.  
2. See accompanying Official IRA® Intercollegiate Rules.

**Divisions:**  
Men's A's, B's, and Doubles; Women's A's, B's and Doubles; Men's Team; Women's Team; Men's and Women's Team.

**Entry Fee:**  
$15.00 per player, limit one event: A singles, B Singles, and Doubles.

**Deadline:**  
Tuesday, March 6, 1979. Entry fee and eligibility letter (see Rule 3, No. 1) must accompany entry.

**Facilities:**  
12 courts, Intramural Building

**Tournament Director:**  
Jim Cullen 404-952-2120

**Inquiries:**  
Luke St. Onge 901-761-1172

**Official Ball:**  
Seamco 444

**Housing:**  
Holiday Inn 814-238-3001

---

**ENTRY BLANK**

**Men - Enter me in □ A Singles, □ B Singles, □ Doubles**

**Women - Enter me in □ A Singles, □ B Singles, □ Doubles**

**Name** ___________________  
**College** ___________________

**Address** ___________________  
**City** _______  
**State** _____  
**Zip** _______

**Partner's Name** ___________________  
**Address** ___________________  
**City** _______  
**State** _____  
**Zip** _______

Check ________ if members of college’s four-player team.  
No ________

I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Penn State and the International Racquetball Association and their respective agents, for any and all injuries.

**DATE** _______  
**SIGNATURE** _______

**DATE** _______  
**SIGNATURE** _______

Send all entries to:  
**IRA® Intercollegiate Championships**  
5545 Murray Ave., Suite 202  
Memphis, Tennessee 38117

---

**RULE ONE—MATRICULATION**

No one shall participate in any intercollegiate racquetball contest unless he is a bona fide matriculated student at an accredited university or college (not business college, trade school, etc.) and is regularly enrolled and doing full work as defined by the regulations of the institution at which he is enrolled.

**RULE TWO—PARTICIPATION**

1. Participation in intercollegiate racquetball shall be limited to four varsity years over a period of five consecutive college years counting from the date of matriculation.

2. In the event of a student's regular attendance being interrupted by military service in any of the armed forces, his period of eligibility shall be five years exclusive of his period of military service, except for the years in which, during his military service, he may have represented an educational institution.

3. Freshmen are eligible for varsity competition in racquetball. Women are eligible.

4. Transfer students or graduates from a junior college may continue their racquetball competition without complying with the one-year residence rule. Total years of competition shall not exceed four years.

5. No professional racquetball player shall be permitted to compete in any intercollegiate tournament. However, in accord with intercollegiate legislation of 1974, professionalism in any other sport shall not preclude competition in racquetball as long as the player maintains amateur standing in the sport of racquetball.

**RULE THREE—TOURNAMENTS**

1. Eligibility of participants shall be verified prior to the tournament by letter from the Office of the Dean of Admissions or Registrar to the tournament director, with the school seal affixed.

2. Teams shall consist of four players from the same institution; teams cannot comprise players from different schools in the same system (example, University of Texas-Austin, Arlington and El Paso campuses). Members of a doubles team must be from the same institution.

3. A team of four shall consist of one player in Class A Singles, one player in Class B Singles and one doubles team. No player may compete in more than one event.

4. Scoring shall be as follows:
   - Placement: The champion of each event shall receive 10 points, runner-up 7 points, third place 4 points, fourth place 2 points.
   - Advancement: A player shall receive two points for each match won, except that no advancement points shall be awarded to the winner of the championship finals, or the third place match. A forfeit or an injury default shall be considered a match won. One point shall be awarded to a player receiving a bye, if he wins his next match.
SHORT LINES

Transcending Tennis

Looks like Dick Squires has come out with the definitive book on paddle and racquet sports (other than tennis). The Other Raquet Sports explores, among other things, the courts, the equipment, and the history of racquet games from racquetball to pickleball.

Each of the 12 sports' unique appeal and distinctive qualities are described, as well as the interrelationships of the games in terms of strokes and strategies. Comprehensive bibliographies, locations of courts throughout the country, addresses of the governing bodies, leading court builders and equipment manufacturers, and a listing of champions are provided. Personal anecdotes from the author, who matched himself against top players in the racquet sports, give the book a firsthand quality of participatory journalism.

Superbly illustrated with over 100 photographs, old engravings, etchings, and paintings, this book also features cartoons by Jack Davis, who has painted 35 covers for Time and is best known for his caricatures in Mad magazine.

In the foreword, George Plimpton says, "If I cannot adapt my questionable skills to a particular game, it behooves me that I do the reverse and find a game that suits my idiosyncracies." If you're looking for a racquet game to fit your talents, you can find it in The Other Raquet Sports.

Pro Club

Racquetball pros have formed the Association of Racquetball Professionals (ARP) to meet the growing needs of the professional player.

ARP is striving to "protect all racquetball players' mutual interest, promote the drafting of just and reasonable rules governing players and sponsors, improve playing conditions, and maintain ethical standards to govern the conduct of their members." In addition, the ARP will work to maintain minimum levels of prize money and assure its continued growth and equitable distribution. The Association also will attempt to improve communication and encourage cooperation between its members and other individuals and organizations helping to promote professional racquetball. One of ARP's first projects is to gather players' recommendations on ways to improve their sport and attempt to get them enacted. They are also negotiating endorsements for unsponsored players with several companies.

For further information, write ARP, 640 Solona Circle #18, Solona Beach, CA 92075.

Open Door

Treborshire Tennis Club, the Glenwood recreation and health center on 195th St., hosted a two-day Open House, November 11-12. Members and non-members alike were invited to this gala event which featured free clinics, workouts exhibitions, and other special events. In addition, a club social round out activities from 7 p.m. to midnight, on Saturday, November 11th.

The Open House included a free workout on the club's new Nautilus fitness machine, a free racquetball clinic, exhibition matches on the racquetball courts and a tennis exhibition match featuring four top Chicago area professionals.

Thanks From The Heart

The largest amateur racquetball tournament in history culminated this Fall with the presentation of $6,000 to actor John Wayne to benefit the American Heart Association. "The money which the tournaments generated is deeply appreciated and will be put to good use," said Wayne.

The Ektelon/Natural Light Racquetball Championships, which began back in May, spanned the nation with regional-class racquetball competition in 30 major cities. Six thousand amateur racquetball players participated in men's and women's categories ranging from open to novice and in seniors and master categories. All participants received Ektelon/Natural Light racquetball shirts, certificates of participation, and trophies for their victories.

Women On The Move

Women '79 is a premier tournament for women only to be held February 23-25 at the Boston Tennis Club, 653 Summer, Boston, MA. Sponsored by Budweiser/Natural Light, the entry fee is $15 and the deadline is February 17 for Seniors, Open, B, C, and Novice divisions (limit, one entry). For more information, contact Carol Mason, 33 White Road, Wayland, Massachusetts 01178 (617-358-4341).
RACQUETBALL welcomes all tournaments to report their results. Please list all rounds of each event. Scorecard will report as many rounds of each tournament as space allows.
The Racquet Club Monroeville, PA

7TH ANNUAL PENNSYLVANIA INVITATIONAL DOUBLES
The Racquet Club Monroeville, PA

1st: Mitch Buckler & Emil Scarno
2nd: Tim Grapes & Jim Jones
3rd: Rip Miller & Carmen Felecetti
4th: Al Plummer & Ken Goldberg
5th: Jere Wiley & Dennis Onkot
6th: Gene Grapes & Al Schanther
7th: Luke St. Ong & Dick Gambino
8th: Ron Boyd & Rudy Van Hulten
9th: Korn Boren & Gary Martin
10th: Jeff O'Malley & Ed Hyeck
11th: Tom Miller & Jim Redick
12th: John Pushak & Dick Schaefer
13th: Jim Muirum & Joe Tarantelli
14th: Tom Ranker & Dan Braman

WESTERN MONTANA COLLEGE OPEN
Dillon, MT

Team Round Robin: 1st Billings (50); 2nd Western Montana (41); 3rd Butte and Dillon (29)

A Division: 1st Dennis Doherty; 2nd Jim Heath.
B Division: 1st Ron Walker; 2nd Dave Weber.
C Division: 1st Dallas Richterich; 2nd Melinda Douglas.
D Division: 1st Tim Anderson; 2nd Marty Palmer.

1978 SUNCOAST VETERAN RACQUETBALL CLASSIC
Kangaroo Koarts
Tampa, FL

Men's Open Singles: 1st, Bill Koening; 2nd, Charlie Behar; 3rd, Kevin Spence.

Women's Open Singles: 1st, Bobbi Stoffer; 2nd, Al Freitas; 3rd, Pam Harrison.

Women's B Singles: 1st, Gary Robin; 2nd, C. Black; 3rd, David Reep.

Women's Open Singles: 1st, Linda Casteland; 2nd, Renee Fitz; 3rd, Jill Denoff.

Men's C Singles: 1st, Bob Marrazz; 2nd, Rick Willits; 3rd, George Barcello.

Women's C Singles: 1st, Debbie Marchippo; 2nd, Cynthia Carter; 3rd, Eleanor Smith.

Men's Senior Open: 1st, Larry Bauer; 2nd, Bill Koening; 3rd, Sonny Marcus.

Men's Masters (45-): 1st, Wes Burquest; 2nd, John Saltzgaver; 3rd, Dick Tsukel.


Girl's Juniors (under 17): 1st, Gina Marcus; 2nd, Lisa Vlock; 3rd, Sharon McWaters; 4th, Renee McWaters.

LeBLANC'S SPORTING GOODS OPEN
Shrewsbury Racquet Club
Shrewsbury, MA

Men's Open: Quarters: Parker over Pierce forfeit; 5th, Bob Cameron; 6th, 7th, 8th: Boulanger vs. Young.

Women's Open: Quarters: Callahan over Tighe 15-4, 15-1; 3rd, Lisa Vlock; 4th, Sharon McWaters; 5th, Renee McWaters.

RYAN'S SPORTING GOODS OPEN
The Racquet Club Monroeville, PA


WESTERN MONTANA COLLEGE OPEN
Dillon, MT

Team Round Robin: 1st Billings (50); 2nd Western Montana (41); 3rd Butte and Dillon (29).

A Division: 1st Dennis Doherty; 2nd Jim Heath.
B Division: 1st Ron Walker; 2nd Dave Weber.
C Division: 1st Dallas Richterich; 2nd Melinda Douglas.
D Division: 1st Tim Anderson; 2nd Marty Palmer.

1978 SUNCOAST VETERAN RACQUETBALL CLASSIC
Kangaroo Koarts
Tampa, FL

Men's Open Singles: 1st, Bill Koening; 2nd, Charlie Behar; 3rd, Kevin Spence.

Women's Open Singles: 1st, Bobbi Stoffer; 2nd, Al Freitas; 3rd, Pam Harrison.

Women's B Singles: 1st, Gary Robin; 2nd, C. Black; 3rd, David Reep.

Women's Open Singles: 1st, Linda Casteland; 2nd, Renee Fitz; 3rd, Jill Denoff.

Men's C Singles: 1st, Bob Marrazz; 2nd, Rick Willits; 3rd, George Barcello.

Women's C Singles: 1st, Debbie Marchippo; 2nd, Cynthia Carter; 3rd, Eleanor Smith.

Men's Senior Open: 1st, Larry Bauer; 2nd, Bill Koening; 3rd, Sonny Marcus.

Men's Masters (45-): 1st, Wes Burquest; 2nd, John Saltzgaver; 3rd, Dick Tsukel.


Girl's Juniors (under 17): 1st, Gina Marcus; 2nd, Lisa Vlock; 3rd, Sharon McWaters; 4th, Renee McWaters.

LeBLANC'S SPORTING GOODS OPEN
Shrewsbury Racquet Club
Shrewsbury, MA

Men's Open: Quarters: Parker over Pierce forfeit; 5th, Bob Cameron; 6th, 7th, 8th: Boulanger vs. Young.

Women's Open: Quarters: Callahan over Tighe 15-4, 15-1; 3rd, Lisa Vlock; 4th, Sharon McWaters; 5th, Renee McWaters.

RYAN'S SPORTING GOODS OPEN
The Racquet Club Monroeville, PA


WESTERN MONTANA COLLEGE OPEN
Dillon, MT

Team Round Robin: 1st Billings (50); 2nd Western Montana (41); 3rd Butte and Dillon (29).

A Division: 1st Dennis Doherty; 2nd Jim Heath.
B Division: 1st Ron Walker; 2nd Dave Weber.
C Division: 1st Dallas Richterich; 2nd Melinda Douglas.
D Division: 1st Tim Anderson; 2nd Marty Palmer.

1978 SUNCOAST VETERAN RACQUETBALL CLASSIC
Kangaroo Koarts
Tampa, FL

Men's Open Singles: 1st, Bill Koening; 2nd, Charlie Behar; 3rd, Kevin Spence.

Women's Open Singles: 1st, Bobbi Stoffer; 2nd, Al Freitas; 3rd, Pam Harrison.

Women's B Singles: 1st, Gary Robin; 2nd, C. Black; 3rd, David Reep.

Women's Open Singles: 1st, Linda Casteland; 2nd, Renee Fitz; 3rd, Jill Denoff.

Men's C Singles: 1st, Bob Marrazz; 2nd, Rick Willits; 3rd, George Barcello.

Women's C Singles: 1st, Debbie Marchippo; 2nd, Cynthia Carter; 3rd, Eleanor Smith.

Men's Senior Open: 1st, Larry Bauer; 2nd, Bill Koening; 3rd, Sonny Marcus.

Men's Masters (45-): 1st, Wes Burquest; 2nd, John Saltzgaver; 3rd, Dick Tsukel.


Girl's Juniors (under 17): 1st, Gina Marcus; 2nd, Lisa Vlock; 3rd, Sharon McWaters; 4th, Renee McWaters.

LeBLANC'S SPORTING GOODS OPEN
Shrewsbury Racquet Club
Shrewsbury, MA

Men's Open: Quarters: Parker over Pierce forfeit; 5th, Bob Cameron; 6th, 7th, 8th: Boulanger vs. Young.

Women's Open: Quarters: Callahan over Tighe 15-4, 15-1; 3rd, Lisa Vlock; 4th, Sharon McWaters; 5th, Renee McWaters.

RYAN'S SPORTING GOODS OPEN
The Racquet Club Monroeville, PA


WESTERN MONTANA COLLEGE OPEN
Dillon, MT

Team Round Robin: 1st Billings (50); 2nd Western Montana (41); 3rd Butte and Dillon (29).

A Division: 1st Dennis Doherty; 2nd Jim Heath.
B Division: 1st Ron Walker; 2nd Dave Weber.
C Division: 1st Dallas Richterich; 2nd Melinda Douglas.
D Division: 1st Tim Anderson; 2nd Marty Palmer.
That's where our enlargement of this exciting artwork belongs!
16¾ x 22 poster by California artist ED HIRTH, award-winning cover illustrator whose work has appeared in the Saturday Evening Post and other leading magazines.

SPECIAL
SIGN UP 2 NEW MEMBERS FOR THE I.R.A. AND GET THIS POSTER FREE

Your Name ____________________________
Address __________________________________
City, State, Zip ____________________________
Telephone ________________________________

1) Name ____________________________
Address __________________________________
City, State, Zip ____________________________
Telephone ________________________________

Type of Membership Total amount enclosed $
1 yr. single $6
2 yr. single $10
1 yr. family $9
2 yr. family $15

Also perfect for Court Club Fund Raisers and Tournament Hospitality Packets
1-10 posters $3.95 each; 11-50 posters $3.50 each; 51-100 posters $3.15 each; 101-250 posters $3.00 each; 251-500 posters $2.90 each. For quantities over 500, call 901-345-8000.

Prices include postage and handling. Allow 4-6 weeks delivery.

Mail to: RACQUETBALL Magazine
1535 East Brooks Road
Box 16566
Memphis, TN 38116


Please send me __________ posters. Enclosed find my check or money order for __________
or Send me my FREE poster and send memberships to:

2) Name ____________________________
Address __________________________________
City, State, Zip ____________________________
Telephone ________________________________

$ __________
Women's B: Semis: Lufkin over Athanas 15-8, 15-9; Sechrist over Hahn 15-12, 7-15, 11-5
Finals: 1st Lufkin over Sechrist 15-12, 7-15, 11-5; 3rd Hahn over Athanas 15-10, 5-15, 11-9
Men's C: Quarters: Dubrow over Goldman 4-15, 15-9, 11-7; Kirkpatrick over Forrestall 15-5, 15-7; Skaff over Spear 8-15, 15-14, 11-7; Snyder over Reddy 15-6, 15-5
Semis: Kirkpatrick over Dubrow 15-7, 13-1; Skaff over Snyder 9-15, 15-4, 11-9
Finals: Skaff over Kirkpatrick 15-7, 15-13; 3rd Snyder over Dubrow 15-7, 15-11
Semis: Lowell over Benoit 4-15, 15-10, 11-5; Felkel over Rybak 3-15, 14-15, 11-2
Finals: 1st Lowell over Felkel 15-6, 15-8; 3rd Felkel over Rybak 14-15, 8-15, 11-2
Men's Novice: Quarters: Stepanski over Hager 15-8, 8-15, 11-7; Hawksworth over Consetti 15-4, 15-5; Coleman over Rizzotto 15-5, 15-11; Juwa over Ditaranto 4-15, 15-3, 11-10
Semis: Hawksworth over Stepanski 7-15, 15-14, 11-10; Juwa over Coleman 15-3, 15-12
Finals: 1st Juwa over Hawksworth 15-14, 14-15, 11-0; 3rd Stepanski over Coleman 15-4, 14-15, 11-10
Women's Novice: Semis: Hager over Hakala 15-0, 15-4; LaGreca over Anderson 15-6, 15-7
Finals: 1st Hager over LaGreca 15-12, 15-1; 3rd Anderson over Hakala 15-14, 14-15, 11-10

AMF VOIT/PERRIER RACQUETBALL CLASSIC
Racquetball Club of Ft. Worth, TX

Men's Pro-Am: Winner David Peck, El Paso, over Mark Hegg, Stillwater, OK. 21-18, 21-14

Women's Pro-Am: Winner Rita Hoff, St. Louis, over Jennifer Hardy, Milwaukee, WI. 21-6, 10-21, 11-10

Men's Seniors: Winner Jim Austin, Houston, over Jerry Linton, Oklahoma City, 21-12, 13-21, 11-7

Women's Seniors: Winner Faith Ragow, Dallas, over Carol Greenberg, Lancaster, 21-10, 21-15

Men's B: Winner Ernie Charfauro, Chula Vista, CA, over Mark Hill, Irvine, 21-13, 21-7

Women's B: Winner Sandra Hunter, Houston, over Christina Mettaller, Baton Rouge, 21-12, 21-16

Men's C: Winner Steve Mejia, San Angelo, over Jim Swiggart, San Antonio, 21-16, 21-12

Women's C: Winner Leann Young, Dallas, over Robin Lasher, Ft. Worth, 21-9, 21-11

SUPREME COURT WEST
Junior Tournament
Hutchinson, KS

16-and-under: Winner, Scott Perry; runner-up, Darin Grimes; consolation, Chris Anderson.

12-and-under: Winner, Darin Grimes; runner-up, Doug Jones; consolation, Jeff Duncan.

2nd ANNUAL LADIES' TURKEY TOURNAMENT
Spaulding Creve Coeur Club
St. Louis, MO

Open Class: Mary Herling

Class A: Chris Cheek

Class B: Gina Parks

Class C: Gerry Keller

Class D: Billie Sigler

Novice: Tammy Woods

LEACH CULLUM & BOREN OPEN
"The Best in the Southwest"
President's Health Center
Dallas, TX


Men's Open Doubles: Finals: Jeff Kwailer & Mark Malowicz, Houston, over Arnold Davis & Carlos Nieves, Dallas, forfeit; 3rd: Tom McKie, Dallas, & Andy Hodges, Shreveport.


Men's Seniors: Finals: Luther Bernstein, Dallas, over H.J. Cooper, Dallas, 15-6, 15-6; 3rd: Bob Davidson; consolation: Jerry Brazil, Dallas.

Men's B: Finals: Alex Closson, Dallas, over Ross Smith, Wichita Falls, 16-14, 15-4; 3rd: Morty Weinberg; consolation: Steve Montoya, Shreveport.

Women's B: Finals: Sara Russell over Ruth Surliveletch, 15-10, 15-3; 3rd: Jamie Bunch; consolation: Marice Trawinski.


Men's C: Finals: Paul Radnitz over Bob Ramsey, 15-5, 15-10; 3rd: Mike Young; consolation: Steve McDonald.


Men's Novice: Jeff Jortner over Randy Smalley, 5-15, 15-10, 15-10; 3rd: Grant St. Clair; consolation: Steve Greenberg.

Women's Novice: Finals: Candy Black over Sherri Smith, 15-10, 8-15, 15-3; 3rd: Mary Bean; consolation: Tricia Madison.

1ST ANNUAL WALLBANGER NCAA TURKEY TOURNAMENT
Palo Alto, CA

Men's A: 1st: Peter Blatman over Fred Konko, 21-9, 21-8; 3rd: Joe Weiss.

Men's B: 1st: Jeff Allen over Ron Dorst, 21-2, 21-8, 3rd: Rob Zolezzi.

Women's B: 1st: Deb Hodson over Gerri McDonald, 21-7, 21-18; 3rd: Jan Carlson-Williams.

Men's C: 1st: Don Harrison over Dave Ammer, 14-21, 21-17, 21-15; 3rd: John Langenbach.

Women's C: 1st: Robbie Knoop over Lilly Juco, 21-11, 21-7; 3rd: Fran Roelfsema.

7th ANNUAL CONNECTICUT STATE CLOSED
Rollout Racquetball Club
Rocky Hill, Connecticut

Men's Open: 1st: Ron Mirek; 2nd: Brian Dehm; 3rd: Deniz Fonseca.


Men's B: 1st: Martin Kidder; 2nd: Jack Nocera; 3rd: Steve Tiberio.

Women's B: 1st: Enid Rivera; 2nd: Libby Wiley.

Men's C: 1st: Socrates Verses; 2nd: Joe Barbino.

SPORTS ILLUSTRATED COURT CLUBS 1978 LADDER TOURNAMENT
GSI Court Club-Leamtree
Belleville, MI

Men's Class A: 1st: Lynn Hahn, Salline, MI. 2nd: Renard P. Valenciano, Flint, MI.

Women's Class A: 1st: Yvonne Hackenberg, Kalamazoo, MI. 2nd: Fran Manolo, South Bend, IN.

Men's Class B: 1st: Kevin McCulley, Ann Arbor, MI. 2nd: Joe Burkant, Portage, MI.

Women's Class B: 1st: Sherri Smith, Hasletti, MI. 2nd: Kit Danher, Ann Arbor, MI.

Men's Class C: 1st: Don Hogan, Flint, MI. 2nd: Pete Keelon, Fort Wayne, IN.

Women's Class C: 1st: Connie Weissel, Schoolcraft, MI. 2nd: Mary Ann Powell, South Bend, IN.
shoo it serve it  pass it
belt it  splash it  whack it
slap it  dunk it  bounce it
freeze it  spin it  cream it
chop it  wet it  dribble it
lob it  hit it  ace it  loft it
hang it  clobber it  bang it
center it  spike it  kill it
smash it  hook it  boot it

buy it, Seamco
Racquetball Magazine is currently gathering data about virtually every aspect of the booming racquetball industry—from racquets to wristlets, from construction materials to club openings. We invite anyone wishing information to call or write to Racquetball Magazine Research Dept. 1535 E. Brooks Rd. Memphis, Tn. 38116 901-345-8000

5 Reasons why you'll enjoy being a member of the International Racquetball Association

1. You are eligible for all IRA tournaments.
2. You have a voice in all IRA policies.
3. Membership dues include subscription to RACQUETBALL Magazine.*
4. You become a vital part of the fastest growing sport in America.
5. Each member receives a bumper sticker, a membership card, and future equipment discounts.

The Winning Combination: You and the IRA

- NEW
- RENEWAL
- FAMILY
- SINGLE

- $9.00 1 Year
- $15.00 2 Years
- $6.00 1 Year
- $10.00 2 Years

PLEASE PRINT
NAME __________________ 
ADDRESS __________________ 
CITY/STATE/ZIP ______________ 
TELEPHONE __________________

Membership includes subscription cost for RACQUETBALL Magazine. Add $1 per year outside U.S., Canada & Mexico.

Mail with your check to:
INTERNATIONAL RACQUETBALL ASSOCIATION
5545 Murray, Memphis, Tn. 38117
*Going monthly March 1979.
Join the winners

The new line of adidas racquetball textiles and footwear is designed especially to meet the rigorous demands of this new and growing sport. adidas textiles keep you cool and adidas shoes give the traction you really need. What's more, all adidas racquetball products carry the endorsement of Marty Hogan or Charlie Brumfield. So join the winners in adidas.
I've got a backhand that'll trip you up, a ceiling ball that'll wear you down, and a racquet that'll win you over... the new Jennifer Harding™ from Ektelon.

Ektelon's new Jennifer Harding racquet is designed to fit a woman's hand... and her game. It's 25 grams lighter and ½ inch shorter than our smallest men's racquet, so it swings faster and maneuvers easier. There are four handle sizes to choose from, including Extra Small and the new Super Small (3 11/16)

As in all Ektelon racquets, the aluminum frame extends to the end of the handle for strength and is tapered for lightness and better balance.

The Jennifer Harding carries a two-year racquet frame and ninety-day string warranty.

The Jennifer Harding... only for women, only from Ektelon.


EKTELEON
The Most Recommended Racquet in Racquetball*

All Ektelon racquets are manufactured in San Diego, CA. Jennifer Harding is a trademark of Ektelon. San Diego, CA. Research results available from Ektelon.