



Summer 2003

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from the Editor

Howdy folks and Happy Summer, or should I say happy rainy season. At the time of this writing it is still raining, but hopefully by the time you are reading this (those of you that do actually read this) skies will have finally cleared, temperatures will be in the mid-80's, and you'll be hanging out at the pool.

Recall that we are now on a schedule of two newsletters per year, so look inside for tournament results from all our events since Christmas, including an article written by Joe Cornell of the Merritt Athletic Club – Eldersburg on a recent Junior's Play Day held at his club. Many thanks to Joe and Kathy Cornell, Dave Bleyer, Aimee Newhall, Terry Powers and Val Rogolino for making the day a success.

The MWRA has selected its Junior Elite Team, a fine group of young athletes ranging in age from 6-18 who will representing Maryland and D.C. in local, state, regional, and national events. The MWRA will be supporting all the efforts of the team, including coaching and finances.

Lastly, we've published the 2003-04 MWRA and CVRA schedules and we are pleased to welcome back the Sunshine Tournament, which will be held January 9-11, 2004 at the Gaithersburg Sport & Health Club. As always, you will want to check our website for updates and changes to the tournament schedule as the season progresses. Have a great summer! - Steve

the Off Season *By Brian Wetcher*



The off-season for most racquetball players tends to be the time when they slack off a bit and play more casually. The period from the end of April to September tends to be my time away from racquetball. My off-season from racquetball is the time when I hang up all the Ektelon garb and my racquet and acquaint myself with my triathlon gear.

My first race in triathlon season is generally in mid-May and the last race ends the latter part of September. My summers are busy to say the least. But this summer was not the normal 8 – 10 triathlon schedule. Nope, the summer of 2002 I only did three triathlons. I had other plans for my off-season

Four years ago my Uncle Bob (a.k.a. UB) moved from Dayton, OH to sunny Sarasota, FL. Since that time I've thought what a great bike trip that would make. So for the past four years I have looked for a few cyclists like myself that thought riding a bike from Frederick, MD to Sarasota, FL sounded like a fun vacation. Well, last year I found two such nuts, fellow triathlete Joe McMaster

(York, PA) and my cousin-in-law, who is also a triathlete, Dan Moran (Trenton, NJ). So the team was complete, the Tres Amigos Southbound Voyage was set, and on Labor Day weekend 2002 my dreams of riding to Florida were reality. The trip took a year in planning and in its simplest form it would be 10 days, nine days of riding and one day to fly home. Yes, fly home... I may be crazy, but I'm not dumb! Our route was mapped and the bikes were packed... The Tres Amigo's were ready to go!

The Southbound Voyage.

Day 1: Frederick, MD to Fork Union, VA
After a late start due to my last minute repairs, packing and misc. stalling, we finally hit the road at 7:45. It was a beautiful, slightly overcast morning with temps in the mid to upper 60's. We wended our way out of southern Frederick County, crossed the Potomac and stopped in Leesburg, VA for breakfast. During our stop I needed to find

a bikeshop for a minor repair to my pannier rack. We managed to find a bike shop and got the needed repairs, then we were back on the road. Our next stop was Culpeper, VA. Here we had a quick bite to eat, as we were eager to keep moving. Our plan was to get to Palmyra, VA and find a place to stay for the night, which would give us 140 miles for the day. We arrived in Palmyra and found that the small town consisted of a gas station and a convenience store. It would be another 10 miles to Fork Union and a motel room. The sun started to set, our light faded away and with about 3 miles from the hotel it started to mist and rain, but we did manage to make it to the hotel just before nightfall. The first day of the journey was good, the excitement of the trek kept us moving at a good pace and our spirits up. Joe and I felt great, Dan was sore and bonked in the last 20 miles.

continued on page 6

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You will notice that there are several clubs that do not have names associated with them. This is due to the fact that those people who were listed ARE NOT currently USRA members as reported on the latest membership list from Colorado Springs.

Anyone from these clubs who is a USRA member and wishes to become a Board of Governors representative, please contact Larry Seidl at 410-269-1976.

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Day 1 stats: Mileage - 150.76; Ride time - 8:34:55; Average - 17.57 mph

Day 2: Fork Union, VA to Raleigh, NC

We woke up feeling good, no aches or pains. We ate in our hotel room, packed up and were on the road by 7:20. Our first leg of the day took us to Keysville, VA where we were greeted by our small fan club. My Mom and Dad, UB and Laura (Dan's wife and my cousin) had all driven from Smith Mountain Lake to meet us for lunch. They met us on the road and drove with us for about 20 minutes and snapped a few pictures. Our lunch break was a bit long due to the visit, but eventually we were off again for leg two, which was tiresome for Dan but he made it. We stopped in Oxford, NC for some Mexican food, after which we started our third leg. Darkness was approaching and we had roughly 30 miles to get to Raleigh, so Joe and I started alternating with 10 minutes pulls and just told Dan to stay close and hang on.

Finally we made it to Raleigh and a Motel 6. The day was another tough and tiresome one for Dan, but he didn't complain. I started to feel a bit of discomfort in my left Achilles tendon. The weather for the day was overcast with some mist and light drizzle. We were starting to pay attention to the Gulf of Mexico, as tropical storm Edouard was forming.

Day 2 stats: Mileage - 160.23; Ride time - 9:01:28; Average - 17.76 mph

Day 3: Raleigh, NC to Bennettsville, SC

One word describes the first leg of day three... LONG. Due to a few lengthy breaks and big mileage, the first leg was tiresome. We were in the saddle for over 4 hours! During this leg we had our first roadside breakdown. I had run over something and had gotten a flat tire. That was easily fixed and we continued on. Later during that leg Dan started to feel as if he was on the verge of a bonk. We decided on a short roadside break so that he could refuel with some food and slowed the pace.

Our lunch break was in Fayetteville, NC, at Applebee's and my Achilles issue was nagging me. I put my ankle on ice and taped it. That seemed to help and I made it through the day. We ended our

day in Bennettsville, SC at the Holiday Inn Express. Lucky for us it was complete with a pool, which was cold and very therapeutic. It was exactly what we needed, helping with the sore legs and soothed our increasingly chaffed butts.

This was the first day we saw the sun. The weather cleared and towards evening and we hoped for good weather the following day. Though hurricane Edouard was not a threat, we continued to watch its movement.

Day 3 stats: Mileage - 127.74; Ride time - 7:28:59; Average - 17.07 mph

Day 4: Bennettsville, SC to Batesburg/Leesville, SC



The day started out good, the cold pool the night before revitalized us and the continental breakfast gave us a nice start. It took quite a while for my Achilles tendon to warm up but it finally did and I felt fine. There was a noticeable difference in the weather today... the sun was out and it was hot! The temps were in the low 90's and it was very humid. Add those factors to some long climbs with steady headwinds and you get a difficult day. Dan had a great day. He started taking some turns in the paceline when he felt up for it; this was a big help.

The first leg took us to McBee, SC and the second to Columbia, SC. We all felt strong. After a good meal at a fast food Italian restaurant, we headed off for our final leg for the day. This is where things

went bad for me. It took us over an hour just to get through Columbia! The traffic was thick and the heat was brutal! Go. Stop. Go. Stop. Sitting at stoplights on top of hot pavement really drains you. We finally did get moving but the damage was done. I was overheated and we were headed directly into the setting sun. I had an incredible headache and needed to refill my bottles. That's when I found my savior... no, not Gatorade, not Gu, not a Powerbar, but a blue slushy!!! This tasty treat brought me back to life! We got back on the bikes and made it to our next hotel Batesburg/Leesville, SC.

Day 4 stats: Mileage - 133.71; Ride time - 8:14:34; Average - 16.22 mph

Day 5: Batesburg/Leesville, SC to Swainboro, GA

After some long mid-day rides in the hot and humid weather, we came up with a new game plan. We decided to get an earlier start and do our longest leg in the morning before it got too hot. We were on the road by 7:15 and put in almost 56 miles before our breakfast break in Southern Augusta, GA. After our meal, it was time for the dreaded mid-day leg. Once again it was very hot and humid. This time we stopped for liquids more often and drank more. The hills of Georgia were long... very long, the longest of the trip so far. The climbs in Virginia were steeper, but not nearly as long and drawn out as the Georgia hills. Add to these hills the heat, humidity and headwinds and you get one long tough day! Lucky for me, most convenient store have blue slushies!!

My left Achilles was bothering me again today, so at lunch in Louisville, GA, I iced both. Taping my ankle helped, as well as taking vitamin I... ibuprofen and the chaffing is somewhat under control. Diaper rash cream at night and chamois cream during the day is the secret. But no matter what, at the end of the day I'm happy to get out of my cycling shorts!

We are starting to get excited, as it looks like if we keep riding strong and don't have any setbacks, we should get to U.B.'s place a day early. A nice cold Corona and a nice piece of beach are really good motivators right now!

Day 5 stats: Mileage - 128.91; Ride time - 7:41:40; Average - 16.75 mph

Day 6: Swainboro, GA to Homerville, GA
Today was a great day! The first leg was just about perfect. We started early to try to beat the heat and we were rewarded for it. For the first two hours we had great conditions: foggy and cool temps! Riding through the fog was very refreshing as drops of water collected on our skin and cooled us as we rode. We waited until the fog burned off before we stopped to top off our water bottles and by the time we stopped for breakfast at 11:00, we had almost half our mileage in for the day. The second leg was just like the previous few days... hot and humid! We were treated to two small 10-minute rain showers that cooled us off and gave new life to tired muscles. After an hour we took a break due to the heat and Dan having a nerve problems in his right hand. I let Dan use my riding gloves for the rest of the trip, which seemed to alleviate the problem. The last leg was a short, westerly trip on route 84. We must have been motivated, because we really moved out. This was our fastest leg so far and turned out to be the fastest leg for the entire trip. We covered almost 30 miles with an average of over 20 mph!!! Not bad for a day totaling over 135 miles with 50 pound bikes!

Our excitement was definitely increasing, for tomorrow we would be in our destination state of Florida! As long as we keep our daily mileage up, we'll get to Sarasota one day early. The chaffing is affecting all of us, we religiously re-apply chamois cream at every restaurant we stop at.

Day 6 stats: Mileage - 135.77; Ride time - 7:23:10; Average - 18.38 mph

Day 7: Homerville, GA to Williston, FL
The first leg of the day was spirited, we crossed the Florida state line! Even though we were over 230 miles from UB's house, we were riding high! I was quick to come

down from this high, for we finally hit the flats. Along with flats comes headwinds and I do not like headwinds! I'll take a big climb over headwinds any day! The second leg of the day took its toll on me. Staying in one position, fighting the headwind, trying to do my best at keeping up the pace was tough. My pulls were 3 - 4 miles per hour slower than Joe or Dan. I was well hydrated and was eating, but I just had nothing left in my legs. We stopped for dinner at a bar in Archer, FL where we met a fun group of people during Friday's happy hour. The group included some ladies who gave Joe the nickname of "Skin Tight". (Walking into a bar on a Friday during happy hour in full cycling spandex definitely tends to draw some attention!) We also met the owner of the bar who lived right around the corner. She showed us a picture of her house from the late 1800's and told us that her home was one of the most haunted houses in the country and proceed to rattle off a list of TV shows that have done specials on it! She invited us to spend the night in her haunted house. Dan and I wanted to, but Joe had other thoughts. He never actually came out and said he was scared, but he did say that he wouldn't sleep very well. So we rode until dark and found another hotel in nearby Williston, FL.

Day 7 stats: Mileage - 130.94; Ride time - 7:39:09; Average - 17.11 mph

Day 8: Williston, FL to Sarasota, FL
The last day of our journey was definitely an impressive one. We had our earliest start of the trip. We were up at 5:30, but couldn't get on the road until 7:10 for lack of daylight. The first leg of the day was long, over 64 miles, as we tried to take advantage of the cooler morning temps. Dan was a big help, taking full 10-minute turns in the paceline rotation. Towards the end of the first leg, heat, headwinds, humidity and some small hills were taking their toll. Once again, my legs were sore and my left Achilles tendon was hurting. After a nice lunch in Brooksville, FL, I taped my ankle and we headed out for the second, hot leg.

For the first half of the second leg we got a needed break... a tailwind! During this 60+ mile leg, we rode through Tampa. We were psyched! This was our last big city until UB's and we were starting to see mileage signs for Sarasota. This was a needed boost, both physical and emotional. At our dinner stop in Apallos Beach, FL, we called UB and gave him our beverage requests. The third leg of the day and final leg of the journey we were definitely riding on pure adrenaline, especially Dan, who led some of the pulls at speeds over 24 mph and had to be yelled at by Joe to slow down! We didn't even stop to top off our bottles, we rode the last 43 miles straight through to Sarasota. When we reached the outskirts of Sarasota it was dark and rode through the city reaching UB's place at 8:45 in the evening. What a great feeling! We had done it! We took pictures, shook hands, gave high fives and gladly accepted cold beer from UB and toasted our accomplishment!

Day 8 stats: Mileage - 169.12; Ride time - 9:44:36; Average - 17.36 mph

Final Trip Stats:

Mileage - 1137.18; Ride time - 65:48:31; Average - 17.28 mph

A dream I had for 4 years was now reality and soon to be history. Eight consecutive days of mileage over 120, six states, over 1100 miles, more than 65 hours in the saddle and lots of diaper rash cream... Zen was achieved. So when you see me skipping balls all over the racquetball court, now you know why... I was slacking in the off season!

If anyone ever wants to go for a ride, drop me a note.

Brian :) bike2zen@earthlink.net

Oh, by the way, four weeks after my trek to Florida, I entered my first marathon. I completed the Chicago Marathon in 3 hours and 52 minutes.

Tournament Results

St. Nick Splat

December 6-8, 2002

Severna Park Racquetball and Fitness Club

Men's Open Singles – Finals

Matt Gehling d. Jamal Harris 15-13; 15-14

Men's A Singles – Finals

Jimmy Hornsby d. Hector Del Castillo 15-8; 15-13

Men's B Singles – Finals

Bob Flanagan d. Tom Pendleton 15-10; 15-11

Men's C Singles – Finals

Dan Leavy d. Jimmy Falcon 15-3; 15-12

Men's Open Doubles – Finals

Dorsey J - Lee S d. Papaminos S - Sheridan B 15-9; 15-6

Men's A Doubles – Finals

Hornsby J - Huntley M d. Connell C - Stewart J 15-7; 11-15; 11-6

Men's B/C Doubles Red – Finals

Biedenkapp G - Firlie R d. Cohen M - Leavy D 15-3; 15-11

Women's A Singles – Finals

Laurie Lowe d. Danielle Emerson 15-13; 15-11

Women's B Singles – Finals

Sharon Flagler d. Amy Murphy 15-8; 15-8

Women's C Singles – Finals

Diane Stokes d. Jenny Hough 15-6; 15-12

Women's B Doubles – Finals

Flaesch T - Stokes D d. Moazed P - Newhall A 15-10; 15-13

Mixed Open Doubles – Finals

Compton B - Hough R d. Gehling M - Supanick B 15-12; 8-15; 11-9

Mixed A Doubles – Finals

Price P - Wilson R d. Johnson W - Winder A 15-9; 15-14

Mixed B Doubles – Round Robin

Bray K - Seidl L d. Kramer J - Specht E 15-1; 15-3

Men's 25/30/35+ Singles – Finals

John Collison d. Jamal Harris Unplayed

Men's 40/45/50+ Singles – Finals

Steve Simpson d. Ed Willis 8-15; 15-10; 11-1

Men's 45/50/55/60+ A/B Singles – Finals

Edwin Alston d. PJ Williams 15-10; 10-15; 11-9

Men's 25/35/40+ A/B Singles – Finals

Yee Cheng d. Charles Levine 15-11; 15-9

Men's All Age C/D Singles – Finals

Leslie Hankins d. Carey Cowell 15-8; 15-7

Men's B/C Doubles Green – Finals

Bassford B - Flaesch J d. Price P - Wilson R 15-12; 15-12

Men's B/C Doubles Finals – Finals

Biedenkapp G - Firlie R d. Bassford B - Flaesch J 15-14; 8-15; 11-2

Wintergreen Classic

January 31 - February 2, 2003

Sport Fit Laurel Racquet and Health Club

Men's Open Singles – Finals

Jamal Harris vs. Mike Porter Unplayed

Men's A Singles – Finals

Jeff Brown d. Jeff Nelson 6-15; 15-13; 11-2

Men's B Singles – Finals

Stacey Young d. Tom Pendleton 5-15; 15-13; 11-7

Men's C Singles – Finals

Josh Atkinson d. Leslie Hankins 15-13; 9-15; 11-9

Men's D Singles – Finals

James Garcia d. Dale Clark 15-12; 15-13

Men's 30+ A/B Singles – Finals

Charles Levine d. Steven Droski 15-11; 6-15; 11-5

Men's 30+ C/D Singles – Finals

J.P. Chalpin d. Julio Jimenez 15-13; 15-3

Men's 40+ Singles – Finals

Eric Foley d. Bill Hartwell 15-5; 15-13

Men's 40+ A/B Singles – Finals

Jim Brett d. Rafael Diaz 5-15; 15-14; 11-5

Men's 40+ C/D Singles – Finals

Jimmy Falcon d. Greg Kenney 15-7; 15-6

Men's 50+ Singles – Finals

Mark Baron d. Larry Deamud 15-1; 15-5

Men's 50+ A/B Singles – Finals

James Weathers d. Mag Velasquez 15-9; 15-10

Women's Open Singles – Finals

Shannon Feaster d. TJ Baumbaugh 15-13; 15-7

Women's A Singles – Finals

Thao Le d. Sharon McNeil 15-0; 15-11

Women's B Singles – Finals

Kelley Bruns d. Marci Edwards 15-1; 15-2

Women's 30/40+ A/B Singles – Finals

Thao Le d. Tina Davenport 15-8; 15-7

Men's Open Doubles – Finals

Foley E - Porter M vs. Fritz C - Holland I Unplayed

Men's A Doubles Finals – Round Robin 1

Misal D - Weinstein K d. Forsyth A - Sterling K 15-2; 15-11

Men's B Doubles – Finals

DiClemente M - Perry T d. Biedenkapp G - Firlie R 13-15; 15-12; 11-7

Men's 30/45+ Doubles – Finals

Baron M - Hartwell B d. Brown T - Dorsey J 15-14; 15-14

Women's Open Doubles – Finals

Feaster S - Jordan Y d. Fritz K - Holtslander K 15-7; 15-11

Mixed Open Doubles – Finals

Hostovitch C - Zambrano V d. Erdley B - Holtslander K 11-15; 15-12; 11-8

Mixed A Doubles – Finals

Price P - Wilson R d. Mims C - Winder A 11-15; 15-5; 15-6

Mixed B Doubles – Finals

Bruns K - Cowell A d. Price P - Wilson R 15-11; 2-15; 11-7

Make A Wish Shootout

March 13-16, 2003

Merritt Athletic Club – Towson

Men's Pro Singles – Finals

Shane Vanderson d. Jason Thoerner

Men's Open Singles – Finals

Travis Aldinger d. Jamal Harris

Men's A Singles – Finals

Marty Hammond d. Jeff Nelson

Men's B Singles – Finals

Mike Powell d. Adam Moro

Men's C Singles – Finals

Dave Michalek d. Chris Veale

Men's D Singles – Finals

Brian Urbanek d. Dennis Jenkowski

Juniors 16- – Finals

Joe Kramer d. Jesse Haupt

Men's 25+ Singles – Finals

Sergio Nieto d. Jason Colangelo

Men's 25/30/35+ C/D Singles – Finals

Sean Killey d. Paul Bunker

Men's 25/30+ A/B Singles – Finals

Marty Hammond d. Tim Wigder

Men's 30+ Singles – Finals

Tim Simeone d. John Schiavi

Men's 35+ Singles – Finals

John Collison d. Victor Zambrano

Men's 35/40+ A/B Singles – Finals

Saul Martinez d. Stan Golob

Men's 40+ Singles – Finals

Eric Foley d. Craig Powell

Men's 45+ A/B Singles – Finals

Tom Pendleton d. Joe Bonavita

Men's 45+ C/D Singles – Finals

Donald MacGlashan d. Jimmy Falcon

Men's 50+ Singles – Finals

Mark Baron d. Parris Woodbury

Men's 50+ A/B Singles – Finals

Wayne Krosnowski d. William Winowitch

Men's 50+ C/D Singles – Finals

Carey Cowell d. Robert "Buzz" Corsello

Men's 55+ C/D Singles – Finals
Skip Daly d. Robert "Buzz" Corsello

Men's 60+ Singles – Finals
Skip Daly d. David Wetcher

Women's Pro Singles – Finals
Cheryl Gudinas d. Kerri Wachtel

Women's Open Singles – Finals
Elaine Albrecht d. Laura Fenton

Women's A Singles – Finals
Regina Bouie d. Margarita Fairchild

Women's D Singles – Round Robin 1
Marisa Miosi d. Stephanie Foley

Women's 25/30+ Singles – Finals
Megumi Kozakai d. Danielle Emerson

Women's 35/40/45+ Singles – Finals
Donna Lienhart d. Regina Bouie

Women's 40+ A/B Singles – Finals
Margarita Fairchild d. Tracie Valentine

Men's Open Doubles – Finals
Aldinger T - Orr M d. Fritz C - Harris J

Men's A Doubles – Finals
Droski S - Wong B d. Moro A - Wollitz J

Men's B Doubles – Finals
DiClemente M - Perry T d. Jones J
- Moore J

Men's C Doubles – Finals
Bunker P - Michalek D d. James K -
Urbanek B

Men's 40+ Doubles – Finals
Bryan G - Mims C d. Finach F -
Kleinhammer M

Women's A Doubles – Finals
Davenport T - Yorski R d. Flaesch S
- McNeil S

Mixed Pro Doubles – Finals
Roehler A - Thoerner J d. Fenton L
- Gonzalez R

Mixed Open Doubles – Finals
Aldinger T - Fowler D d. Feaster S -
Gehling M

Mixed A Doubles – Finals
Denu K - Wigder T d. Brown J - Fairchild
M

MWRA Singles Championships

February 28-March 2, 2003
Severna Park Racquetball and Fitness
Club

Men's Open Singles – Finals
Jamal Harris d. Eric Foley 15-4; 3-15;
11-10

Men's A Singles – Finals
Ben Schad d. Steven Droski 15-10; 11-
15; 11-5

Men's B Singles – Finals
Aaron Cowell d. Patrick Knox 10-15;
15-6; 11-10

Men's C Singles – Finals
John Jones d. Joseph DiMaggio 6-15;
15-3; 11-9

Men's D Singles – Finals
Wyatt Lee d. Corey Wenzel 14-15; 15-
14; 11-2

Men's 24- C/D Singles Finals – Finals
Josh Atkinson d. Joshua Rowan 15-10;
15-4

Men's 30+ A/B Singles – Finals
Brian Wetcher d. Joe Brown 15-6; 15-13

Men's 35+ Singles – Finals
Steve Simpson d. Mark Levy Ret (inj)

Men's 40+ Singles – Finals
Steve Simpson d. Eric Foley Def (ns)

Men's 45+ Singles – Finals
Jamie Velasco d. Warren Riecke 15-1;
15-9

Men's 45+ A/B Singles – Finals
Tom Pendleton d. PJ Williams 12-15;
15-10; 11-8

Men's 45/50/55+ C/D Singles – Finals
Leslie Hankins d. Carey Cowell 15-1;
11-15; 11-4

Men's 50+ Singles – Finals
Jamie Velasco d. Dwayne McKnight 10-
15; 15-14; 11-5

Men's 50+ A/B Singles – Finals
Bill Cooper d. Walter Johnson 15-2;
15-5

Men's 55+ Singles – Finals
Michael Burnette d. Edward Krest 15-6;
15-9

Men's 55+ A/B Singles – Finals
Leslie Hankins d. William Winowitch
15-9; 15-13

Women's Open Singles – Finals
Shannon Feaster[1] d. Yolanda
Jordan[2] Ret (inj)

Women's A Singles – Finals
Eleanor Adcock d. Tina Davenport 15-
14; 15-11

Women's B Singles – Finals
Mollie McGeever d. Sharon Flagler 15-
10; 15-14

Women's All Age Singles – Finals
Shannon Feaster d. Yolanda Jordan Def
(ns)

Women's All Age A/B Singles – Finals
Sharon Flagler[3] d. Tina Davenport[4]
15-13; 6-15; 11-7

Women's All Age C/D Singles – Finals
Teresa Daniels d. Bridgette Sic

Juniors 16- Singles – Finals
Aaron Cowell d. Wyatt Lee 15-11; 15-2

Juniors 14- Singles – Finals
Aaron Cowell d. Justin Williams 15-2;
15-1

USRA Regionals

April 11-13, 2003
Crystal Gateway Sport & Health Club
– Arlington, VA

Men's Open Singles – Finals
Mitch Williams d. Dan Llacera

Men's A Singles – Finals
Mike Gaffney d. Sam Waters

Men's B Singles – Finals
Tim Page d. Tom Pendleton

Men's C Singles – Finals
David Martin d. Curt Firestine

Men's D Singles – Finals
Jim Stein d. Michael Young

Men's 24- – Finals
Mike Gaffney d. Eddie O'Leary

Men's 25+ Singles – Finals
Mike Orr d. Jason Colangelo

Men's 30+ Singles – Finals
Jamal Harris d. Marty Pillion

Men's 35+ Singles – Finals
John Barrett d. John Collison

Men's 40+ Singles – Finals
Eric Foley d. Tom Delle Donne

Men's 45+ Singles – Finals
Glenn Loehr d. John Greer

Men's 50+ Singles – Finals
Russ Montague d. Ed Garabedian

Men's 55+ – Finals
Ed Remen d. Sam Machotka

Men's 60+ Singles – Finals
Glenn Allen d. Wayne Toyne

Men's 65+ Singles – Finals
Donald Currie d. Grant Morrill

Men's 25+ A/B Singles – Finals
Chas Levine d. Frank Brozetti

Men's 30+ A/B Singles – Finals
Chris Wilmoth d. Marty Hammond

Men's 30+ C/D Singles – Finals
Brian Butzer d. Paul Smith

Men's 35+ A/B Singles – Finals
Earl Petzold d. Patrick Knox

Men's 35+ C/D Singles – Finals
Dominick Christiano d. Mark Miller

Men's 40+ A/B Singles – Finals
Steve Messoria d. Mike Huntley

Men's 40+ C/D Singles – Finals
Richard LaRock d. Dale Clark

Men's 45+ A/B Singles – Finals
Steve Brown d. Steve Hirsch

Men's 45+ C/D Singles – Finals
Jimmy Falcon d. Chris Garrett

Men's 50+ A/B Singles – Finals
Bill Cooper d. Mag Velasquez

Men's 50+ C/D Singles – Finals
Paul Chertoff d. Robert Corsello

Men's 55+ A/B Singles – Finals
Frank Vail d. Mogens Norlem

Men's 55+ C/D Singles – Finals
Donald Currie d. Tom Owens

Women's Open Singles – Finals
Malia Bailey d. Doreen Fowler

Women's A Singles – Finals
Tara Arnett d. Pat Kake

Women's B Singles – Finals
Umpapan Trakcontrip d. Sandy Mercado

continued on page 10

USRA Regionals

Women's C Singles – Finals

Beth Gainer d. Tracey Flaesch

Women's D Singles – Finals

Lilly Castillon d. Andrea Katsendorr

Women's 30+ Singles – Finals

Cintya Leveque d. Candi Hostovich

Women's 30+ A/B Singles – Finals

Danielle Emerson d. Karen Denu

Women's 35+ Singles – Finals

Doreen Fowler d. Holly Remen

Women's 35+ A/B Singles – Finals

Angela del Tito-Cook d. Thao Le

Women's 40+ Singles – Finals

Pat Hake d. Linda Bentzel

Women's 40+ A/B Singles

Sue Borschel d. Susan Flaesch

Women's 30+ C/D Singles – Finals

Karissa Sparks d. Andrea Katzendorr

Women's 35+ C/D Singles – Finals

Beth Gainer d. Kim Spiegel

Boy's 8- Multibounce Singles – Finals

Paul Frondorf d. Brandon Golob

Boy's 10- Singles – Finals

Oscar Rion Ocampo d. Shawn Branham

Boy's 12- Singles – Finals

Tyler Lienhart d. Brett Loehr

Boy's 14- Singles – Finals

Nick Czatt d. Justin Williams

Girl's 8- Multibounce Singles – Finals

Hannah Ocampo d. Danielle Elder

Maryland Selects Its 2003-04 Junior Elite Team

By Susan Flaesch, Sport Fit Laurel Racquet and Health Club

The MWRA is pleased to announce the selection of its 2003-04 Junior Elite Team. These junior athletes range in age from 6-18 and represent five clubs throughout Maryland. They are all eager to share their love of the game help grow and promote the sport to their peers and schoolmates. The team will be available to work with juniors who are new to the sport and hold exhibition matches at any club the Maryland and D.C. interested in promoting Junior racquetball.

The first team practice will be held on June 21, 2003 at the Sport Fit Laurel Racquet and Health Club between from 11:00 am to 2:00 pm. All team practices will be open to any and all juniors who are interested in honing their skills, or just want to try it out. In addition, the team will be actively fundraising throughout the 2003-04 season so please try and support the team. If you wish to be a team sponsor or would like to help in any way, including coaching, please call Susan Flaesch at 410.579.2295 or email at arsflaesch1997@aol.com.

The Junior athletes who will represent the MWRA in the 2003-04 tournament season are:

Junior Girls

Tracey Flaesch	18-	Sport Fit Laurel Racquet and Health Club
Jenny Hough	16-	Merritt Athletic Club – Annapolis
Rachel Hough	12-	Merritt Athletic Club – Annapolis

Junior Boys

Joe Kramer	16-	Sport Fit Laurel Racquet and Health Club
Justin Williams	16-	Sport Fit Laurel Racquet and Health Club
Aaron Cowell	14-	Severna Park Racquetball and Fitness Club
Davius Dupree	14-	Severna Park Racquetball and Fitness Club
Jeffrey Flaesch	14-	Sport Fit Laurel Racquet and Health Club
Ben Bleyer	12-	Supreme Sports Club
Jacob Knapo	12-	Supreme Sports Club
Emilio Rodas	8-	Sport Fit Laurel Racquet and Health Club
Christian Howe	6-	Sport Fit Laurel Racquet and Health Club
Darium Barnes	6-	Aspen Hill Club

Lastly, if you know of a motivated Junior interested in joining the team, please contact Susan Flaesch (contact info above).

National Singles Participants and Results

The following folks traveled to Houston, TX, May 21-26 to participate in the 35th Ektelon USRA Nationals Singles Championships.

Dale Clark, Pikesville, Men's D Quarterfinals, Men's 40+ C/D Quarterfinals

Bill Cooper, Odenton, Men's 45+ A/B Round of 16, Men's 50+ A/B Semifinals

Jeff Elder, Ft. Washington, Men's 40+ Round of 16, Men's 40+ A/B Quarterfinals

Danielle Emerson, Bowie, Women's B Quarterfinals, Women's 30+ A/B Quarterfinals

Shannon Feaster, Silver Spring, Women's Open Round of 16, Women's 25+ Semifinals

Eric Foley, Columbia, Men's 40+ Finalist

Doreen Fowler, Rockville, Women's Open Round of 16

Jamal Harris, Nottingham, Men's Open Round of 64, Men's 30+ Round of 16

Juniors Play Day at Merritt Athletic Club in Eldersburg

By Joe Cornell, Merritt Athletic Club - Eldersburg

As usual there was a large turnout of enthusiastic Juniors at the Merritt Athletic Club - Eldersburg for the MWRA Play Day on February 22. Many of the participants were introduced to racquetball for the very first time, while others had years of experience under their belts. Twenty-one players in all enjoyed three hours of games, contests and instruction.

After posing for the group picture, the anxious participants were divided into two groups depending upon their racquetball experience. As it turned out, the inexperienced group outnumbered the experienced group two-to-one. They were all bearing racquets and eye protection and eager to start the day's activities.

One group went with Val Rogolino as he broke out the legendary speed gun. He directed the kids in a variety of games and winners were awarded prizes for hitting the ball the hardest, softest and closest to a

predetermined speed. Then I had the same group compete in a number of contests on the court. The kids enjoyed competitions such as seeing who could keep the ball bouncing on their racquet the longest while standing on one leg. Meanwhile, Dave Bleyer, the MWRA's Junior's Coordinator, was on another court giving racquetball instruction and having the kids play "in and out" racquetball games.

All enjoyed pizza for lunch, while sharing their racquetball stories, then hurried back to the courts to continue with more games. Kathy Cornell provided instruction, while keeping the group organized as the kids traveled from court to court, to lunch and back. Every participant left with at least one prize and seemed anxious to get back on the courts. The future of racquetball looks alive and strong.

Thanks to all that helped make this event a success, including a special thanks to Aimee Newhall and Terry Powers for their participation.



National Singles Participants and Results

continued from page 10

Walter Hill, Mitchellville, Men's B Round of 64, Men's 40+ A/B Round of 32

Ira Holland, Laurel, Men's Open Round of 32, Men's 35+ Round of 32

Patrick Knox, Washington DC, Men's B Round of 64, Men's 35+ A/B Round of 32

Stephen Lee, Randallstown, Men's Open, Round of 64, Men's 25+ Round of 16

Sharon McNeil, Randallstown, Women's B Round of 16, Women's 45+ A/B Quarterfinals

Bill Milbach, Silver Spring, Men's Elite Round of 32, Men's 35+ Round of 32

Jeff Nelson, Bowie, Men's A Round of 64, Men's 30+ A/B Round of 16

Mogens Norlem, Annapolis, Men's 55+ A/B Round of 16

Gail Schaefer, Randallstown, Women's 55/60 Round Robin

Bruce Shafer, Silver Spring, Men's 50+ Round of 16, Men's 55+ Quarterfinals



2003-04 MWRA Schedule

MWRA Doubles Championships

November 7-9, 2003
Sport Fit Laurel Racquet and Health Club
204 Ft. Meade Rd
Laurel, MD 20707
Contact Steve Graham at steve@mwraweb.com for additional information.

St. Nick Splat

December 5-7, 2003
Severna Park Racquetball and Fitness Club
8514 Veterans Highway
Millersville, MD 21108
Contact Val Rogolino at 410.987.0980 for additional information.

Sunshine Tournament

January 9-11, 2004
Gaithersburg Sport & Health Club
Gaithersburg, MD
Contact Steve Myers at splatshot8@aol.com at for additional information.

Wintergreen Classic

February 6-8, 2004
Sport Fit Laurel Racquet and Health Club
204 Ft. Meade Rd
Laurel, MD 20707
Contact Steve Graham at steve@mwraweb.com for additional information.

MWRA Singles Championships

March 5-7, 2004
Severna Park Racquetball and Fitness Club
8514 Veterans Highway
Millersville, MD 21108
Contact Val Rogolino at 410.987.0980 for additional information.

Spring Pinch LPRA Pro-Am

March 18-21, 2004
Sport Fit Laurel Racquet and Health Club
204 Ft. Meade Rd
Laurel, MD 20707
Contact Steve Graham at steve@mwraweb.com for additional information.

USRA Regionals

April 15-18, 2004
Site TBD

Remember to check www.mwraweb.com for updates and changes to this schedule.



DOWNtheLINEnews

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