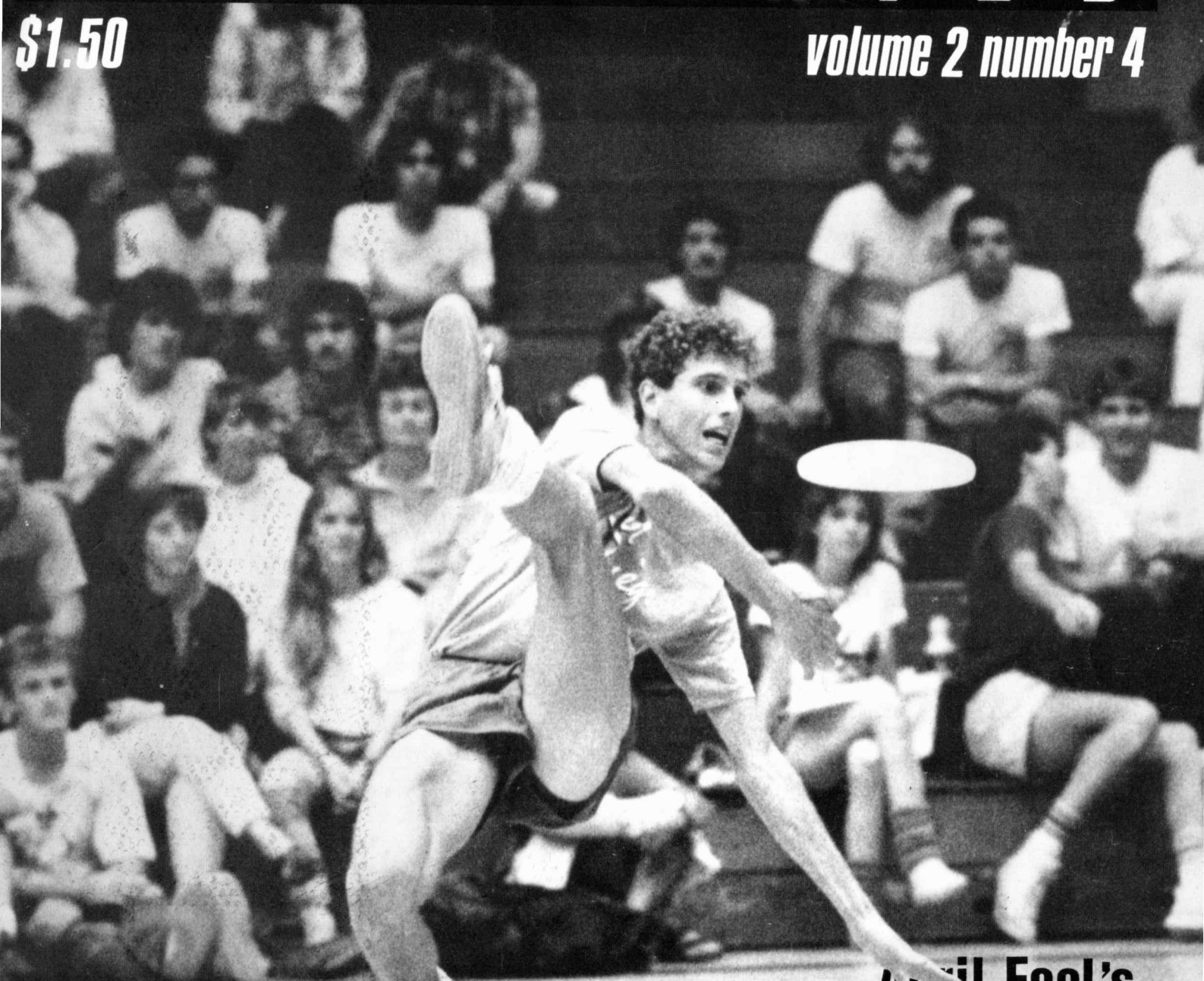


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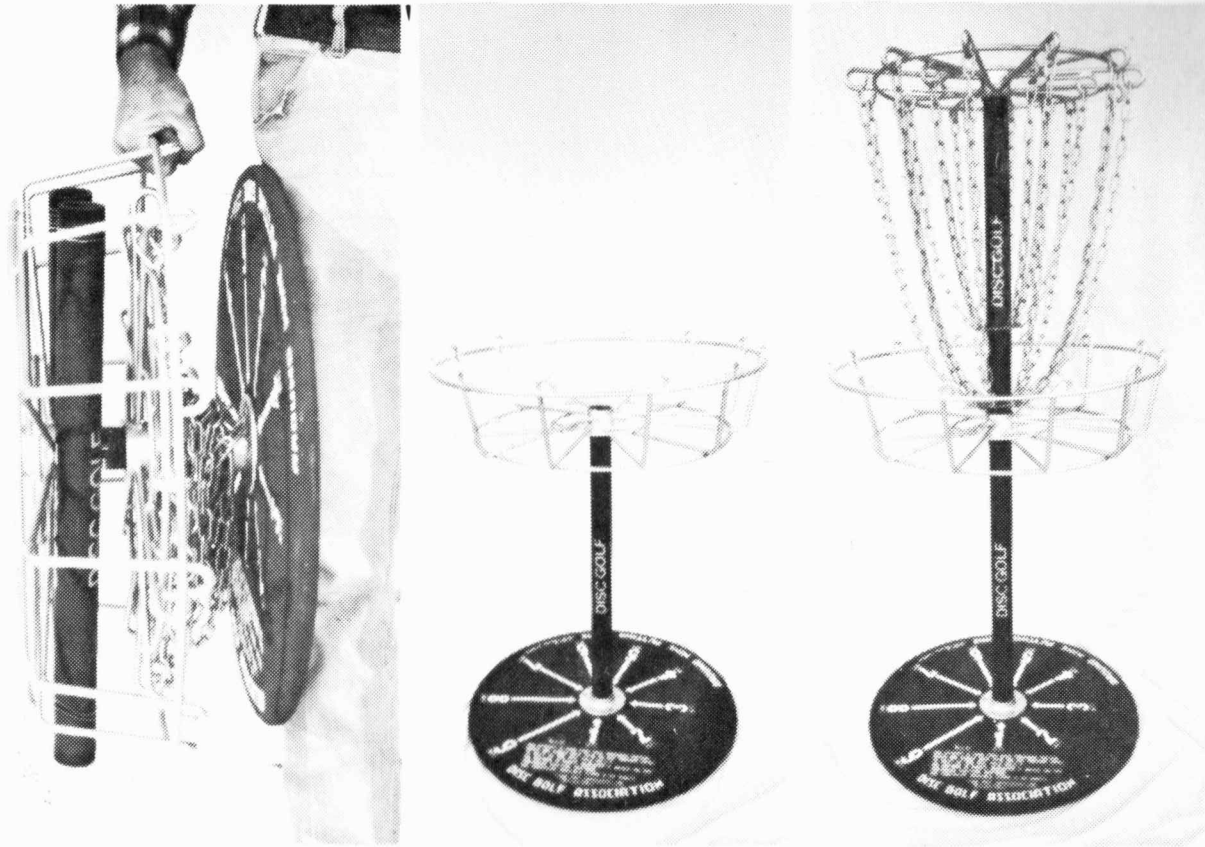
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FDI UPDATE

I'm sure that a lot of you were starting to wonder if another issue of FLYING DISC ILLUSTRATED was ever going to come off the press. Granted, it has been a while since the last issue but you can rest assured that FDI is going strong and will continue to grow. We have already started to work on the next issue so it looks as if this will be the last issue that prints behind schedule.

I would like to thank everyone that has supported FDI by way of both contributions and subscriptions because there is no way FDI could have gotten this far without your help. Starting with this issue, if you contribute an article that gets printed, you will receive a complimentary one year subscription to FDI. FDI is also looking for contributing editors. If you're interested in working with FDI just send us a brief summary of your disc background and what types of articles you would like to contribute.

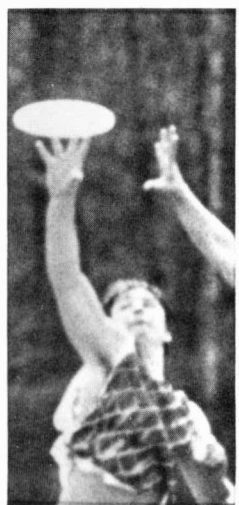
Flying Disc Illustrated is always looking for good black and white action disc photography (5x7 is preferred). Inside photos pay \$5.00 each and the cover pays \$20.00. All pictures sent with self addressed return mailers will be returned after the issue is printed.

All future issues of FDI will be typeset (see the WORLD INDOOR CHAMPIONSHIPS article) so look forward to a more professional looking magazine in the future.

Clayton S. Chase
Clayton S. Chase
Executive Editor

FLYING DISC ILLUSTRATED

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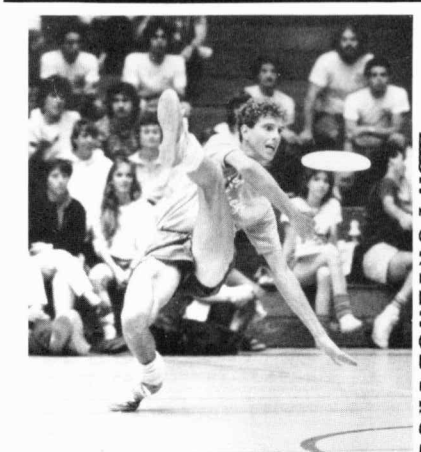
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ON THE COVER



Jim Schmal getting hein during the finals of the World Indoor Freestyle Championships.

LISA FORTLAGE PHOTO

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DISCATHON-Debate Continues

Recently Billy Bloom circulated an article, "A Test of Discathon," criticizing the event and suggesting it be removed from tournament play. In that article he presents the results of an experiment he conducted at the New Jersey State Championships. Below are views different from his on discathon's validity as a disc sports event in the context of that tournament.

1. I polled six former NJ champions and 25 other participants in the New Jersey championships. 24 people of the 29 expressing an opinion favored discathon at the tournament. Some of those favoring the event believed one or more of the following:

- Discathon requires the ability to throw consistent, accurate throws and endurance, skills developed especially by Ultimate players, as well as the ability to throw rollers, big curves long throws, and a variety of other throws accurately.
- They enjoy competing in the event.
- The NJ Championships is the only tournament in the northeast with Discathon.
- Discathon is exciting to watch.

2. Matt McDonnell, who, though not a novice, has not played in a PDGA or world championship event, finished 21st in discathon at the NJ championships. He finished 24th in golf, but in distance Matt threw over 100 meters in the finals, good for seventh place, using a brand of disc he had never thrown before. Using Billy Bloom's logic, distance should not be an event at the New Jersey Championships. However, I believe distance should be included and the above is an example of how different people have different skills.

3. The competitors who finished second, third, and seventh at the 1985 US Open competed in Discathon at the NJ Championships. Each finished in the top five in discathon at the NJ Championships. That shows a correlation between disc skill evidenced by success in tournament play and discathon results.

4. I talked with Jack Gersheidt, the subject of Billy's experiment, during and after the tournament. He said discathon required much more disc skill than he had thought. He specifically cited the finish of the course requiring a 75 yard throw over water which can cut 15 seconds from a competitor's time if completed. Though Jack did finish 10th in the finals of the event his time was 1:17.5 off the winning pace. He was not a threat to the leaders. If bad weather had not kept the turnout so small he would have finished in a much lower place.

5. The top finishers in discathon at the 1985 US Open were Dan Doyle, Jens Velaquez, Leonard Muise, Tom Krajna, Tony Pellicane, Harvey Brandt, Nick Hart, Don Wallace, and Joe Youngman. Anyone familiar with tournament disc will recognize the level of disc skill among them.

6. Any game requires a complex of athletic skills. If Michael Jordan competed in the Mid Atlantic Ultimate Regionals

his team might win the tournament and Michael Jordan would be a contender for the MVP. That would happen because Michael Jordan is a better athlete than most Ultimate players and would not prove that Ultimate is not a "test of disc skill."

7. Discathon was an event in the Texas, Florida, Virginia, Washington, and New Jersey state tournaments in the past year as well as many other tournaments. Those are approximately one fifth of the state tournaments contested. That shows the event appeals to players in many regions of the country.

Note: The author won discathon at the 1976 Octad.

Thomas Gockel, Edison, NJ
Stay tuned next issue for the "Air Jordan Ultimate Test"....Ed

I was troubled by your questioning of discathon's "integrity" as a tournament event - particularly the elitists notion that any event in which outsiders fare well against "the bevy of talented and practiced Frisbee athletes" ought to be reconsidered. Generally, Billy I found your perspective myopic.

Allow me first to add fuel to the fire. Certainly discathon emphasizes skills unrelated to disc play more than any other event. Dan Doyle, for instance, did run the mile competitively (4:20 is rumored), and blew us all off the course in the U.S. Open finals. He finished 52nd overall and captured a better paycheck than 7th place Pryor Hendrix. The important point, however, is that running skills can only compensate for, but ultimately cannot replace, throwing and thinking skills. To put it differently, I believe the 14 second difference between Doyle and I in the finals may be attributed more to my inability to execute a two-fingered roller under pressure or a scooper at all than to his superior speed. Moreover, if and when such speed becomes commonplace in discathon, it will be the idiosyncratic expression and instinctive execution of disc skills which will prevail both competitively and aesthetically over the static qualities of running.

Beyond this, I feel discathon is great for the game as a whole. If the sport caters only to those already competitive, it will never prosper and will likely flounder. Billy, as your test with Jack Gescheidt illustrates, discathon offers recreational players an avenue to disc competition - creating ever more ambassadors of the game. While other events seem too incredible (e.g. freestyle, distance) or too sophisticated (e.g. DDC) to a casual player, discathon may best inspire "I could do that" among casual players. And for those concerned with the purity of the game, DDC's growing popularity provides a healthy balance of refinement and experience to discathon's easy access.

In any case, the most memorable discathon action at the U.S. Open was not (necessarily) Tony Pellicane's pretty legs or Dan Doyle's flash impersonation. More likely it was Ron

Vingerelli's slo-mo S-throw from the final mandatory, over the lake, around the tree, and across the finish. Or perhaps it was my fortunate photo-finish victory in the semis, when I barely edged defending champion Harvey Brandt with a long throw.

Just ask the sectators next time if discathon's intensity and drama are good for the sport, They'll tell you it's "Outreal"

Leonard Muise
Berkeley, CA

DISC MAIL P.O. BOX 99118

Here's a thought you might want to consider: when someone sends in an article or other contribution to FDI, perhaps you could in turn send that person a copy of your magazine (if they are not a subscriber). As people are not subsidized when contributing to the annals of Frisbee literature, it would seem to me a nice gesture. (In case it isn't obvious by now, I found out from a friend just recently that you had run my article on Discathon in your fall '85 issue...). Also, so long as I've got the microphone here, I found it curious that I was omitted from the list of "contributors" on page 3 of the same. Oh well, woe is me. In spite of the above, I am quite pleased you chose to run my piece, and I plan to contribute again in the future. You've got a nice looking magazine; good luck for continued success with it.

Billy Bloom
New York, NY

Billy,

We thought this was such a good idea, we decided to take it one step further. From now on if you contribute an article or tournament results/article and it gets printed in FDI you will receive a one year subscription. Also, FDI apologizes for omitting your name from the contributors listing, you can be sure this kind of thing will happen again but hopefully not to you. ED

I received my first copy of FLYING DISC ILLUSTRATED in the late fall from a good friend who lives in California, I am very interested in the magazine! I especially enjoyed the article by Billy Bloom. I made my pro circuit debut at the World Finals in Tulsa, OK in July, 1985 and I am just now becoming aware of the frisbee world. I wish you continued success for your magazine and enclosed is my money for a years subscription. Thanks for producing such an informative magazine!

Kelly Rubes
Yukon, OK

APRIL FOOLS EAST



KARL COOK PHOTO

Hostage Classic Fools All

A team composed of eleven former members of the once strong Boston Hostages, calling themselves Hostage Classic, were the surprise winners of the ninth annual April Fools Tournament. The Hostage Classic team employed a strong zone-defense to complement a good man-on-man defense to keep opponents at bay.

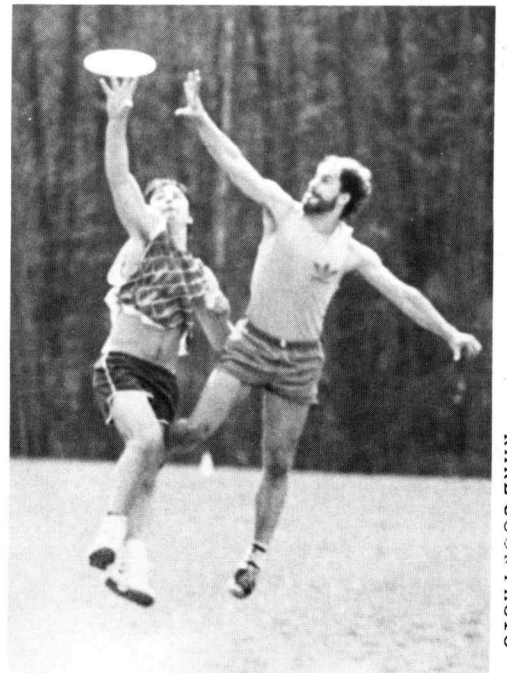
Quarterfinals. The most competitive game in the quarterfinals was the Spot (NYC), Idz Delako (Boston) matchup. Spot used their long game to stay ahead of the Boston team; a team that featured many of the top players from Titanic. The game got very close as Idz Delako came back to tie the score at fourteen with the cap set at fifteen. Spot scored the final point on a Kevin Cande bomb to Lindsey Scoggin, propelling them into the semi's. In the other quarterfinal games, Kaboom! (NYC) trounced the Plummers (Pittsburgh), Hostage Classic

defeated the new Boston team, the Boneheads while Life (NYC) defeated an unmanned Windy City team (Chicago).

Semifinals. Life got a quick start on Hostage Classic to lead by two at half, 8-6. The boys from Boston responded by scoring the first six points of the second half. With a 12-8 lead they never looked back, earning a trip into the finals. The other semifinal game pitted the upstart Spot team against Kaboom! for bragging rights of New York. Both teams played extremely well in the first half. Kaboom! holding an 8-6 lead, added two quick scores at the start of the second half to increase its lead to four.

Spot, taking advantage of Kaboom mistakes near Spot's goal line, tied

continued on page 10



KARL COOK PHOTO

Southwestern Team Disc Golf By Snapper Pierson

Every year on the first weekend in December, San Diego hosts the top 100 Disc Golfers in California. They come looking to defend their course's honor in the "Southwestern Team Disc Golf Invitational". The five teams participating this year were San Diego, La Mirada, Huntington Beach, Oak Grove and Northern California. Each 20 person team consisted of 16 Open division men, 2 masters (35 and over), one woman, and 1 junior (16 and under). The tournament is a round robin match play tourney with each member of a team playing against the corresponding player from another team (ie #8 player on Team A plays #8 player from either Team B,C,D, or E). In each round there are 20 possible points (20 holes) at stake - each individual win is worth 1 point, a tie worth a half point. The top two teams emerging from the round robin face off in the final on Sunday. The players compete with pride for the honor of saying their course has the best players.

The rainy weather looked dismal on Friday before the tournament, but fortunately cleared for Saturday and Sunday during the tournament. The first round pitted San Diego vs. Oak Grove and La Mirada vs. Huntington Beach. San Diego (18.5) and La Mirada (15.5) earned easy wins. And so the day went with both San Diego and La Mirada undefeated when they met head to head in the 4th round. The match was so close the results weren't announced until the last players came in off the course. San Diego had won 10.5 to 9.5. This score proved to be an omen, for when San Diego and La Mirada next met in the finals 13 of the 20 individual matches had a different ending than in the preliminary round yet San Diego still won 10.5 to 9.5.



MUNCH II PHOTO

Don Olow sinks putt while Jack Stanton, fellow team mate looks on

Many players consider this the most fun tournament of the year. Being a team effort there is little individual pressure. Between each of the five rounds there was a random drawing held, giving away discs and shirts to 40% of the contestants. Each team was provided with personalized team shirts in their home course color and free lunch. Not to mention the bag of new throwing plastic each member of the winning team receives. The discs are donated by our sponsors Innova-Champion, Wham-O, Discraft, and the Disc Golf Association. Additionally, along with individual

trophies there is a perpetual trophy kept by the winning team captain for one year.

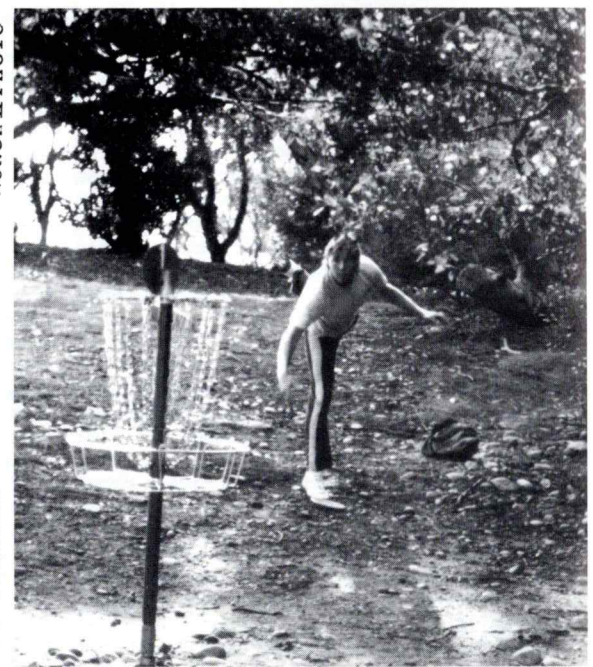
This makes the fourth straight year San Diego has won, never having lost a single match. The perpetual trophy will now reside permanently here in San Diego. Next year the format will change to 10 person teams. We will then invite more area's to participate. Also, we're actively seeking a sponsor who would like to hook up with a rapidly growing new sport. I'm sure if financial rewards were at stake even more areas would seek an invitation.



MUNCH II PHOTO

MUNCH II PHOTO

The players of the Southwestern Team Disc Golf Invitational outside the Morley Field Pro Shop building. That's Hollywood Pierson front and center.



Chris Dodd sinks putt on hole one on his way to beating Marcus Asneros from La Mirada.

Twenty-four year old Scott Zimmerman is the current U.S. Open overall champion. Scott won his first Wham-O overall championship at age seventeen, and with one exception, has defended his title successfully every year. Scott has also thrown an Aerobie flying ring 1125 feet, the current Guinness world record for the farthest throw of any object. He is now living in Arcadia, CA and is a full-time student in Cal Poly Pomona's computer science program, but still manages to get several disc hours in each week. Scott was interviewed via telephone by FDI's Jim Schmal on May 12.

FDI: Scott, you've won six out of the last seven overall championships. That's an incredible feat.

SZ: The first four were when they still called them the World Championships. I personally don't feel Santa Cruz is run well enough to be called the World Championships. This is not to take anything away from the overall winners at Santa Cruz over the last few years, but I do feel that Tom Schot just took the name. I could call my tournament the World Championships if I held it on my front lawn tomorrow. There's a distinction between me just saying my tournament is such and what WFDF (World Flying Disc Federation) says. We should cooperate with all the different player organizations in all the WFDF countries, and if that kind of cooperation leads to an event called the World Championships, then it can be recognized as such.

FDI: In 1983, Jeff Watson won the U.S. Open. That was the only time in the last seven years that you have not won a Wham-O overall event. What happened?

SZ: Well that year I really didn't train at all. I was going to school full time, and I talked myself out of having a shot at the overall there. I finished third because I decided a week before the tournament that I'd be a fool if I didn't go out there and make an effort, because I still had the ability to do pretty well.

FDI: What changed in '84?

SZ: DDC was added to the format in '84. I'm not saying that that's what encouraged me to get back into it, but I think I just changed my goals a little bit. I was a little tired of frisbee in '83, and then I realized that I could go to school and do the overall, too.

FDI: Scott, it doesn't seem like you have much left to achieve. What are your goals?



SZ: Let's look at it from the standpoint of individual events. For instance, I am by no means satisfied with my level of freestyle skills. When I go to a freestyle meet, I'm just blown away by the level of skill and the ease with which those players can control the disc and the space they move through. If I could do that I would have much more fun. I'm not saying that I have a goal to become the World Freestyle Champion before I die but... Even having won the overall championship six of the last seven years, there are lots of things that I don't do right. So I keep trying and working at those. I enjoy playing frisbee a great deal, and I'm the kind of person who enjoys winning more than losing, and that's what I try and do.

FDI: What is your training schedule for the Open this year?

SZ: I'm playing DDC in Pasadena two to four times a week. I also throw MTA's for 15 to 20 minutes beforehand, and I'm going to be practicing distance very soon, too. I freestyle with Stork (Dan Roddick of Wham-O) pretty regularly--we always play with a 119 g. I'm also running about five nights a week, about two miles, for discathon. I haven't been practicing golf or accuracy yet this year, so I'm going to have to start getting out there.

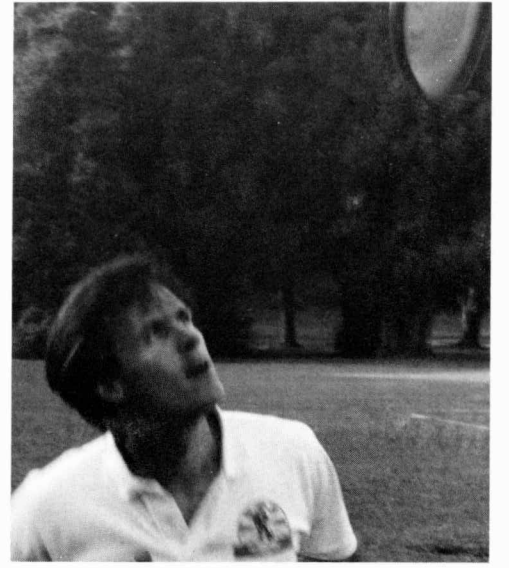
FDI: Who is your competition this year?

SZ: In the overall, you're not facing anybody. You're facing the statistics board, and that's just a mystery, all week long. And although I know who the other good players are, you can't really do anything about it. You're never going to win the overall by trying to win it. You have to get ready for each event when it comes up.

FDI: Let's talk about your Aerobie record.

SZ: Well, over a year ago I met with the designer, Alan Adler out at the Rose Bowl. That's when I found out that he had a \$1000 prize for the first person to be recognized by breaking the Guinness world record for a thrown object, 282 yards. So I decided to try for it. The first day I tried, I threw 250, 270, and 280 yards, using a regular backhand grip and a turnaround. Then on another day, Stork and I went to the Rose Bowl and I was able to throw five or six throws over 300 yards. The longest we measured was 349. Alan Adler loved it and Guinness took it since Stork is the archivist of disc records for their book. So Alan got me on NBC

CONTINUED ON PAGE 11



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A recent visit to "Discovering the World" was a revealing experience. The most apparent fact was that flying disc enthusiasts are all over the U.S. Many other encouraging signs can be gathered by talking with owner and proprietor Dan Mangone. For instance, Dan was hard pressed to come up with a region which stands out over others in supporting the mail-order trade which comprises from 60 to 85% of Discovering the World sales. Depending on the season, walk-in business accounts for up to 40% of the action.

Naturally, the first thing that comes to mind when you think of Dan Mangone and DTW is Frisbee. Of course, Wham-O flying discs take up a lot of space in the warehouse. You'll find practically any kind of flying disc for any purpose you could want, and at a quite reasonable price to boot.

Beyond plastic, DTW also sells many other items for use in what Dan characterizes as "Lifestyle Sports." These include footbags, aerobics, and skateboards, as well as accessories like shirts, hats, and books about disc sports. They may expand into juggling equipment and games in the near future.

Dan acquired DTW less than two years ago from Ron Kaufman (of World Peace Tours fame). It has already outgrown its home on Beach Blvd. in Buena Park, and Dan's ambitious plans for expansion are sure to result in the organization attaining further success.

Organization is probably the key word for Dan's success with DTW. Exploiting his obvious familiarity with computers, Mangone has compiled the most comprehensive list of disc players ever. He states that almost all of his orders

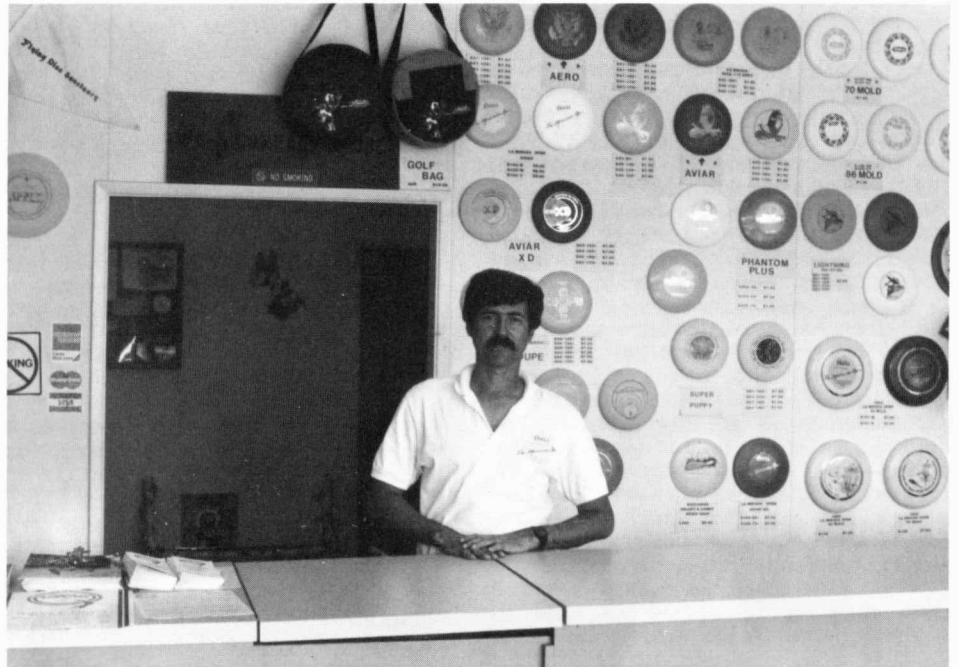
are shipped within 24 hours, with some customers in the Southern California region even receiving products within a day of calling the shop.

According to Dan's faithful assistant Jeanine, golf discs comprise the majority of the disc business, due to accessibility through DTW and probably the lack of variety at the customers' home base. The aerobic is also a frequently ordered item. The book by Irv Kalb and Tom Kennedy, *Ultimate: Fundamentals of the Sport*, is the best selling reading material ordered.

Both Dan and Jeanine divulged that they work very long hours, Dan even going so far as to deadpan that he "lives there" (at the shop). In addition to all the above responsibilities, Dan is the promoter and organizer for the La Mirada Open and the U.S. Open Frisbee Disc Championships.

Dan and Jeanine are very optimistic, seeing only growth in the future of DTW. They love being able to go to work each day and talk to people about Frisbee all the time.

BY RICK LEBEAU



Dan Mangone, purveyor of fine flying discs, skateboards and disc clothing behind the counter at Discovering the World's Buena Park store.



the score at thirteen. A miscommunication by Kaboom! on the first pass off the ensuing pull gave Spot an easy score and game point. The last play of the game was memorable. After a Kaboom! turnover, Spot was forced to call a time-out with the stall count at eight. Following the time-out, an attempted long throw was partially blocked at the point by Joel Zuckerman and sailed high into the air. Two Kaboom! players converged on the disc but managed only to deflect the disc further down field. Spot's Kevin Cande was able to recover the battered pass for a completion. Cande then turned and fired the final tally of the game.

Finals. Spot, playing in their first big tournament, had reached the finals. Hostage Classic was ready. They opened a huge lead using a zone-defense that totally stifled Spot's offense. They forced many turnovers for easy scores building a 10-2 lead. Spot went into a zone of their own, and it was the Hostages turn to falter. A 7-1 run by Spot made the game close once again at 11-9. But the Classic defense stiffened and held off the Spot challenges the rest of the way. The final score was 15-13. Players from Hostage Classic will now split into Titanic and a new Boston Team, the Popes. For Spot, the second place finish should give them a lot of confidence for the rest of the season. It also gives the New York area three very strong teams, all able to challenge the reign of power that

Boston has held for the last five years.

Reprinted from the April 1986 edition of "Northeast Ultimate"

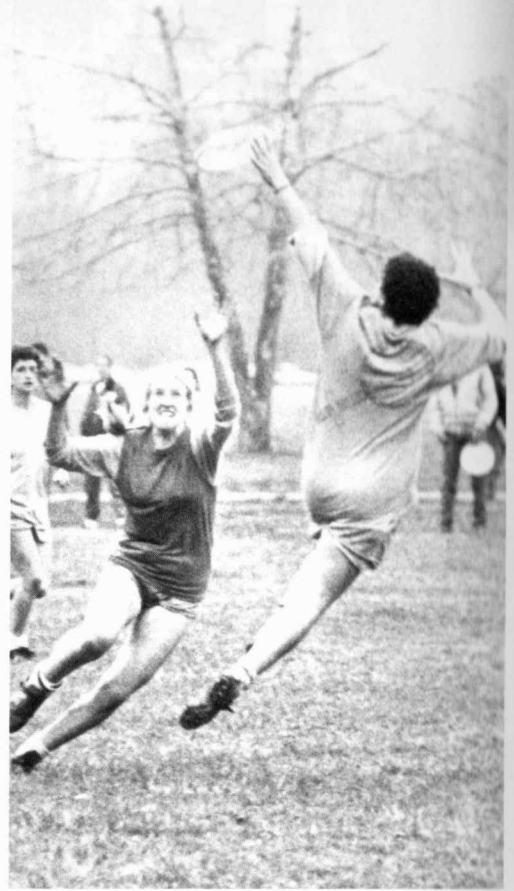
WOMENS RESULTS

The Michigan Fisheads won their fifth consecutive April Fools title, defeating the UPenn Zephyrs in the final game. The twelve team field endured both upsets and routs. The Fisheads, led by Tree van der Burg and Didi Koblaritz, continued their streak but did have problems in the early going. The Zephyrs defeated the Michigan squad in the preliminary round. Both pools were quite competitive and point differential separated many teams. In one pool, the Fisheads, Boston Area R.F. and the University of Virginia all tied for first place.

Semifinals: The Fisheads were able to stymie the Boston Area R.F. squad with their zone defense. The final score was a lopsided victory as the Michigan team got prepped for their title defense. The other semifinal game had UVa. paired against the Zephyrs. UVa. built up a four goal margin only to have the Zephyrs come back and win the game 15-13.

Finals: The final game was very scrappy from the onset. The Fisheads, using their zone, took a two goal lead at half, 8-6. In the second half the Fisheads ran away with the game as the Zephyrs could not mount any attack. The final score was a convincing 15-7 victory for the Fisheads.

Reprinted from the April 1986 edition of "Northeast Ultimate"



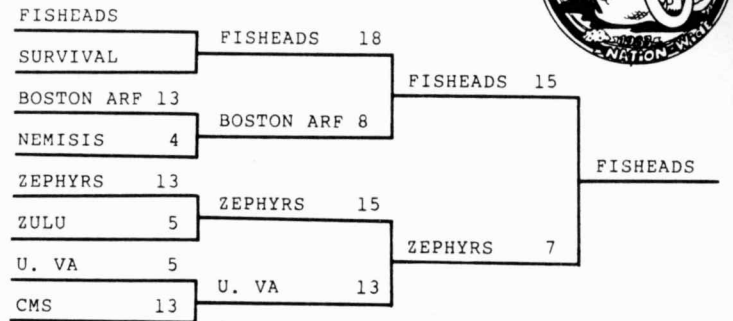
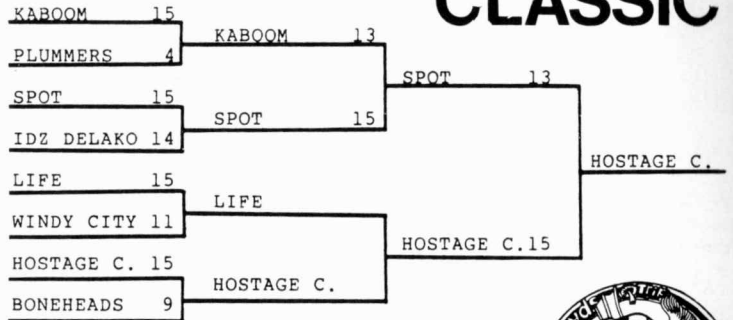
KARL COOK PHOTO

BY MAURICE MATIZ



KARL COOK PHOTO

HOSTAGE CLASSIC



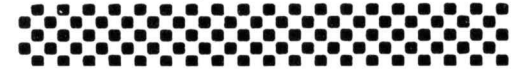
DDC IN SO. CAL. BY RICK LEBEAU



As the beneficiaries of a forfeit in the condolence final, Al B. and I were able to observe the final match for 1st between Dunipace/Aiu and Horn/Zimmerman. Both teams were really on top of their game at that stage, making for a spirited level of fierce offensive attacks countered by precise defensive maneuvers to escape. Although the score reached 13-8 in favor of Dunipace/Aiu in the first game, Horn/Zimmerman showed some mettle and fought back to 14-13 before losing 15-13. It was truly one of the best played games I've witnessed in a long time. Each team executed fundamentals well, but they also showed quite a mastery of some of the more recent advancements, typified by Scott's impossible tips on incoming burn shots. Combined with his other considerable disc skills, Scott's handling of the chores playing the front position makes any game he is in a pleasure to watch. He constantly amazes with his ability to adapt to precarious situations.

However, it wasn't enough on that particular day, as Randy and Dave swept the second game in almost intimidating fashion. It was obvious at that point that they would not be denied. Meanwhile, Snapper and Mike Cushman dropped their second straight come from ahead match, this time to Ske/McInnis, losing the second and third games. Notably, Stork and Jim Schmal returned from the dead in the third game of the consolation final, beating Ron and Bob 17-15 after being on the ropes at 8-14. As you can see, they had to score nine of the last ten points to eke out the win.

Double Disc Court is, in my opinion, the most exciting disc sport to play, and along with freestyle can provide the most athletic feats to view. It is the best at eliciting a combination of strategy and agility that have yet been adapted for disc play, I think. I would encourage anyone with at least modest disc skills to get out to a match or tournament and maybe even get someone to teach you the game.



Rick LeBeau (left) and Randy Aiu compete at a recent "monthly" DDC tournament.

After two consecutive meetings in less than optimal weather, the Southern California DDC League enjoyed a hot, arid afternoon at the April 13 gathering at "Dan Roddick Memorial Junior High" in La Mirada, site of the U.S. Open Frisbee Championships each summer. With the wind gusting quite heavily from the south, a distinct advantage was had by the pairs playing from the south courts. Of course, teams trade sides every five points scored, so it was necessary to score as many points as possible while on the upwind courts. The wind held up during pool play, which found two pools of four teams playing a round-robin format with 15 point games. Pool play found Dunipace/Aiu and Horn/Zimmerman winning their respective pools. The former played Pierson/Cushman in the winner's bracket semifinals, while the latter played Selinske/McInnis. The consolation semis matched Schmal/Stork vs. Bonopane/LeBeau in the longest match of the day, and

Robinson/Vingerelli took on the team of Freedman/Herrick. As the wind died and conditions gradually became more ideal, the quality of play improved and escapes from doubling situations occurred more frequently, leading in turn to longer rallies. In a hard played three game set, Dunipace/Aiu won the final two games to advance to the finals, where they were to meet Horn and Zimmerman, who defeated Ske/McInnis in two straight. In the consolation bracket Schmal/Stork won a very tense and long three game set from Bonopane/LeBeau, taking the first and third games, after just missing a sweep. In the other match Freedman/Herrick were knocked out in two by Robinson/Vingerelli. Both teams executed many escapes, making for exceptionally long rallies. By the time the day's last matches began, the air was nearly still, and the quality of play was at a peak offensively and defensively.

Zimmerman

continued from page 7

Nightly News and he gave me the \$1000 check. Then a few weeks later he held a press conference at the Rose Bowl to drum up more media coverage, and I snapped one off that ended up going 1125 feet, which was 100 feet beyond the record that I already held.
FDI: Did you use a turnaround?
SZ: No, it was only two steps. You wouldn't have believed this flight. It went up and planed out like a TRC would. So that is recognized as the current Guinness world record for the farthest throw of any object. And I have really enjoyed that record because of the press coverage involved.
FDI: Any closing words?
SZ: I look forward to seeing everyone at the U.S. Open!
FDI: Scott, thanks.



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My List of Often Made Mistakes in DISC GOLF

by Dave Dunipace

Here are, in no particular order, and for no particular reason, ten often made mistakes on disc golf, and what to do about them.

1. Tightness-Inhibiting snap: This often happens when we try too hard to force a shot, rather than letting it happen in a loose fluid motion. It's like throwing with your off-hand. Your body isn't 'programmed' for your off-hand, so you can't let the throw happen fluidly. You almost have to force the throw, using many more muscles than is necessary or efficient. As a consequence, you will end up with sore muscles and poor throws. If you don't feel loose, "natural", or fluid, and especially if you have sore muscles, you have been forcing throws. Loosen up and let your practiced muscles work for you, not against you.

2. Poor practice: Going through the motions is worse than worthless, it will program your body to play in that manner. Sloppy practice breeds sloppy play. Practice as if every shot counts for best results when every shot does count.

3. Unfamiliar/unreliable disc: This may sound like a plug for Champion Discs, but our discs were designed especially for disc golf. Accuracy and reliability in a variety of wind conditions were prime considerations in the design of our discs. If you don't know what a particular disc will do in any given situation, then you can't have accurate throws. Use reliable discs and become familiar with each specific disc you use in competition.

4. Looking backward instead of forward in time: If you think about things that have happened, you are using concentration power on things that are history. It's useless, draining, upsetting, and, most of all, distracting. Let

things that have happened be history, and concentrate on the things you can do something about. Concentrate on the shot you are doing and nothing else, and you will play better golf.

5. Vague or poor concentration: A lack of kinesthetic and visual focus on the snap point, or a lack of peripheral visual and kinesthetic monitoring the path to the snap point, are the usual culprits after distractions have been ruled out. Kinesthetic refers to the muscular, postural, tactile feel of the shot. This is the prime sense to use in golf. Use visual as an adjunct, but not

as a substitute. You can't physically see many shots, such as a backhand drive, as you do them. You must visualize them.

6. ANGER: Though anger can be useful to increase energy levels and narrow scattered attention, there is a cost on using anger as a crutch. It hurts peripheral attention and the ambiance of the group. If you need an energy lift, try coffee or another sport if you can't muster the enthusiasm. I get a terrific lift out of a well done shot. If you're not the jealous type, you can get a similar lift when another member of your group "hits" a nice shot.

7. Playing "against" someone: playing against someone as if he were an opponent in disc golf is draining, distracting, and stupid. There are no opponents in disc golf, other than the ones you create. Playing against anything, even yourself or the course, is unnecessary, potentially distracting, and draining. This is playing success as a standard and non-success as a failure and a focal point for depression, anger, humiliation, or other negatives. A standard is less rewarding than a goal. So, to use a little mental trick, (learning theory), you can lower your standards and raise your goals. This way, you can play positive golf. You get nothing for poor shots, average shots get some reward, and you get a lift for surpassing your standard (average) shot.

8. Playing the usual conditions instead of existing conditions: This is usually a home-course mistake. If the wind is "supposed" to be blowing from



above: author Dave Dunipace putts on #7 during the "Spring Fling" tournament in San Diego. below: Dave drives out of the #8 tee box at San Diego's Morley Field.



CONTINUED ON PAGE 22

1986 IN W N O D R O L O D R Championships

BY BILL WRIGHT

Held in San Diego State's gymnasium, the third consecutive indoor championships has developed a good following of participants. The setting resembled that of a high school gymnasium during a pep rally. The crowd was deafening at times. A three hour long show for the audience was a 14 hour long ordeal for the player. All packed into one day the event displayed the best of what there is in the worlds of footbag and disc freestyle. The judging system was enhanced by Mainstreet Computer Systems IBM PC and Supercalc. Larry Imperiale organized a smooth running judging process that had few flaws and overall everyone was satisfied with the results. The multiplier was used to even out the categories of presentation, execution and difficulty. The multiplier is one of those things in question in our current scoring system.

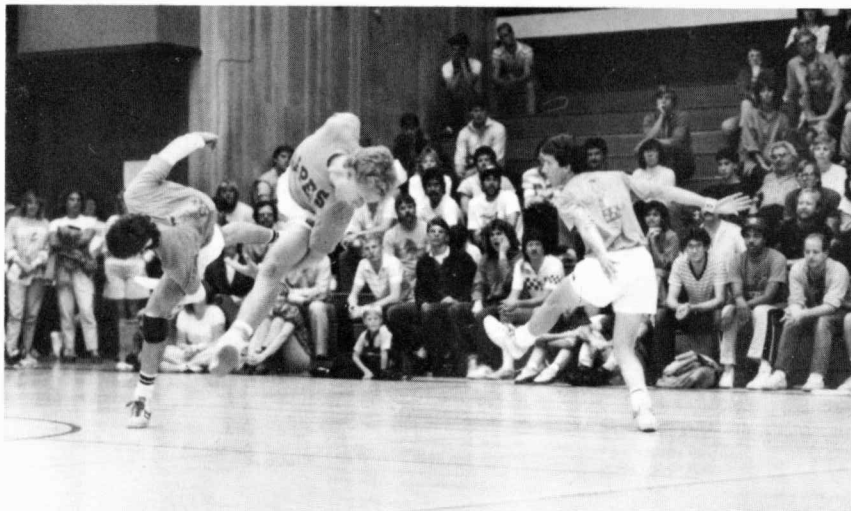
Entered in the competition were 11 CO-OP teams and 5 Mixed Pairs. There was not a bad team in the bunch, but as always we would have liked to see a deeper field. Leading the field in the mixed pairs competition were the teams of Castiglia/Anderson, Bell/Zemaitis and Wright/Yabe. Chipper Bell was a late stand in for Joey Hudoklin who has had an injured back for several weeks. Carla Byrd was the newest face in the group as she and Don Fogle enjoyed a third place finish in Carla's first tournament ever. The top three places were separated by only .64 of a point. An excellent show for the crowd and a great preview of what was to come in the CO-OP division.

The Frisbee events were strategically divided by freestyle footbag which was a great break for the crowd and every bit the exciting presentation. And, of course; the antics of Ron Kaufman and Greg Cortopasi on the play by play the audience never left their seats.



LISA FORTLAGE PHOTO

above: "Crazy" John Brooks gets airborne for this catch during the finals. below: The Coloradicals had a great routine but it wasn't enough to stave off Jim Schmal and Co., who went ahead to take the Coop finals.



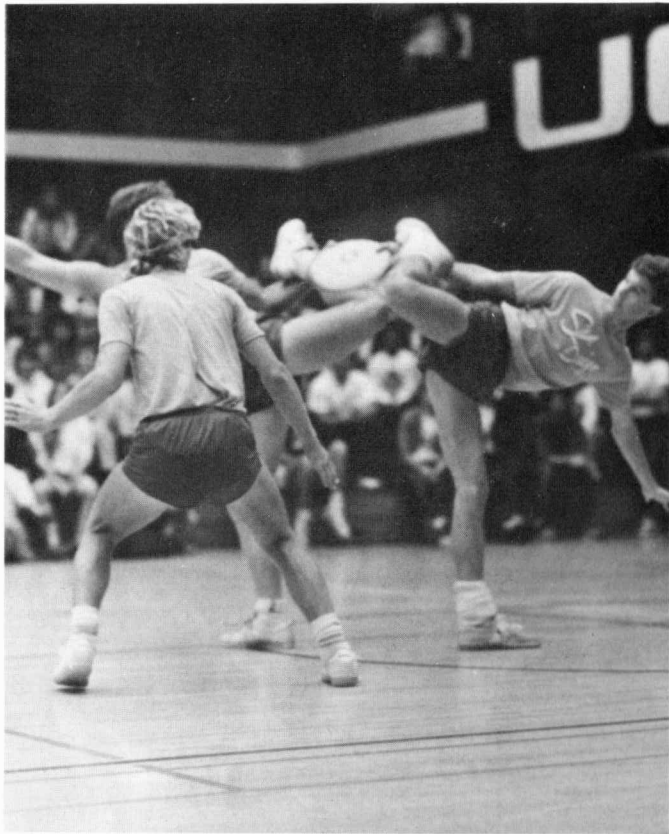
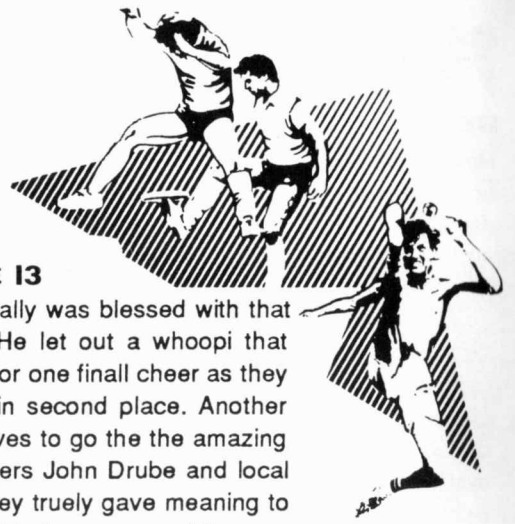
LISA FORTLAGE PHOTO

Castiglia and Anderson have now won their first World title in this event, although both have several in other events.

In the CO-OP competition the inherent injury factor once again has plagued a sporting event. Both Joey Hudoklin and Craig Burris were injured prior to the contest. Unfortunately Craig's ankle kept him sidelined for the competition and also sidelined one of the favorites to be highly competitive in the event. Joey was able to play and amazingly fought to an incredible third place finish after going out first in the finals. The Radicals and The Bayou's held up their end and finished the evenings show with two energetic routines that left the crowd standing. Peter Laubert looking for his first world title in over 8

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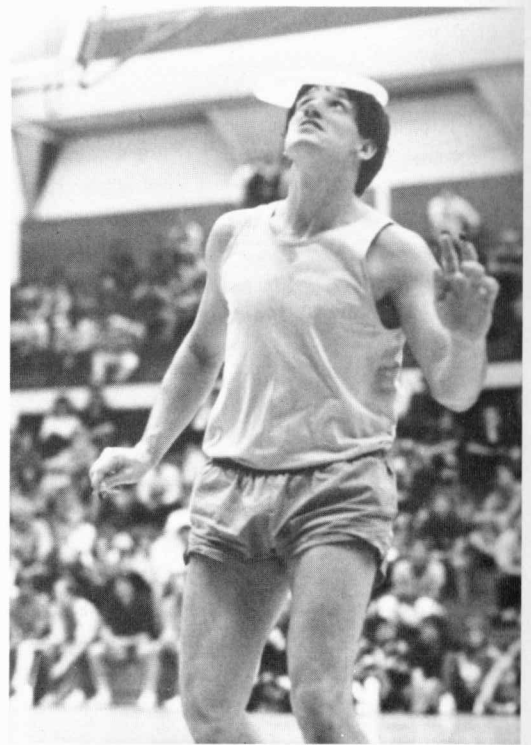
I W N O D R O L O D R Championships



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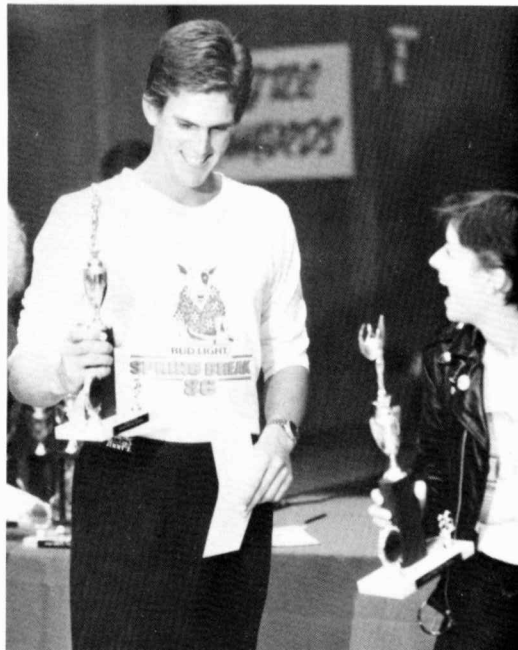
seasons of competing finally was blessed with that victory he so desired. He let out a whoopi that brought the house down for one final cheer as they announced the radicals in second place. Another honorable mention deserves to go to the amazing Paul Smith and his partners John Drube and local stand in Don Wallace. They truly gave meaning to "free" style as they bounced their way around the gym floor, a pleasure to watch.

Clockwise from above left: Jim Schmal, Deaton Mitchel, and Peter Laubert took first place in coop. Paul Smith "wowed" the crowd with some truly innovative moves. Don Fogle and Carla Byrd took 4th place in mixed pairs. Chip Bell and Ann Zemaitis receiving 2nd place trophies.

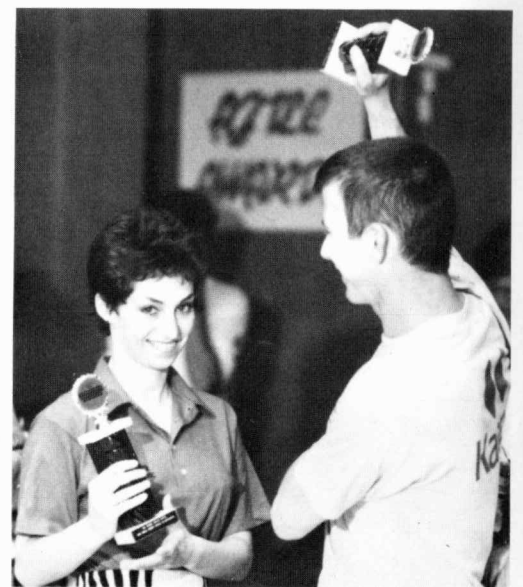


LISA FORTLAGE PHOTOS

ANDERSON REGULBUT YABE	7.12	5.50	7.43	20.25
FOBLE SWANSON ZEMAITIS	7.91	5.65	6.93	20.49
WALLACE SMITH DRUBE	8.88	5.79	7.70	22.37
BROOKS HUDOKLIN BELL	8.44	7.59	8.00	24.03
WRIGHT BRANIGAN CASTIGLIA	8.61	8.03	8.40	25.04
SCHMAL MITCHELL LAUBERT	8.96	8.47	8.4	25.83
TEAM	DIFF	PRES	EXEC	TOTAL
TULIN COATES	7.48	4.32	8.17	19.94
FOGLE BYRD	7.78	8.05	7.53	21.34
WRIGHT YABE	9.77	7.26	8.63	25.66
BELL ZEMAITIS	9.88	7.02	8.83	25.73
CASTIGLIA ANDERSON	10.77	7.26	8.27	26.30

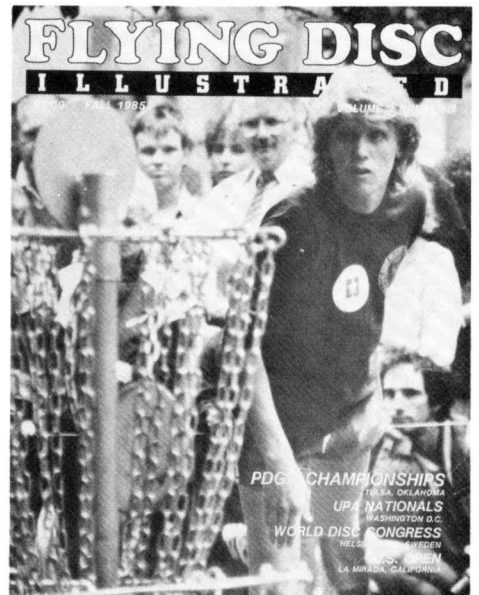
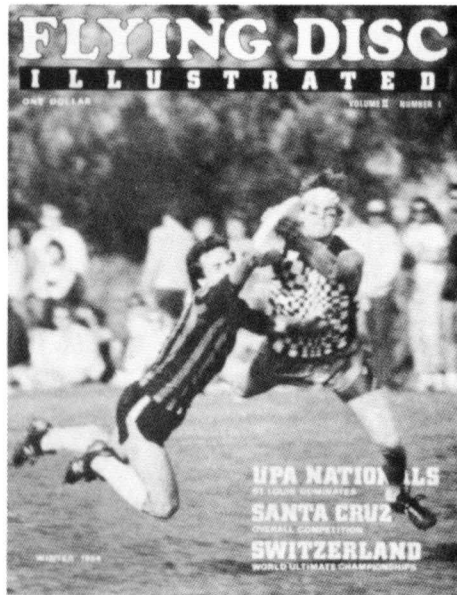
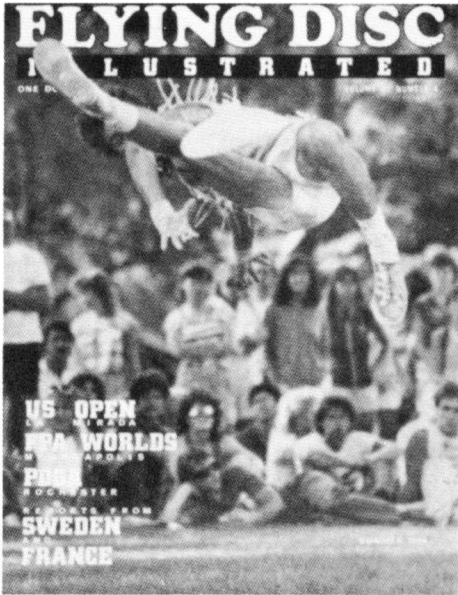


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OVERALL

- 1 - SAM FERRANS - FAN
- 2 - DON WALLACE

GOLF - OPEN

- 1 - RANDY AMANN \$750
- 2 - FRANK AGUILERA \$400
- 3 - RANDY WAGGONER \$300
- 4 - SNAPPER PIERSEN \$120
DON WALLACE \$120
SAM FERRANS \$120
GEOFF LISSAMAN \$120
JAMES STANLEY \$120
- 9 - JOHNNY LISSAMAN \$92
CONRAD DAMON \$92
JIM OLSEN JR. \$92
- 12 - RON WALTON \$75
STEVE BENTLEY \$75
- 14 - CHRIS DODDS \$75
ROBERT COX \$75
GREG KOETH \$75
- 17 - KEN NICKS \$75
DAVE DUNIPACE \$75
JON SLATER \$75
- 20 - JOE URSINO \$58
BOB WEST \$58
MARTIN SANCHEZ \$58
- 23 - WIL WEST \$50
CURT CORNUM \$50
- 25 - RUSS HAMILTON \$42
KEVIN ROUNDS \$42
GARY OULREY \$42
- 28 - BILL NASH \$25
CRAIG BURRIS \$25
- 30 - GINO CALVANO \$25
BART SMITH \$25
JOHN BROOKS \$25
ROBERT RUELAS \$25
MIKE CLOYES \$25
- 35 - MATT BRAUN \$25
JOHN WINTERCORN \$25

GOLF - WOMEN

- 1 - ANNI KREML \$100
- 2 - TITA UGALDE \$50
- 3 - CHERYL PALMER \$25

GOLF - SENIOR

- 1 - VICTOR MALIFONTE \$100
- 2 - MARC HORN \$75
- 3 - JIM MCDOWELL \$50
- 4 - PAUL HARRIS \$25

FREESTYLE

- 1 - PETER LAUBERT \$450
JIM SCHMAL
DAVE MURPHY
- 2 - JOHN BROOKS \$350
CHIP BELL
JOEY HUDOKLIN
- 3 - JOHN JEWEL \$250
DON WALLACE
STACY ANDERSON
- 4 - DOUG BRANIGAN \$150
BILL WRIGHT
RICK CASTIGLIA
- 5 - DON FOGLE \$100
CRAIG BURRIS
TOM LEITNER
- 6 - DANNY MCGINNIS \$100
DAN RODDICK
SCOTT ZIMMERMAN

MTA - OPEN

- 1 - JACK STANTON \$100
- 2 - MARK PIEROPAN \$50
- 3 - DAVE DUNIPACE \$25
- 4 - SAM FERRANS
- 5 - MIKE TAYLOR

MTA - WOMEN

- 1 - ANNI KREML
- 2 - TITA UGALDE

MTA - NOVICE

- 1 - JESUS MARTINEZ

ALL FIRST PLACE FINISHERS
ALSO RECEIVED A GLASS MUG
WITH THE EVENT AND TOURNA-
MENT LOGOS IMPRINTED.

GOLF - NOVICE

- 1 - MUNCH MORRIS - 3 DISCS
- 2 - KEN DINES - 2 DISCS
- 3 - RANDY JOHNSON - 1 DISC

GOLF - JUNIOR

- 1 - ROBERT JEREZ 3 DISCS
- 2 - MARC AMIEL 2 DISCS
- 3 - STEVE VALENCIA 1 DISC

The 1986 Bud Light Wintertime open (8th annual) was the most successful event ever, competitively, with 201 total entrants. The opening Golf round was played in an almost continuous rain on the most difficult Oak Grove course in history. Best round was -2 by Frank Aguilera. The second round was played during intermittent rains and wind with -2 again being the best score by Randy Amann. On Sunday the final golf round was played under ideal weather conditions with Randy Amann again showing his remarkable consistency leading the pack. The final nine holes were played with a new format. The top three players started with even scores thus creating a very exciting final. Randy Amann again proves his current mastery over the field by clinching the title.

In MTA the players performed under raining skies all of Saturday and we were able to observe numerous mud and water sliding catches. Jack Stanton eventually triumphed over the field showing good consistency with 4 of his 5 attempts in the final over 10 seconds.

In Freestyle, the FPA ran the event for the first time. Competitors came from all over the country. The weather was good and the freestyle was great. The "Natives" of San Diego (Jim Schmal, Peter Laubert, Dave Murphy) edged out the Bud Light team for the title.

The Overall title came down to two players - Sam Ferrans and Donny Wallace. Since Donny was in the freestyle final we had to wait until after the last event for the results and Sam edged Donny by one point and took home the Casablanca Ceiling fan.

I would like to add a note as the tournament Director. This event has grown over the years through the steady support of our sponsors. I would appreciate it if you let them know that you appreciate their support. Write them a letter. Buy their products. Return their support.

BY MARK HORN

Contributing Sponsors



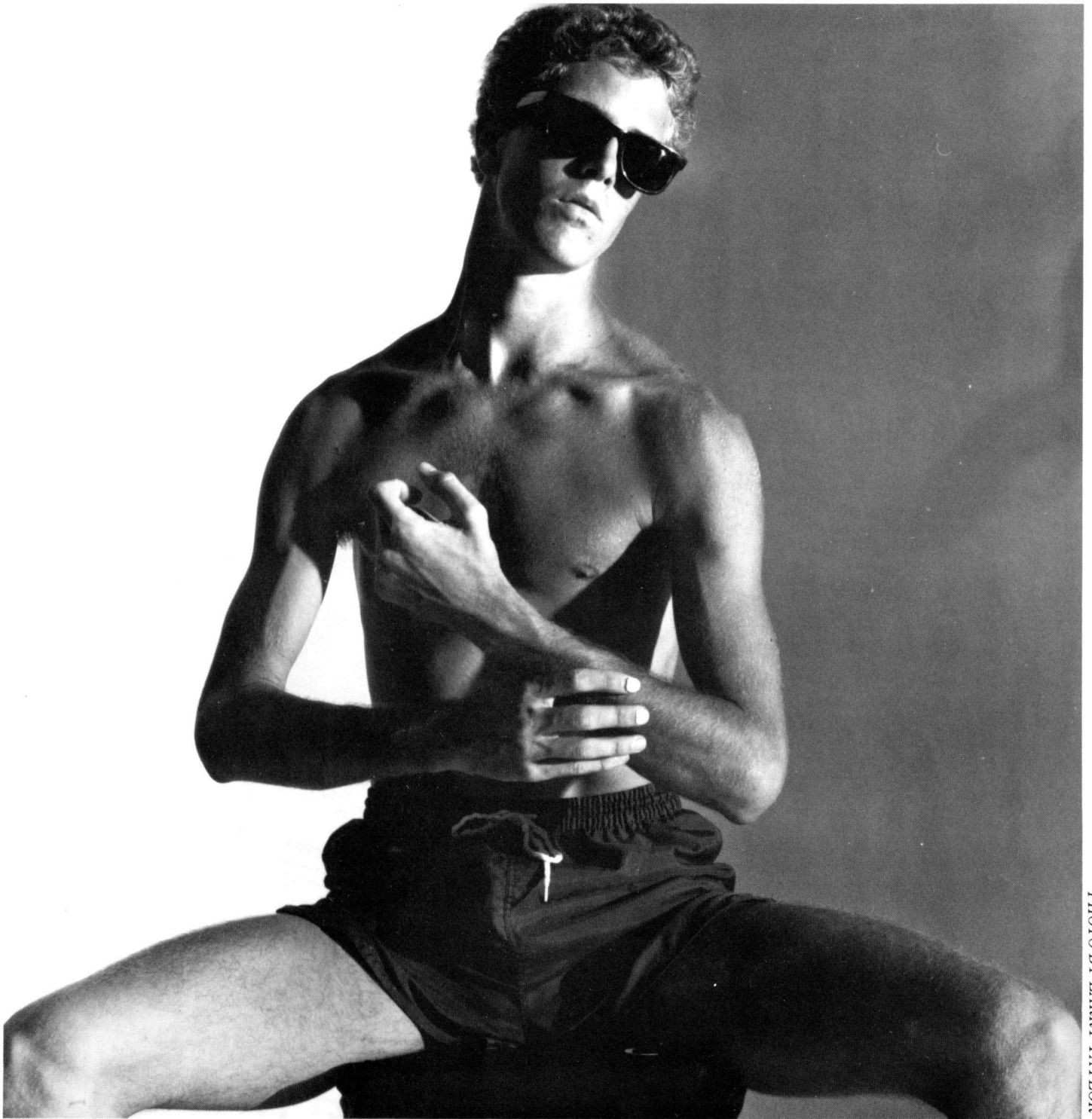


PHOTO BY LARRY TAYLOR

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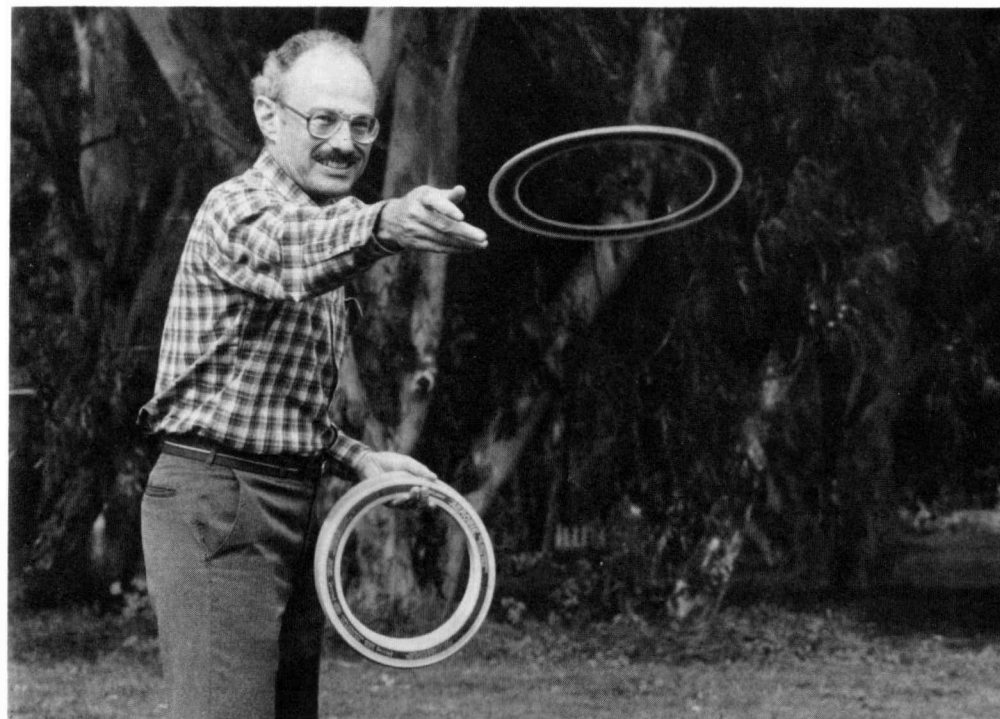
Thrown by Scott Zimmerman at
Pasadena, California, January 30, 1985

SUPERFLIGHT
AEROBIE
THE ASTONISHING FLYING RING

THE AEROBIE STORY

by Alan Adler

FROM CHINESE COOLIE HATS TO THE WORLD RECORD



Alan Adler tosses his World Record breaking invention: The Aerobie.

The AEROBIE (r) is a four ounce (113 gram) plastic and rubber flying ring. AEROBIE is thrown about like a Frisbee (r), but most people find that they can throw it two or three times as far with the same effort. The secret of its long easy flight is that it is very thin and slips very easily through the air.

In addition to long easy flights, AEROBIE flies amazingly straight. For the AEROBIE's designer that was the difficult part. The secret of its straight flight lies in its aerodynamic rim.

On January 30, 1985, Scott Zimmerman threw an AEROBIE 1,125 feet, an achievement recognized by the Guinness Book of World Records as the "longest throw of any inert heavier than air object" in the history of mankind.

AEROBIE was designed by Alan Adler, a Stanford engineering lecturer and Silicon Valley consulting engineer. Alan has about 25 patents, including two on the AEROBIE. He is also the designer of the SKYRO, which held the old distance record at 856 feet and the Wham-O-Rang boomerang. The following article is a brief life story of the AEROBIE by its inventor; Alan Adler.

HOW DID IT HAPPEN

People frequently ask me how I came to design the AEROBIE. Did I just stumble over the design? The answer is that AEROBIE is a result of eight years of deliberate research. I set out to design a long range disc. I knew that to fly far it had to be thinner than a conventional disc. The hard part was to make it fly straight. Along the way my disc lost its center and became a ring.

FLYING DISC AERODYNAMICS

As a flying disc enthusiast you have no doubt observed the importance of spin. It stabilizes the flight, enhances float, and extends distance. The quality of spin separates great throwers from just good ones. But spin severely complicates the task of the disc designer.

In order for any flying object to stay airborne it must be balanced. In airplane design, balance is achieved by properly locating the wing and tail relative to the center of gravity (weight) of the plane. Also, the pilot can make small changes in balance by adjusting the angle of the control surfaces. For example if he adjusts the elevator surface downward, the tail develops more lift and the plane is pitched up at the tail and down at the nose. But the luxuries of tails, control surfaces and pilots are not available in a disc.

In a spinning object, once every revolution the nose becomes the tail and tail becomes the nose, etc. There are no control surfaces or pilots, but the laws of physics still demand balance to sustain flight. The necessity for balance completely dominates the design process. Without it the disc is useless.

Find an old piece of cardboard and cut it into a disc. Now launch it like a model glider without spin. The front will immediately pitch upwards and it will begin to tumble end over end. This is because thin airfoils develop most of their lift near the leading edge. This puts the center of lift ahead of the

center of gravity (which is at the center of the disc) and causes the upward pitch.

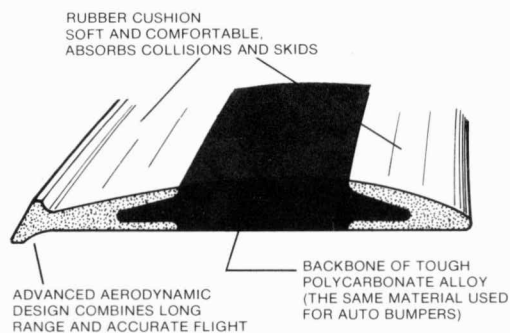
Now launch the disc with spin (like a frisbee) and observe that it immediately rolls to one side and falls to the ground. You have just witnessed the effect of gyroscopic precession, which causes the axis of a spinning mass to rotate at a right angle to applied torque. In the case of the cardboard disc, the applied torque is caused by the lift at the leading edge and precession caused this lift to be shifted to the side. The side which lifts is the side that the leading edge is rotating towards, for example the right side for a right-handed, backhand throw.

The only way to keep a spinning disc from rolling to its side is to balance the center of aerodynamic lift at the center of the disc. This eliminates torque and thus eliminates gyroscopic precession. Sounds simple enough, doesn't it? It took about eight years of intensive research to achieve it in a thin low drag shape.

A conventional throwing disc, such as the Frisbee, gets this vital balance from its thick rim. But the price of the rim is lots of aerodynamic drag. Drag rapidly slows the flight and limits distance. Imagine an airplane with vertical walls at the leading and trailing edges. The walls would act as air brakes and drastically increase drag. The rim of a frisbee causes the same effect, but without the rim the disc would be unbalanced and rapidly roll over on its side.

EARLY RESEARCH WITH THIN DISCS

For many years, whenever I played with a Frisbee I was conscious of the tremendous drag caused by its rim. I could see the toll of this drag in every flight. Finally in the mid 1970's I started to work on the task of developing a thin, low drag disc.



I began with experiments on rimless shallow cones, like a nearly flat Chinese Coolie hat. I found that these "hats" were balanced at a single flight speed. The greater the angle of the hat, the slower the speed at which balance was achieved. When the hat was flown slower than the balanced speed it would roll to the side like a flat disc. When thrown faster than the balance speed, it would roll to the opposite side.

The cause of this speed sensitivity is that the angle of attack of the

continued on page 20

CONTINUED FROM PAGE 19

flying disc (or hat) varies with speed. At low speed the disc is sinking rapidly and this angle is large. At high speed, with little or no sink, the angle of attack is very low. The center of aerodynamic lift was very dependent on the angle of attack. Only when the angle of attack caused the center of lift to be at the center of gravity, would the disc fly straight.

I continued to pursue the design of thin discs for several years. My best designs were about half the height of a Frisbee and would fly about fifty percent farther, but they still had some speed sensitivity and thus weren't as stable. Besides, I was shooting for a lot more improvement than fifty percent.

FLYING RINGS

In the winter of 1978, I designed my first flying ring. It was about a foot in diameter and weighed 70 grams. On its first flight with only a gentle throw, it flew straight and level for about fifty yards and bounced into a tree. It was the most beautiful flight I had ever seen. The ring looked as if it was supported by an invisible sheet of ice. I was absolutely euphoric.

I spent the next month perfecting the airfoil. The following year I licensed the design to Parker Brothers, who produced it and sold it under the name SKYRO. In the summer of 1980 Tom McRann, a very talented Frisbee thrower, threw one 286 yards -- a distance measured and certified by a state licensed surveyor using a laser distance meter. The Guinness Book of World Records recognized his feat as "the longest throw of any inert heavier than

air object." That was the record that Scott Zimmerman was to break with a 1,125 foot AEROBIE throw.

THE LAST LEAP, The AEROBIE

You might think that I was satisfied with all of this, but engineers are tough to please. In fact the SKYRO, like my discs, was speed sensitive. It was difficult for the average person to throw a SKYRO straight and accurately. So I set to work to make it better. My goal was to completely eliminate speed sensitivity. I wanted it to fly perfectly straight at any speed.

Several years and hundreds of models passed. Then early in 1984 I was simulating the flight of rings in a computer and concocted an equation for the distribution of the aerodynamic lift over the ring. The equation said in effect, "Alan, if you can design a ring that has this specified lift distribution, it will fly perfectly straight at all speeds." It was an exciting concept. I had no idea that such lift distribution was possible, but it gave me a definite goal to aim for. In the next few months I made four models, each having substantial theoretical promise of delivering the desired lift distribution. To my disappointment, none were any better than the SKYRO. Then, on the fifth attempt I hit the jackpot. The successful ring that a small rim around the outer edge. The rim reduced the lift in the front half of the ring while increasing the lift for the rear half. This is exactly what my equation demanded for balanced flight. It was incredibly stable over a wide range of speeds and throwing conditions.

I then embarked on building and test-flying a series twelve of models to optimize the rim. Some of these models were better, others worse, than the original. The best of the lot combined great stability and long flights. It became the prototype AEROBIE.

New Products



The APPLE, perhaps the most uniquely named disc, has arrived. The latest production is designed by Dave Dunipace of Innova/Champion discs in Rosemead, California.

Intended for use as an Ultimate disc, the Apple is 10.25 inches in diameter, and tips the scale at 160 grams, (by way of comparison the Discraft Ultra-Star is 10.75 inches across and weighs 175 grams). The Apple is the first Innova disc to have concentric ridges, or "rings" on top. For years a patented feature only Wham-O discs were able to wear. Although the absence of rings has not hindered the

CONTINUED ON PAGE 22

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We hope that you will have an opportunity to try out and enjoy our products. Best of luck to all of the competitors.

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BUD LIGHT PRESENTS THE 10th ANNUAL VIRGINIA STATE FRISBEE CHAMPIONSHIPS

The tenth annual Virginia State Championship Frisbee Tournament has come and gone. After the spring rains of the past five years, this event was graced by beautiful weather except for a cameo appearance of a ten minute shower. Some one hundred and twenty competitors played. They came from as far away as Michigan, Florida, Massachusetts and even County Clare, Ireland. With Bud Light as a sponsor the tournament was able to offer a variety of discs and shirts for sale. They threw a major party with live music, and we were still able to donate around five hundred dollars to Big Brothers-Big Sisters and award fifteen hundred in cash and prizes.

There was no opportunity for local players to dominate the all new golf course. It was as new to Fredericksburg players as to anyone visiting. Powered by two aces, Dave Griffin managed to post a five stroke lead in two rounds over local club president Randy Lahm and former overall winner Rick Swyers. Two local womens division players Sandy Steger and Erin Hart came in second and third to Mandy Carreiro of Gainsville Florida winning score. Dave Griffin has won the golf event here the last two years. Next year he will be trying to tie Scott Zimmermans three year consecutive Virginia State golf title.

Similarly, Randy Lahm, this years overall winner, has won distance the last two years and threatens to tie Michael "Cap'nSnap" Congers unparalleled feat of three consecutive victories. Screaming Jack Cooksey's 142.3 meter throw was merely 2.7 meters short of Randy's best mark, and Pryor Hendrix threw 136.5 meters for third place. Anyone remember when Scott Zimmerman and Cap'nSnap threw over the fence and across the street which bordered the not quite long enough distance field? Mandy Carreiro's 274 foot throw edged Erin Hart by 10 feet to take first. All the men mentioned in this paragraph are former overall winners of the Virginia States.

After a ten year perfect attendance record and good overall play, Phil Pollack won the M.T.A. competition. Constantly varying winds plagued the players and it required experience and composure as the wind changed drastically from prelims to semi's to

finals. Indeed the often swirling winds changed moment to moment. Harvey Brandt took second place and Karl Cook followed in third. Sandy Steger's consistent throws rewarded her with an 8.2 second catch. Mandy Carreiro followed a half second behind with a 7.7 throw.

For the first time in many years freestyle was held outdoors. But indoors or out the pair of Ted Oberhaus and Allen "Flash" Flood excel. They gave an untouched record of three consecutive victories in freestyle. The last two years were inside a gymnasium. This year on the breezy field they compiled a stunning routine with only two drops. Kevin Breslin and Richard Katz improved from sixth place after the prelims to take second in the finals. And the Threesome of Paul Hobson, Bill Martin and the former overall champion Eric Wootten put on a great show for third place.

And so this large and oldest of annual tournaments continues to thrive. Despite Pryor Hendrix and Harvey Brandt and Dale Crawford's excellent overall play, coming in second, third and fourth, one tradition remains. None of our many out of state visitors have ever won the overall championship. The winner is truly the Virginia State Champion. The coveted traveling Hugh Lowery Plaque, which goes to the overall champion named for the first winner of the tournament in 1977 has never called any state but Virginia it's home. This year it is back in Fredericksburg with overall winner Randy Lahm.

Mandy Carreiro traveled from Florida to take the womens overall division. Closely behind her came two local competitors Erin Hart and Sandy Steger. And of course there was the stellar display of endurance, speed and etiquette by Kent Birkle, to move through two rounds and the finals to win the Super-Pro chug, which is the art of chugging a 24 ounce beer out of a Super-Pro in 5.8 seconds. Wow! Which brings us back to the Bud Light sponsorship that helped so much to make the 10th Virginia State tournament a memorable and successful event. Hopefully the world of east coast frisbee can benefit from their patronage as much as the west coast has.

by Erin Hart

MENS OVERALL

- | | |
|------------------|--------------------|
| 1. RANDY LAHM | FREDERICKSBURG, VA |
| 2. PRYOR HENDRIX | ARLINGTON, VA |
| 3. HARVEY BRANDT | CENTERVILLE, VA |
| 4. DALE CRAWFORD | CONSHOHOCKEN, PA |
| 5. ERIC WOOTTEN | W. HAMPTON BCH, NY |
| 6. JACK COOKSEY | RICHMOND, VA |
| 7. RON ROBILLARD | BURKE, VA |
| 8. JOE MELA | DOVER, DELEWARE |
| 9. DAVE GRIFFIN | ANNANDALE, VA |
| 10. PHIL POLLACK | RICHMOND, VA |

MENS GOLF

- | | |
|-------------------|------------------------|
| 1. DAVE GRIFFIN | 99 ANNANDALE, VA |
| 2. RANDY LAHM | 104 FREDERICKSBURG, VA |
| 3. RICK SWYERS | 104 RICHMOND, VA |
| 4. DALE CRAWFORD | 107 CONSHOHOCKEN, PA |
| 5. CARLTON HOWARD | 109 RALEIGH, NC |
| 6. HUNT HYDE | 109 WINCHESTER, VA |
| 7. ERIC WOOTTEN | 109 W. HAMPTON BCH, NY |
| 8. HARVEY BRANDT | 109 CENTERVILLE, VA |
| 9. WAYNE ZINC | 110 CUMBERLAND, MD |
| 10. ALLEN BEAVER | 110 VIRGINIA BCH, VA |

MENS MTA

- | | |
|------------------|------------------------|
| 1. PHIL POLLACK | 9.4 RICHMOND, VA |
| 2. HARVEY BRANDT | 9.0 CENTERVILLE, VA |
| 3. KARL COOK | 8.4 WASHINGTON, DC |
| 4. RANDY LAHM | 8.2 FREDERICKSBURG, VA |
| 5. JOE MELA | 7.0 DOVER, DELEWARE |

MENS DISTANCE

- | | |
|------------------|-------------------------|
| 1. RANDY LAHM | 145M FREDERICKSBURG, VA |
| 2. JACK COOKSEY | 142.3M RICHMOND, VA |
| 3. PRYOR HENDRIX | 136.5M ARLINGTON, VA |
| 4. HARVEY BRANDT | 131.4M CENTERVILLE, VA |
| 5. RON ROBILLARD | 128.1 BURKE, VA |

MENS FREESTYLE

- | | |
|------------------------|--------------------|
| 1. TED OBERHAUS | TERRYTOWN, NY |
| 2. ALLEN "FLASH" FLOOD | LARCHMONT, NY |
| 3. KEVIN BRESLIN | LANESDALE, PA |
| 4. RICHARD KATZ | LANESDALE, PA |
| 5. ERIC WOOTTEN | WEST HAMPTON, NY |
| 6. PAUL HOBSON | FREDERICKSBURG, VA |
| 7. BILL MARTIN | CHARLOTTE, NC |
| 8. MIKE MITRIONE | NARBETH, PA |
| 9. PRYOR HENDRIX | ARLINGTON, VA |
| 10. DALE CRAWFORD | CONSHOHOCKEN, PA |
| 11. TRACY BORUSIEWICZ | CONSHOHOCKERN, PA |
| 12. JACK COOKSEY | RICHMOND, VA |
| 13. ED SHERINGER | HARTFORD, CT |
| 14. RON ROBILLARD | BURKE, VA |

WOMENS OVERALL

- | | |
|---------------------|--------------------|
| 1. MANDY CARREIRO | GAINSVILLE, FL |
| 2. ERIN HART | FREDERICKSBURG, PA |
| 3. SANDY STEGER | FREDERICKSBURG, PA |
| 4. JUDY ROBBINS | BOSTON, MA |
| 5. JUDY CARNEVALINO | JOHNSTOWN, PA |
| 6. LORI DANIELS | CHICAGO, IL |
| 7. BONNIE WOOTTEN | WEST HAMPTON, NY |
| 8. MARYANNE JERROW | MONTE CLARE, PA |
| 9. DORTHYE SEWARD | RICHMOND, VA |
| 10. LINDA THORTON | FREDERICKSBURG, VA |
| 11. ROXANNE FLICK | NAZARATH, PA |
| 12. JANE HANDLESMAN | ARLINGTON, VA |

WOMENS GOLF

- | | |
|---------------------|--------------------|
| 1. MANDY CARREIRO | GAINSEVILLE, FL |
| 2. SANDY STEGER | FREERECKSBURG, VA |
| 3. ERIN HART | FREDERICKSBURG, VA |
| 4. JUDY CARNEVALINO | JOHNSTOWN, PA |

WOMENS MTA

- | | |
|-------------------|--------------------|
| 1. SANDY STEGER | FREDERICKSBURG, VA |
| 2. MANDY CARREIRO | GAINSEVILLE, FL |
| 3. JUDY ROBBINS | BOSTON, MA |
| 4. ERIN HART | FREDERICKSBURG, VA |

WOMENS DISTANCE

- | | |
|---------------------|--------------------------|
| 1. MANDY CARREIRO | 275.7ft GAINSEVILLE, FL |
| 2. ERIN HART | 263ft FREDERICKSBURG, VA |
| 3. BONNIE WOOTTEN | 214ft WEST HAMPTON, NY |
| 4. JUDY CARNEVALINO | 176.6 JOHNSTOWN, PA |

WOMENS FREESTYLE

- | | |
|-------------------|-----------------|
| 1. MANDY CARREIRO | GAINSEVILLE, FL |
| 2. JUDY ROBBINS | BOSTON, MA |
| 3. LORI DANIELS | CHICAGO, IL |



Paul Hobson from Fredericksburg, VA competes at the Virginia State Championships.

UPCOMING EVENTS

JUNE 21-22	PDGA TOUR HUNTSVILLE, AL GEORGE COPPIN (205)533-1445	JULY 13-14	PDGA TOUR ST. THOMAS, ONT BOB HARRIS (519) 631-5998	AUG. 23-24	PDGA TOUR TULSA, OK KEN GIBSON (918)584-2056
JUNE 21-22	PDGA TOUR TENKILLER LAKE, OK ROY CULBERTSON (405)364-7991	JULY 15-19	SENIOR WORLD FLYING DISC CHAMPIONSHIPS MINNEAPOLIS, MN PAUL THOMPSEN (612)377-8348	AUG. 24	DELAWARE DISC GOLF KIRKWOOD, DE RICH HUGHES (301)834-8040
JUNE 24-29	U.S. OPEN FRISBEE DISC CHAMPIONSHIP (ALL EVENTS) LA MIRADA, CA DAN MANGONE (714)522-2202	JULY 19	DISC GOLF PHILADELPHIA, PA DARBY WILLIAMEE (215)933-5123	AUG. 30-31	PDGA TOUR IRVING, TX GLENN HALE (214)254-7632
JUNE 28	PDGA TOUR PORTLAND, OR JERRY MILLER (503)761-9286	JULY 19-20	PDGA TOUR MANASSAS, VA MICHAEL CONGER (301) 651-0550	SEPT. 5-7	PDGA TOUR TULSA, OK DAVID KING (918)622-4472
JUNE 28-29	PDGA TOUR COLUMBIA, MO RICK ROTHSTEIN (314)874-2981	JULY 19-20	PDGA TOUR COLUMBIA, MO ALEX DADANT (314)874-2981	SEPT. 6-7	PDGA TOUR HUNTINGTON, W. VA JOHNY SIAS (304)523-4167
JUNE 29	DELAWARE DISC GOLF LEWES, DE RICH HUGHES (301)834-8040	JULY 23-26	1986 PDGA CHAMPIONSHIPS CHARLOTTE, NC RUSSELL SCHWARTZ (704)375-9516	SEPT 6-7	PDGA TOUR TACOMA, WA DON POGLE (206)752-5508
JULY ?	WPA WORLD FOOTBAG CHAMPIONSHIPS GOLDEN, CO WPA (303)278-9797	JULY 27	DELAWARE DISC GOLF NEWARK, DE RICH HUGHES (301)834-8040	SEPT 6-21	WORLD PEACE TOURS CHINA WORLD PEACE TOURS (619)456-2884
JULY ?	WPA NATIONAL TRAINING CAMP GOLDEN, CO WPA (303)278-9797	AUGUST 2	PDGA TOUR GRAND RAPIDS, MI CHRIS KARP, (616)949-7248	SEPT 13-14	PDGA TOUR STILLWATER, OK LEW SATTERFIELD (405) 743-0366
JULY?	ROCKY MTN. REG. FOOTBAG CHAMPIONSHIPS FT. COLLINS, CO SCOTT CLEERE (303)224-9841	AUGUST 3-4	PDGA TOUR TULSA, OK MIKE STANLEY (918)627-0080	SEPT 28	PDGA TOUR URBANDALE, IA KIM STEELE (513) 278-0335
JULY 4-6	PDGA TOUR TULSA, OK DAVID KING (918)622-3444	AUG. 3-19	WORLD PEACE TOURS RUSSIA WORLD PEACE TOURS (619)456-2884	OCT 4-5	PDGA TOUR MEMPHIS, TN DARRELL LYNN (910) 327-9176
JULY 5-6	PDGA TOUR TORONTO, ONT PHIL PALUMBO (416)621-6308	AUG. 9	PDGA TOUR NEW BRUNSWICK, NJ DAN DOYLE (201)545-8928	OCT 4-5	PDGA TOUR MONTICELLO, KY MARK STOTTMLEYER (502) 651-8371
JULY 5-10	WORLD PEACE TOURS CHINA WORLD PEACE TOURS (619)456-2884	AUG. 10	DELAWARE DISC GOLF WILMINGTON, DE RICH HUGHES (301)834-8040	OCT 4-5	PDGA TOUR IRVING, TX BILL SUMRALL (214) 368-2842
JULY 12-13	PDGA TOUR FLORENCE, AL BOB LEWIS (205) 764-2317	AUG. 16-17	LA MIRADA OPEN (GOLF) LA MIRADA, CA DAN MANGONE (714)522-2202	OCT 4-5	PDGA TOUR TORONTO, ONT PHIL PALUMBO (416) 621-6308
JULY 13	PDGA TOUR MINNEAPOLIS, MN JOE PEIDT (612) 823-1178	AUG. 16-17	PDGA TOUR OKLAHOMA CITY, OK TIM WIEDERKEHR (405)943-2339	OCT 5-21	WORLD PEACE TOURS RUSSIA WORLD PEACE TOURS (619) 456-2884
JULY 13	DELAWARE DISC GOLF WILMINGTON, DE RICH HUGHES (301) 834-8040	AUG 23	GUTS WAR AND DISC GOLF KNAUERTOWN, PA JIM POWERS (215)873-0559	OCT 11-12	PDGA TOUR LEBANON, TN BARRY GILL (615) 893-9402
JULY 13-14	PDGA TOUR	AUG. 23-24	PDGA TOUR TULSA, OK	OCT 12	PDGA TOUR STEPHENS CITY, VA

PDGA TOUR
VINE GROVE, KY
BOB ELLIOT (502) 828-3793

 OCT 18

 PDGA TOUR
STEPHENS CITY, VA
CLARK PUTNAM (703) 662-6507

 OCT 12



continued from page 20

success of previous Innova discs, it was felt that the rings would be more accomodating where a surface for gripping was concerned.
 Coming in a variety of tasty colors such as lime, cherry, grape, orange and blueberry, the Apple has a rim configuration more conducive to the

forehand grip than other discs used for Ultimate.
 While the discs' stable flight, along with its other properties, make it quite suitable for use in Ultimate, it is likely to meet with some resistance from the Ultimate establishment (because of the long standing tradition of using the 165 gram Wham-O discs).
 The smaller rim and lighter weight should also appeal to younger or smaller people, especially if they are looking for a disc that's easy and comfortable to throw. **BY RICK LEBEAU**

DISC GOLF

continued from page 12
 left-to-right, but it's actually blowing opposite, it can make a disaster out of your "usual" shot. Don't just throw an automatic, pay attention to wind direction and velocity and adjust accordingly.
 9. Blaming instead of taking responsibility: Unless we take responsibility for our mistakes, we can't correct or improve. Don't try to find an excuse for failure, find a way to succeed.
 10. Playing more than one shot at a time-split decision: You can't expect to succeed without a clear idea of the shot you want. Decide exactly what you want the disc to do before you start to shoot. A vague or split idea will get you vague results even if you send it with a prayer.
 Your list of ten often made mistakes might be different from mine, but making your own mistake list along with correction methods might help improve your disc golf game.

This ends part one of a three part series of disc-golf related articles by the accomplished player/disc designer Dave Dunipace. Be sure to catch part two: "Choosing a Putting Style" and part three: "Intensity" in upcoming issues of Flying Disc Illustrated. ED

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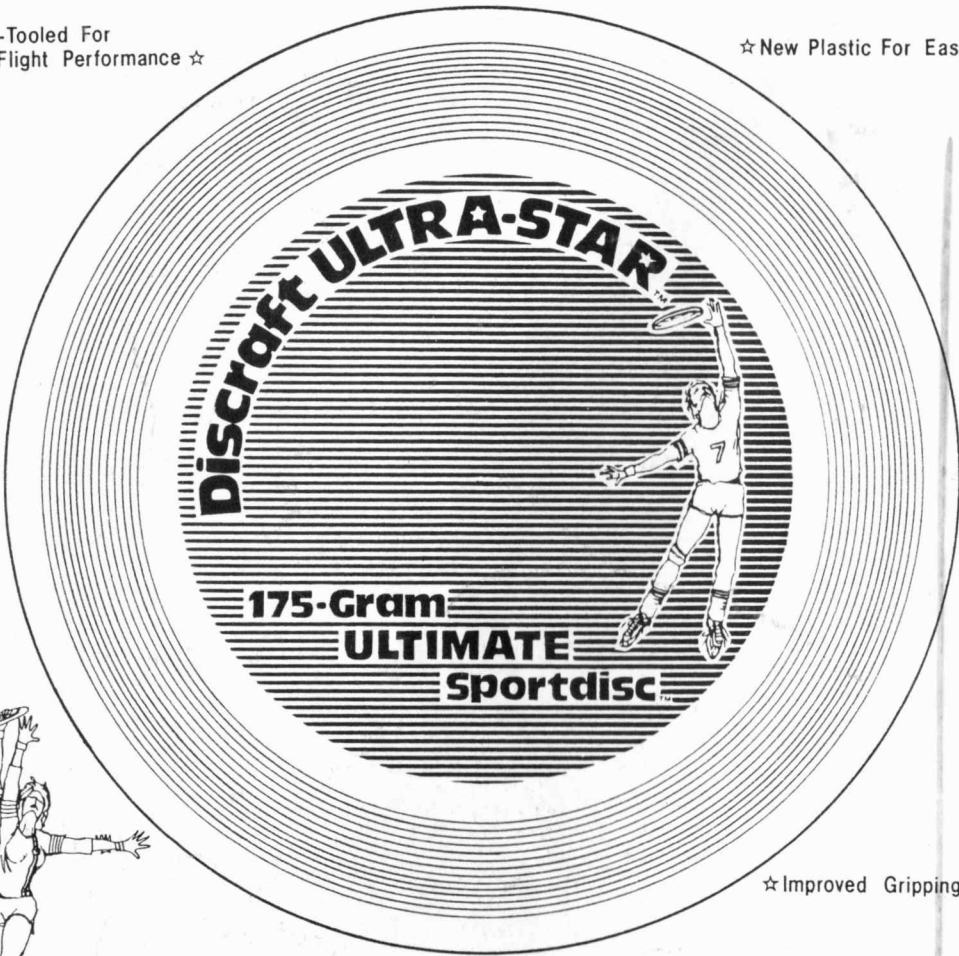
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