

# IN PICKLEBALL

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## THE ULTIMATE PADDLE GUIDE

EVERYTHING  
YOU NEED  
TO KNOW TO  
FIND YOUR  
WINNING  
PICK



### PLUS

**ASK A PRO**  
OUR COACH  
ANSWERS YOUR  
PRESSING  
PICKLEBALL  
QUESTIONS

**RECHARGE**  
POSTGAME  
STRATEGIES TO  
BECOME A  
STRONGER PLAYER

**NEWS + NOTES**  
PEOPLE, PLACES, AND  
PRODUCTS THAT  
ELEVATE YOUR GAME





# RANCHO LA PUERTA

TECATE, MEXICO

**HAPPINESS, WELL-BEING,** and community are the top priorities at Rancho La Puerta, a 4,000-acre retreat dating back to 1940. When you're surrounded by exotic gardens, imposing mountains, and rolling countryside, eating organic food from the 6-acre farm, and attending an array of unique classes, those goals are easy to meet. Adding to all of that is a huge hit of fun in the form of pickleball. "Our 100-year-old cofounder, Deborah Szekely, says: 'Movement is life. Stop moving and you stop living.' Pickleball is a fun way for our guests to meet one another, have some friendly competition, and move," says Barry Shingle, the ranch's director of guest relations and programming.

## ABOUT THE PICKLEBALL

The ranch has six lighted courts and offers pickleball classes for all levels. Coming up: specialty pickleball weeks in which pros like Nancy Meyer and Kim Evans lead classes. "Since we introduced the game to our guests, pickleball has increased in popularity almost threefold," says ranch pickleball instructor Marcos Landavazo.

## WELLNESS MEETS PARADISE

Packages include weeklong visits that give guests time to fully experience all the activities (like cooking classes at the organic farm) and form a community of new friends. There are multiple pools, spa treatments, and morning hikes on the 40 miles of trails that wind around Mount Kuchamaa, recognized as a national historic site. Movement, views, peace of mind, and pickleball—that's the meaning of a true getaway.

—ISABEL BURTON

