



for men

CALIFORNIA STYLE

## THE GOOD STUFF

Aviators, Apps,  
Roadsters, Tacos  
+ The Sexy Starlet  
Heating Up  
Hollywood

### MAN UP

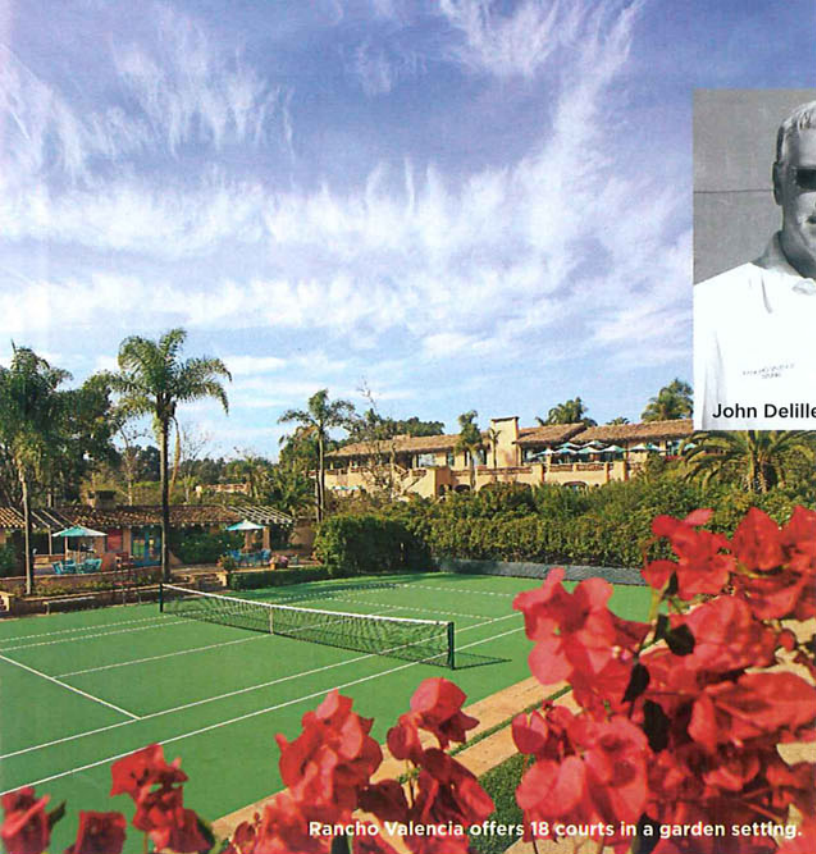
- Kid Rock's Crash Pad
- Barrel-Aged Brews
- Garage Envy
- Adrenaline Rush  
in the Desert

# Ewan McGregor

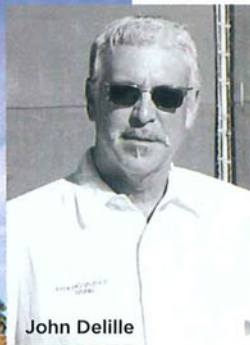
ON MAKING IT, MOTORCYCLING AND  
LIFE AS AN ANGELENO

# Home Court Advantage

With perfect conditions nearly 365 days of the year, it's no wonder California has become the Golden State for tennis. Here, winning tips from top local pros, where to catch Rafa and Roger—and all the gear you need to ace your next serve



Rancho Valencia offers 18 courts in a garden setting.



John Delille

## JOHN DELILLE Rancho Valencia

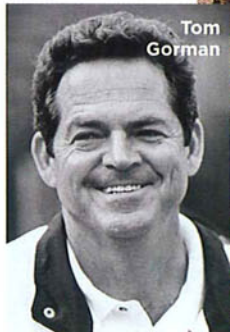


Head pro at *Tennis Magazine's* #1-ranked U.S. resort, **Rancho Valencia's** John Delille knows all the best moves. Here, his three top tips that will never leave you playing 'first ball in.' **1. Relax.** When I see club players getting too uptight, it means they aren't following through and concentrating on the quality of their shots. The more relaxed you are, the more fluid your strokes will be. You will play better. **2. Don't overthink it.** When the point is in progress, just react to it. Ready yourself for the next shot and work the point. **3. Have fun!** Don't take it too seriously—unless maybe there is money on the line. Getting mad at yourself doesn't help matters; it only gives the opponent more confidence. And, frustration at the ball, or the racquet, or the sun, is counterproductive. Enjoy the fresh air, exercise and some healthy competition. 5921 Valencia Cir., Rancho Santa Fe, 858-756-1123; [ranchovalencia.com](http://ranchovalencia.com).

## TOM GORMAN La Quinta Resort & Club

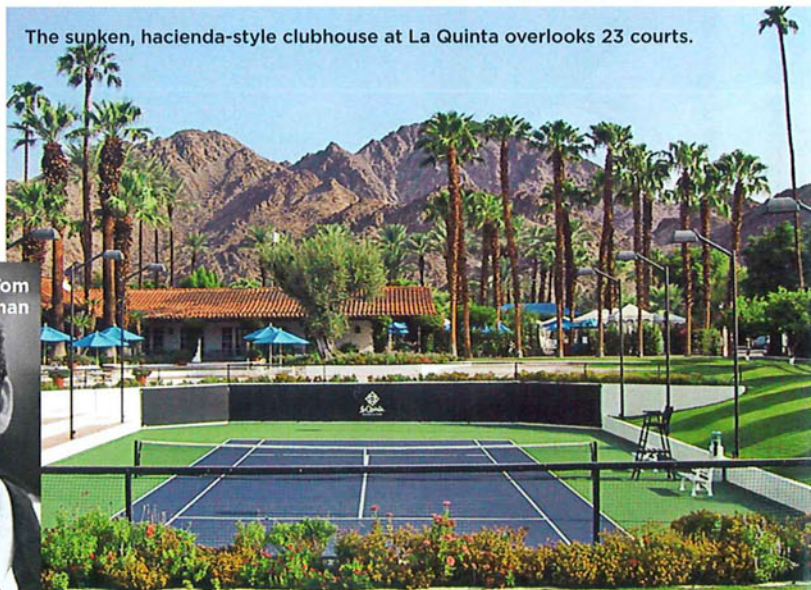
Since the 1970s, **La Quinta Resort & Club** has been *the* desert destination for the country's top players, at one point offering every competition surface: grass, hardtop and clay. Take it from former U.S. Davis Cup captain and head pro Tom Gorman.

**1.** Arrive at least 15 minutes early to do some basic stretching exercises. During your warm-up, try and clear the net by at least five feet. **2.** Value the importance of making a high percentage of first serves. Always let your partner know where you're serving the ball. **3.** Remember that more points are controlled with both players at net. But most important...choose a great partner. 49-499 Eisenhower Dr., La Quinta, 760-564-4111; [laquintaresort.com](http://laquintaresort.com).



Tom Gorman

The sunken, hacienda-style clubhouse at La Quinta overlooks 23 courts.



Peaceful, state-of-the-art courts at Meadowood.

## DOUG KING Meadowood Napa Valley

Nestled against a maple, oak and pine tree forest, the seven bucolic courts at **Meadowood Napa Valley** are overseen by Doug King. **1.** There is only one moment of force in the game (when you drive the ball). The rest of the game is a choreographed flow of delicate motion. **2.** Learn to stroke and not swing. There is no "swinging" in tennis. **3.** Avoid thinking the game is comprised of various parts. Top players see the game as a whole. 900 Meadowood Ln., St. Helena, 707-963-3646; [meadowood.com](http://meadowood.com).



Doug King