

www.carabowling.org

CAPITAL AREA RAINBOWLERS ASSOCIATION

CARA NEWS

CARA DATES TO REMEMBER

June 5	CARA Dale City Summer League begins at AMF Dale City (Tuesday)
June 9	CARA will have a float in the Capital Pride parade
June 10	CARA will have a booth at the Capital Pride street festival
June 12	CARA Tuesday Summer League begins at AMF Alexandria
June 14	CARA Thursday Summer League begins at AMF Annandale

High Scores Abound This Year

On January 17, David Mowdy bowled a perfect 300 game during Pride of Alexandria at AMF Annandale. In all, David threw 13 strikes in a row that evening. Also, on February 20, Jim Tsugawa of the Capital Area Match Point (CAMP) league at U.S. Bowling bowled a 299 middle game, as part of a 708 scratch series. Congratulations David and Jim!

Six honor awards (for games of 280 & above) were handed out this year:

D. Mowdy	300	Pride of Alexandria
J. Tsugawa	299	CAMP
M. Engle	290	CARA Sunday
M. Krist	289	Free State
M. Rausch	287	Pride of Alexandria
J. Meiers	280	CARA Sunday

Also, several 700 series were bowled. The following bowlers earned CARA Incentive Awards for bowling 125 pins over his/her series average:

M. Engle	750	CARA Sunday
J. Honaker	737	Ten-Pin Pride
J. Tsugawa	734	Pride of Alexandria
K. Drew	730	Pride of Alexandria
M. Rausch	729	CARA Sunday
J. Banks	721	Ten-Pin Pride
B. Jackson	721	Pride of Alexandria

Bowl America to Replace Aging Facility

Bowl America has reached an agreement to exchange its Falls Church bowling center for a similarly-sized center to be constructed elsewhere in Falls Church by Atlantic Realty Companies. Atlantic will raze the existing center to redevelop the property. Bowl America Falls Church opened in January 1960. The new facility, which will be patterned on Bowl America Short Pump near Richmond that opened in January 2006, will have two levels of indoor parking. The transaction is contingent on a variety of local approvals and the exchange will only take place upon the completion of the new center. The current Bowl America Falls Church facility recently suffered severe roof damage, which forced CARA's Out & About league to move to Bowl America Shirley. The roof problem is being fixed and the facility expects to reopen in June.



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Frale Named CARA VP



In January, Steve Frable was elected the CARA Vice President for the remainder of the bowling year. Steve is originally from Oswego, NY, works in the IT field, and has a previous Marine Corps military career. One of his major goals is to redesign and improve content on the CARA Web site. Steve is also spearheading the CARA Bowler Survey project. Congratulations Steve, and thank you for all your hard work thus far!

Night OUT at the Nationals III—July 16

Team DC, the umbrella organization for numerous GLBT athletic groups in the metro area, presents the 3rd annual Night OUT at the Nationals on Monday, July 16, 2007. The Nationals will take on the Houston Astros at 7:05 p.m. Arrive by 6:45 p.m. to hear the Gay Men's Chorus of Washington perform the National Anthem. Tickets are just \$10. Tickets may be purchased at www.teamdc.org. This is the largest GLBT sports social event in the country. Team DC is a strong supporter of CARA, and CARA is a proud partner of this event.



Recent CARA Tournament Results

CARA Roll-Off

March 4 through 17

*Payout: 1 in 10
157 participants*

Division A (130 & under)

Roberto Crudup
Charlie Winters
Kim Habermann

Division B (131-150)

Vince Keilman
Jack Poole
Hawk Crutchfield
Rick Chavez
Richard Aronson

Division C (151-175)

Rick Gonzalez
Kevin Senn
Steve Frable
Steven Haines
Shane White
Steve Frable

Division D (176 & above)

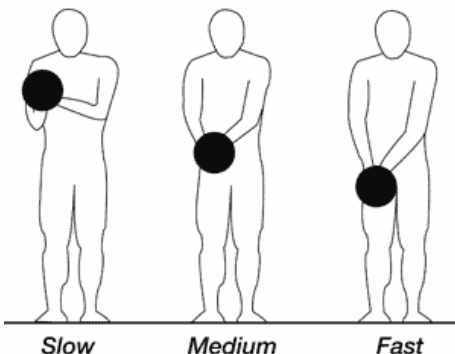
James Honaker
Jim Tsugawa
Ken Drew (tie)
Byron Nelson (tie)

Scotch Doubles Tournament

March 31 at U.S. Bowling (Alexandria, VA)

Roark/Stutzman (2)	963
Boenning/Treadway (1)	954
Cottle/Haughtaling	921
Holmes/ Sacadlan	919
Constant/Drew	910
Boenning/Treadway (2)	908
Daniels/Juelharte	906
Chmielewski/Wood (1)	854
Roark/Stutzman (1)	852
Elrod/Unger	838
Chmielewski/Wood (2)	836
Laughman/Sacadlan	827

Bowling Tip: Ball Height in the Stance



The height of the ball in the stance is used to match the arm swing to the tempo of your steps. You may have heard coaches use the phrases "slow down" or "speed up" your feet during the approach. USBC Coaching recommends that—except in extreme cases—the swing be adjusted to match a person's natural tempo. If you have a fast tempo, you do not have the time for a long swing. Hold the ball low (between your thigh and waist) to shorten the time of the swing to match. If you have a slow tempo, hold the ball above waist high to lengthen the time the ball swings. Most people end up holding the ball about waist high.

Summer Leagues Now Forming

CARA will once again be sponsoring three summer leagues! Summer leagues are a great time for bowlers to try out new techniques, continue socializing with other bowlers, and are an excellent opportunity to convince friends to give bowling a chance without a longer commitment before they feel confident with their bowling. **All leagues will consist of 3-person teams, are 10 weeks in length, and will begin at 7:30 p.m. (practice beginning at 7:20 p.m.).**

Tuesdays at AMF Alexandria Lanes
Beginning June 12
Contact Hawk at bowlhawk@gmail.com

Tuesdays at AMF Dale City Lanes
Beginning June 5
Contact John at jastortz@comcast.net

Thursdays at AMF Annandale Lanes
Beginning June 14
Contact Adam at tppbowler@yahoo.com

SEE YOU THIS SUMMER!

UPCOMING IGBO TOURNAMENTS

Tournament	Location	Date
IGBOXXVIII IGBO 2007—Denver	Denver, CO	May 23-28
SASSI: Surf & Sun Summer Invitational Tournament	Norfolk, VA	June 1-3
LOVIT: Ladies Organized Valley Invitational Tournament	Los Angeles, CA	June 2-3
GIFT: Cleveland's Gay/Lesbian Invitational Fellowship Tournament	Cleveland, OH	June 8-10
LBI: Liberty Belle Invitational	Maple Shade, NJ	June 29-July 1

For more information on these and other IGBO tournaments, visit IGBO's Web site at www.igbo.org

CARA Again to Offer 10 Leagues This Fall

- **Sunday—CARA Sunday Mixed** (4 per team) 6 P.M.—Bowl America Shirley.
Contact: Walt at wreichenbachjr@cox.net
- **Monday—Ten-Pin Pride** (4 per team) 8 P.M. —AMF Annandale Lanes—*Inexperienced bowlers encouraged to join!*
Contact: Adam at tenpinpride.secretary@gmail.com
- **Monday—CARA Monday Alternatives** (3 per team) 7:30 P.M. —U.S. Bowling in Alexandria.
Contact: Richard at richaron@usa.net
- **Monday—Laurel Monday Night Mixed** (3 per team) 7:15 P.M. —AMF Laurel Lanes.
Contact: Lyn at bcwingfiel@aol.com
- **Tuesday—Dale City Tuesday Pride** (3 per team) 8 P.M.—AMF Dale City Lanes.
Contact: John at jastortz@comcast.net
- **Tuesday—Capital Area Match Play (CAMP) League** (3 per team) 7:30 P.M. —U.S. Bowling in Alexandria.
Contact: Jim at jimmyg52@aol.com
- **Wednesday—Pride of Alexandria** (4 per team) 8 P.M. —AMF Annandale Lanes.
Contact: Win at prideofalexandria@cox.net
- **Thursday—We Are Everywhere** (4 per team) 7:30 P.M.—U.S. Bowling in Alexandria—*Inexperienced bowlers encouraged to join!* Contact: Calvin at calgenix@gmail.com
- **Friday—CARA Free State Mixed** (4 per team) 8 P.M. —Bethesda Naval Bowling Center.
Contact: Mike at mbogumill@verizon.net
- **Friday—CARA Out & About** (4 per team) 7 P.M. —Bowl America Fall Church. Contact: Les at siderider@hotmail.com

CARA League Championship Tournament—May 5

Every spring, each CARA league sends a team to participate in the annual CARA League Championship Tournament. In the first six years of the tournament, no league has won more than once. Will this be the year a league clinches their second win, or will a different team win again? Grab your pom-pom's and support your league team at the tournament which will be held at AMF Dale City Lanes., the home of the 2006 Winner "Tuesday Dale City Pride." The teams will start bowling at 1 p.m.

This event pits one five-person team from each of CARA's 10 member leagues in a Baker format event that will result in a CARA League Team Champion. Each leagues' team will consist of five bowlers from the league, with the male/female composition determined by the overall gender participation percentages within the individual league. Translated, if a particular league is comprised of 60% female membership, the "All-Star" team will consist of 3 women and 2 men. No bowler will be allowed to participate on more than team.

Past league championship winners:

- 2006 Dale City Pride – AMF Dale City
- 2005 Monday Night Alternatives – U.S. Bowling
- 2004 Sunday Night Mixed – Bowl America Edsall
- 2003 Ten-Pin Pride – AMF Annandale
- 2002 Pride of Alexandria – AMF Seminary
- 2001 Tuesday Night Trios – AMF Alexandria

On the day of the event, every league team will compete against every other league team in one head-to-head Baker format game. Using the Baker format, the first bowler of a team will bowl in the first and sixth frames of each game; the second bowler will bowl in the second and seventh frame; and so on. Points will be awarded to the winning team in each head-to-head match, and the 4 teams with the most points at the end of the head-to-head matches will advance to a final "Up-The-Ladder" match to determine the champion.

CHIT Separates from CARA, Slated for Halloween Weekend

After almost two years of research and planning, the Capital Halloween Invitational Tournament (CHIT) is now a separate entity from CARA. CHIT is the Washington, DC area's annual regional tournament affiliated with the International Gay Bowling Organization (IGBO). After 25 years, CHIT has grown into one of the biggest IGBO tournaments in the country. Previously, CHIT was a CARA committee, with the CHIT Tournament Director giving a report at the CARA Board of Directors meetings. The effort to separate was initiated so that each group could concentrate on their own unique concerns during meetings. Special thanks is due to Jack Ellison who spearheaded the effort at the request of CARA's President. The CHIT 2007 tournament is scheduled for October 26-28. The host hotel will be the Hamilton Crowne Plaza Hotel at the corner of 14th & K Streets NW in Washington, DC. The host bowling center will be AMF Alexandria Lanes, site of last year's fantastic tournament. Under the direction of Dan Jeffers, Director of Operations, Rob Treadway, Director of Marketing, and Executive Officer Jack Ellison, the tournament is off and running. Numerous "fun-raising" events have been scheduled. Please visit www.chitdc.org for a full list of upcoming events.

CAPITAL AREA RAINBOWLERS ASSOCIATION (CARA)—CARA was founded in 1995 and is an umbrella organization for 10 gay bowling leagues in metropolitan Washington, DC. In support of its member leagues and bowlers, CARA holds inter-league tournaments, supports and sponsors national tournaments such as the annual Capital Halloween Invitational Tournament (CHIT), offers coaching classes and provides assistance to its leagues when requested. CARA hosted the 1999 International Gay Bowling Association (IGBO) Annual Tournament. CARA has over 600 members in its 10 winter ten-pin leagues and over 150 members in four summer ten-pin leagues and one duckpin league. Eight of CARA's member leagues are Fall/Winter Leagues. Two other leagues have two completely separate 16-week seasons. Two CARA member leagues are 100% handicap leagues this season.