



# Capital Area Rainbowlers Association

## CARA NEWS

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### CARA FACEBOOK PAGE

CARA now has its own FACEBOOK page. All CARA members are invited to join this group.

If you are already a Facebook member and are interested you can search for "Capital Area Rainbowlers Association (CARA)" in the Facebook Search Block in the upper right hand corner of Facebook to join.

Facebook provides another free and easy way for CARA bowlers to share and enjoy bowling related events, photos, info, etc.

### CARA INTRALEAGUE CHAMPIONSHIP

Over the past few years this tournament has become an all-day affair due to the increased number of leagues and the requirement that each league bowl all the other leagues for points. Tournament bowlers have complained about the amount of time involved. Additionally, the lineage cost to CARA has greatly increased as we have gone from 40 games the first year to 160 games last year.

As a result of the above the CARA Board decided at the January CARA Board Meeting to modify the program. The winning league will still win \$100.00 and each bowler on the winning team will receive a trophy.

In the past, each team competed in a Baker format and won points by winning a game. The top four teams then competed in a Baker Format ladder playoff (4th place bowls 3rd place, etc.).

This year, each team will bowl five Baker Format games for total points. Teams will continue to change lanes after each game. The top five teams based on total points will then compete in a Baker Format ladder playoff. In case of a tie for 5th those two teams will bowl one additional game. Lanes will be changed after each game. During the game between the 3rd and 2nd place teams the team in 1st place will be allowed to bowl a practice game if they wish.

This year's tournament will be held March 28 at U.S. Bowling—the house of CAMP, the current CARA Intraleague Champion.

### IGBO MID-YEAR 2010 IS OURS!

Thank you everyone who supported us in San Diego and working on the bid here in town. We were successfully awarded the IGBO Mid-Year Tournament for 2010. If all goes well, we're looking at more than 400 bowlers from across the USA and Canada, and (maybe) New Zealand and Australia.

We're already working on raising money through Nights Out at the Theater (we've gotten group tickets for Legally Blonde, West Side Story and Les Miserables), which are open to everyone—bowlers and non-bowlers alike. Look for other upcoming shows like Spring Awakening at the Kennedy Center.

We have also begun selling concession during events at the Verizon Center. Each event brings in \$65/person that works and we keep the tips. If you're interested in volunteering, please contact Rob Treadway at [rob@avantedgemedial.com](mailto:rob@avantedgemedial.com) We'll be working in teams of three or more at several events each month to raise funds.

Details are coming soon for Bowled and Beautiful: Project Runaway! This will be a benefit drag show featuring the talents of many of your fellow bowlers. May's the month and the girls are warming up for it now.

Thank you, CARA Bowlers. This is DC's Mid-Year Tournament and without you, it wouldn't be possible.

Steve Fable, Adam Boenning, Jeremy Glasser  
Co-Directors, MYDC 2010

**CARA Doubles Tournament, March 14<sup>th</sup>, Saturday, 1 & 3:30 PM, AMF Annandale Lanes, Annandale, VA.**

# CARA CHAMPIONS SHOP AT



*Sports Plus/Carmen Don*

5130 Duke Street, Suite 5  
Alexandria, VA 22304  
(703) 751-4255

Also located in AMF Annandale Lanes  
4245 Markham Street  
Annandale, VA 22003  
(703) 941-9653

**Mention that you are a CARA league member to receive a 10% discount!**

## CARA WINTER CALENDAR

### March

- 14<sup>th</sup> CARA Doubles Tournament
- 8<sup>th</sup>-21<sup>st</sup> CARA Roll Off
- 21<sup>st</sup> CARA Board Meeting
- 28<sup>th</sup> CARA Intra League Championship

## 2009 IGBO TOURNAMENTS

CPI	Chicago, IL	Mar 6-8
SPIT	Memphis, TN	Mar 13-15
DIXIE	Atlanta, GA	Apr 9-12
GOTHAM	New York, NY	Apr 17-19
COMIC	Columbus, OH	Apr 24-26
IGBO ANNUAL	Oklahoma City, OK	May 20-25
LBI	Philadelphia, PA	July 3-5

Visit [www.igbo.org](http://www.igbo.org) for complete list of all IGBO tournaments around North America.

## CARA Welcomes Metro Rollers

CARA Welcomes Metro Rollers as the newest member league. Metro Roller is one of the older DC area GLBT leagues and bowls Sundays at 5:00 at Rinaldi's Riverdale Bowl, 6322 Kenilworth Avenue, Riverdale, MD., which is also the home of Sunday League of Women Bowlers. Contact Sam at [sjmiller@aii.edu](mailto:sjmiller@aii.edu).

## IGBO WOMEN'S TOURNAMENTS

LIT	Ladies Invitational Tournament Dallas, TX	March 20-22
GRITS	Girls Rolling in the South Richmond, VA	June 5-7
LOVIT	Ladies Organized Valley Invitational Los Angeles, CA	June 5-7

## BOWLING TIP—Using Insert Tape from [www.bowlersparadise.com](http://www.bowlersparadise.com)

The use of insert tape for the thumb hole is very important. Having a good grip on the ball is a necessity to a relaxed swing. Using white textured tape on the gripping side of the hole seems to work best. It gives you something to hold onto without really having to grip tightly. A recommended fit would have your thumb exit the ball smoothly without hanging up or slipping off. This will also allow for a smooth and loose arm swing which helps in repeating shots. If the ball feels like it is slipping, add a piece of tape. If you feel that it is a little snug, remove a piece. This is much easier than altering your grip.

## IN MEMORY OF

**Randy Mellon - Dale City Pride**

**David Wilson - TGIF League**

