

## DC Fall/Winter League



### Metro Rollers Men's League

Metro Rollers Men's League bowls Sundays at 5 p.m. at Bolling Air Force Base Lanes, 315 McChord Street SW, #1310, Washington, DC. Non-military/government bowlers must contact the league Secretary prior to arriving at the lanes to be placed on a league list at the gate. A photo ID is required as the lanes are on a restricted site. *Season start date: September 25, 2011; end date: May 13, 2012. Contact Allen at metrorollers1@gmail.com.*

## MD Fall/Winter League



### Free State Mixed

Free State Mixed bowls Fridays at 8 p.m. at the Bethesda National Naval Medical Center Lanes located at Rockville Pike and Southwood Road. This is a mixed social league composed of 4-person teams. Non-military/government bowlers must contact the league Secretary prior to arriving at the lanes to be placed on a league list at the gate. A photo ID is also required since the lanes are on a restricted site. Free State has a mixture of social and competitive bowlers all out to have a good time. *Season: September 9, 2011, through mid-April 2012 (28-week season).* **Contact John at freestatemixed@gmail.com.**

### League of Women Bowlers

League of Women Bowlers bowls Sundays at 5 p.m. at Rinaldi's Riverdale Bowl, 6322 Kenilworth Avenue, Riverdale, MD. This is a social league composed of 4-person teams. The league has room to expand and is looking for both new and experienced bowlers. *Season: August 21, 2011, through May 2012. Contact Julia at jj3394@aim.com. Website: www.leagueofwomenbowlers.org.*

## What is CARA?



CARA has 11 fall/winter member bowling leagues in the metro DC area, as well as several summer leagues. Although the team size, numbers of games, times and nights vary, the goal of all our leagues is to have fun.

All leagues are handicap leagues, open to bowlers of all skill levels. Leagues have room for individuals as well as full or partial teams. Many leagues hold special activities such as holiday parties, end-of-season banquets and awards presentations. All leagues are sanctioned by the United States Bowling Conference ([www.bowl.com](http://www.bowl.com)).

CARA leagues are members of the International Gay Bowling Organization (IGBO), which is composed of more than 170 member leagues. Visit [www.igbo.org](http://www.igbo.org) for additional information.



# CARA

Capital Area Rainbowlers Association

## LEAGUES SEVEN DAYS A WEEK

**DISTRICT OF COLUMBIA (1)**

**MARYLAND (2)**

Bethesda • Riverdale

**VIRGINIA (8)**

Alexandria • Annandale • Centreville  
Dale City • Falls Church

**WWW.CARABOWLING.ORG**  
**cararainbowlers@gmail.com**



The Capital Area Rainbowlers Association is a member-supported association of GLBT bowling leagues in the greater metropolitan Washington, DC area. CARA's objective and purpose is to coordinate and promote the sport of bowling for men and women in the Washington, DC area GLBT community.

# VA Fall/Winter Leagues



## CARA Sunday Night Mixed

CARA Sunday Night Mixed bowls Sundays at 6 p.m. at Bowl America Shirley Lanes in Alexandria, VA—almost immediately off of I-395 and Edsall Road. This is a social league composed of 4-person teams with a strong mixture of men and women. The league is looking for new and/or experienced bowlers. *Season: September 11, 2011-May 6, 2012.* **Contact Walt at [wreichenbachjr@cox.net](mailto:wreichenbachjr@cox.net).**

## Ten-Pin Pride

Ten-Pin Pride bowls Mondays at 8 p.m. at AMF Annandale Lanes at 4245 Markham St. in Annandale, VA. This is a social league composed of 4-person teams with a good mixture of men and women. This league has a high concentration of new/beginner bowlers, has room for expansion and is always looking for new bowlers. Ten-Pin Pride bowls a four-month fall league ending in December. In January, they start a new, completely separate four-month winter league. *Fall 2011 season: organizational meeting: August 29; league play: September 12-December 19. winter 2012 season: organizational meeting: January 9; league play: January 16-April 30.* **Contact Jim at [jimmy52@aol.com](mailto:jimmy52@aol.com).**

## Dale City Tuesday Pride

Dale City Pride bowls Tuesdays at 8 p.m. at AMF Dale City Lanes, 4304 Dale Boulevard. Dale City Pride is a very social league composed of 2-person teams with a great mix of men and women. New or inexperienced bowlers are strongly encouraged. Dale City Pride bowls a four-month fall league ending in December. In January, they start a new, completely separate four-month winter league. *Fall season: September-December; winter season: January-May.* **Contact John at [dctp@comcast.net](mailto:dctp@comcast.net). Website: <http://home.comcast.net/~dctp>.**

## CAMP

Capital Area Match Point (CAMP) bowls Tuesdays at 7:30 p.m. at Bowl America Falls Church located at 140 South Maple Avenue in Falls Church, VA. While CAMP is a friendly mixed league composed of 3-person teams, it is more challenging and competitive. CAMP is a match point format league, where in addition to teams bowling each other, each bowler bowls in direct competition with a bowler on the opposite team. *Season: September-April.* **Contact Jeff at [CAMPBowling@gmail.com](mailto:CAMPBowling@gmail.com).**

## Centreville Pride

Centreville Pride bowls Wednesdays at 8 p.m. at AMF Centreville Lanes, 13814 Lee Hwy., near I-66. The league is composed of 3-person teams. All levels of experience are welcome. *Fall 2011 season: August 24 through December; winter 2012 season: January through April.* **Contact Scott at [secretary@centrevillepride.com](mailto:secretary@centrevillepride.com). Website: [www.centrevillepride.com](http://www.centrevillepride.com).**

## We Are Everywhere

The We Are Everywhere league bowls Thursdays at 7:30 p.m. (practice begins at 7:20 p.m.) at 6228A N. Kings Hwy, 1 mile south of the Beltway, just off of Route 1 in Alexandria, VA. *31-week season; league play begins: September 8, 2011; league ends in late April 2012.* **Contact Clyde at [WeAreEverywhere.CARABowling@gmail.com](mailto:WeAreEverywhere.CARABowling@gmail.com). Website: [www.weareeverywhere.info](http://www.weareeverywhere.info).**

## POA

Pride of Alexandria (POA) bowls Wednesdays at 8 p.m. at AMF Annandale Lanes at 4245 Markham St. in Annandale, VA. Pride of Alexandria is mixed league composed of 4-person teams with a good mixture of social and competitive bowlers, all out to have a good time. This is CARA's largest league and often has a waiting list, so get your name on the waiting list early. *32-week season: organizational meeting: August 31, 2011; league play begins: September 7, 2011.* **Contact Bill at [PrideOfAlexandria@gmail.com](mailto:PrideOfAlexandria@gmail.com).**

## SMACK

Saturday Morning Alternative Club King & Kweenpins (SMACK) bowls Saturdays at 10:30 a.m. at AMF Alexandria Lanes, 6228A N. Kings Hwy, 1 mile south of the Beltway and just off of Route 1 in Alexandria, VA. SMACK is a blind doubles format league. Teams are composed of two persons with team members changing each week. SMACK bowls a four-month fall league. In January they start a new, completely separate four-month winter league. The shorter seasons of about 15 weeks in length allow for shorter time commitments from bowlers. *Fall season: September 2011-January 2012; winter season: January 2012-May 2012.* **Contact Clyde at [smackbowling@gmail.com](mailto:smackbowling@gmail.com).**

## SUMMER LEAGUE BOWLING

THERE'S STILL TIME FOR YOU TO  
JOIN A SUMMER LEAGUE!

Summer leagues are 10 weeks long and are a great opportunity for beginners as well as experienced bowlers.

### TEN-PIN LEAGUES

Tuesdays: AMF Alexandria Lanes, Alexandria, VA.  
7:30 p.m. Contact Clyde at [clyde.conklin@gmail.com](mailto:clyde.conklin@gmail.com).

Thursdays: Bowl America Falls Church, Falls Church, VA.  
7:30 p.m. Contact Les at [les.johnson@gmail.com](mailto:les.johnson@gmail.com).

### DUCKPIN LEAGUE

Wednesdays: White Oak Duckpin Lanes, Silver Spring, MD.  
7:30 p.m. Contact Richard at [richaron@usa.net](mailto:richaron@usa.net).

## SUMMER SOCIAL BOWLING EVENTS

### CARA Summer Social Bowling Event

\*\*\*Every GLBT group in the DC area is invited!\*\*\*

Monday, July 18

AMF Annandale Lanes, 4245 Markham St.

99¢ per game • Shoe rental extra • 8 to 10 p.m.

### Free State Mixed Summer Socials

June 24 • July 22 • August 26

Bethesda Naval Medical Center Lanes • 8 to 10 p.m.

\*\*\*You must contact the league Secretary at [freestatemixed@gmail.com](mailto:freestatemixed@gmail.com) if you would like to attend so he may add your name to the list at the front gate.\*\*\*

### Centreville Pride Summer Social Bowling

Every Wednesday through August 24

AMF Centreville Lanes • 13814 Lee Highway  
7 to 9 p.m.