



Volume 10, Issue 1, October/November 2010

## Capital Area Rainbowlers Association (CARA) Bowling Newsletter

---

### *CARA WELCOMES IGBO 2010 MID-YEAR BOWLERS TO THE WASHINGTON, D.C. AREA*

---



S. Laurie, J. Glasser, S. Carlson, G. Deinken

**CARA BOWLERS STRIKE GOLD** at the Gay Games which were in Cologne, Germany, from July 31 - Aug 7.

Congratulations for winning GOLD in Team Event Division C to Jeremy Glasser, Shannon Carlson, Gary Deinken and Scott Laurie!!! The competition was bowled over 2 days and 9 games.

Additional congratulations to Gary Deinken and Scott Laurie for winning a silver medal in Doubles Division C. Another set of 9 games bowled over 2 days.

WELL DONE GUYS!!!

---

### 300 Games Bowled at Annandale

Congratulations to Jim Tsugawa for throwing a perfect 300 game in the CARA Monday Alternatives league on November 1.

### NEW HOMES FOR CARA LEAGUES

This fall, four CARA leagues relocated or returned to different houses.

Sunday Metro Rollers moved from Hyattsville to Bolling AFB lanes in SE Washington, DC, where they had bowled for many years. New Monitor Screens have been added since they last bowled there.

Monday Alternatives moved from U.S. Bowl Lanes in Alexandria, VA, to AMF Lanes in Annandale, VA. Also moving to Annandale was Monday Ten-Pin Pride, which had moved to AMF Alexandria Lanes several years ago. AMF Annandale Lanes sanded the approaches prior to the start of the season and in October replaced all the monitors with flat screen displays. Future goals include replacing the old carpeting.

Thursday We Are Everywhere made the decision to move to AMF Alexandria Lanes several weeks prior to the new season. This occurred after learning that the property had been sold and all the other leagues had departed for other houses.

---



## 2010-2011 CARA Calendar of Events

### November 2010

10-15 IGBO MY 2010 (DC)  
17 CARA BOD Meeting (Annandale)  
29 Start of 1<sup>st</sup> CARA Roll-Off

### December 2010

1-12 1<sup>st</sup> CARA Roll-Off (Continued)  
27 CARA Holiday Social

### January 2011

15 2<sup>nd</sup> CARA Skills Enhancement  
29 CARA Doubles Tournament  
& CARA BOD Meeting (AMF Alex)

### February 2011

2<sup>nd</sup> CARA Roll-Off

### March 2011

1-5 2<sup>nd</sup> CARA Roll-Off (continued)  
12 3<sup>rd</sup> CARA Skills Enhancement  
19 CARA BOD Meeting (AMF Alex)

### April 2011

16 CARA End Of Season Tournament

### May 2011

9 CARA BOD Meeting – Annual Elections  
25-30 IGBO Annual 2011 (Toronto)

### June 2011

11-12 DC Pride Parade/Festival



### IN MEMORY: LEON HAMPTON JR

Leon passed away on Thursday, September 30, 2010 after a long battle with liver cancer. He died surrounded by family and friends. He was an avid bowler and bowled in most leagues once he retired, and became good friends to all who know him.

### IGBO Tournaments

Tournament	Location	Date
LASSI <u>Los Angeles Silver Screen Invitational Tournament</u>	Los Angeles, CA	Nov 19–21, 2010
HIT <u>Holiday Invitational Tournament</u>	Milwaukee, WI	Nov 25–28, 2010
ACT <u>Alamo City Tournament</u>	San Antonio, TX	Jan 14–16, 2011
CHUZA <u>Chuzapalooza</u>	Tucson, AZ	Jan 14–16, 2011
SWEETHEART <u>Sweetheart Invitational</u>	New Haven, CT	Feb 11–13, 2011
TROT <u>Texas Roll-off Tournament</u>	Ft. Worth, TX	Feb 11–13, 2011
JRBITE <u>James River Bowling Invitational Tournament Extravaganza</u>	Richmond, VA	Feb 25–27, 2011 Cancelled - Click Details for more info
PRIT <u>Phoenix Regional Invitational Tournament</u>	Phoenix, AZ	Mar 17–20, 2011



# CARA CHAMPIONS SHOP AT

The Bowler's Choice Pro Shop



*Sports Plus/Carmen Don*

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

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

## Upcoming New PBA Tour Broadcasts

Tournament	Date	Time	Channel
BRUNSWICK PRO BOWLING CHEETAH CHAMPIONSHIP	Sunday, November 28, 2010	1:00 PM ET	ESPN
PEPSI VIPER CHAMPIONSHIP	Sunday, December 05, 2010	1:00 PM ET	ESPN
WSOB - CHAMELEON CHAMPIONSHIP	Sunday, December 12, 2010	1:00 PM ET	ESPN
WSOB - SCORPION CHAMPIONSHIP	Sunday, December 19, 2010	1:00 PM ET	ESPN
GEICO SHARK CHAMPIONSHIP	Sunday, December 26, 2010	1:00 PM ET	ESPN
USA VS THE WORLD	Sunday, January 09, 2011	1:00 PM ET	ESPN
WSOB - WORLD CHAMPIONSHIP	Friday, January 14, 2011	5:00 PM ET	ESPN2
WSOB - WORLD CHAMPIONSHIP	Saturday, January 15,	9:00 PM ET	ESPN

Tournament	Date	Time	Channel
WSOB - WORLD CHAMPIONSHIP	Sunday, January 16, 2011	1:00 PM ET	ESPN
PBA TOURNAMENT OF CHAMPIONS	Saturday, January 22, 2011	2:30 PM ET	ABC
ONE A DAY EARL ANTHONY MEMORIAL CLASSIC	Sunday, January 30, 2011	2:00 PM ET	ESPN
CHRIS PAUL CELEBRITY INVITATIONAL	Sunday, February 06, 2011	4:00 PM ET	ESPN
BAYER USBC MASTERS	Sunday, February 13, 2011	3:00 PM ET	ESPN
68TH LUMBER LIQUIDATORS U.S. OPEN	Friday, February 25, 2011	6:00 PM ET	ESPN
68TH LUMBER LIQUIDATORS U.S. OPEN	Saturday, February 26, 2011	10:00 PM ET	ESPN
68TH LUMBER LIQUIDATORS U.S. OPEN	Sunday, February 27, 2011	3:00 PM ET	ESPN
GEICO MARK ROTH PLASTIC BALL CHAMPIONSHIP	Sunday, March 06, 2011	1:00 PM ET	ESPN
DICK WEBER PBA PLAYOFFS	Sunday, March 27, 2011	2:00 PM ET	ESPN
DICK WEBER PBA PLAYOFFS	Sunday, April 03, 2011	1:00 PM ET	ESPN
DICK WEBER PBA PLAYOFFS	Sunday, April 10, 2011	1:00 PM ET	ESPN
DICK WEBER PBA PLAYOFFS	Sunday, April 17, 2011	1:00 PM ET	ESPN



**Lambda Sci-Fi**

DC Area Gaylaxians  
P.O. Box 656 Washington, D.C. 20044

<http://www.lambdascifi.org/>

Books Movies TV Gaming Fandom Club Activities

Activities include Club Meetings - 2nd Sunday of each month; Book Discussion Meetings once a month, Outings to movies and other events; Movie/Potluck dinners, etc..

**TROPHIES & AWARDS, INC.**  
**SERVING VA, DC, & MD**

24 HOURS SERVICE AVAILABLE 7 DAYS A WEEK

HIGH QUALITY    LOW PRICES  
FRIENDLY SERVICE    QUICK RESPONSE  
FAX/PHONE ORDERS    NO DOWN PAYMENT  
QUALITY DISCOUNTS    CORPORATE INVOCING

5130 DUKE ST., SUITE #3, ALEXANDRIA, VA 22304-2955

VOICE 703-751-4266 FAX 703-751-4266  
E-MAIL TROPHYSHOP@AOL.COM

**USBC BOWLING TIPS**

Chris LaClair, Level One Coach:

Looking for an easy way to add pins to your average? Just watch your mark. Keep your eye on the mark from the start of delivery until the ball rolls over it. A 160 average bowler only watches their mark 30% of the time.

Rich Warren, Bronze Level Coach:

Timing: Think of timing in a 4 step approach. The hand and the foot on the same side as the ball are the synchronizing gears that should mesh (move together) early in the approach. The ball should move with the foot (right foot for a right handed bowler). As you take your 1st step the ball moves (your push away) with that step. The ball should follow the foot back behind the body on the 2nd step. This allows the ball to clear the hip on its backward motion. This is where many bowlers are confused. Many bowlers do not have the ball follow the ball side foot back behind them. They will keep the ball in front of the body too long (push away on the 2nd step) and as the ball goes back, the foot on the same side as the ball is already in its forward motion.

In a 5 step approach the ball does not move on the 1<sup>st</sup> step.

**USBC WOMEN'S CHAMPIONSHIPS**  
**SYRACUSE, NY**  
April 7 - July 2, 2011

**Last day to enter: January 15, 2011**

The Women's Championships Tournament is experiencing a Championships Makeover. This makeover included a change of venue and format. The format has been changed from scratch to a 100% handicap tournament. Brackets however will be 75% of handicap. Additionally there are now three divisions.

Estimated prize list:

	<u>Team</u>	<u>Doubles</u>	<u>Singles</u>	<u>All-Events</u>
1st Place:	\$2000	\$800	\$400	\$350
2nd Place:	\$1500	\$600	\$300	\$250
3rd Place:	\$1000	\$400	\$200	\$200

For additional information on this Championship Tournament visit the USBC website at:  
<http://bowl.com/tournaments/usbcwomenscham>

**Capital Area Rainbowlers Association (CARA)**



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

There are four summer leagues and 13 Fall/Winter CARA bowling leagues in the metro DC area. Although the team size, format, times and nights vary, the goal of all our leagues is to have fun. Information about each league can be found at: [www.carabowling.org](http://www.carabowling.org)