



Capital Area Rainbowlers Association

CARA NEWS

Volume 8, Issue 4 • April/May, 2009
www.carabowling.org

CARA SUMMER DUCK PIN LEAGUE FORMING

We're starting up a summer duck pin league in Maryland. If you've done it before, you know how much fun it is. If you haven't tried it, you might like it. It's different!

Here are some differences from ten pin bowling:

- You use little balls that fit in your hand like a softball. No holes.
- You get up to three throws per frame.
- Scoring a 100 is not bad at all!

The league will convene at 8 p.m. on Wednesdays for 11 fun-filled weeks—June 3 through August 12. Three-person teams are planned, but four-person teams will be considered if there is a lot of interest. Cost to be determined the first night at the Duckpin League Organizational Meeting.

Location: White Oak Lanes (www.whiteoaklanes.com), just outside the Beltway on New Hampshire Avenue.

Contact Richard Aronson at richaron@usa.net with any questions or to let him know that you are interested.

CARA TEN PIN SUMMER LEAGUES

There will be four summer evening Ten Pin Leagues. These include a Tuesday League at AMF Dale City Lanes, a Tuesday league at AMF Alexandria Lanes, a Wednesday league at AMF Centreville Lanes, and a Thursday League at Bowl America Falls Church. Leagues will hold their organizational meetings at 7 or 7:30 p.m. their first night of bowling. Some leagues may not bowl the week of July 4.

The cost will be determined by each ten pin league at their organizational meeting but will be no more than \$15.00. Leagues will run 10 weeks.

Tuesday Dale City: Starts June 2 at 8 p.m. Contact David at dctp@comcast.net.

Tuesday Alexandria: Starts June 2 at 7:30 p.m. Contact Carlton at texindc@aol.com.

Wednesday Centreville: Starts June 3 at 8 p.m. Contact Cary at xcj@cox.net.

Thursday Falls Church: Starts June 4 at 7:30 p.m. Contact Les at les.johnson@gmail.com.

LEAGUE OF WOMEN BOWLERS

2009 CARA INTRA-LEAGUE CHAMPIONS

For the ninth straight year a different league has won the CARA Intra-League Championship. For the first time, a Maryland league has won and means that in 2010 the tournament will be held at Rinaldi's Riverdale Bowl. Congratulations to C. Keitt, J. Johnson, P. Dickerson, S. Dennis & C. Crowley.

Tournament Coordinator Gary Deinken surrounded by the LOWB winning team



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%**

2009 IGBO TOURNAMENTS

IGBO Annual	Oklahoma City, OK	May 20-25
DIGLIT	Denver, CO	June 19-21
LBI	Philadelphia, PA	July 3-5
MCIT	Antioch, TN	July 17-19
RIBIT	Richmond, VA	Sep 4-6
MIC	Detroit, MI	Oct 9-11

Visit www.igbo.org for complete list of all IGBO tournaments around North America.

IGBO WOMEN'S TOURNAMENTS

GRITS	Girls Rolling in the South Richmond, VA	June 5-7
LOVIT	Ladies Organized Valley Invitational Los Angeles, CA	June 5-7



KEEP TRACK OF CARA EVENTS

There are a number of ways CARA bowlers can keep track of what is going on with CARA and the summer and fall leagues. These include:

Sign up on the new CARA Facebook Page.

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.

Visit www.carabowling.org Watch for the changes coming to this site in the new few months.

Sign up with your league Secretary to be added to the CARA E-Group

Stop by the CARA Booth on June 14 at the DC Capital Pride Festival

CARA SPRING CALENDAR

MAY

- 13 CARA Board Meeting and Election of CARA Officers

JUNE

- 2-4 Summer Leagues Begin
- 13/14 Capital Pride Weekend

SPORTS PLUS-ANNANDALE OPEN DOUBLES SUMMER LEAGUE

**FIRST PLACE \$2,000
UNCONDITIONALLY GUARANTEED**

A NON-REFUNDABLE TEAM ENTRY FEE OF \$20
RESERVES YOUR SPOT

League Bowls Thursday at 8:00 P.M.
Starting May 28 Ending August 14, 2009

Cost \$18 per Bowler per Week
Two Person Teams - 2 Men, 2 Women, or Mixed

Max Entering Average 420 Per Team

Handicap 90% of 420

Every Other Week Will Be A Position Round

**AMF Annandale Lanes—4245 Markham Street
Annandale, VA 22003 • 703-256-2211**