



## About the Southeast Michigan Bowling Centers Association

The more than 35 bowling centers in Southeast Michigan, from Sterling Heights to South Lyon, are dedicated to raising awareness, promoting participation and enhancing the bowling experience for everyone. Joined together as SEMBCA, its members know that bowling is the only sport where everything required for participation – balls, pins, shoes and refreshments – is available onsite and year-round. For more than 50 years the members of SEMBCA have strived to reach out to the local community by providing charitable fund-raising opportunities, corporate employee

involvement and wholesome family fun for all ages. Bowling can also be educational, with more than 20 million kids under 17 bowling each year and many going on to the 250 colleges and universities that offer bowling as a sport, with some even benefitting from the \$6 million in college bowling scholarships.

### Why bowling?

Bowling is a year-round sport. Benefits include meeting new people and forming potentially lasting relationships, interacting in a fun, stress-free environment. Bowling is good exercise as more than 130 different muscles are used. Bowling is a lifetime sport for all ages: the oldest person to bowl a 300 game was nearly 91 (but he was a mere youngster because the oldest league bowler was 107!), while the youngest to bowl a 300 game (so far) was 9-and-a-half.

### Some Fun Facts About Bowling

- The sport of bowling in one form or another goes back to Ancient Egypt.
- From the dreaded foul line (buzz!) to the center axis of the head pin is exactly 60 feet – some six inches shorter than from the front edge of the pitcher’s rubber to the center of home plate.
- In traditional bowling lanes two kinds of wood are used: maple for just about everything from the approach to the part where (most) balls land when they’re thrown to where the pins stand. The rest of the lane is usually pine.
- A single lane takes up a lot of space – and lanes are usually “married” with adjoining lanes, sharing the ball-return mechanism – so the two occupy more than 1,200 square feet including the lane beds, gutters, pit ends, pinsetters, ball returns, and approach area.
- Bowling has a low cost of entry – with balls and shoes of a wide variety of weights and sizes available for rental. Unique bowling shirts often identify team or league affiliation.
- Bowling balls can weigh from 6 to 16 pounds and are up to 27 inches in circumference.
- Bowling has been a major player in a number of motion pictures including *The Big Lebowski*. The Flintstones were heavy-duty bowlers and Barney was a championship-level player. On television, Jackie Gleason was on the Raccoon Lodge team “The Hurricanes” which bowled at the Acme Lanes. Bowling for Dollars was a franchise show on local stations and is still broadcast in some markets.
- Bowling builds muscles and strong bones, and helps sustain hand-eye coordination.
- Playing three games of bowling is equivalent to walking one mile and can burn nearly 200 calories.