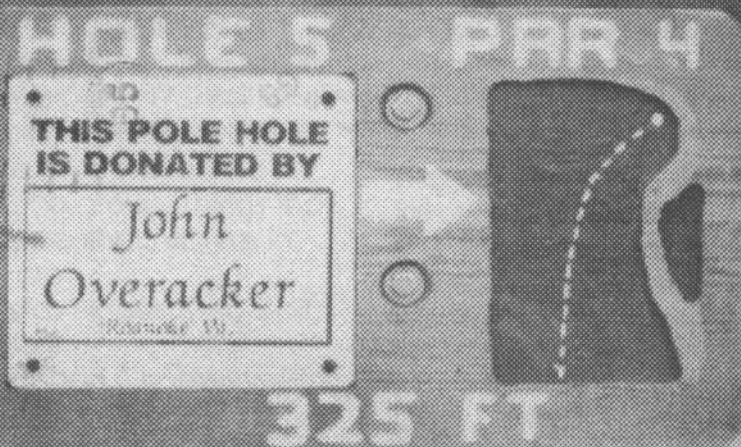


★ ROANOKE FRISBEE DISC ASSOCIATION NEWSLETTER

*A Newsletter to promote Disc Sports in the
Roanoke Valley and Southwestern Virginia*

JANUARY / FEBRUARY 1993



FAREWELL, OLD FRIEND

Fishburn Park To Get New Tee Markers

RFDA Newsletter Contents

RFDA Newsletter Information	Cover 2
The PREZ Box	Page 1
Vice Presidents Notes	Page 2
New Prize System Activated	Page 2
Secretarys Column	Page 3
Blast From The Past (Photo)	Page 4
More Pole Holes PLEASE!	Page 4
Gary Fenton Farewell	Page 5
Secretary Position Transferred	Page 5
Night Moves	Page 6
Worlds Biggest Disc Golf Weekend	Page 7
Ice Bowl IV - The Story	Page 8
Ice Bowl IV - Finish Results	Page 8
Jr Frisbee Competition - Tradition	Page 9
New RFDA Members	Page 10
RFDA Meeting Times, Dates, Info	Page 10
RFDA Challenge Series Introduced	Page 11
Upcoming Events	Page 11
Ultimate Update	Page 12
New Tee Markers for Fishburn Park	Page 12
Pole Hole Sponsors Listing	Cover 3

The Roanoke Frisbee Disc Association Newsletter is produced and distributed by the Roanoke Frisbee Disc Association. It is published by DEP Publishing. This newsletter is designed to keep the disc players in the Southwest Virginia area, and around the world, informed on the disc activities in Southwest Virginia. Ideas and Information for the Newsletter may be sent to the RFDA for consideration. The address is:

*Roanoke Frisbee Disc Association
P.O. Box 21522
Roanoke, VA 24018-0154
(703) 774-3389*

*The Officers for the RFDA are:
President - Michael Overacker
Vice President - Mark Overacker
Secretary - Bryan Stephenson
Treasurer - Cheryl Kessler*

We need your input. Please send your articles to us. Let us know how you feel or what is happening in your area.



The Prez Box

**By Michael Overacker
President RFDA**

This is the first Newsletter for the year of 93, and the stage is set for growth in our organization and our contributions to the community. The Disc Golf Course in Fishburn Park is finally settling down to a permanent format, and we can look forward to further commitment from the City of Roanoke to our sports. We will be looking in other areas to bolster the opportunity for others to become involved in Disc Sports and activities, and this will take the work of the RFDA as a whole, not from one or two people in the group. Things that will be happening this year in the RFDA are:

- 1) The Worlds Biggest Disc Golf Weekend II
- 2) The Jr. Frisbee Championship Competitions
- 3) The Commonwealth Games - Disc Golf and Ultimate
- 4) Night Moves-Disc Golf in the Dark
- 5) Summer Sizzle II
- 6) Rites of Autumn II

- 7) RFDA Overall Championships
- 8) Travel to the National Frisbee Festival in Washington DC
- 9) Any other ideas that you may have...Tell us. We want to hear your ideas.

We also have other items in the works, but as of this moment, time is becoming a factor. As the club grows, we will have greater options in scheduling events as the time constraints on key RFDA members will not be as great, as we will have more people trained and qualified to handle events. The key to success is growth, involvement, and enthusiasm. The RFDA has always been a group effort, and people in the disc community around the world have noticed what we can get done if we set our minds to it. There is strength in numbers, and although the club is growing, we cannot be complacent. Help spread the word, bring a friend to the monthly RFDA meeting, and get involved. Together we have let the Roanoke Valley here the voices of Disc Sports Enthusiasts. We must not let their voices die. RFDA Forever.

**Support the
PDGA
and the UPA**

Vice Presidents Notes

By Mark Overacker
Vice President RFDA

The sport of disc just like any other sport requires physical activity. Physical fitness makes physical activity easier and more enjoyable. I ask all people involved in disc sports to increase their physical well being by taking time out to use common sense before any physical workout. By this I mean, it is a wise idea to warm up properly and utilize stretching exercises before you start exercising. —Stretching before you exercise can be the difference between injury and wellness. Many sport related injuries can be the result of poor warm up or stretching exercises prior to activity. Pulled muscles and torn ligaments are just some examples of what can happen during exercise without stretching. —When performing warm up and stretching exercises be sure to include all of the major muscle groups. Also be sure to perform them properly. There is a bunch of different methods to achieve the same result, so the advice would be to consult

reading material or physical fitness experts.—Remember the objective of disc sports is to have fun, proper warm up and stretching will help prevent injuries from interfering with that goal.

New Prize System Activated

By Mike Overacker

It was announced in the last RFDA Newsletter that the RFDA was going to try out a new prize system that would give prizes to non winning entrants in a drawing. The way this works is the names of people that do not place and win prizes in their divisions are placed in a container. We then draw from those names for other discs and prizes. This was done for the first time at Ice Bowl 4, and it received a warm reception from the players, especially from those that won prizes. We think this is a good idea, and we will continue to do this to make the Tournaments more attractive to all, and not just those who do well and win often.

Secretarys Column

By Bryan Stephenson
Secretary RFDA

Now is the beginning of a very busy time for the RFDA. Spring is almost upon us, the Disc Golf course is about to be revamped, and several disc golf tournaments are scheduled. Those are but a few of the events that are just around the corner. I am concentrating my efforts on Ultimate season and the Commonwealth Games. I will talk about the Ultimate season elsewhere. The Commonwealth Games present a unique opportunity for the RFDA by presenting the club in a different light than it was cast during the Disc Golf course "conflict". We have always been about helping the community as well as promoting disc sports here in the valley. The

Commonwealth Games gives us both of those opportunities we need to make the most of it. We are going to need volunteers, Ultimate will need at least 14 if not 20 volunteers. So mark your calendars and get ready cause its coming fast. I would also like the opportunity to stress the need for participating in all our events as well as traveling out-of-town for other events.

There is nothing like getting together with other disc players to swap techniques or just observe.

If you would like to help with the Commonwealth Games or learn more about RFDA and outside events, give myself (362-2368) a call or call Mike at the RFDA Hotline.

Call
Disc Golfer BBS
Joe Weinshel - SysOp
1-414-964-5111

PhotoStar BBS

Your Flying Disc Bulletin Board System (BBS).

On-line files related to Flying Disc Sports and message bases
in the areas of Ultimate, Disc Golf,
and General Disc Play

(703) 774-4667

Up to 9600 Baud - Settings 8-N-1



More Pole Holes **PLEASE!**

By Mike Overacker

Once again, I am on bended knee to plead with the members of the RFDA. We are at a crisis, and we really do need your help to avoid disaster. Sponsorship for new Pole Holes is at a standstill. We have 2 Pole Holes sponsored at this time for the 9 Portable Pole Holes that will provide the back 9 at the Fishburn Park course, but we still need 7 more. It is imperative that we order these final Pole Holes by March 30th, 1993. We have had several say that they will sponsor, and we need to talk to those people to see if they are still interested. We need to find new sponsors to fill out the 9 Holes. The cost of Pole Hole sponsorship is still \$300.00, and there must be businesses and people that would be interested in helping us out. However, the more members that get actively involved in finding new sponsors, the higher our chances of success. If you can help us, call the RFDA Hotline at 774-3389, or come to a meeting and we will provide you with the packages to present to prospective sponsors. Time is running out. Please help us finish the job we started, and provide the Roanoke Area with an area to play our fine sports.

**Blast From
The Past**
RFDA President
Mike Overacker
and RFDA Member
Amy Stewart
in 1979 or so

Gary Fenton to leave Roanoke for Columbus Ohio

By Mike Overacker

It is a time of joy and sadness in the RFDA and the Roanoke Valley. It has just been announced that Gary Fenton, Department Head of the Roanoke City Parks and Recreation Department has accepted a position with the Parks and Rec Dept. of Columbus Ohio. We are happy to see him advance in his career in a larger parks system, but are saddened to see him leave, although we must be grateful for the time we had this man in charge of the recreation and parks of the City of Roanoke. He was a moving force in the open minded attitude that abounded in his department during his tenure. His drive for activity for all the people opened the doors that allowed the RFDA to work towards the goals of introducing the Flying Disc Sports to the Roanoke Valley. For his vision and kindness,

he will always be in the hearts of the disc enthusiasts that he worked so hard to understand and provide for. Good Luck, Gary, my friend. May you and your family always find happiness wherever you may be. Take care.

Secretary Position Transferred

By Mike Overacker

There has been a change in the Executive Board of the RFDA. Jim Robertson, who had taken over the position of Secretary when the position of Secretary/Treasurer was split up to ease the load on that position, has resigned due to his taking a job that works the second shift. Jim is a Charter Member of the RFDA and has always been a great deal of help and support for the organization. Best of luck in your new job, Jim. Thanks for filling in the position while you could. Bryan Stephenson has resumed the position of Secretary. Bryan had previously been the Secretary/Treasurer of the RFDA and is also a Charter Member of the RFDA. Welcome back on the Board, Bryan.



NIGHT MOVES

DISC GOLF TOURNAMENT

**A TOURNAMENT FOR DISC
GOLFERS WHO ONLY COME
OUT AT NIGHT**

Saturday, March 27th, 1993

Pre-Registration Required

Entry Fee is \$15.00

**Includes a Glow Golf Disc
and a Glow Mini Marker Disc**

Tee Off Time is 7:00 PM

Registration forms must be received by March 20th, 1993

Call the RFDA Hotline at 774-3389 for more details

Divisions will be Amateur - Advanced - Women - RFDA

Disc Prizes will be awarded

The Roanoke Frisbee Disc Association
and Circular Productions PRESENT
The

WORLDS

DISC GOLF WEEKEND

BIGGEST

Saturday, May 15th, 1993

Entry Fee is \$10.00

**Entry Fee Includes a Golf Disc
and a WBDGW T-Shirt**

**Pre-Registration will allow us to have your
T-Shirt and Golf Disc for you at your
Tournament Tee-Off Time**

Bring ALL of your Family and Friends
Prizes for the people that bring in the most players
Call the RFDA Hotline for more details

Ice Bowl 4

The Story

By Mike Overacker

It was a cold and stormy night..... Well actually it was a cold and rainy day. Miserable seems to be an understatement, but that did not hold back the amazing turnout of hearty Disc Golfers for the 4th Ice Bowl at Fishburn Park DGC. The temperature would climb to around 40 degrees, but that was little comfort in the steady, pouring rain. The crowd started rolling in early, and continued right up to tee time. When the tally was made, 38 people had shown up to play in the cold rain. 4 others had registered, but did not show up. In the players meeting, it was decided to play 18 holes, mainly in the interest of the park, as the heavy use of the wet ground could do some serious damage to the grass. Also, we were proud to find that 4 hearty souls, Mike and Dan Gallagher, Keith Himelwright, and Kevin Peterson had traveled several hours from Amherst Va to play. If you notice the final finish lists in the Novice and Amateur Divisions, it was a fruitful trip for their group, and we were pleased and honored to have them in the Ice Bowl. There were many new faces to the tournament scene in this area, as well as many stalwarts that have

PAGE 8

been attending RFDA events all along. We were glad to see all of them at Ice Bowl 4. We wish to congratulate all the winners in all divisions, as well as the winners of the disc prizes that were drawn from the names of the non-placing entries. This idea was well received, and we hope to do it at every tournament. Lets all look forward to Ice Bowl 5. Thanks to the Roanoke City Parks and Rec. Department and Rick Rothstein of Disc Golf World News in helping to make this tournament a reality.

ICE BOWL 4 - Finish Results

These are the results of the Ice Bowl 4 Disc Golf Tournament—held in Fishburn Park in Roanoke VA, on Sunday, January 24th, 1993.

Novice Division—

1st - 74 - Tied - Dan Gallagher, Amherst, Va
1st - 74 - Tied - Kevin Peterson, Amherst, Va
3rd - 93 - Jason Cooper, Glade Hill, Va

Amateur Division—

1st - 59 - Mike Gallagher, Amherst, Va
2nd - 60 - Keith Himelwright, Amherst, Va
3rd - 64 - Steve Preston, Roanoke, Va

Advanced Amateur Division—

1st - 63 - Erich Mauer, Roanoke, Va
2nd - 67 - Jeff Bannon, Salem, Va
3rd - 71 - John Paul Paris, Roanoke, Va

Roanoke Frisbee Disc Association Division—

1st - 62 - Dorsey Taylor, Roanoke, Va
2nd - 66 - Chris Beyer, Roanoke, Va
3rd - 66 - Jim Robertson, Roanoke, Va

Womens Division—

1st - 82 - Helen Hammond, Roanoke, Va
2nd - 87 - Carleen Felicio, Roanoke, Va
3rd - Karen Brooks, Roanoke, Va

Open Division—

1st - 54 - Kevin Morris, Roanoke, Va
2nd - 55 - Gary Foster, Roanoke, Va
3rd - 55 - Rusty Wilhelm, Roanoke Va

Tee Off time was 1:00 PM, and the event was held in the rain. Tournament Director was Mike Overacker, President of the Roanoke Frisbee Disc Association

The Junior Frisbee Competition

The Tradition Continues

By Mike Overacker

The Jr. Frisbee Championships is an event that is embedded in Disc History. This event was one of many events sponsored by the progressive Wham-O Corporation before it was taken over by beings with much less disc spirit. Wham-O had the IFA (International Frisbee Association) which was one of the driving factors information of the RFDA. The also had Levels of Disc Efficiency that were sponsored by the IFA. These gave Disc Players a way to measure their success, and goals to strive for. When that Other Company took over Wham-O, it seemed like they could care less about who was buying their products. The network of disc enthusiasm on the National level waned. However, I was approached by the Roanoke City Parks and Recreation about helping to hold the Jr Frisbee Competitions in this area, and I was swept by a wave of nostalgia. When I picked

up the info at the Parks Office, I noticed a name at the bottom of the page and it almost brought tears to my eyes. There it was in black and white...Amy Berard. It was sure good to hear that name again. I used to talk to Amy on the phone when I called the IFA for info or Reject Discs. It was always a pleasant conversation, and I looked forward to her answering the phone. It does my heart good to know that not everything has changed at Wham-O. There is still Amy, a thread to the past glory days of the Frisbee Flying Disc and the IFA. The Jr Frisbee Competition is a way to get the youth of our community involved in disc sports. It is a way to give something back to the sport that has provided so much to us. It is a way to make sure that Disc Sports will continue to grow in the hearts and minds of the youth.

We will be looking for members of the RFDA and their friends to help us hold this event. We have several that have shown the spirit and already volunteered. If you or someone you know would like to help, contact Mike Overacker on the RFDA Hotline at (703) 774-3389. The event is to be held this spring, and a date will be set as soon as we have the information we need. The Tradition Continues....

WELCOME

New RFDA Members

Rupert Bonhotel - Roanoke Va

Scott Bowman - Hardy Va

Harold Duvall - Rock Hill SC

Mike Glowczynski - Roanoke Va

Helen Hammond - Roanoke Va

RFDA Meeting Dates and Times through June 1993

Tuesday, March 2, 1993

Tuesday, April 6, 1993

Tuesday, May 4, 1993

Tuesday, June 1, 1993

Meetings of the Roanoke Frisbee Disc Association are held at the Roanoke County Public Library Main Branch on Rt. 419 (Electric Rd.), which is located across from the Roanoke U.S. Post Office - Cave Spring Branch.

The meetings start at 7:00 PM and always end before 9:00 PM.

RFDA Challenge Series Introduced

By Mike Overacker

In a recent trip to Horizons Park DGC in Winston Salem NC, I was introduced to a Disc Golf Competition called a Challenge Series. I loved the idea from the start, and after checking with my friends Ray Adams and Steve Coe of the Horizons DGC, I decided to start one here for RFDA Members. Details of how this works is a little complicated for explanation here, but RFDA Members can pick up the rules

of the Competition at any RFDA Meeting or may request the rules from an Executive Board Member. I think this is a great idea, and it will run all year long, with great prizes for the winners at the end of the competition. We will be holding a Challenge Tournament for RFDA members soon to get it all started. If you are not yet an RFDA Member, I would advise that you do so as soon as you can so you may get in on this continuous, fun event. RFDA Members that may take part in this event must be current in dues and in good standing. If you have any questions at all, call the RFDA Hotline at 774-3389.

UPCOMING DISC GOLF AND ULTIMATE EVENTS IN THIS AREA

Listings in **BOLD** are RFDA Organizational Events

March 6-7 1993	Earlewood Classic	Columbia SC
March 14 1993	EarlyBird Open	Durham NC
March 27 1993	Night Moves	Roanoke VA
April 17-18 1993	17th VA Flying Disc Championships	Fredericksburg VA
May 1-2 1993	Charlotte Open	Charlotte NC
May 15 1993	Worlds Biggest Disc Golf Weekend	Roanoke VA
May 22-23 1993	Lakefront Open	Kingsport TN
June 19-20 1993	11th Horizons Park Classic	Winston-Salem NC
June 26-27 1993	Duck Golf 10	Fairfax Station VA
July 17 1993	VA Commonwealth Games - Disc Golf	Roanoke VA
July 18 1993	VA Commonwealth Games - Ultimate	Roanoke VA
July 23-25 1993	Laurel Springs Open	Laurel Springs NC
Sept. 4-5 1993	National Frisbee Festival	Washington DC

Ultimate Update

By Bryan Stephenson
RFDA Ultimate Coordinator

As mentioned in my Secretary's column it is almost time for Ultimate. So far I have not started getting in shape but that is going to change. We all need to start getting ready and build up our stamina. I plan to have an organizational meeting in either the last part of March or the early part of April, with the season starting after the switch to Daylight Savings Time. I need your input, when, where and what time should we meet to practice and play, once a week, twice, etc.. Also, I would like, if possible, all those participating in Ultimate to also consider helping volunteer at the Commonwealth Games. By volunteering you will get to see other teams from the state in action. This will give us a chance to observe others styles of play, techniques and etc. The year will be what we make it either a huge success or.... Well lets be optimistic after all the RFDA is one of the oldest non-scholastic disc clubs in existence. We have a proud tradition and heritage to uphold.

PAGE 12

New Tee Markers for Fishburn Park

Below is an idea of what the new Tee Markers at the Fishburn Park DGC will look like. It is mounted on the ground.



GAZER GUITARS

A Division of DEP
Roanoke Va.

(703) 774-3389
Builders of Custom
Electric Guitars

Need more information?
Call the RFDA
Hotline
(703) 774-3389

The RFDA Hotline is courtesy of
Decent Exposure Photographics
and Gazer Guitars

**Many Thanks to these People
and Businesses that have
sponsored the Disc Golf
Course in Fishburn Park**

John Overacker

Dorsey Taylor

Fred Liady

Roanoke Moulding Design

Custom Auto Sound

Michael Overacker

Bev and Elizabeth Berkeley

Gary Foster

Roanoke Firefighters Association

(Local 1132)

Matt Thompson

Ed Bordett (Art Images Inc.)

Lynn Atkins (Roanoke Moulding Design)

Bruce Cody

Jim Shute

Ric Hinson (Roanoke Moulding Design - N.C.)

Steve Preston

Brad Weimer

Roanoke Frisbee Disc Association
P.O. Box 21522
Roanoke VA 24018-0154



MD 03-03-93 05-37



TO:

