



## Talking in the 19th Hole

**Driver.** The coronavirus pandemic has changed our behaviors and habits. One issue that is important to consider is the use of the golf course for walking and running. Some clubs prohibit walking and running; others allow it on certain days and times. Some clubs allow it only for the car paths or the rough; others also permit it on the fairway.

In my childhood, I lived inside the Country Club of Culiacan. Culiacan has a hot climate. I had a habit of running at dawn on the dewy fairways. I liked to feel the fresh grass. I also loved to follow the footprints in the grass that other runners had left. It is an extraordinary experience to run barefoot on the golf course.

For these experiences, I am a promoter of walking and running on the golf course. However, I am aware that golfers do not agree because they distract them because of the danger of hitting them and because they can damage the greens. A regulation for runners and walkers on the golf course can solve these details. Some points of the regulation are:

- Days and times.
- Walking and running for sporting purposes is permitted. Not allowed for social or entertainment reasons.
- Golfers have a preference for the use of the course.
- In tournaments walking and running are prohibited.
- Spaces where you can walk or run.
- Prohibit going through the greens.
- Take care to be out of the reach of the players' shots.
- When a player goes to execute his shot, the walkers and runners must stop and remain silent.
- Walking or running without a shirt and in a bathing suit is not allowed.
- Walking or running in the natural sense of the game of golf.
- The maximum number of people who can walk or run together.
- Walkers and runners must know the Regulations.

It is advisable to prepare a triptych or video that explains primary golf issues and safety issues that must be respected.



The advantages of walking and running in the golf course are:

- The health benefits of the members.
- The benefits of walking or running barefoot on the grass.
- The union of families.
- Members with greater longevity, which means more income for the Club.
- Members more satisfied because they enjoy the golf course.
- The gym will be less saturated, which has various benefits.

Changing to improve and benefit Club members is part of the work of those who serve on the Board of Directors. The closed mindset of two or three executives should not limit the benefits of hundreds of members.

**Woods.** Some players have a hard time concentrating when it's their turn. It may help them have a gesture or signal that makes it easier for them to get into their pre-shot routine. This trigger indicates that you should be focusing on the steps of your pre-shot routine from this moment. The trigger can be:

- When the caddy places the bag on the ground.
- Touch the golf bag.
- Place your hand on the driver's head.
- Touch or adjust the cap.
- Touch or fit the shirt.
- Touch or fit the pants.
- Put on the glove.
- Open and close the velcro of the glove. Both the action and the sound serve to enter the concentration process.
- Take a deep breath.
- A keyword.

<https://www.youtube.com/watch?v=ZQuGuPOU6ig&list=PLkNO-D-t4wczvVbaDsoWvXvu31Ghq0VbQ&index=3>



The important thing is not the movement itself, but remember that the routine has started and you have to focus on it. Some players do not use a trigger. For them, just, by taking the club or standing behind the ball is enough to focus their attention and start the routine. Whether or not to use a trigger is a matter of personal preference.

**Irons.** Course designers build the majority of the greens with a slope receptive to the shots, that is, the back is higher than the front. Based on this slope, in general:

- If the ball is before the hole, the putt will be uphill.
- If the ball is after, the putt will be downhill.
- If the ball is to the left, the putt will roll from left to right.
- If the ball is to the right, the putt will break from right to left.



These tendencies are a general guide. The undulations, the hills, the bumps, the green levels, and other factors also influence.

**Putts.** The rule 13.1c(2) states that “A player may repair damage on the putting green without penalty by taking reasonable actions to restore the putting green as nearly as possible to its original condition, but only by using his or her hand, foot or other part of the body or a normal ball-mark repair tool, tee, club or similar item of normal equipment. Damage on the putting green means any damage caused by a person or outside influence, such as shoe damage (such as spike marks)”.

This benefit to players is sometimes difficult to obtain because maintenance staff and caddies sometimes wear high heeled shoes that sink the grass, making it difficult to restore.



Interestingly, there are clubs where the same club gives staff industrial-heeled shoes or plastic-heeled boots. Ideally, they wear smooth-soled shoes. At least the following maintenance personnel should bring plain shoes: the greens trimmers, who change the holes, and those who water the greens by hand. The golf pro should make sure that the caddies wear tennis or smooth-soled shoes or golf spikes. **Fore.**

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