

Disc Golf Course Approved for Punderson State Park

Punderson State Park and Friends Of Punderson is announcing the approval to install a championship 18 hole disc golf course along Pine Lake at the west end of Punderson State Park.



Above disc golfer putts at the target (pole hole).

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee®. The sport was formalized in the 1970's, and shares with "ball golf" the object of completing each hole in the fewest number of strokes (or, in the case of disc golf, fewest number of throws). A golf disc is thrown from a tee area to a target which is the "hole". The hole can be one of a number of disc golf targets; the most common is called a Pole Hole® an elevated metal basket (see picture). As a player progresses down the fairway, he or she must make each consecutive shot from the spot where the previous throw has landed. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, the "putt" lands in the basket and the hole is completed. Disc golf shares the same joys and frustrations of traditional golf, whether it's sinking a long putt or hitting a tree halfway down the fairway. There are few differences, though. Disc golf rarely requires a greens fee, you probably won't need to rent a cart, and you never get stuck with a bad "tee time."

It is designed to be enjoyed by people of all ages, male and female, regardless of economic status. Disc golf can be played from school age to old age, making it the one of the greatest lifetime fitness sports available. Specially-abled and disabled participate, giving them the opportunity to take part in a mainstream activity. Because disc golf is so easy to learn, no one is excluded. Players merely match their pace to their capabilities, and proceed from there. The Professional Disc Golf Association, with over 16,000 members, is the governing body for the sport, and sanctions competitive events for men

and women of every skill level from novice to professional. Permanent disc golf courses are found in countries worldwide, as well as throughout the United States.

The disc golf course at Punderson State Park will be family friendly, with multiple tees at each hole to accommodate all skill levels. In addition to the short family friendly tees, there will be challenging pro length par five holes, from the longer tees. The course will require a variety of shots, featuring many scenic greens by Pine Lake. The terrain has many elevation changes with native woods throughout, providing well defined fairways.

Disc golf has many benefits from a great low impact cardiovascular exercise, to a fun social walk in the park with friends and or family, to a very low cost entertainment as the greens fees are free and discs vary in price from \$8-\$20. One disc is all you need to get started, although there are putters, midranges, and drivers with varying characteristics for the avid disc golfer.



This picture shows a golfer driving off of a concrete tee pad.

Tom Mote course designer and disc golf promoter from Shoot the Breeze Disc Golf Club (www.shootthebreezediscgolf.com) was appointed to spearhead this disc golf project, for Friends of Punderson. Tom has trained with the "Father of Disc Golf" Ed Headrick on disc golf course design. As a charter member of Shoot the Breeze Disc Golf Club he was instrumental in the design and installation five disc golf courses.

Funding for the course will be through tee sign sponsors, tee brick sponsors, golf disc sponsors, and fund raising disc golf events. **For more information on the sponsorship levels click on the Sponsorship Link located on the www.friendsofpunderson.com EVENTS page.** All sponsorships will be tax deductible as Friends of Punderson is a non-profit 501c3 organization.

Medina was the first course installed, in Northeastern Ohio, in 1977, designed by Ed Headrick. Now there are 14 courses within a 50 mile radius of Newbury. There are 93 courses in Ohio, 2,354 courses in the U.S., and 2747 worldwide. You can find these courses by going to www.pdga.com. The Professional Disc Golf Association (PDGA) is the official governing body for disc golf, with over 12,000 current members, the association provides player and course ratings, standards for discs and targets, along with sanctioning tournaments.