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Lake Wilderness Golf Course offers something for everyone

Lake Wilderness Golf Course in Maple Valley, Wash. is the perfect place for all types of players. And the course is always making improvements to make sure golfers enjoy their round when they tee it up. Since CourseCo has taken over, many changes have given the course a new look. See inside for more on Lake Wilderness Golf Course.



WHAT'S NEW IN NW GOLF

NW golf courses enter inactive scoring period

As you may know, Washington Golf and the Oregon Golf Association both observe an inactive score posting season during which rounds played in the area are never acceptable for handicap computational purposes. Most of the golf associations in the Northern areas of the U.S. are seasonal golf associations like WA Golf and the OGA and also observe an inactive score posting period. For WA Golf and the OGA, the inactive score posting period runs from November 14th to the last day of February.

Scores posted on the computer at the home club are never transmitted to GHIN and are automatically deleted by GHIN on March 1 every year. The automatic deletion by GHIN happens to Home Scores only. Other types of scores, Away, Internet, Tournament, Penalty or Combined posted during the inactive score posting period are not automatically deleted by GHIN.

Should a club wish to allow their members to continue to post home scores during the inactive season, the WA Golf staff informs the club, before activating the inactive season posting option at GHIN for the club, that the club should monitor all scores posted during the inactive season and should they find unacceptable scores in a members file, the scores must be deleted by the clubs.

LPGA Legends Tour event will be back at White Horse

After having to sit out the 2020 golf season because of the COVID-19 pandemic,

the LPGA Legends Tour will return in 2021 with the Suquamish Clearwater Legends Cup Presented by Boeing on May 27-29 at White in Kingston, Wash



The event started in 2018 and was held for

two years before the pandemic cancelled plans for the tournament this year.

Trish Johnson won the inaugural event in 2018 while Julie Inkster claimed the championship in 2019. The event starts with a one-day Pro-Am and then finishes with two days of tournament play at White Horse Golf Club.

To follow the tour, visit their website at https://www.thelegendstour.com.

Rules Quiz

A player hits their approach shot into a greenside bunker and the ball is embedded in the dirt face at the edge of the bunker. Does he get relief without penalty and where does he take relief? See Page 2 for the answer.

WinCo Foods **Portland Open** gets cancelled

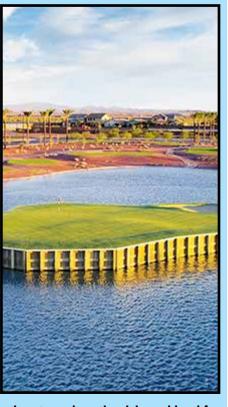
After seven years, the WinCo Foods Portland Open at Pumpkin Ridge's Witch Hollow course has come to an end. When the Korn Ferry Tour came out with its 2021 schedule, the WinCo Foods Portland Open was not on it. The 2020 season marked the end of the agreement after seven years with WinCo Foods to sponsor the tournament. A total of 175 players left the Portland event having earned a PGA Tour card. The tournament also raised millions for charities in the Portland area.



The WinCo Foods Portland Open has been cancelled and will not be part of the Korn Ferry Tour in 2021.

Desert Dreaming: Winter golf trip to Arizona and Mexico is worth it





If you are tired of what Mother Nature dishes up around the Pacific Northwest, there are options to pack up the clubs and head for better weather. A trip to Arizona and Mexico just might be what the doctor ordered to cure those winter time blues. Just across the border in Puerto Penasco (also known as Rocky Point) sits a Jack Nicklaus-designed gem called Vidanta Golf Course (above left). In the Phoenix area, places like Poston Butte (above right) are terrific choices. See inside for more on where to play on a winter golf road trip.



There is no shortage of ideas for the golfer on your shopping list

Sometimes golfers on your Christmas list are tough to buy for. As we head toward Christmas, Inside Golf Newspaper and Pro Golf Discount give you plenty of ideas about what to buy for the golfer on your list - from golf clubs to golf balls to golf shoes to clothes. Club fitting is also a possibility. Anything is fair game when it comes to shopping for your golfer. See inside for more.

Looking for a winter getaway? A side trip across the border to Rocky Point is a must

I had always wanted to make the hour-long trip across the border to Rocky Point, Mexico - officially known as Puerto Penasco. I had heard about the beaches. The resorts. The golf. The sights. But I could never get anyone to make the trip.

Finally, some friends told me and my wife they were in for the border crossing. And this was a trip well worth the wait.

Even in November, the temperatures were in the 80's, the skies were blue, the ocean warm enough for a swim and the golf, well, better than expected.

I had heard that Jack Nicklaus had his name on a couple of courses in Rocky Point. We played the one called Vidanta Golf Club and this place lived up to the hype. Before we teed off, we saw the course had been listed by a golf publication among the top 50 golf courses in Mexico and the Caribbean. It did not disappoint. The Golden Bear and his son Jackie created a gem.

This is a course where half of the holes play along the Sea of Cortes with the rest wandering through the native wetland areas. The fairways are wide, but there is plenty of trouble off the fairways and around the greens.

The par-3 sixth hole has just about everything you would want in a golf hole. It sits along the water's edge with a series of waterways sitting between the tees and green. Plenty of sand sits around the green. And the view from the tee box is like looking at a postcard.

Rocky Point sits about four hours from Phoenix and is a drive through the desert on two-lane roads that goes fast. The border crossing at Lukeville is small and goes fast as well. I had friends who were skeptical of the drive across the border, but there are signs along the way to Rocky Point saying that the drive is safe. That is the way we felt.

Rocky Point has a number of resorts, many on the Sea of Cortes. Many people come for the relaxation, some come for that and the golf.

Another course in Rocky Point is the Links at Las Palomas, a course which winds through sand dunes and offers views along the way and located



next to the resorts.

Another Nicklaus course called the Islas Del Mar. Del Mar is a nine-hole treat with plenty of water and ocean views.

Steve Turcotte is editor of Inside Golf Newspaper. He can be reached at sdturcotte@comcast.net.





The Links Course at Las Palomas (top) and Vidanta are two choices for golf in Rocky Point, just across the border.

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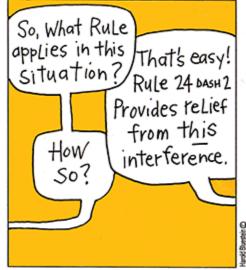
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Rules Answer

• Answer: A lip, wall or face at the edge of a prepared area and consisting of soil, grass, stacked turf or artificial materials under the revised Rules of Golf are no longer defined as part of a bunker. Now that area is part of the "general area" of the course. The player is entitled to relief without penalty but relief must be in the general area. That may mean the player will have to move some distance to get to a spot in the general area where she can drop a ball without being closer to the hole.

 Inside Golf would like to thank Paul Lucien for his rules stions each month.

Double Bogey



Iget to take my stance and make my swing.
And there's no penalty.

What does the Rule call this Kind of interference?



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Lake Wilderness has some major improvements planned for future

Lake Wilderness Golf Course has always been known for nice greens and since CourseCo took over the management several changes and improvement have occurred, like new sod, leveling and reshaping of the tee boxes on holes 4, 6 and 8 with more to come on the back nine this year. A new pump upgrade will prove better irrigation for the course during the dry season.

The restaurant/bar area has a great view above the 18th hole with a full lunch menu from salads, to wraps, to a French dip and a great selection of appetizers. With the pandemic, there have been ups and downs because of mandated closures and restrictions. The most recent being they can only offer take out food at this time. The good news is the golf course is "to go" and a part of the new norm.

Under normal circumstances the facility is open and does outside tournaments and offers a nice cater-

ing menu for all events from tournaments to weddings. There are active men's and women's clubs that play on weekdays and weekends depending on the group. The weekend clubs have a monthly tournament as well as games and events on the other weeks.

There is no driving range. The goal in the next two or three years is to level the existing clubhouse and build a new one. The design is already in the early stages with an architectural firm.

The course participates in the Youth on Course with the Washington State Golf Association and is popular course for youths. Since the course is 5,400 yards, with a few different tee boxes, it is great for golfers of all ages and with tree-lined fairways and small greens.

Ron Cox has managed the property for CourseCo just over a year and Jeff Taylor, the superintendent, has been at the property for over 18 years.



Lake Wilderness Golf Course in Maple Valley is constantly making itself better with more changes on the way.

Washington Golf elects new president, hands out 2020 awards

Paul Ramsdell of Gig Harbor, Wash. was elected president of Washington Golf at the association's 99th annual meeting, which was held virtually due to the ongoing pandemic.

For Paul, 63, this is the culmination of a long history of involvement in the region's golf community, in almost every possible facet of it.

He grew up in Redding, Calif., and graduated from the University of Oregon in 1979 with a degree in journalism. He worked in the sports departments at newspapers up and down the West Coast – in Pendleton, Lewiston, Eugene, Tucson and Tacoma. For three years he was a senior editor at ESPN.com, and for three years was the editor of Pacific Northwest Golfer magazine (published by the Pacific Northwest Golf Association) to which he still contributes articles.

Paul has worked in the sports department of The Seattle Times, off and on from 2006, and continues to this day to work part-time as a sports copy editor

for that newspaper. As a golf writer over the years, he covered six major golf championships.

WA Golf announcers award winners

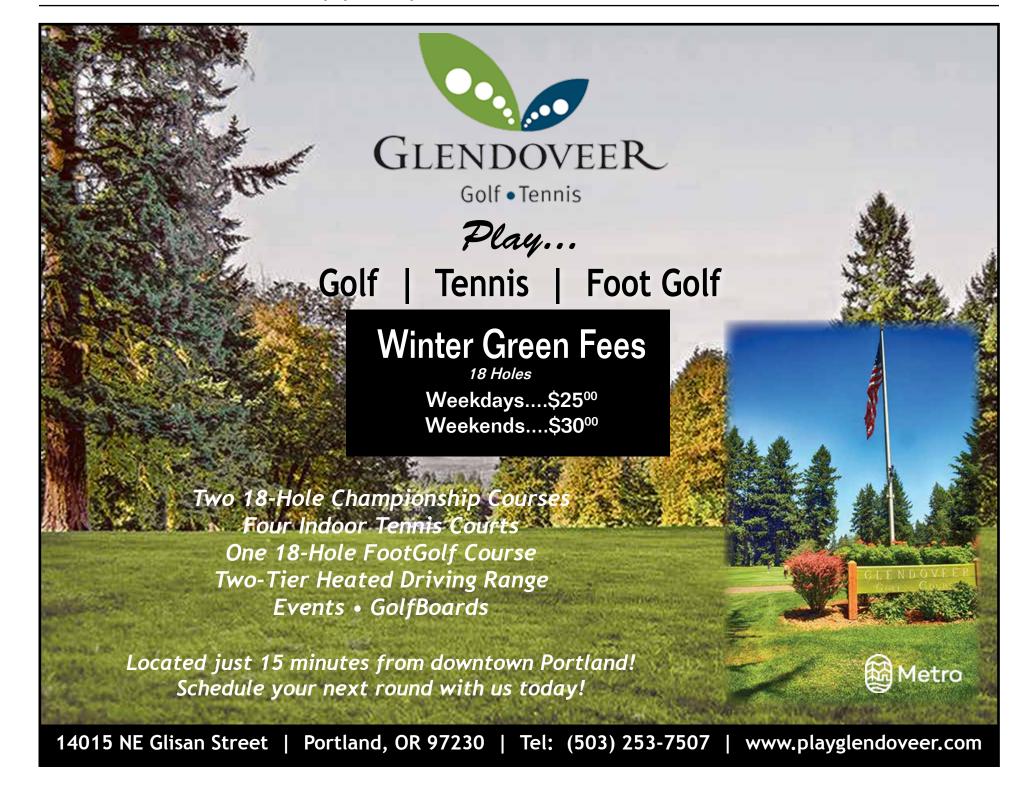
The 2020 Washington Golf (WA Golf) Volunteer and Club of the Year Award recipients were announced at the 99th WA Golf Annual Meeting, held virtually due to the COVID-19 pandemic.

The George Holland Award annually recognizes volunteers who have made extraordinary contributions to Washington Golf and the game of golf throughout the WA Golf territory of Washington and Northern Idaho. These dedicated individuals contribute many hours of time and effort, as well as resources, to our Association, simply for the satisfaction of knowing they are benefiting the game of golf. They are truly the "unsung heroes" of WA Golf. It is named the George Holland Award in honor of longtime volunteer, contributor, and two-time past president, George Holland.

• Championship Volunteers of the Year: Kaydee Mounce and Phil Kelly. Kaydee Mounce has been volunteering for Washington Golf since 1993 in all facets of the association. If you have ever played in or attended a Washington Golf championship or USGA qualifier, you have most definitely crossed paths with Kaydee at registration or in the scoring area. Phil Kelley has been volunteering and rules officiating for Washington Golf for the last decade. He is a staple at all Washington Golf championships and USGA qualifiers that take place in the Puget Sound region.

• Course Rater of the Year: Gaylene Lewin. Gaylene began volunteering on the WA Golf Course Rating Team in 2013 and quickly became one of the most valued team members. Living in Spokane, she rarely missed a rating done in Eastern Washington or Northern Idaho. Over the years, she has put in countless miles traveling to ratings, and numerous hours learning the Course Rating System.

- Handicap Chairperson of the Year: Norm Darsow/ Norm served over 20 years on the Golf Committee at Fircrest Golf Club as Handicap Chair, a role he continued to serve even while later becoming a Senior Member at Fircrest. In 2011, Norm received Fircrest Golf Club's Distinguished Service Award.
- Club Representative of the Year: Trina Arnott. Trina has been a member of the Capitol City Women's Golf Association for over 20 years, and has been involved in the club's leadership for eight years now. She serves as the Handicap Chair, as well as the WA Golf Club Representative.
- Club of the Year: Jackson Park Men's Golf Club. Despite the challenges faced by all this season during the pandemic, the Jackson Park Men's Golf Club excelled. They hosted over 50 events this year, averaging over 70 players each across their three leagues and match-play events. They saw a 30 percent increase in tournament participation.



Cogswell, Duan headline the list of Washington Golf's Players of the Year; NW juniors are All-Americans

Washington Golf (WA Golf) has announced the 2020 Player of the Year recipients. The category

winners are as follows: Men's, Nathan Cogswell of Kent; Women's, Alice Duan of Seattle; Men's Mid-Amateur, Reid Hatley of Hayden Lake, Idaho; Women's Mid-Amateur, Victoria Fallgren of Spokane; Senior Men's, Tom Brandes of Bel-

levue; Senior



Nathan Cogswell

Women's, Leslie Folsom of Tukwila; Junior Boys', Jahan Bains of DuPont; and Junior Girls', Lauryn Nguyen of Seattle.

The recipients were honored at the 99th WA Golf Annual Meeting.

- Nathan Cogswell, Men's Player of the Year: Cogswell, a junior on the Seattle University men's golf team, won the 2020 Northwest Open Invitational, and finished tied for fifth in the Washington Open Invitational, competing against the region's PGA club professionals in both tournaments. He also won the Puget Sound Amateur. He tied for fourth in the Washington Men's Amateur, and was runner-up in the Washington Men's Champion of Champions.
- Alice Duan, Women's Player of the Year: Duan won the 2020 Washington Women's Amateur. She competed for two years on the University of Washington women's golf team, and after graduating this past summer transferred to the University of Nebraska to play on their women's team and complete a graduate degree.

- Reid Hatley, Men's Mid-Amateur Player of the Year: This is the sixth year in a row that Hatley has earned this honor. This summer he tied for fifth in the Washington Open Invitational, tied for sixth in the Oregon Open Invitational, and tied for 19th in the Northwest Open Invitational. Hatley tied for eighth in the Washington Men's Champion of Champions.
- Victoria Fallgren, Women's Mid-Amateur Player of the Year: Fallgren won the 2020 Washington Women's Mid-Amateur and the Washington Women's Champion of Champions. This is the third time she has received this award, having previously been honored in 2017 and 2018. Fallgren is the assistant coach for the women's golf team at Gonzaga University.
- Tom Brandes, Senior Men's Player of the Year: This is the 10th time that Brandes has received this award. He won this year's Washington Senior Amateur, the seventh time he has won the championship. He also won the PNGA Master-40 Amateur. In the Washington Senior Open, he tied for third, competing against the region's senior club PGA professionals. Brandes tied for sixth in the Washington Senior Men's Champion of Champions.
- Leslie Folsom, Senior Women's Player of the Year: Folsom won twice this year, the Washington Senior Women's Amateur, and the Washington Senior Women's Champion of Champions. This is the third consecutive year she has received this award. Folsom was also twice named the Women's Mid-Amateur Player of the year, in 2012 and 2013.
- Jahan Bains, Junior Boys' Player of the Year: Bains won the 2020 Washington Junior Golf Association Eastern Open, and finished runner-up in three other WJGA tournaments, including the State Match Play, District 3 Championship, and the State Championship. He was third in the WJGA Cup, and placed seventh in the Notah Begay Jr. Seattle Qualifier.
- Lauryn Nguyen, Junior Girls' Player of the Year:
 Nguyen won four titles this season, the WJGA Girls'

State Championship, WJGA State Match Play, WJGA District 6 Championship, and the AJGA Junior at Pronghorn. She was also co-champion of the WJGA Western Open, co-medalist at the WJGA School Team Championship, medalist at the WJGA Cup, and won the Notah Begay Jr. Seattle Qualifier.

NW juniors are All-Americans

Daniel Kim of Mukilteo, and Lauryn Nguyen of Seattle, were named honorable mention Rolex Junior All-Americans by the American Junior Golf Association, establishing themselves among the top tier of current and former junior golfers from around the world.

Kim of Mukilteo, Washington has a AJGA ranking of 47 and his 2020 highlights include: First-time Rolex Junior All-American, Two runner-up finishes: Callaway Golf Texas Junior Open, AJGA Junior at Sunriver , Two Invitational appearances and Fourth-year ACE Grant recipient

Nguyen of Seattle, Washington (2021) has a AJGA ranking of 41. Her 2020 highlight include a commitment to Northwestern University, First-time Rolex Junior All-American, Won the AJGA Junior at Pronghorn, Three AJGA Invitational appearances, Two other top-5 finishes in AJGA events, 2019 USGA-AJGA Presidents' Leadership Award recipient.

Riverbend sets dates for Winter Series

Riverbend Golf Course in Kent, Wash. has set the dates for its annual series of winter tournaments. The events started in November but will continue once a month through February.

Next up is the 23rd annual Winter Better Ball, which will be held Saturday, Dec. 12. Then comes the 23rd annual Winter 2-Person Scramble on Saturday, Jan. 16, 2021. It all wraps up with the 25th annual Winter Ball Buster set for Saturday, Feb. 13.

Call the course at 253.854.3673 for information.

Monica Vaughan goes low with 58

Pacific Northwest native and former Arizona State player Monica Vaughan went lower than low in a recent college fundraiser at Eugene Country Club. Vaughan fired a 58, but she did want the record to indicate that she shot the 58 from the forward tees at Eugene (Oregon) Country Club. The forward tees at Eugene usually measure 5,587 yards and play to a par 72. But with the par-4 11th under construction and temporarily playing as a par 3, par is 71.

Vaughn, 25, who has struggled with the yips for years, had 11 birdies and an eagle on the day with 25 putts.

The Oregon women's assistant began to feel the pressure mount as word spread and men's head coach Casey Martin came out to watch along with his assistant, Brad Lanning.

"I don't think I've felt this nervous since winning the national championship," said Vaughn, who won the individual title in 2017 and then helped Arizona State win the team title, too.

She shot 8 under on the front nine and was 11 under through 13 holes. When Martin showed up, Vaughn went from fundraiser mojo to full-on player mode. A snap-hook off the tee on the 14th and a blocked shot right on the 16th into the trees got her thinking,

Shooting 59 had never been a goal of Vaughn's. She two-putted from 70 feet on the 17th hole and, after a flushed drive up the last, wedged it to tap-in range for the 58.

Since the day Vaughn pulled out of the first stage of LPGA Q-School (before it started), she has fielded the same question: Why didn't you give the tour a shot? The question has popped up often again since the 58.

The simplest answer is that pro golf was never a goal of Vaughn's. From the day she committed to Arizona State, the goal was to win a national title. The pursuit of that goal, Vaughn admits, got a little unhealthy at times. But her storybook senior year ended with an individual title at both NCAA regionals and the NCAA Championship.



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Looking for that Pacific NW winter golf getaway? Phoenix area has plenty to offer golfers

As you make your way out of the Pacific Northwest on a golf trip to Arizona, there are always dozens of choices to make. Here are a couple of choices if the Northwest winter weather still has you looking for a late winter break as you make your way to the Valley of the Sun.

There is plenty to like when making that winter visit and a getaway from the Pacific Northwest. The weather offers plenty of days of sunshine, the courses are dry and there are always deals to be found - even during those winter months when the Snow Birds flock to the area.

Here's a look at a couple of choices:

There are plenty of public golf courses to choose from when traveling for that Arizona golf vacation, but Superstition Springs in Mesa offers a challenging course in a good location with good prices.

But what sets Superstition Springs apart is that it is part of the Arcis Golf Group and offers a variety of ways to keep golf affordable. There are three main plans that are offered from the Arcis Players Card to Arcis Players Prime to the Arcis Players Club. The Players Club card runs as low as \$39 per month and offers full use of the practice facilities and golf discounts, the Arcis Players Prime is \$64 a month and has unlimited play and range time at six area clubs and the Arcis Players Card has a series of discounts and the price varies at each Arcis course.

Superstition Springs has plenty of holes that get your attention from the fourth hole, a short par-4 with a tough approach to the 600-yard, par-5 sixth hole and finally the 18th hole, a par-4 with a stream winding through the entire hole.

Poston Butte is a little further out of town, but is worth the trip to Florence. The course stretches throughout the desert with red rock lining some of the fairways. The signature hole just might be the par-3 17th hole, which features an island green.

Quintero Golf Club in Peoria has been at the top or near the top of every list of the top golf courses in Arizona since the Rees Jones-designed course opened.

Quintero might seem a little out of the way, but this is a course that is certainly worth the drive. Carved out of the Sonoran Desert and nestled against some desert foothills, Quintero has just about everything you need in a championship courses. From its dramatic par-3 holes to its length from the tips (7,249 yards) to its elevation changes, there is little wonder why Quintero continues to rack up the awards.

And don't forget about places like Tucson and some other surrounding towns. Sewailo Golf Club in Tucson is a treat and sits next to the Casino Del Sol for a little gambling after the round. The course travels through the Sonoran Desert landscape and with plenty of lakes and streams, offers one challenge after another and is operated by Troon Golf.

In the town of Maricopa, about an hour south of Phoenix, another pair of courses are worth the trip in Southern Dunes and the Duke. Southern Dunes, operated by Troon Golf, feature over 120 bunkers around the fairways and green and winds through 320 acres for its 18 holes. The Duke sits nearby and is way to complete a 36-hole day while in Maricopa.

If you feel like traveling away from Phoenix for golf is not a bad idea, Wickenburg Ranch, northeast of town, is another must play. The course also comes with its "Little Wick," a par-3 course that is as good as it gets.

There are plenty of ways to enjoy a winter golf getaway from the Pacific Northwest. But if you are looking for a quick trip, good weather and more, Arizona just might be the way to go.





Superstition Springs (top) and Troon's Sewailo in Tucson are two terrific choices when making an Arizona trip.





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Home Course's Justin Gravatt is named Golf Professional of Year

Justin Gravatt, PGA General Manager of The Home Course in DuPont, Wash., has been named the 2020 Golf Professional of the Year by the Western Washington Chapter of the Pacific Northwest Section PGA at their annual awards ceremony. In the City of DuPont, Justin has been able to grow the game he loves by injecting himself into the community, and the results have not only been positive for him, but for his fellow professionals as well.

Gravatt has served on the City of DuPont's Lodging Tax Advisory Committee and has also sat on the Tourism Board for the City of DuPont. It is through this volunteer work that he discovered an untapped resource that many PGA Professionals can benefit from, the Lodging Tax.

Gravatt began his tenure at The Home Course in July 2016 as the PGA head professional. In January 2020 he was promoted to general manager of the facility, which is cooperatively owned and operated by Washington Golf and the Pacific Northwest Golf Association. Gravatt, 37, grew up in Olympia, Wash., and attended Olympia High School. He says he knew early on what he wanted to do with his life.

Gravatt started working as an assistant golf professional at Washington National Golf Club in Auburn, Wash., then served two seasons as an assistant pro at Bellingham G&CC, and by the young age of 24 he was named the PGA head professional at Alderbrook Golf & Yacht Club in Union, Wash.

Gravatt stayed at Alderbrook for 10 years before accepting the opportunity at The Home Course in 2016.

Gravatt says The Home Course is a great extension for his own professional philosophy. "I like to be able to give the daily-fee player a private club experience, and The Home Course is that kind of facility."

Other award winners from the section included Keith Bennett of Newcastle as Teacher of the Year. Greg Manley of Meridian Valley with the Patriot Award, ,Craig Hunter of Sand Point with the Private Merchandiser of the Year Award, Chris Koch of Salish Cliffs with the Resort Merchandiser of the Year Award, Jacob Lippold of Chambers Bay with the Public Merchandiser of the Year Award, Marcus King of Sahalee with the Bill Strausbaugh Award, Ryan Young of Chambers Bay with the Player Development Award, Carl Hetterle of Semiahmoo with he Professional Development Award, Rick Blankenburg of Bellingham CC with the Youth Player Development Award and Nick Pollock of Seattle Golf Club with the Assistant Professional of the Year Award.

Did you know....

• The Washington Golf Youth on Course

program, which provides \$5 rounds of golf at participating courses to kids age 6-18, increased its membership by 60 percent in 2020. It has over 5,600 members, who played an



estimated 25,000 rounds in 2020. It is the largest Youth on Course program in the Pacific Northwest. Visit WAgolf.org/YOC for more information.

• The Pacific Northwest Golf Association was founded in 1899. and is one of the oldest golf associations in North America. The PNGA administers the Pacific Northwest Golf Hall of Fame, which was established in 1978, and currently has 69 inductees. Visit the PNGA.org for complete bios of all Hall of Fame

Tour Players With Northwest ties

PGA Tour

- Kevin Chappell Kirkland 143rd on the list with \$103,914
- Ben Crane Portland No Events
- Joel Dahmen Clarkston 74th on the list with \$320,518
- Robert Garrigus Gresham No Events
- Scott Harrington Portland 139th on the list with \$109,251 • Ryan Moore • Puyallup • No Events
- Cheng Tsung Pan Ex-UW 48th on the list with \$545,311
- Andrew Putnam Tacoma 129th on the list with \$131,440 • Kyle Stanley • Gig Harbor • 88th on the list with \$269,469
- Nick Taylor Ex-UW 140th on the list with \$108,180
- Aaron Wise Ex-Oregon 85th on the list with \$274,500

- Robert Garrigus Gresham 156th on the list with \$20,162
- Andres Gonzales Olympia 140th on the list with \$27,490
- Alex Prugh Spokane 125th on the list with \$36,900
- Dylan Wu Medford 19th on the list with \$190,007

Champions Tour

- Fred Couples Seattle 13th on the list with \$689,933
- Bob Gilder Corvallis No Events
- Brian Henninger Eugene No Events
- Peter Jacobsen Portland 125th on the list with \$2,096
- Kirk Triplett Pullman 31st on the list with \$359,885

Mackenzie Tour (Canada) - 2020 Tour Cancelled

- Derek Barron Puyallup No Events
- Alistar Docherty Vancouver, Wash. No Events
- Chris Killmer Bellingham No Events
- Cory Pereira Ex-UW No Events
- Chris Williams Ex-UW No Events
- Eugene Wong Ex-Oregon No Events

LPGA Tour

- Erynne Lee Silverdale No Events
- Carolyn Inglis Eugene No Events
- Jing Yan Ex-UW 99th on the list with \$54,719

LPGA Symetra Tour

- Jamie Huo Kent 176th on the list with \$404
- Jimin Kang Seattle No Events
- Mallory Kent Seattle No Events
- Sadena Parks Tacoma No Events
- Kim Welch Ex-WSU No Events







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The Lesson Tee: The winter months might be a good time to improve your putting for 2021

I can't believe it's December. Many strange and memorable things took place for all of us in 2020. I look forward to something closer to normal or I will continue to adjust.

The weather in the next few months can be challenging at times. You never know what Mother Nature will throw at us. I would like to show you some things I do to improve at home and on the practice area for a fruitful 2021 in golf and to bring those scores down.

Everyone could and would like to make more putts. Often golfers drop a few balls on the green at 7-10 feet and practice missing.

They randomly hit their putts with little intention on what they are doing.

I suggest rolling 30 footers to rehearse proper speed. You don't even need to roll it to a hole, just to a specific spot. Establish a reactive, flowing routine, with target focus and a free mindset. That would be step 1. Step 2, do the same to a hole. Step 3, take this process and mindset to the golf

Next, spend sufficient time on 4 foot putts!! Get great at every angle from 3-5 feet. Make 4 or 5 of 5 straight uphill, then move to breaking putts from the same distance.

Thirdly, then roll some 15 footers.

Here are some things extraordinary putters do to become extraordinary putters:

- Trust and Commit to your read
- Great/Proper speed
- Get putt started on intended line
- Strike putt solid on sweet spot
- Think and try less
- Reactive Routine

To work on technique this winter use a simple 2x4 for a consistent stroke on short putts. See

Roll you ball down a yardstick to get your ball Photo #1



started on your intended line. See Photo 2.

For your golf swing and ball striking, practice impact with your 2x4. See Photo 3.

Jeff Coston is a 24-time Pacific Northwest PGA Player of the Year and can be reached for appointment by calling Semiahmoo at 360 201-4590. See jeffcoston.com or @coston_jeff on Twitter.

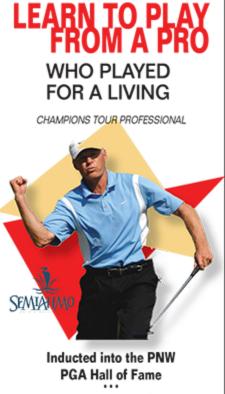


Photo #2





Photo #3



23-time PNW PGA Player of the Year All time Major Tournament Winner in NW golf history

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Rules of the Game: What are the rules when your golf ball moves on the putting green

Recently, we looked at what happens when a ball at rest is accidentally moved and when a ball in motion is stopped or deflected. We also looked at the concept of accidental versus unintentional. I primarily used examples that addressed situations in the general area because in the next columns I want to outline what happens if a ball at rest on the putting green is moved or a ball in motion on the putting green is deflected or stopped.

The putting green has always enjoyed a special status in the game of golf and with the recent revision of the Rules of Golf, it has become an even more privileged place on the course. However, unlike what some players have come to envision, it is not an automatic 'put the ball back, no harm, no foul, no penalty' situation.

Again, let's start with the easiest: A ball at rest accidentally moved on the putting green.

In general, there is no penalty to anyone and the ball is replaced. This includes accidentally moving someone else's ball while you back up to check your line of play, accidentally moving the ball while in the act of marking the ball or replacing the ball marker, or removing a loose impediment or moveable obstruction. It now includes accidentally dropping your club on the ball as you prepare to putt, accidentally moving the ball during a practice swing or accidentally kicking any one's ball as in the photos; the key word being accidental. In other words, the game of golf has become kinder to those of us who are a little klutzy in life!

The ball is also automatically replaced if an animal runs across the green and moves your ball or if a spectator runs out and grabs your ball as a souvenir (you may have that kind of fans, I don't), or another ball hits yours as a result of a stroke either on or off the green.

If your ball is on the green and so is another player's $\,$



ball, it's time to be extra careful. The Rules of Golf allow you to mark your ball, but you don't have to. You decide not to mark your ball and leave it on the green. The other players in your group do the same. When you putt, you could ask the other players to mark their balls but you decide this isn't necessary. Oops, your ball finds a break you didn't read and heads straight for another player's ball. Now what? You know that if it hits his ball you are going to get a two-stroke penalty. What can you do, or should you do anything?

You have a choice, leave it where it is and keep your fingers crossed or appeal to the other player to run over, mark and lift his ball. He may not have time to do so. If your ball hits another ball which is at rest on the putting green, you get the penalty because the Rules of Golf give you permission to request that the other ball be lifted. You didn't mean to hit his ball, so while it was unintentional, it wasn't accidental - an important difference in golf.

Your stroke counts, add the two penalty strokes, your ball is played as it lies and the other player's ball is replaced. Want more details? Check out the videos on usga.org/rules.





There are certain rules to follow if your ball accidentally moves on the putting green before you putt.



Wondering what to get the golfer on your Christmas list? Check out what to put under the tree

Christmas is right around the corner so Inside Golf and Pro Golf Discount are giving you a heads up on what to buy for your favorite golfer. Sometimes it's hard to pick the right gift for the golfer on your list, but it shouldn't be. There are lots of ways to put a smile on that golfer's face when they wake up Christmas morning and take a look under the tree.

With things like a variety of ladies clothes (bottom left), fitting stations for new clubs (bottom right), any type of golf ball (middle right) and range finders (far right).

Places like Pro Golf Discount also have plenty of golf clubs to choose from to woods and irons along with putters and wedges.

There are also training aids to consider, travel bags

for those who like to make golf trips and a maybe even a new golf bag.

One of the newest and most popular ways to treat a golfer is by giving them a club fitting. At Pro Golf Discount, any of the five Puget Sound area locations offer club fitting. This is a place with a sales staff that averages over 18 years of service and the perfect place to get advice on what kind of clubs to buy and put in the golf bag. The state of the art Foresight Launch Monitor also help when it comes to fitting for the right set of clubs as well.

There are plenty of choices when it comes to making that golfer on your list happy. For the golfer, anything is usually fair game and you can't go wrong.

Merry Christmas.









Wondering what to get the golfer on your list for Christmas this month? There are plenty of ideas from golf clubs to golf balls to shoes to choose from for a Christmas gift idea to satisfy what every golfer needs under the tree.



The Mortgage Corner: What to ask when you want to refinance

This is the first of a two-part series on questions about when to refinance a mortgage. Cashout refinance or home equity loan, shorter term or lower payments—there are many ways to go with a refi.

Building equity is one of the best parts about owning your own home, especially when interest rates reach record lows like they did in 2020. The option to refinance the loan on a home that has accumulated equity is a financial advantage that means different things to different people. For some homeowners, a substantial amount of equity feels like having a large savings account. Others see refinancing as a way to pay off some of their debts sooner.

At the end of the day, the decision to refinance usually leads back to achieving your life

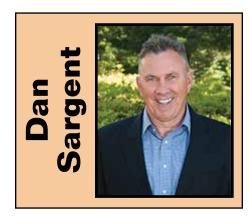
Question 1: Cash-out refinance or a home equity loan?

One primary objective of cash-out refinancing is to siphon off hard-earned equity and apply it to things that improve your quality of life. Among the most common usages are home improve-

Homeowners who use the cash-out option for home upgrades treat equity like a bank or investment account they can draw from. After all, you put the money into the home, so why not put it to work? By refinancing and pulling a portion of the equity back in cash, you may be able to afford an amazing new bathroom, outdoor patio, or other home enhancements.

A well-planned cash-out refinance can leave your monthly mortgage payments where they are or even bring them a tad lower. Your lifestyle can actually improve and monthly bills aren't negatively affected.

Home equity loans can achieve quality of life



goals as well, but they are likely to create an uptick in your monthly expenditures. The two common types are: HELOC: A home equity line of credit offers homeowners a predetermined borrowing limit. These generally allow people to borrow against the credit line for 5-10 years.

The repayment terms can run 10 years or longer. This is very similar to having a second

Home Equity Loan: This standard type of loan sets repayment terms between 5-15 years in many cases. This is, in effect, a second mort-

When deciding which of these options could be a good fit for your situation, consider your monthly revenue comfort level against the value of paying off your home.

A cash-flush homeowner may opt for a HE-LOC or home equity loan with an eye on paying off the property. But quality of life improvements can also be possible by tapping into that home equity piggy bank and maintaining the monthly status quo.

Dan Sargent of Cross Country Mortgage can be reached at 253.297.7423.

Pro tip: How to implement a major change in your swing

Editor's note: This is the Phase 1 of a two-part lesson column from Ryan Young, the Director of Instruction at Chambers Bay. Look for Phase 2 in the January issue of Inside Golf Newspaper.

The off-season is here and so is the time to implement major swing changes. Before the PGA Tour created the wrap-around season, most tour players spent the off-season making any swing changes they believed necessary to help them perform better the following year. I recommend mirroring this strategy, especially if you are busy competing in tournaments or hate losing a few dollars to your buddies during the regular season.

Before you start, I have a few thoughts for you to consider. What are your long-term goals with this game? If your goal isn't to compete at a high level, then just play and have fun. Golf is so much more than a swing and a scorecard. Do you have a PGA Coach that you trust and can communicate with? Major swing changes require constant attention and support. You can't just have a "one and done" lesson and expect to create a major change. Are you mentally ready? When it comes to major swing changes, the saying is true - you will have to take a couple steps backwards before you move forward. Sometimes this means being okay topping the ball for a while before the correct changes happen.

Still motivated? Then let me line out the timeline you should expect, the two phases you'll go through, and some pro tips along the way...

Phase 1 - The Conscious: Left Brain - Depending on how major the swing changes are and how much time you have to hit the range, this phase should take you anywhere from two weeks to two months.

Week/Month One is going to be very me-



I recommend spending 2-3 days on the range and then go play some practice holes. No need to keep score, your goal is to see how each successful swing and your new misses translate to the course.

chanical. I suggest breaking down each segment of your swing to understand how the changes affect your set up, takeaway, top of your swing, transition, downswing, impact, and finish.

Week/Month Two should be spent simplifying the segmented changes. I suggest merging each swing thought associated with each position into one or two swing thoughts. For example, you may try to get into a certain position on your back swing and then a certain position at impact – "Hinge and Hold."

I recommend spending 2-3 days on the range and then go play some practice holes. No need to keep score, your goal is to see how each successful swing and your new misses translate to the course. Be sure to take notes for your next range day and lesson with your coach.



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