

What is Disc Golf?

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 strokes (or, in the case of disc golf, fewest 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.

As a player progresses down the fairway, he or she must make each consecutive throw 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. It is designed to be enjoyed by people of all ages, male and female, regardless of economic status.

Why should I play?

The ongoing fitness boom finds more and more people taking up recreational activities in an effort to improve health and quality of life. Disc golf provides upper and lower body conditioning, aerobic exercise, and promotes a combination of physical and mental abilities that allow very little risk of physical injury. Concentration skills increase by mastering shots and negotiating obstacles. Players of limited fitness levels can start slowly and gradually increase their level of play as fitness improves. Scheduling is also flexible; a round takes one to two hours, and may be played alone, eliminating the difficulty of scheduling tee times. And as in traditional golf, disc golfers find themselves "hooked" increasing the likelihood of frequent participation. Disc golf offers year-round fitness, even in rain or snow. Perhaps the greatest attribute of the sport is the expense - or rather, the lack of it.

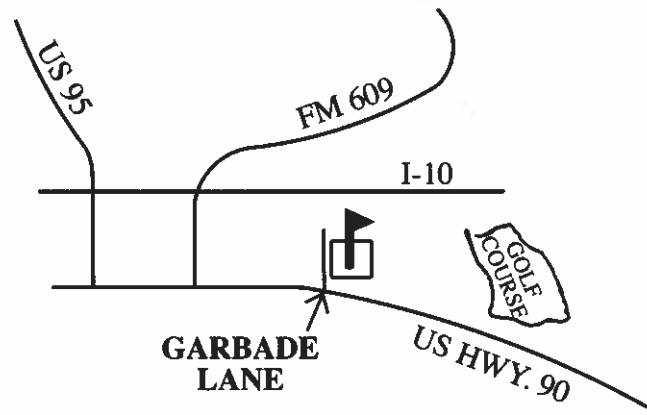
And, of course, there's the sheer fun of the game - no matter what your age or skill level!

Play disc golf. It's a way of life!



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