National Disc Golf Day is Saturday, Aug. 3, 2019, and the Professional Disc Golf Association (PDGA) would like your help sharing the fun and promoting the day.

Disc golf, one of the fastest-growing sports in the world, breaks down barriers to fun and exercise. It follows the rules and terminology of golf, but players use discs and elevated metal targets instead of balls and clubs.

Here are some ideas on how you can help:

- Include the day on your online events calendar with links to courses in your area. Use the PDGA's Course Directory (www.pdga.com/course-directory) to find them.
- Share these links and videos:
  - Professional Disc Golf Association at www.pdga.com
  - Play. Save. Grow the game. Your PDGA membership helps you do all three. Go to www.pdga.com/membership to join today.
  - PDGA Anthem Video at www.pdga.com/videos/pdga-anthem-passion
- Post on your website and social media accounts using these hashtags:
  #NationalDiscGolfDay #GetOnCourse #JoinThePDGA
- Use these suggested posts on your website and social media accounts:
  - National Disc Golf Day is Sat., Aug. 3. Find out more about the sport at www.pdga.com/introduction.
  - Exercise in Disguise: Just two 18-hole rounds of disc golf usually deliver the exercise the American Heart Association recommends for adults each week.
  - Find disc golf events in your area and get in on the fun at www.pdga.com/tour/events/upcoming.
  - The first patent (#4,039,189) was issued on a chain catching device to Ed Headrick on Aug. 12, 1977, which changed the future of disc golf. It is still the standard for today's disc golf targets.
  - On Aug. 2, 1974, disc golfers in Rochester, N.Y., made their annual City of Rochester Disc Golf Championship a national tournament to find out how many people around the country were playing disc golf. They called the event the American Flying Disc Open. To attract the attention of the Frisbee® community, a new 1974 automobile was awarded to the winner.
- Parks & recreation departments, military bases and universities, please tweet: Celebrate #NationalDiscGolfDay at [Name of park or course]. #GetOnCourse #JoinThePDGA

For more information, please email marketing@pdga.com. To learn more about disc golf, visit www.pdga.com.