



## PRESS RELEASE

### For Immediate Release

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### **"GET ON COURSE" ON NATIONAL DISC GOLF DAY**

#### ***See Why Disc Golf is One of the World's Fastest-growing Recreational Sports***

Appling, Georgia (July 26, 2019) – A \$15 disc, a walk in the park and some strategic throwing can literally change peoples' lives. At least that's what disc golfers say, and they are among the most dedicated players of any sport in the world.

The Professional Disc Golf Association (PDGA), the sport's member organization and governing body, wants others to experience that magic and Get on Course. Saturday, Aug. 3, 2019, is National Disc Golf Day and the perfect time to do it.

Many local disc golf clubs will hold tournaments, clinics and other special events on that date. Check with your local club or the [PDGA Disc Golf Events Map](#).

In addition, the PDGA is asking players, partners and member of the media to promote the game using #NationalDiscGolfDay #GetOnCourse and #JoinThePDGA. (See [attached PDF](#) for more information and tips.)

"This year's theme, 'Get on Course,' is an invitation to anyone who works too much and plays too little," said PDGA Marketing Director Mary A. Sicard. "Disc golf is an affordable, accessible way to rebalance that equation, get outdoor exercise, and make new friends."

Although relatively new, disc golf is one of the fastest growing sports in the world. Millions of people on six continents play, and the number of courses almost tripled from 2008–2018. You'll find courses everywhere: in city and county parks, military bases, school and university campuses, campgrounds and even vacant lots in rural areas.

"Wherever you play, you'll join an active group of compatible people with a strong sense of community," Sicard said.



## **A No-Excuses Game that Breaks Down Barriers to Fun and Exercise**

Disc golf evolved from the hippie culture in Southern California about 40 years ago. Though it's now an established sport with millions of players and national and international tournaments, its laid-back roots live on. This gives the game a casual, inclusive feel. Disc golf can be played spontaneously, without tee times, and alone or with others. A round takes only an hour or two.

Many sports require expensive equipment, fees and travel. That's not the case for disc golf. Players can start with one disc, and there are no greens fees on most courses.

Since disc golf uses the same general rules and terminology as golf, there's no steep learning curve. Instead of hitting a ball, players throw a disc into elevated targets. The objective is to play in as few throws as possible.

Everyone from children to seniors can play with little risk of injury. Those with limited fitness can start slowly and gradually boost play as their health improves.

"The game is inexplicably fun and exercise in disguise," said Sicard. "Just two rounds per week on an 18-hole course usually meet the CDC's exercise recommendations for healthy adults. Instead of dreading the next workout, players can't wait to hit the course."

To learn more about disc golf, visit [www.pdga.com](http://www.pdga.com).

Find [courses](#) and [events](#) in your area. Download National Disc Golf Day resources [here](#).

## **ABOUT THE PROFESSIONAL DISC GOLF ASSOCIATION**

The Professional Disc Golf Association (PDGA) is the international governing body of disc golf, one of the world's fastest growing sports. The PDGA sets rules and standards for the game and sanctions more than 4,000 annual competitive tour events with a collective purse of \$4.5 million. A 501(c)(4) nonprofit membership organization, it is based in Appling, Ga., where it operates the International Disc Golf Center and three championship disc golf courses. Its 40,000 recreational and professional members come from 60+ countries.