



July 2020 Newsletter



Good weather and relaxed restrictions have produced a record numbers of golfers at Fairgrounds recently, including this regular foursome of DJ Johnson, Darro Skidmore and brothers Marvin and Neil Colter. They play 18 holes just about every week and have a good time, and, we suspect, a few coins may exchange hands.

Despite changes, we're glad to be back open

After being closed for almost a month, we were so happy to be able to re-open our golf course May 4. It was not without a lot of restrictions, many of which have been lifted while others remain in place.

After several weeks, we finally got the OK to open up the pro shop, although the limit is two golfers at a time. This has been beneficial for golfers as well as pro shop staff members.

We also started taking cash June 22, which was good news for those golfers who didn't particularly like the idea of putting a small basket of range balls (\$5), a bag of tees (\$1) or a Gatorade (\$2.50) on a credit card.

We continue to sanitize range baskets and pull cart handles, as well as our electric carts. We have a big white bucket by the ball machine and are pleased that most – not all – of you take the time to return the basket to the bucket. Thanks for that.

Golfers can now try on gloves, hats and clothing, which was not possible until recently.

We haven't put our tables and chairs out yet, and that is a decision management will continue to evaluate. . . it may be tough to socially distance when sitting at a small table.

We are also not able to offer rental golf club sets, or "loaner" clubs for the range at this time.

We are still requiring you to wear a mask or some kind of face covering when entering the pro shop. Most – but not all – of you have been great about covering up although it's hard to argue that doing so protects everyone.

We are requiring face covering because we are required to do so by Sonoma County, which monitors activities of businesses, including golf course, and would be able to shut down a business, including Fairgrounds GC, if it is not abiding by the rules. We appreciate your help.





Around the Track

Birdies can be hard to come by on the golf course, but not at our pro shop. We have annual feathered visitors about this time each year and 2020 is no exception. The eggs were hatched a while back and the chicks are just about ready to go out on their own. They take over old nests or build new ones.



Benefits of teeing it up . . .

Playing golf, especially when you walk the course, offers a lot of healthy benefits. Here are a few things I picked up online that I wanted to share with you.

Before hitting the links, some golfers hit the driving range, another way to burn calories. A 130-pound golfer will burn about 177 calories per hour on the range, compared to 211 for a 155-pound golfer, 259 calories per hour for a 190-pounder.

Golfing With a Cart

Although it won't burn the same amount of calories as walking, golfing with a cart will burn some extra calories. The average 155-pound golfer will burn an average of 246 calories per hour golfing with a cart, compared to 286 for a 180-pound golfer and 326 per hour for a 205-pound golfer.

Pulling Clubs

Walking the course, and pulling the clubs behind on a cart, is another way to burn calories. The average 155-pounder will burn an average 303 calories per hour pulling clubs, compared to 351 for a 180-pound golfer and 400 for a 205-pound golfer.

Carrying Clubs

Walking the course and carrying clubs is the best way to burn calories during a round of golf. The average 155-pound golfer will burn an average of 317 calories per hour carrying clubs, compared to 368 for a 180-pound golfer and 419 per hour for a 205-pound golfer.

