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GREATE BAY COUNTRY CLUB

SOMETHING TO THINK ABOUT...

There are times that due to poor weather, golf carts are restricted to the paths, and when the weather gets bad enough, cart use is suspended altogether. Over the years, I have received enough negative feedback to know that walking is unpopular, even among those who are very able. Yet walking is a divine gift and one of the best exercises we can do to help ourselves. According to the AARP website, walking has the following benefits:

- Weight management
- Strengthens the heart and helps to control blood pressure
- Decreases risk of heart attack
- Boosts the “good” cholesterol
- Lowers risk of stroke
- Reduces risks of breast and colon cancers
- Reduces risk of type 2 diabetes
- Can relieve symptoms of depression
- Lowers stress levels
- Strengthens muscles, bones, and joints
- Improves sleep
- Gives one a sense of well-being

And these are only a few of the benefits! Walking also benefits the turf:

- Greatly reduces wear and tear to turf
- Reduces soil compaction
- Increases rooting
- Reduces plant stress
- Does not track diseases to the extent that cart wheels do
- Saves time and money spent on cart paths, cart path repair, ropes, rope stakes, signs, rangers, aeration, sodding, seeding, curbing, watering, pesticides, fertilizers, etc.



We are fortunate to have a course that was designed for walking. Willie Park, in 1923, could never have imagined the sport as anything but a walking sport, and designed it accordingly. Overall, the course is relatively flat and short, which makes walking the course enjoyable...even if the weather is not!

Kenneth Thompson
Superintendent

It's always a Greate day at Greate Bay!