

WASHINGTON, DC SINGLES GOLF

Washington DC Chapter - American Singles Golf Association — February 2020

2020 SEASON KICK-OFF - APRIL 4TH AT ALGONKIAN



WEEKDAY GOLF

Take the day off and join the retired crew. Next season we'll have more volunteers and great places to play. The leader will pick the day and course. Look for emails announcing the outing. These are all pay-on-site.

- 4/6-1 B J Barger
- 4/13-17 Sam Tolbert
- 4/20-2. Ruth D'Alessandro
- 4/27-5/1 Liz Dahreddine
- 5/4-8 Jan Morgan
- 5/18-22 Betsy Pond
- 5/25-29 Scott Hall
- 6/1-5 David Bath
- 6/8-12 Anne Jardine
- 6/15-19 Rita Daley
- 6/22-26 Ellie Hochman
- 6/29-7/3 B J Barger
- 7/6-10 Marian Block
- 7/13-17 Rita Daley
- 7/20-24 Cheryl Merrill
- 7/27-31 David Bath
- 8/3-7 Anne Jardine
- 8/10-14 Jerry Bennis
- 8/17-21 Sam Tolbert

- 8/24-28 Charlie Walters
- 8/31-9/4 Marian Block
- 9/2-11 Jerry Bennis
- 9/14-18 Charlie Walters
- 9/21-25 Scott Hall
- 9/28-1/2 Betsy Pond
- 10/5-9 Liz Dahreddine
- 10/12-16 Ruth D'Alessandro
- 10/19-23 Ellie Hochman
- 10/26-30 Cheryl Merrill

UPCOMING EVENTS

Almost time for golf! All this rain should be good for the grass.

Start practicing/exercising and get ready for our first outing on April 4th



NATIONAL OFFICE INFORMATION

Upcoming Multi-Chapter Events (see SinglesGolf.com/events)

- **ASGA's Spring Invitational - Do the Charleston!** - Francis Marion Hotel, Charleston, SC. March 22-25, 2020. Beautiful historic hotel in the heart of Charleston. Details at www.SinglesGolf.com/Charleston
- **Memorial Day Weekend 2020** — We will be returning to Pinehurst (our home away from home) for a great 3-day golf and social experience. Arrive Thursday, May 21, for an optional round, or May 22 when everyone else arrives, depart Monday, May 25. Details will be out early March.
- **ASGA in Europe** — We will do two (2) trips to Europe in 2020. We're looking at visiting Scotland in late July, 2020 and then Portugal in mid-to-late September. Stay tuned, information will be out in March for the Scotland trip, late April for the Portugal trip.

OUR CHAPTER INFORMATION

Regular Meeting Date

Variable (see singlesgolfdc.com)

Next Meeting Date & Location

TBD

Our Chapter Website: www.singlesgolfdc.com

Our Chapter Hotline: 1-888-465-3628

(See next page for list of officers and board members.)

National Office

Office Hours: 9:00am to 2:00pm, M-F (Eastern)

National Office: 980-833-6450 or 1-888-GOLFMATE

Go to www.SinglesGolf.com/MyAccount to make changes to your address, phone, etc. To join or renew your dues, go to www.SinglesGolf.com/join

**Washington, DC Chapter
of the
American Singles
Golf Association**



President

Dan Morris
dmorris972@aol.com

Golf Chairperson

Charlie Walters
Charleswalters1966@gmail.com

Golf Co-Chairperson

Ruth D'Alessandro
radal16@cox.net

Social Chairperson

Alicia McCarthy
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Membership Chairperson

Kathie Hiatt
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Communications Chairperson

BJ Barger
bjbarger@verizon.net

Communications Co-Chairperson

Francine Vigliotti
francinemv1@gmail.com

Treasurer

Rita Daley
ritadaley@gmail.com

2020 GOLF SCHEDULE

Date	Course	Event Coordinator
APRIL		
4	Algonkian	Charlie Walters
11	Musket Ridge	Dave Sheets
18	Brambleton	Dan Morris
25	Clustered Spires	Rick Goheen
MAY		
2	Whiskey Creek	Mary Doherty
9	Raspberry Falls	Leesa Weiss
16	1757	Mark Hendrickson
24 (Sun)	Herndon Centennial	Ruth D'Alessandro
30	Stonewall	Betsy Pond
JUNE		
6	Sparrows Point	George Salmon / Annette McGuire
13	Blue Ridge Shadows	Janice Bittner
20	Hampshire Greens	Scott Hall
27	Bristow Manor	B J Barger
JULY		
3-5	Penn National (with Philly Chapter)	Deb Swedberg
11	Enterprise	Anne Jardine
18	Bull Run	Jerry Bennis
25	Lansdowne	Scott Patton
AUGUST		
1	Hobbits Glen	Kathie Hiatt
8	Turf Valley	Brian Durkin
15	Westfields	Mary Doherty
22	Laurel Hill	Suzanne McNicholas
29	Heritage Hunt	Ruth D'Alessandro
SEPTEMBER		
6(Sun)	Poolesville	Leesa Weiss
12	Lake Presidential	Trey McStravick
19	Prince William	Rita Daley
26	Queenstown	Todd Sheffer
OCTOBER		
4 (Sun)	Worthington Manor	Sam Tolbert
11(Sun)	Renditions	Anne Jardine
16-18	Ocean City	Sheila DeTurk
24	Falls Road	Leesa Weiss
31	Reston National	Jean Wintemute



Policy Notes from the President

To all,

Thank you to "YOU" for making 2019 a fun filled eventful year!!

Our Golf Board Chairs (**Charlie** and **Ruth**) have already distributed a detail weekend golf schedule and there will also be weekday golf the same as last year to fill the hungry hearts for ASGA golf at least twice a week. Social events will be organized by our Social Board Chair (**Alicia** - email below), so if you have any ideas please contact her.

We had our first 2020 board meeting earlier this month and we made a few changes.

Items of discussion:

1. Who is a guest and how much should they pay to play in our chapter events?

A guest is anyone who is not a current active ASGA-DC Chapter member.....all others are GUESTS. (friends, family, married, single, , anyone interested in possibly joining our ASGA Chapter who is at least 21 and single.) Guests do not have any privileges associated with our ASGA-DC Chapter.

These options were discussed and approved about payment for GUESTS who attend any ASGA-DC Chapter single day weekend event (Penn National and Ocean City not included)

- 1.1. Jan 1 - April 30 - guests pay the same as ASGA-DC Chapter members for golf and cart
- 1.2. Anytime the costs of golf+cart is \$45 or less - guest pay the same as ASGA-DC Chapter members for golf and cart
- 1.3. Guests can play in any ASGA-DC weekday event and must take care of their own costs (they can use coupon books, etc...)
- 1.4. ASGA members from other chapters - They pay a one time charge of \$10 good for the entire 2020 calendar year (excluding Penn National and Ocean City). This does not make them an active ASGA-DC Chapter member.
- 1.5. All other guests - They pay \$10 at each weekend event (excluding Penn National and Ocean City)

2. Will we have another raffle in 2020?

- 2.1. Yes
- 2.2. One dollar will be collected from each golfer by the event coordinator(EC) (as part for the golf event fee - including all guests) participating in each ASGA-DC Chapter single day weekend event (Penn National and Ocean City are not included).
- 2.3. Each golfer (including guests) will have his/her entry into the raffle for each of these events. So if you play in 5 events, you'll have 5 entries in the year-end raffle.
- 2.4. ONLY active ASGA-DC Chapter members can win the raffle. (ASGA-DC Chapter memberships must be active on the day of the drawing)
- 2.5. There will be 2 ASGA-DC Chapter member winners of 30% each, based on the total collected.
- 2.6. The ASGA-DC Chapter will get the remaining 40%. (This was used 100% on the 2019 year-end event/social).
- 2.7. The winners do not need to be present at the year-end event/social in order to win.
- 2.8. If a guest qualifies - a guest can become an ASGA-DC Chapter member before the year-end event in order to be eligible for the drawing.

3. Hole-in-one and Eagle prizes in 2020?

- 3.1. Yes
- 3.2. a \$100 payout will be for a hole-in-one and a \$50 payout will be for an ea-

gle. (Par 3 eagles will count as a hole-in-one)

3.3 These prizes are for only active ASGA-DC Chapter members. You must be an active ASGA-DC Chapter member when the hole-in-one or eagle occurs in order to be eligible for an award. You cannot join after the hole-in-one or eagle to be eligible.

3.4. The payout for the hole-in-one and eagle will be made during the year-end event and can only be collected if you are an active ASGA-DC Chapter member at the time of the award.

3.5. Only one prize per active ASGA-DC Chapter member is allowed, even if you get multiple hole-in-ones or eagles. You will winner the higher valued prize if you get both or several of one.

If anyone has an idea or two about an event or outing, please look into the details, then approach any board member to discuss your idea(s). If anyone has allowed their membership to elapse, please think about all the fun you are going to miss out on having this year..... just saying.

Thank you all and I look forward to a fun and exciting 2020.

~Dan Morris
2020 ASGA-DC Chapter President
(dmorris972@aol.com)

2020 ASGA-DC Board Members:

Golf Chairs (Charlie Walters - charleswalters1966@gmail.com, Ruth D'Alessandro - radal16@cox.net)

Social Chair (Alicia McCarthy - ammcarthy77@hotmail.com)

Membership Chair (Kathie Hiatt - hokie311@gmail.com)

Communications Chairs (BJ Barger - bjbarger@verizon.net, Francine Vigliotti - francinemv1@gmail.com)

Treasurer (Rita Daley - ritadaley@gmail.com)



Play golf to avoid an early grave! Scientists find players of the sport face HALF the risk of a premature death because 'it helps alleviate stress'

- Those who play at least once a month are more likely to be alive a decade later
- That is out of almost 5,900 participants who had an average age of 72
- One in seven (15%) died, compared to a quarter of those who never played golf

By: Leigh Mcmanus For Mailonline, DailyMail.com

Golf reduces the risk of a premature death by half, according to new research.

A study of nearly 6,000 people found those who played at least once a month were much more likely to be alive a decade later.

Scientists said the sport - famously described as 'a good walk spoiled' by American author Mark Twain - is 'a hole in one' for older adults' health.

Lead author Professor Adnan Qureshi said golf can provide benefits such as stress reduction, and is easy to maintain regularly because it is not exhausting.

Due to its social nature and controlled pace, people often maintain motivation and the ability to continue playing in older age - even after suffering a heart attack or stroke.

Due to its social nature and controlled pace, people often maintain motivation and the ability to continue playing in older age - even after suffering a heart attack or stroke.

Professor Qureshi, a neurologist at the University of Missouri in Columbia, said: 'Our study is perhaps the first of its kind to evaluate the long-term health benefits of golf, particularly one of the most popular sports among older people in many countries.'

The findings were based on data from the Cardiovascular Health Study, a population-based observational survey in the US of risk factors for heart disease and stroke in over 65s.

Out of almost 5,900 participants with an average age of 72, 384 golfers. Two-thirds were women and the rest men.

The golfers reported playing once a month or more. They did not specify

whether the golfers walked or rode in a golf cart.

HOW DOES EXERCISE PROTECT THE HEART?

Exercise burns calories which can maintain a healthy weight. Obesity is one of the biggest causes of heart problems.

It lowers blood pressure, cholesterol, and helps regulate blood sugar levels, all of which have been linked to cardiovascular disease.

A single bout of exercise may protect your heart immediately through a process known as ischemic preconditioning. A little bit of ischemia — defined as an inadequate blood supply to part of the body, especially the heart — may be a good thing.

It allows the heart to adapt and protect itself from longer episodes of ischemia, which normally occurs from a blockage in arteries.

Source: Harvard Medical School

Beginning in 1989 and continuing through 1999, the participants had extensive annual medical examinations, as well as clinic visits every six months.

When comparing mortality rates between golfers and non-golfers over a ten-year period, it was significantly lower in the former group.

Around one in seven (15 per cent) died, compared to a quarter (25 per cent) of those who never picked up a club.

At the end of the study, the participants were contacted by phone to determine any occurrences of heart attack and strokes.

During follow up, eight percent of the golfers had suffered strokes and almost 10 per cent heart attacks, compared to 24.6% in non golfers.

The researchers were unable to determine if playing golf had a direct impact on protecting against heart attack or stroke.

But Professor Qureshi said: 'The US Department of Health and Human Services Physical Activity Guidelines for Americans does not yet include golf in the list of recommended physical activities.'

'Therefore, we are hopeful our research findings could help to expand the options for adults to include golf.'

Golf is played by roughly 25million Americans. It is one of the most popular participation sports in the UK, with around two million people in England playing at least twice a month.

It can provide benefits such as stress reduction and is an exercise that is easy to keep up, explained Professor Qureshi.

Due to its social nature and controlled pace, people often maintain motivation and the ability to continue playing in older age - even after suffering a heart attack or stroke.

Professor Qureshi said: 'While walking and low intensity jogging may be comparable exercise, they lack the competitive excitement of golf.'

'Regular exercise, exposure to a less polluted environment and social interactions provided by golf are all positive for health.'

'Another positive is that older adults can continue to play golf, unlike other more strenuous sports such as football, boxing and tennis.'

'Additional positive aspects are stress relief and relaxation, which golf appears better suited for than other sports.'

The preliminary research was presented at the American Stroke Association's International Stroke Conference in Los Angeles.



NOT ONLY DID STEVE TALK DURING OTHER PEOPLE'S BACKSWING, HE TALKED DURING HIS OWN

The same researchers are currently performing additional analyses to identify what other health conditions may benefit from regularly playing golf, and if gender or race are factors.

In 2016 a study by scientists in Scotland, the home of golf, also found people who play live longer than those who do not.

They claimed the sport was likely to increase life expectancy, help chronic diseases and boosted brainpower.

The University of Edinburgh team reviewed 5,000 studies into golf and found it had physical and mental health benefits for people of all ages.

They found the physical gains increased with age. Balance and muscle endurance in older people were improved by playing the sport and it was also likely to improve cardiovascular, respiratory and metabolic health.

Golfing could also help those who suffered chronic diseases including heart disease, type 2 diabetes, colon and breast cancer and stroke, as well as helping reduce the risk of anxiety, depression and dementia, the researchers found.

The study found golfers typically burnt a minimum of 500 calories over 18 holes and those walking the course could cover four to eight miles.

4 golf fitness tips to improve your game

Are golfers athletes? Here are four main areas of your fitness to focus on over the coming months!

Flexibility

Golf is a sport where you need to not only be strong, but more importantly, you need to be flexible. With the amount of core and body rotation there is in the golf swing, the more flexible that you can become, the more clubhead speed and distance you will be able to generate. Not sure where to start? Golf Channel's Martin Hall on School of Golf gives you three simple yet effective stretches to help improve your flexibility, all which you can perform before teeing off! <https://www.golfchannel.com/video/school-golf-3-exercises-improve-flexibility/>

Core Strength

Where flexibility is key to playing your best golf – strengthening your core is equally important. Your core is your mid-section and it involves all your muscles in that area including the front, back and sides.. These muscles work as stabilizers for the entire body, especially during your golf swing. Simple abdominal and core workouts that can be done at home, in the gym, or even in the locker room before your round are some of the most effective. If you are looking for some great examples of core exercises, check out Major Champion winner, Justin Rose's 3 minute core routine: <https://www.golfchannel.com/video/roses-core-workout/>

Endurance

How many times have you found yourself walking on the back 9 of a tournament feeling tired and exhausted? I know I have. An average golf course of 6,500 yards translates into roughly 4 miles of walking (not to mention the 25 pound plus golf bag on your back) which can lead to some serious fatigue during the last few holes of your round. My suggestion to help combat this common problem is to implement endurance training to your workout. Endurance training gives you the ability to exert yourself over a long period of time – helping you withstand pain, stress and fatigue. Personally, I have used the workout: *Insanity: The Ultimate Cardio Workout* for my endurance training, however, there are many options out there to explore. If you are looking for some paid options, might I suggest looking at [Beachbody On Demand](#) – which gives you 700 + endurance workouts. No matter what routine you explore – make sure the workout is tailored to where your fitness level is currently at.

Legs and Glutes

Golfers push against the ground with their legs to help their upper body make fire through the ball. No matter your size, having strong legs can give you better endurance on the course and also translate into some extra yards with all clubs in your bag. Squats, lunges, and burpees

are all great workouts to start strengthening your legs. No need for any fancy equipment, many of the best leg workouts can be done with nothing more than a space to perform the workout – for some great variations of lunges to get your legs, glutes and core firing, be sure to visit: <http://www.golfloopy.com/tag/lunge-exercise-variations/>
<https://www.highschoolgolf.org/4-golf-fitness-tips-improve-game/>

Recaps

Golf Show

On Feb 1st, a great mix of 16 ASGA-DC newcomers, regulars, and old timers met at Famous Dave's in Chantilly after getting their golf shopping fix at the Washington Golf Show. A special welcome to newcomers **Cheryl, Kay, Jean, Dan,** and **Nancy**, and a welcome back to **Phyllis**.

~Dave Sheets, EC.

2nd Annual

Big Lebowski Bowling Tournament Wrap-up

The 2nd annual Big Lebowski tournament of 2020 is now in the history books. Eighteen ASGA golfers traded in their golf spikes for felt soles as we met on the maple boards of Bowl American in Falls Church VA. There were strikes and gutters up and downs. What our bowlers lacked skill was made for in enthusiasm and encouragement for all.

After two and one half hours of bowling the group moved across the street to the Four Provinces of Ireland Restaurant. After a Celtic meal and a few drinks the Lebowski themed prizes were awarded. We concluded the event with the cowboy closing monolog contest where contestant gave their best rendition of Sam Elliot's cowboy character at the close of The Big Lebowski. Although **Brian, Greg, Lee** and **George** gave powerful and moving performances it was **Annette's** amazing ability to lower her voice several registers that altimetry won the judges over. In lieu of sarsaparilla, Annette went home with a bottle of root beer.

Thanks to everyone who showed up to make this event a great success.

The Dude abides!

Ten Marvelously True But Very Funny Sayings about Golf

1. I'll always remember the day I broke ninety. I had a few beers in the clubhouse and was so excited I forgot to play the back nine - Bruce Lansky
2. They say golf is like life, but don't believe them. It's more complicated than that - Gardner Dickinson
3. I'm hitting the woods just great, but I'm having a terrible time getting out of them - Harry Tofcano
4. Golf! You hit down to make the ball go up. You swing left and the ball goes right. The lowest score wins. And on top of that, the winner buys the drinks - Anon
5. I play in the low 80s. If it's any hotter than that, I won't play - Anon
6. Putts get real difficult the day they hand out the money - Lee Trevino
7. The best wood in most amateurs' bags is the pencil - Unknown
8. I'd like to see the fairways more narrow. Then everybody would have to play from the rough, not just me - Seve Ballesteros
9. If you think it's hard to meet new people, try picking up the wrong golf ball - Jack Lemmon
10. Golf is a game whose aim is to hit a very small ball into a even smaller hole, with weapons singularly ill-designed for the purpose - Winston Churchill

ASGA-DC Communications

Share your content!

Did you take some awesome pictures at an event? Share them by sending to **BJ Barger**, bjbarger@verizon.net.

Our website is www.singlesgolfdc.com.

Our social and golf schedule are published on the website and updated frequently.

Check the list below for National websites.

Have you "friended" ASGA-DC on Facebook yet? It's the best way to get the latest news, recaps and pictures from ASGA-DC events. You can also add your pictures from our events.

The Facebook name is SinglesGolf Asgadc. or you can go to <https://www.facebook.com/singlesgolf.asgadc.5> If you friend us you can see all our posts plus those of other members. If you'd prefer to not share everything, you can change your Facebook privacy setting by

going to Settings, Privacy, then answer the question, "who can see my posts?" by changing it to My Friends on Facebook. That way, your posts won't be seen by all.

Like us, friend us, find out what's happening with ASGA-DC!

Since having to check back to the website for schedule updates and pairings updates is inconvenient, we also have a Yahoo listserve. Announcements on upcoming social and golf events, as well as reminders and updates to these events, are sent out to subscribers to the listserve. A couple of days before a golf event, the pairings and tee times are also sent out.

To subscribe, send an email to: ASGA-DC-Chapter-subscribe@yahoo.com. Be sure to include your name in the subject of the note and do not include anything else in the body of the note.

About Our Members

(THIS REPORT RAN 02/16/2020)

Happy Birthday to these members:

David Bath - 02/21
Sandra Brunken - 03/10
John Donnelly - 02/11
Ed Harper - 02/28
Kathie Hiatt - 03/11
Ellie Hochman - 02/20
Linda Johnson - 03/09
Linda Kilroy - 02/17
Richard Lewis - 02/04
Jim Lissefeld - 03/15
Alicia McCarthy - 02/07
Geoffrey Pennoyer - 02/22
Lynn Chandler Pivik - 02/20
David Sheets - 03/09
Todd Sheffer - 02/14
Pamela Skiff - 02/25

Thomas Skrobala - 02/08
Jeri Somers - 02/03
Charles Walters - 03/05
Ed Webb - 03/06
Kay Wilson - 03/13

These members are up for renewal:

(date shown is last day of membership)

Johnny Aranza - 02/29/2020
Carl Blackburn - 02/29/2020
Caroline Brinsley-Smith - 02/29/2020
Sharon Geyer - 02/29/2020
Paul Karpiscak - 02/29/2020
Frank Kyle - 02/29/2020
Jim Lissefeld - 02/29/2020
Todd Sheffer - 02/29/2020
Deb Swedberg - 02/29/2020
Felicia Wilson - 02/29/2020
Steve Woodard - 02/29/2020

Welcome newest members:

Susan Bennett - Joined 12/02/2019
Jean Fleming - Joined 01/03/2020
Lynn Chandler Pivik - Joined 12/02/2019

These members recently renewed:

Sandra Brunken
Debra Jungers
Mary Rapson
Jody Ruth
Jeri Somers
Charles Walters

These members did not renew their dues:

(date shown is date membership expired)
Erica Bourdeau - 01/31/2020

To renew your dues today, go to SinglesGolf.com/renew If you wish to renew over the phone, call 980-833-6450, M-F, 9-2 Eastern Time.

Our chapter currently has 155 members

Save these links and phone number for easy access to information about local and national ASGA events:

ASGA-DC Meetup site	http://www.meetup.com/ASGADC/
ASGA-DC Chapter:	http://www.singlesgolfdc.com
ASGA-DC Chapter Events:	http://www.singlesgolfdc.com/2017-Schedule
ASGA-DC Facebook	https://www.facebook.com/Singlesgolf.asgadc.5
ASGA-National:	http://www.singlesgolf.com
ASGA Newsletters:	http://www.singlesgolf.com/chapter_list.php
ASGA Chapter Rosters:	http://www.singlesgolf.com/roster.php
ASGA Member Account Info:	http://www.singlesgolf.com (click on "My Account")



Standard Package Includes (Standard Package is for attendees who wish to have a roommate. Room-by-Myself packages also available. See below. **Note: this is peak season for Charleston**)

- 2 rounds of golf (incl. cart, green fees, taxes, range balls)
- 3 nights lodging at the historic Francis Marion Hotel downtown
- 3 full breakfasts + 3 full dinners

Add'l. Nights: Add'l. Nights (Fri. 3/20 - \$339; Sat. 3/21 - \$339; Wed. 3/25 - \$258; Thu. 3/26 - \$258) Rates don't include breakfast but include room tax.

Opt. Add'l. Golf: Day-of-Arrival golf March 22 @ Patriots Point Links and Day-of-Departure at Charleston National (see costs below).

Must be a member at time of event to participate. To join or renew your membership, go to www.SinglesGolf.com/Join

GOLF: We'll shotgun start at Dunes West GC at 12:30 on March 23 followed by dinner in the clubhouse. On March 24, we play the Links at Stono Ferry with a 9:28 shotgun. **Scoring:** USGA "Play Own Ball" format; 2 best net balls of foursome. \$25 ASGA prize certificates awarded to winners. Opt. rounds at Patriots Point Links at 11am on 3/22 and Charleston National at 9:28am on 3/25. Range balls included each day except on optional rounds.

PAYMENT: Payment due when you register. There is a 25% cancellation fee on or prior to 2/22/20. Absolutely NO refunds after 2/22/20. If your plans change, you can sell your position to another member (\$25 transfer fee). Go to SinglesGolf.com/events to see our cancellation policy and other terms and conditions. A letter or e-mail confirmation will be sent to you upon receipt of payment. If you do not receive confirmation within 10 days of registering, you must call us at **980-833-6450, M-F, 9am-2pm, eastern time.** See info below regarding travel protection deadline.

NAME SHOWN BELOW IS HOW NAMETAG WILL APPEAR. ONE FORM PER PERSON, PLEASE PRINT.

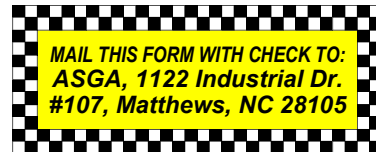
NAME _____ () MALE () FEMALE CHAPTER NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____ Handicap/Avg.Score _____

CELL _____ E-MAIL _____ Emerg. Contact (name/phone) _____

CHECK APPROPRIATE PACKAGE: (there is a 3% upcharge on all amounts if using a credit card)

- () \$829.00 — **STANDARD PACKAGE** (you have a roommate or we'll assign same-gendered roommate for you)
- () \$1,259.00 — **ROOM-BY-MYSELF PACKAGE** (incl. everything in St'd. Pkg. except you'll room by yourself)
- () \$89.00 — **OPT. DAY-OF-ARRIVAL GOLF @ Patriots Point Links — 11:00am tee times**
- () \$89.00 — **OPT. DAY-OF-DEPARTURE GOLF @ Charleston National — 9:28am tee times**



My roommate will be _____ (We'll assign a same-gendered roommate if you prefer. Please do not list yourself as someone else's roommate without their permission. **IMPORTANT:** If you choose a roommate, we can't hold your room until both parties have paid.) I am requesting a room with () One King Bed () Two Double Beds *Note: Room preferences and hotel are first come, first served. Only the hotel controls the availability of room types. We register you regardless of availability.*

During () One () All golf round(s), please pair me _____ (limit 3-person request).

➔ () I have a special dietary need as follows: _____ **See event website for how we handle this.**

➔ **By submitting this form, YOU ARE DECLINING** travel protection unless box is checked at right: () I will apply for travel protection *Travel protection (trip insurance) must be purchased within five (5) days of registering. See link at bottom of SinglesGolf.com for rates.*

I AM REMITTING: () I am paying by credit card (3% upcharge) () I am paying by check.**

- \$ _____ for the package indicated above
- + \$ _____ for Add'l. Nights (Fri. 3/20 -\$339; Sat. 3/21 -\$339; Wed. 3/25 -\$258; Thu. 3/26 -\$258) Rates don't include breakfasts but incl. room tax.
- + \$ _____ for Opt. Day-of-Arrival golf on Sunday, March 22 at Patriots Point Links — 11:00 tee times — \$89
- + \$ _____ for Opt. Day-of-Departure golf on Wednesday, March 25 at Charleston National — 9:28 tee times — \$89
- + \$ _____ for mulligans (put \$10 in this space if you want 3 mulligans for each of first 2 days of golf. Mullies not avail. on optional round.)
- + \$ _____ for FIVE 50/50 Raffle Tickets (put \$20 in this space). Two drawings for 50% of pot each. Rate is \$20 for 4 tickets at event.
- = \$ _____ TOTAL AMOUNT (Check no. _____ MAKE CHECK** PAYABLE TO "ASGA, INC." and mail to checkered box above.

CREDIT CARD USERS: FAX THIS FORM TO 980-225-0231 or Scan & E-Mail to: Irene@SinglesGolf.com

CREDIT CARD AUTHORIZATION: All major cards accepted. I hereby authorize ASGA to charge / debit my account for the "TOTAL AMOUNT" indicated above on this form. I understand there is a 3% processing fee if a credit card is used.

Acc't. No: _____ Exp. _____ Signature _____

QUESTIONS? E-MAIL Event Host TOM ALSOP at Tom@SinglesGolf.com or Call 980-833-6450



GET READY TO TEE OFF

FOR MORE FUN - FELLOWSHIP - FAIRWAYS!

4 WAYS TO JOIN:

- ◆ Call Us at 1-980-833-6450
- ◆ Fax This Form to Us
- ◆ Email/Mail This Form To Us
- ◆ Online (SinglesGolf.com/join)

APPLICATION TO JOIN ASGA RENEW MY MEMBERSHIP

Note: Meeting locations may vary. Upon joining, you will receive a monthly newsletter telling you about monthly meetings, outings, etc. If you have any questions, contact your local chapter leader or call 1-888-GOLFMATE or 980-833-6450. Please complete information box at right.

MONTH & DAY BORN _____
YOUR USGA HANDICAP® _____ or
AVERAGE GOLF SCORE _____

Dues are **\$89.00** (for 12 months) OR **\$178.00 for 24 months** (includes free ASGA logo'd shirt when joining for two years!). Best rate per year is **\$267** with our "buy 3 years, get 4th free + shirt" plan. Credit card users: JOIN BY PHONE: 1-980-833-6450 or FAX COMPLETED FORM TO 1-980-225-0231. Your membership kit will be mailed upon receipt of payment. **Free shipping if ASGA shirt is ordered with application.**

PRINT CLEARLY - THE INFO BELOW SHOWS HOW IT WILL APPEAR ON YOUR CHAPTER'S ROSTER. (*SEE OPT-OUT CLAUSE BELOW)

HOW DID YOU HEAR ABOUT US? _____ CHAPTER YOU ARE JOINING OR RENEWING IN: _____

NAME _____ E-MAIL ADDR: _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

HOME (_____) _____ WORK/CELL (_____) _____ EMPL. BY _____

POSITION _____ () AVAILABLE FOR WEEKDAY GOLF () WILLING TO VOLUNTEER FOR CHAPTER

NOTE: ASGA DOES NOT CONDUCT BACKGROUND CHECKS ON APPLICANTS FOR MEMBERSHIP OR MEMBERS OF THE ASSOCIATION. Golf can be a dangerous sport. Accidents can occur by you or another party striking a golf ball, by a golf cart turning over, or simply falling down steps. PLEASE TAKE ADEQUATE PRECAUTION when playing in ASGA events. Chapters and individuals running golf tournaments are not professionals but are volunteers, and therefore, you must assume additional responsibility for your own safety. Please abide by the safety rules posted inside your golf cart, at the golf course, as well as the official website of the United States Golf Association (www.USGA.org). If you have a safety concern, you must immediately bring it to the attention of the person(s) running an event, your chapter president or golf course management personnel.

LEGAL STUFF: Read this section in a larger font at SinglesGolf.com/Legal-Stuff

RELEASE FROM LIABILITY AND EXPRESS ASSUMPTION OF RISK: I, the undersigned Applicant (hereinafter referred to as "Releasor"), in consideration of being permitted to participate in golf activities organized or sponsored by ASGA, Inc., d/b/a American Singles Golf Association, a Delaware Corporation, or its affiliate chapters in the United States and Canada, (the "Releasees") and other good and valuable consideration, the receipt and sufficiency is hereby acknowledged, hereby on behalf of myself and my heirs, distributees, guardians, and legal representatives agree to fully indemnify, defend, hold harmless, and not to sue Releasees and/or Releasee's directors, officers, employees, agents, and affiliates from and on account of any and all past, present, and future claims, debts, causes of action, damages, personal injuries, wrongful deaths, property loss, and property damage (including attorney's fees and costs relative thereto), whether due or not, direct or contingent, liquidated or unliquidated, latent or patent, known or unknown, which in any way concern or relate to any act or omission of Releasees. Except in the event of any gross and willful negligence, I shall bring no claims, demands, actions and causes of action, and/or litigation, against Releasees for any economic and non-economic losses due to bodily injury, death, property damage, sustained by me in relation to the premises and operations of the golf course, including riding on golf carts or playing the game of golf. I am aware that participation in and/or observation of the golf activities and/or other activities sponsored by Releasees is or may be an inherently dangerous activity and may have health-related risks, and agree that I am voluntarily participating in and/or observing such activities with full knowledge of all dangers and risks involved. In addition, I hereby expressly assume all risks of injury, death, property loss, property damage, and other loss and damage which may occur relative to my participation in and/or observation of such activities. I understand and agree that this Release includes any and all claims based on the past, present and future ordinary negligence, action, and/or inaction of Releasees and/or Releasee's directors, officers, employees, agents, and affiliates. I acknowledge that I have read this Release, have been fully and completely advised of the potential dangers incidental and inherent to the participation in and/or observation of the activities organized and/or sponsored by Releasees, and am fully aware of the legal consequences of signing the Application Form acknowledging this Release. I agree that this Release, waiver and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of my residency, and that if any portion of this Release is held invalid, it is agreed that the balance shall, notwithstanding continue in full force and effect.

TERMS AND CONDITIONS: Membership in the American Singles Golf Association (ASGA) becomes effective upon receipt of dues and is valid for the period of time requested as indicated on the application form, subject to these Terms and Conditions. I am 21 years or older, single (i.e. never married OR divorced OR legally separated OR widowed), and have read and accepted, as a condition of joining, the Release from Liability and Express Assumption of Risk shown above.

I understand that dues are non-refundable and are subject to change. I agree that all rosters, membership lists, e-mail addresses, or any other information provided to him/her as a result of their membership in ASGA are the property of ASGA and shall not be used for any purpose other than ASGA. I understand that the information provided on the Application for Membership may be reproduced on the chapter's roster and distributed to other ASGA members and published on www.SinglesGolf.com; otherwise, I will note at the bottom of this form if I wish certain information not to be published.

* **OPT-OUT CLAUSE:** I understand that I may, at any time, request any information on me not to be reprinted, reproduced or distributed, such as home phone, address, etc. in or on any newsletter, roster, website, etc. Such request to be noted below in "Notes by Applicant" section or emailed to info@SinglesGolf.com. ASGA may not be held liable for inadvertent publishing of opt-out information.

PRIVACY: See our privacy policy at www.SinglesGolf.com/privacy

DISPUTES: In the event of any dispute of any matter or concerning the terms and/or conditions of membership, those matters and/or the interpretation of the terms and conditions shall be governed by the laws of the State of North Carolina and the parties agree to submit disputes arising out of or in connection with this Agreement to courts of Mecklenburg County, North Carolina.

AGREEMENT TO POLICIES OF THE NATIONAL ORGANIZATION (ASGA) AND LOCAL CHAPTER: By submitting this form and payment, I agree to abide by the "ASGA Policies" as outlined in the Policy section of www.SinglesGolf.com/policy as well as ASGA bylaws (www.SinglesGolf.com/bylaws) and my local chapter's bylaws and policies as currently in effect.

See above Legal Stuff in larger font online at www.SinglesGolf.com/Legal-Stuff

NOTES BY APPLICANT: _____

JOIN FOR 2 YEARS - GET A FREE GOLF SHIRT!
JOIN FOR 3 YEARS - GET 4TH YEAR + SHIRT FREE!

- DUES - 24 Months - \$178 (includes free ASGA logo'd shirt - Most Popular!)
- DUES (Join for 3 years, 4th year free - \$267 (incl. free shirt - best value)
- DUES - 12 Months + ASGA logo'd golf shirt - \$119 (includes shipping)
- DUES - 12 Months - \$89

If a shirt is included, indicate () Male () Female Size: _____

Check Paid To "ASGA, Inc." Enclosed** TOTAL \$ _____

Please charge my major credit/debit card indicated below:

No. _____ Exp. _____

SIGNATURE REQUIRED! By signing below, I agree to the Terms, Condition and Release ("Legal Stuff") as set forth at left and, if appropriate, authorize payment by my credit/debit card shown above.

Signature _____ Date _____

Credit Card Users Can Join By Calling 1-980-833-6450, 9-2 Eastern Time, M-F
Join By Fax: 1-980-225-0231 or Scan & Email to Info@SinglesGolf.com

REFERRED BY: _____

Mail: ASGA, 1122 Industrial Dr. #107, Matthews, NC 28105

