

Disc Golf Basics

What is Disc Golf?

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc. The sport was formalized in the 1970's, and shares with "ball golf" the object of completing each hole in the fewest strokes (or, in the case of disc golf, fewest throws).

A golf disc is thrown from a tee area to a target which is the "hole" -- most commonly an elevated metal basket. As a player progresses down the fairway, he or she must make each consecutive shot from the spot where the previous throw has landed. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, the "putt" lands in the basket and the hole is completed.

There are a few differences between ball golf and disc golf. Disc golf rarely requires a greens fee, you probably won't need to rent a cart, and you never get stuck with a bad "tee time." It is designed to be enjoyed by people of all ages, male and female, regardless of economic status.

The Professional Disc Golf Association, with over 16,000 members, is the governing body for the sport, and sanctions competitive events for men and women of every skill level from novice to professional. Permanent disc golf courses are found in countries worldwide, as well as throughout the United States.

Disc golf provides upper and lower body conditioning, aerobic exercise, and promotes a combination of physical and mental abilities that allow very little risk of physical injury. Concentration skills increase by mastering shots and negotiating obstacles. Players of limited fitness levels can start slowly and gradually increase their level of play as fitness improves. Scheduling is also flexible; a round takes one to two hours, and may be played alone, eliminating the difficulty of scheduling tee times. Perhaps the greatest attribute of the sport is the expense - or rather, the lack of it. A professional quality disc costs less than \$15, and it only takes one for basic play.

**adapted from the Professional Disc Golf Association website, www.pdga.org*

Tee Pad:



Basket:



Basic Disc Golf Etiquette

**from Green Mountain Disc Golf Club website, www.gmdgc.org*

Carry in, Carry Out More: Many disc golf courses are on public land and it is your responsibility at a minimum to carry out any trash that you carry onto the course. It is even better if you can bring back more than you brought in. One of the beauties of disc golf is the beauty of the courses themselves and keeping them free from trash is an important part of that.

@#\$%! Disc!: Sometimes disc golf can be frustrating. It's OK to express that frustration, but please try to keep the anger and the abuse of your disc golf bag to a minimum. There are often other people within earshot, even private land near courses and the disc golf community does not want to get a bad name from one or two loud individuals. Be aware of your surroundings and your fellow players when you are on the course.

Talking: What? There are rules about talking?!? This is just a friendly reminder. A lot of disc golfers like their concentration while throwing, please respect that and don't talk while they are making their throw. Talk all you want the rest of the time, just hold off from babbling away when someone is trying to sink that birdie putt. Along the same lines - make sure that when you are making noise its not something that will distract players on other holes. In general and especially during tournament play keep your voices at a reasonable level so its keep within your own group.

Disc Golf Safety

BTown Disc Golf Club representatives wrote to the Parks & Rec. departments in several major cities with urban forest disc golf courses. Below are samples of responses that were received.

“To my knowledge, we have never had a report of any park user being injured or hit by a disk. We do get complaints about alcohol use, but there is no 'proof' that the alcohol usage is by disk golfers. The garbage cans along the disk golf route are always full with garbage and used beverage containers – some of them alcohol, but at least the garbage is in the garbage cans and not all over the park.”

- Kathy Nygard, Secretary, King County (OR) Parks & Rec.

“There have been no injuries to anyone (golfer or non golfer) that I'm aware of.”

- Alex Salazar, Parks Maint. Supervisor, Portland, OR

“Our Parks Safety Officer checked the City system and reports that there haven't been any claims for injuries or property damage in Mineral Springs Park where the disc golf course is.”

- Laurie Dunlap, Superintendent's Office, Seattle Parks & Rec.

Who is the BTown Disc Golf Club?

BDGC was formed in May 2008 by a committed group of Burlington residents, eager to play disc golf closer to home. We established the group to spearhead all aspects of course development including fundraising, volunteer coordination, interfacing with Parks and Recreation, equipment acquisition, maintenance and design.

We are a small collective of folks from all walks of life. We are all passionate about disc golf, the environment, and our community of Burlington.

Our founding members include Steve Taubman, Richard Witting, Andy Dumbleton, Charles Chamberlain, Mary Cosgrove, Adam Quinn, Ilya Sheyman, Brendan Bush and Ben Eisenberg.

We are a 501(c)3 charitable organization, with a mission of creating a multi-use, all-season recreational area at Leddy Park for disc golfers, snowshoers, hikers, joggers and those who just love the woods.

We have signed up over 250 supporters and volunteers who are all interested in bringing an 18-hole course to Leddy Park.

We have established a relationship with the Green Mountain Disc Golf Club, a non-profit organization dedicated to growing the sport of disc golf in Vermont. The GMDGC has provided us with ongoing advice and consultation on course design and construction, based upon their experience building previous courses, including Center Chains Disc Golf Course in Waterbury.

Course Funding

Estimated Course Construction Costs:

Design:	Free
Labor:	Free
14 baskets:	Free (donated to BTown Disc Golf Club)
4 baskets, 18 sleeves:	\$1,500
18 tee pads:	\$1,500
36 decals for baskets:	\$500
Signage:	\$600
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Total:	\$4,100

Btown Disc Golf Club Fundraising:

\$3,050 in donations

\$2,000 in pledged donations

\$5,050 plus 14 baskets

BDGC is also committed to raising additional funding for course upkeep, but has put further fundraising on hold until the course is re-approved. Several local businesses have indicated that they would be interested in supporting the course.