

**PODS Championship
Innisbrook Golf Resort
Copperhead Course
Tampa Bay, Fl**

March 8, 2007

First-round leader quotes

AN INTERVIEW WITH AARON OBERHOLSER

JOAN vT ALEXANDER: Thank you, Arron, for joining us for a few minutes at the media center at the PODS Championship. A great start to the week.

AARON OBERHOLSER: Thank you.

JOAN vT ALEXANDER: You must feel pretty good, I know you have been hurt for a couple of weeks, it must be nice to come out here and play some golf. Why don't you talk about that a little bit?

AARON OBERHOLSER: It was a rough start to the year, let's put it that way. It was a very a rough start to the year, and I am very happy to be back playing golf, and it's a bit of a surprise to me that I'm playing as well as I'm playing as tough as these golf courses are, considering I've been out for a few weeks.

It is a bit of a surprise for me to play, to be playing as well as I am, the first couple of weeks. These golf courses aren't easy. This one especially. Last week was definitely not easy. So it's nice. I'm enjoying it, just kind of taking it day by day and with these back injuries, man, that's all you can do, because one day you can wake up and everything is cool. And the next day you wake up, you got to adjust and do something in your posture so it doesn't hurt. Luckily for me I've been solid over the last two weeks of play. And this is -- today was my -- what was today? Today was my 10th round in a row. Is that right? 10th round in a row of golf. I played 18 holes last Tuesday, Wednesday through Sunday. I played the Seminole Pro-Am on Monday and a friend of mine flew us up to Augusta to play Augusta on Tuesday and I played the pro-am yesterday and then today.

Q. With did you shoot at Seminole?

AARON OBERHOLSER: I shot 73 at Seminole. It was 30 mile an hour wind, The wrong way, the northeast wind, Donald Ross did not design that golf course to be played and it showed. It was brutal conditions.

Q. Who won?

AARON OBERHOLSER: Well, it's a team deal. I don't know, I think Corey Pavin and his partner they shot 64 in that stuff which is God like. That's pretty good.

Q. What did you do to get your back in shape? What are you still doing?

AARON OBERHOLSER: It's a continuous process. It's a new training regimen, I'm the only guy, I guarantee you, I know for a fact I'm the only guy on the PGA TOUR that's doing this. It's very painful. It's hard. It's the hardest workout I've ever done. It's a lot of eastern block type stuff, Russian, Czech type stuff. Not as in Paul Check, but as in Czechoslovakian eastern block type training. I know that sound like B.S.

Q. Who is coaching you Bella Karoly?

AARON OBERHOLSER: No, Bella is not coaching it. There is a couple of guys -- a guy in Minnesota and a couple of guys down in Mesa, Arizona about 45 minutes from my house that do this type of training. My fiancée, who is back here, has been doing it for three years. She is probably the strongest woman I've every met in my life and one of the strongest people as far as physically strong. It's amazing what she can do when she is in shape and she does the exercises. She plays on the LPGA Tour. She had a bad back and she went and saw these guys and she can hit balls for hours, wake up and do it all over again. Wake up, nothing, a muscle ache or nothing.

Q. Give us an example of it?

AARON OBERHOLSER: Of the exercises?

Q. Can you give us an example?

AARON OBERHOLSER: Basic stuff, 5 minute wall squat holds, Russian lunges, for five minute holds, aggregate. Obviously, I can't do them for 5 minutes straight, but that's the goal. But 5 minute wall squat holds, 5 minute Russian lunge holds. Just very difficult exercises. You have to have perfect posture. You have to be in perfect position in order for the exercise to work properly. And it's all about -- it doesn't matter how much time you do it as long as the time you do it, the exercise is done perfectly within that time. It's a lot of glutes, a lot of hamstrings, just tons of leg work, tons of leg work. That's where I've been lacking, my legs. I've noticed that Tiger is real strong is his upper body, yes. But where he is very, very strong, that people don't realize, because you don't see his legs, because he wears pants, is his glutes and his hamstrings. He is very strong in his legs, very, very strong in his legs. Power and speed in the golf swing is created from the ground up, from your feet up.

I never really had that to be very honest with you. That's why people look at me and go, how come he doesn't hit it any farther.

I look like I shoot hit it farther, but I don't. My leg strength isn't there. It will be there. It will take a good year for me to really get into the exercise routine and really get to the point where I am getting a lot stronger. I mean I'm already getting stronger.

As the year goes in, we move on through the year, the exercises are so difficult I'm not able to do them during the year, I have to cut back. I'm kind of maintaining. I'm not going forward with the strength program, getting stronger and stronger. I'm just kind of maintaining where I am at. So this off season, I will be doing a ton of work with these guys

Q. How soon after you started this program did you notice results?

AARON OBERHOLSER: Immediately, we are talking a week. So it's something that, in my opinion, not everybody on the TOUR is going to do.

The main part of the exercise, and the therapy is done with a machine called an ARP machine, Accelerated Recovery Performance. A lot of football players use it. A lot of baseball players use it. Dwight Freeny, Adam Archuleta. Archuleta is one of the guys that trains in the gym I train with. Brian Jennings, long snapper for the 49ers. LeVar

Woods, linebacker for the Tennessee Titans.

Q. A lot of linemen?

AARON OBERHOLSER: Deuce Lutui, he trains in the gym I train at. He is a lineman for the Arizona Cardinals. But, you know, the proof is in the pudding. The head guy Dennis Thompson who is up in Minnesota in Minneapolis, he had eight players on the Colts and eight players on the Bears he was training, so 16 players on the team, between the two Super Bowl teams, so that's pretty impressive, and they have a ton of players on the program.

Angie and I are, and one other gal on the LPGA Tour, are the only three professional Tour players that are using it, that are using this system. It's not a system that a lot of people would enjoy using. It's very painful, because the machine is very painful. You train with the machine on you. Basically like electrical current as hard as you can take it through your body while you are doing the exercise. It's extremely intense. You hear people crying in the gym. When you are off the thing it magnifies how strong you get. It gets you so much stronger, so much quicker. I'll hook Ferguson up to it later.

Q. How much time does it take?

AARON OBERHOLSER: I was in the gym when I was training before I came out to Honda, I should say before Match Play. I was in the gym from seven a.m. to 1:00 in the afternoon every day for two weeks. No break.

JOAN vT ALEXANDER: Let's go through your round.

AARON OBERHOLSER: Actually what happened was, I was a little tight going into Kapalua and didn't think anything of it. Then I woke up the morning of the first round and felt okay. Not great, but okay, good enough to play. On 4 hit -- 5, I think is a par-5. The second shot on the par-5 I felt something tighten up after I hit the shot. I was like, God that's weird. Then I kind of chunked my next shot and didn't get through the ball. The rest of the day I kept getting tighter and tighter and tighter. I went to our chiro in the locker room, who is over there, and he tried to manipulate me, when maybe I was really tight, and I think that that might have aggravated it even more because I woke up the next morning and I couldn't get out of bad literally. Couldn't get out of bad bed. I had an MRI a week later. L5, S1 protruded disk.

Q. This is the type of thing you do when you feel desperation I take it?

AARON OBERHOLSER: That's exactly right. That's how Angie describes it. You don't go to these guys when you are feeling good. You go to these guys because this is the last stop. This is the last resort and you have no other -- you've tried all of the other methods. I've been the Paul Check method. I've done all kinds of other stuff, but as my lovely fiancée puts it, I never really exercised like an athlete. She is right. We use to watch her work out and go, no, how can you swing a golf club after doing that. You can, you just have to use this machine properly.

JOAN vT ALEXANDER: All right. Let's go through your round. You started on 10. You birdied 11.

AARON OBERHOLSER: 11 a par-5. Driver, 5-wood, just right of the pin about -- just off the green right of the pin about 15 feet, bladed a wedge and tapped it in for birdie.

15, I hit a good 5-iron down the hill. Had about an 18-footer made that.

16, hit a good 3-wood, a great 7-iron to about 8 feet behind that pin.

Bogey on 18, hit a good drive and picked the wrong club, plugged it in the bunker, left it

in the bunker, wedged it out to a foot and made it.

1, driver, 3-wood in the bunker up and down.

5, 3-wood, 5-wood, lob wedge to about 15 feet, made that.

6, driver in the fairway, chunked an 8-iron onto the green and 3-putted.

7, 3-wood, 9-iron, 15-footer.

Q. Arron, you sound so excited about what you're doing right now I'm wondering where you were mentally before you got to this point.

AARON OBERHOLSER: Where I was mentally?

Q. Before you got started.

AARON OBERHOLSER: On this program?

Q. Yes. You had an awfully tough start to the year, you couldn't defend the title.

AARON OBERHOLSER: Actually, I was in a bad spot I will be honest with you. I was in a bad spot mentally. I wasn't doing really hot. I was sick of -- this is the third disk injury in four years for me. I was tired of it. I mean I have high standards for myself.

And expectations higher than that most people put on me, outside of what I put on myself. For sure most of us are that way I think.

You know, I had standards that I set last year for myself. And I knew I could get better.

I knew I could improve on what I did last year and it's just trying to be more consistent.

When something like this happens, you know, it's like oh, okay, this is going to set me

back, set me back another couple of months, and I don't get to play the West Coast, which is a lot of money out of my pocket because the West Coast is usually where I make a good deal of money this those first four or five events and FedExCup points.

I needed the FedExCup points. I was going to fall way behind. Not that I can't get back in the FedExCup race. But right now that's not my main priority. It really isn't. Staying healthy, staying out here and literally, throw the cliché out, one day at a time, one shot at a time. It's just every time this happens to me it's just -- you just count your blessings when you get back out here because it can be taken away from you so quickly.

Something that you love to do, it can be taken away from you so quickly. That's what you realize.

Q. You went to Augusta the other day?

AARON OBERHOLSER: Yes.

Q. How was it?

AARON OBERHOLSER: 68, sunny, no wind, not a cloud in the sky. After playing The Masters last year, and playing the practice round the same time before with the same gentleman, who I know who is a member up there, we played a year ago at the same time right before the Member Member, the big Jamboree. It was blowing 25 at that place and it was pretty nasty and it was literally heavenly there.

I'm hoping the tournament is like that because it was -- Angie played and we had a phenomenal time. It is the most beautiful place on earth in my opinion, as far as golf is concerned. It's a religious experience without a doubt. For me, at least.

Q. How did the course play, was it tough?

AARON OBERHOLSER: It played soft. It played really soft. It was long. It played really long. It's going to play a lot faster for us. I hit some clubs. I hit a 4-iron into 1. I hit a 4-iron into 18, no wind. So it was playing a long way. The greens were firm and fast as usual.

JOAN vT ALEXANDER: Thank you, Arron.
