

**Viking Classic
Annandale Country Club
Madison, MS**

Sept. 29, 2010

Pre-round quotes:

INTERVIEW OF LEE JANZEN

MARK STEVENS: I'd like to welcome Lee Janzen. Lee, you're currently 139 on the money list, entering the fall series, and then also three shots behind Rickie Fowler in the Kodak Challenge. You've got a lot you're playing for in the fall series. If you could make some comments about the fall series and the course, playing here at the Viking.

LEE JANZEN: Yes. Five fall events left, 139 on the list. I know that I have to move up. What exactly I have to do to be No. 125, I don't know. I don't really want to be 125 when the season ends because that means the last week will be nerve-racking right to the last putt. So my goal really is just to play well this week, and if I do that, then everything will be fine. I won't even have to worry about the 125 anymore.

So I've had five weeks off. It's not what I wanted to do, but I also knew, if the second five weeks came, that I could use it in a positive manner. So I was home. I got rested, worked out, practiced quite a bit. So I feel like these last five tournaments, I'm prepared for them, and I'm going to do the best I can. That's really all I can do. I started out the year with the same thought and gave myself an opportunity to play much better than I have and I just haven't.

MARK STEVENS: Then on the Kodak Challenge also, you're three shots off there. Rickie Fowler is off this week, and you've got a par 5. You looking to make a big move?

LEE JANZEN: I feel like I'm going to have to eagle that hole if I have a chance to win the Kodak. I guess it's not impossible to make birdie there. But three shots with just a couple of holes left, considering we're going to get more than one chance at each of these holes that there's a Kodak Challenge hole.

I'm assuming Rickie's going to play Las Vegas, and the 16 hole there is probably the shortest, easiest hole to make eagle on of all the holes we have left this year. There's a chance that he may can eagle there, and then he's going to be even more difficult to catch. So I've got to do the best I can on each Kodak hole coming in.

Ideally, an eagle this week would be great. Next week, I believe it's a par -- actually, I can't remember. I think it's par 4.

MARK STEVENS: I think so.

LEE JANZEN: I've played the course. So I need a birdie there. I figure, if I birdied the last five holes in the Kodak Challenge, that would not be enough to beat Rickie. I'm going to need an eagle somewhere. At least one, maybe two.

MARK STEVENS: Questions?

Q. Could you talk a little bit more about No. 18 and how much fun -- or is it a fun hole for the players? It's been a pretty exciting hole in past championships here, a lot of eagles -- a lot of birdies, some eagles. Just your thoughts on that hole and the way it plays and how you play it.

LEE JANZEN: Well, the greens are very quick this year, and they're a little firmer. We're going to have perfect weather. So that's -- at least you know we can drive the ball far enough to get there, even into a wind, unless it's a very strong wind. Now, if it's downwind, it may actually be harder to make eagle. Trying to hold that green downwind coming over water. You're going to have to fly the ball on the green, and the ball could just very easily go through the green.

You know, yesterday we hit 3 woods into the wind, and we were able to land it on the front part of the green and stop it before it got to the back. So the hole is definitely eaglable, eagle -- you guys figure that out. There's definitely an opportunity for an eagle on that hole this week. A double eagle would go a long way.

If I make a double eagle, I will slide across the green and do a Kodak moment.

Q. Your thoughts on the course, the condition of the course. You've been here several times now through the years. Just some of your thoughts on what you've seen out there.

LEE JANZEN: Well, when they changed from bent greens to bermuda greens, I was very excited because I knew it would make the course play much firmer, make the course play harder. You could hit into the greens. You couldn't just fire into the hole, and if you miss the green, you have an easy chip. Now with the firmer conditions, it made the course play a lot harder.

Knowing how excited I was when they made the change, this year I couldn't be any more excited about the condition of the course. It's absolutely, I would have to say, perfect. If anything could be perfect, it's perfect. The fairways are pure, and the greens are pure, dry and fast. That's what I love, and I hope everybody else in the field is excited about the way the course is set up.

Q. And then just your thoughts on the way you play here because you played here very well a couple times. Was it three or four years ago, you were right up at the lead going into the final day.

LEE JANZEN: The first year they changed the bermuda greens, I had a chance to win. The greens were very firm that year. I don't know if they'll be as firm this year. Brand new greens are always firm. You couldn't hold the 18 green that year unfortunately. If I could hit the shot that year into 18 on this

green, it would have stopped, but that was then. I'd love to have that same opportunity, though.

Q. Your thoughts on whether this course is particularly set up well for you.

LEE JANZEN: I enjoyed playing it for sure, but I definitely enjoy it even more when it's dry and playing fast. Just brings course management and shot-making more into play, thinking your way around. The greens are superb, so, you know, you get on them, and you feel like you can make a putt from anywhere.

Q. I had one other question, more of a general question about staying in shape. You said the last five weeks you got to go home, rest, work out. How important it has been through the years for you and for others out here to stay in shape, and then also how injuries can so dramatically affect a player's career, especially even maybe little nagging things like a wrist or an elbow that, you know, a football player can go out and still play but you guys can't. And how important it is and how it can really impact you guys.

LEE JANZEN: Right. Well, I'm learning about all of that more and more every year. Personally, I just started working out with some of the exercises he's shown me and learning that a weakness in any -- you know, a hip, what it can cause.

The person I'm seeing, just started working out with Chuck Wolf. He's in Orlando. He doesn't play much golf, and I don't know that he's ever really seen me swing, but when he analyzed my movement, he sort of figured out what happened in my

swing because my hips weren't moving well enough and weren't strong enough, and I was thinking, yeah, that's what I do.

So learning that some of my swing flaws may have been caused, not by just bad practice habits, but also that my body just wasn't able to do what it needed to do. So just looking back over my career, I've been fortunate not to have any serious injuries. My neck sometimes flares up, which does cause me a little issue with my thumb, wrist, you know. This year, though, I can't say any of that has been a problem. This has been the best I've felt in quite a few years, health-wise, strength-wise. So I really can't blame my golf on injuries of any kind.

Q. But you've seen it among your peers, right?

LEE JANZEN: Yeah, we've all experienced it. I know guys who have missed a big length of time because of surgeries or severe injuries. I've not had to miss much, hernia surgery and appendicitis. That's the most I've had to miss is maybe a couple of weeks. But even if you're playing with an injury, it affects your swing, and you can end up injuring something else trying to protect something.

If I had a time machine, I'd go back probably when I was 16 and get me on a workout program right then. You know, I've been working out for quite some time, but it didn't even mean that I was doing myself properly. You know, just training isn't enough. You've got to know what to train and what things you could be -- you could actually be damaging by not training properly.

Q. How much does that involve stretching? Is that a big part of what you're doing now?

LEE JANZEN: I'm stretching more. I never really liked the stretching part. I only liked the working out part, but the stretching part I'm doing because I know I have to do it. I've just noticed that, when I stretch, I feel better the next day, and it's just more of a benefit. I can touch my toes now.

Q. And how much -- on a regular week, if you don't play, if you practice pretty steadily, how many balls does a touring pro hit? Is it hundreds? Thousands?

LEE JANZEN: In a week?

Q. How much stress are you putting on your elbows, your shoulders every single day? Hips?

LEE JANZEN: And working with Mike Bender the last few years, I noticed, as my swing improved, it's put less strain on certain areas of my body, like my wrist. If you're trying to manipulate the club face because you're coming in wrong, you're putting undue pressure on certain parts of your body. So I've noticed, as my swing has improved, it's been better for my body.

You know, there are just certain areas you have to work on to increase club head speed and so on. Like I said, 21 years I'm learning still more and more and more.

Q. Talk about the Kodak Challenge. While you're here to win the tournament, that's in the back of your mind. How do you deal with both?

LEE JANZEN: The Kodak Challenge we had last year, and right from the first hole of the year this year, when you get in the practice rounds you think, okay, I need to birdie this hole because it would be great at end of the year to win the Kodak Challenge. That's a pretty significant prize.

So, yeah, I know the 18th hole is the Kodak Challenge. So what I think the good news, I'm looking at that hole positively. Like if I want to make a good score on that hole. So that's my focus for that hole. So whenever I get there, I'm going to be thinking hit a good drive, hit it on the green, which you should do anyway. But I wouldn't be playing that hole thinking, I don't want to make a mistake. I've got to play this hole a certain way to avoid making a mistake. I'm not going to do that.

You know, I don't want to be there on Sunday trying to think, okay, a 4 wins the tournament, or a 5 wins the tournament, and try and make eagle for the Kodak Challenge. You know, the tournament will take precedence if it comes to that.

Q. [Inaudible] Do you expect a lot of low scores on the course this year?

LEE JANZEN: The weather looks great. So the course shouldn't be any softer. Bermuda grass, you can let go and get it pretty firm without worrying about killing it. So I think the scores should be very competitive. Unless somebody just plays great, I don't think you'll see a bunch of guys shoot really low. I think it should be probably 14 or 15 under par would be pretty normal. I think it's a normal score you see most weeks on tour.

But there's a lot of shots out there, if the wind comes up, very difficult controlling distance, and you can have trouble getting the ball near the hole with chips. And the greens are fast enough that you've got to be careful when you're leaving your putts and not to be too aggressive on downhill putts.

MARK STEVENS: Thanks a lot, Lee. Good luck this week.

LEE JANZEN: Thank you.