

NEW YEAR, NEW YOU

In 2013, superintendents are making resolutions — and sticking to 'em.

BY BETH GERACI

Making New Year's resolutions is easy. Keeping them? Not so much. As with every other year, in 2013 only the strong will survive. Here are a few superintendents who show a lot of potential, whether they're foregoing bacon or lightening their workload.



Brian Boyer

POSITION: Superintendent / Cinnabar Hills Golf Club, San Jose, Calif.

RESOLUTION: Nix bacon strips and donuts

CHANCE OF SUCCEEDING: Hole in one



Brian Boyer won't be hitting Krispy Kreme anytime soon. At least, that's the plan. He's swearing off donuts in 2013 and even contemplating giving up alcohol Monday through Thursday. He's also giving up bacon strips, although Bacon Bits are still fair game. (We're not sure why.)

"They're things I like, and it's just a test," he says. "I'm not Catholic, so this is like my Lent."

Boyer's "Lent" lasts a lot longer than the typical month, apparently. Last year, he gave up counter snacks; he hasn't had a lollipop at the dry cleaners since. He hasn't eaten fast food since he gave it up for New Year's four years ago, and after he quit smoking for 2010 he never took another drag.

Boyer strives to give up things he really likes, things that will help him become stronger for it. "I tend to think I'm weak minded, low in mental fortitude, you could say. So I test myself," he says.

Given his stellar track record, Boyer plans to make New Year's resolutions for the rest of his life. His advice for those who struggle to keep them: Set reasonable goals.

If the guys on the maintenance crew want to do Boyer a favor, they won't bring donuts to work. "If I have a donut in front of my face, I'm sure it'll be a little difficult," Boyer says.

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// GOING FOR IT

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Gary Myers, CGCS



POSITION: Superintendent / The Sagamore Club, Noblesville, Ind.

RESOLUTION: Eat healthier

CHANCE OF SUCCEEDING: Close to the pin



When you're on the brink of turning 40, you get to thinking about making some serious changes in your life. And Gary Myers, who turns 40 in March, is peering over the edge. While he still has time to plan his celebration, the time is now for sticking to his New Year's resolution.

"I just resolved to eat better and drink more water," says Myers.

That means no more fast food and enforcing a self-imposed soda ban. "I love soft drinks. That's probably my nemesis," says Myers. "I tried to eliminate as many as I could and just drink water."

Myers still allows himself one soda in the morning. Everything in moderation, he says. He's also working out a half hour a day and training with his wife for a half marathon in May.

"If you're going to do it, now's the time to do it," he says. "It's much easier if you have a goal. Otherwise, it's much too easy to say, 'Um, not today.'"

Jeff Holliday, CGCS

POSITION: Superintendent / Salisbury Country Club, Midlothian, Va.

RESOLUTION: Get healthy, manage time better, be a better delegator

CHANCE OF SUCCEEDING: Hole in one



When Jeff Holliday makes a resolution, one just isn't enough. Every year, he makes two of them — one personal, one professional.

This year, Holliday's on a quest to del-

egate more to his assistants and get them more involved. "I tend to take on too much myself, because you know, no one can do it better than me," he jokes.

In his personal life, Holliday has been known to dabble in vices. But one by one, they're dropping off. Last year, he gave up chew. He hasn't spit in a cup since — and he won't. "I want to be around for my kids so I can watch them grow up," he says.

In 2013, he's on a quest to get even healthier. That means dropping 20 pounds and giving up wheat beer, his favorite. "You've always got to challenge yourself," he says. "If you don't, it's always status quo. Life's too short to just sit and let it go by."

Holliday has lost seven pounds since he gave up beer. For the record, he hasn't swilled one since the *Golfdom* Summit in November. Not that we're a bad influence or anything. **G**



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