

Weigelt, Milbrandt, Funk and Larson Win Scholarship Scramble at Greystone

The Stillwater Country Club team won the 2007 Scholarship Scramble at Greystone Golf Club in Sauk Centre on June 18. This was Stillwater's second win in the past five years. Coincidentally, each win has come when Stillwater Superintendent Marlin Murphy was unable to participate. The 2007 squad was made up of Jordan Weigelt, Kevin Milbrandt, Justin Funk and Adam Larson.

The new champs edged out perennial winners from Albany CC and Wapicada CC by two shots. Finishing second with a score of 60 were Mike Kasner and Scot Milstroh from Wapicada along with Albany's Tom Kasner and Terry Simon.

Shooting a 61 and winning a scorecard playoff for third place was the team of Tom Meier, Le Sueur Country Club; Jeff Schmidt, ProSource One; Scott Thayer, Legends Club, and Wes Stoneback, The Wilds.

Host Superintendent Lee Mahnke and his staff had the course in great shape. The links style layout offered many challenges. Heavy winds increased the challenges of any obstacles the course had to offer. Thanks to Tim Sanborn and his staff for helping make our Scholarship Scramble a success.

Funds from this tournament helped make possible for University of Minnesota student Tom Steigauf to receive a



SCHOLARSHIP SCRAMBLE WINNERS

From the left are: Kevin Milbrandt, Justin Funk, Adam Larson, Jordan Weigelt.

Scholarship Award from MGCSA Scholarship Chair Scottie Hines, CGCS on behalf of the MGCSA at this year's event.

Special thanks to Tiziani Golf Car for again donating a vehicle for the University of Minnesota to use for the 2007 season. This year Cary Femrite, MTI Distributing, had the closest shot to the pin on the 17th hole.

The four closest-to-the-pin winners were: Femrite, Geoff Jordan, The Meadows at Mystic Lake; Hanna Cragun, Cuyuna Golf Club, and Brian Horgan, University of Minnesota. Jake Kocak, Prestwick Golf Club, sank the longest putt on the ninth hole. Adam Larson,

Stillwater Country Club, hit the longest drive on No. 15.

Thanks to our event sponsors for 2007.

The current list of companies helping the MGCSA are BASF Corporation, Bayer Crop Science, Cycle Works of Minnesota, Dow AgroSciences, HydroLogic, Lesco, Mom's Garden Management, Par Aide Products Co., Plaisted Companies, ProSource One, Superior Tech Products, Syngenta and Turfwerks. Sponsorship opportunities are still available. Contact the MGCSA office if you wish to do so.

Next up is our August 28 MGCSA Championship at Hillcrest Golf Club of St. Paul. - Scott Turtinen

2007 MGCSA SCHOLARSHIP SCRAMBLE Greystone Golf Club, Sauk Centre

RESULTS

- 58 Jordan Weigelt, Kevin Milbrandt, Justin Funk, Adam Larson
- 60 Mike Kasner, Scot Milstroh, Tom Kasner, Terry Simon
- 61 Tom Meier, Jeff Schmidt, Scott Thayer, Wes Stoneback
- 61 Jason Ruhoff, Jeff Meyer, Tom Ramler, Brad Deyak
- 61 Mark Boonstra, Tom Wodash, Derrick Schroeder, Lance Gripe
- 61 Dave Kazmierczak, Jamie Bezanson, Jacob Kosac, Dick Reig
- 63 Cary Femrite, Mike Redmond, Jon Almquist, Shane Andrews
- 63 Troy Tschida, Erin McManus, Nathan Tschida, Larry Gorman
- 63 Brad Smith, Geoff Jordan, Steve Young, Jack MacKenzie CGCS
- 64 Bill MacDonald, Drew Ekstrom, Joe Edberg, Jeff Gajdostik
- 65 Lee Mahnke, Tom Kittleson, George Trierweiler, Tom Oschwald
- 65 Tom Lundgren, Pete Grover, Scott Thomas, Dan Trudeau
- 65 Kevin Clunis CGCS, Greg Hubbard CGCS, Kevin Norby, Dave Newinski
- 65 Tom Proshek, Paul Diegnau CGCS, Brett Wenzel
- 65 Michael Brower, Kyle Stirn, Jesse Murray, Troy Lang
- 66 Ted Schirck, Tom Bjornberg, Mike Bohnenstingl, Chad Bohnenstingl
- 67 Jeff Girard, Larry Thornton, Matt Schmid, Mike Hilliard
- 67 Joe Wollner, Dale Lundgren, Bernie Schowalter, Hanna Cragun
- 67 Rick Traver CGCS, Jeremiah Niebolte, Ron Manske, Brian Horgan
- 67 Scottie Hines CGCS, Tom Steigauf, Eric Watkins, Chris Hoff
- 68 Bob Frank, Butch Greeninger, Pete Nolan, Tim Jansma
- 68 Jeff Johnson, Nick Folk, Rick Krause, Johnny Jarosz
- 68 Charlie Pooch, Russ Adams, Isaac Risbrudt, Carl Mielke
- 70 Donnacha O'Connor, Greg Olson, Jake Fenno, Scott Melling
- 71 Eric Peterson, Steve Hall, Jeff Bohler, Pat Anderson
- 72 Dennis Salwei, John Meyer, Rob Golembiewski



Greystone's Host Superintendent Lee Mahnke. Arrangements were made so that the recently transplanted Wisconsinite's cart was purple and his playing companion's cart was gold!

Lifting Weights—

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simply means that you should start with low-intensity exercise, once your physician gives you the go-ahead.

After several weeks, progressively move the intensity up to a moderate level. Once you're conditioned with this level of exercise intensity, researchers show that high-intensity exercise is effective for adults of all ages.

One concern that trainers have for their clients, especially those with high blood pressure, is the need for proper breathing. Holding your breath during strength training can cause your blood pressure to dramatically increase, so you want to be sure to breathe throughout your repetitions. I tell my clients to count out loud, which helps to regulate breathing.

There's one other important study that Campbell says just may inspire you to make the commitment to begin a strength training program today. Researchers took 40 adults whose average age was 69, divided them into two groups and had them complete either six months of weight training or six months of endurance training.



REPRESENTING KATE HAVEN AND FOREST HILLS at the Scholarship Scramble were, from the left, Pete Grover, Kate Haven GC; Dan Trudeau, Forest Hills GC; Kate Haven Superintendent Tom Lundgren, and Scott Thomas, Forest Hills GC.

The results were surprising. The endurance-trained group improved "oxidative capacity" (the body's ability to supply oxygen to the blood) by 31 percent, but the resistance-trained group improved 57 percent. The weight-training group also experienced a 10 percent increase in muscle size.

Since the endurance group in this study made remarkable improvements and the resistance-training group almost doubled those positive results, why not make the commitment today to add

strength training to your fitness improvement plan? And then tell your grandson that he'd better watch out, because you may be challenging him to a bench press contest in a few months!

(Editor's Note: Phil Campbell offers a free newsletter that tracks the research in the area of fitness training for older adults. Visit www.readyssetgofitness.com. Nicki Anderson is a certified personal trainer, author and owner of Reality Fitness in Naperville at www.realityfitness.com)

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