

DISC Golf



By Justin Brimer
The Dalles Chronicle

Columbia Gorge resident James Anderson said he was surprised when his new leisurely past-time started showing improvements to his overall health.

He took up disc golf about a year ago to get outdoors more often and to spend more time with friends who also enjoyed it, not thinking about the health benefits.

He said after playing a couple of rounds, pain stemming from an aggravated sciatic nerve, which causes a radiating back pain, became substantially lessened. “(My back) feels much better since I started playing,” he said while preparing to tee-off on a January afternoon.

He said the reduced pain comes mainly from the two miles he walks while playing 18 holes at The Dalles’ disc golf course in Sorosis Park.

Anthony Hithe from The Dalles agrees disc golf helps him to stay fit, especially in the winter.

“In the summer you can get lines waiting to tee off, but in the winter you can pretty much have the course to yourself,” he said, meaning more time moving and less standing, waiting a turn.

Hithe said disc golf is “a full body workout,” that combines the cardio exercise of continually walking up and down hills with the upper-body workout of throwing a disc as hard as possible.

“After two rounds I am pretty tired,” Anderson, a 36-year-old father said. “If I play two rounds I try to remember to pack a snack.”

Anderson said the park’s course

is “above average” and elevation changes on the course make for a good workout and a challenging round.

Playing disc golf does not feel like exercising, he said; instead, it feels more like a walk in the park with friends.

Nathan Ely from The Dalles said he was attracted to the sport and the course at Sorosis Park because his friends play there and it only cost a few dollars to begin.

He noted a beginner set of discs costs about \$25 and unlike regular golf, there are no fees to play.

He and Hithe both gave the disc golf course a “B+” because of the challenging yet rewarding shots and the spectacular view of Mt. Adams and the Columbia River.

That to me is what makes this course a special one,” Hithe said while motioning toward Mt. Adams.

Hithe called Sorosis Park a “mini Pier Park,” referring to Portland’s disc golf course that hosted the 2014 Professional Disc Golf Association World Championships.

“This is a true community resource,” he said.

Northern Wasco County Park and Recreation District Coordinator Daniel Kittelson agrees and said he sees park patrons of all ages enjoying disc golf.

“It gets people out there walking around and using all different types of muscles that you would normally not use,” he said.

“You see people out there year-round,” he said. “Even if there is snow on the ground you’ll see people playing disc golf.”

Kittelson called disc golfers “a pretty good group,” who rarely leave trash and are courteous to other park patrons.

He noted the parks department is about halfway to raising \$1,800 necessary to replace baskets and tee pads at Sorosis Park, all from donations from disc golfers.

Hithe said he also enjoys the

camaraderie that comes with doubles tournaments on Sundays at the park. After paying a \$4 entry fee participants are randomly paired in a “best throw” type of tournament. The winning group gets the pot and Hithe said he always has fun. Doubles tournaments begin at 2 p.m. Sundays, year-round.



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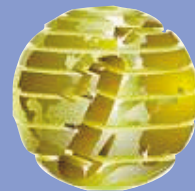
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