

Q. 5 under. David, after a bogey on your second hole, five birdies over the next eight holes. What changed?

DAVID LINGMERTH: Yeah, not much really. No. 11 is really a tough golf hole and I just put myself in a bad spot in the bunker there and didn't get it up and down. Was able to give myself some good looks on the next few holes and putted really well and felt comfortable out there. So yeah, solid day.

Q. You've made seven straight cuts on tour. What's been the key to your consistency recently?

DAVID LINGMERTH: I don't know. Just been working hard. Before that it was kind of a struggle for me early on in the year. Just been trying to do my thing and hoping that momentum would turn at some point. I feel like it has, so hopefully we can keep it going and improve on the previous results.

Q. And David, this is a course that you've actually won on back in 2012. Not many of these players have even played on this course, so how much does that familiarity and the confidence from that win, even though it was a while ago, you have won on this course?

DAVID LINGMERTH: Yeah, this is a great golf course. It sets up well for me. Obviously anytime you come back to a golf course you've won, you have great memories from the get-go. It just brings back good thoughts in my head and I know that I can probably contend here and play well. So yeah, feeling great. Had a solid first day, so now it's just a matter of keeping it going.

Q. David, what a nice round of golf, I think it all started off the tee. You hit a lot of drivers, hit a lot of fairways. In fact, you only missed two fairways all day.

DAVID LINGMERTH: Yeah, that's one of the big keys out here. It's a course where the rough is is very penalizing, really gnarly. As fast and firm as these greens are, you've really got to stay in the fairways to have a chance to make some birdies, and I was able to do a pretty good job of that today.

Q. You won here on the Web.com Tour. How much has the golf course changed? Did it give you good feelings or made no difference at all?

DAVID LINGMERTH: No, obviously coming here is going to give me great feelings knowing that I have won here on the Web.com. Design-wise, the course is the exact same. It seems to suit my eye really well. It was pretty wet and played a lot longer back then, but now

you've got the fast and firm feel to the course. So it's playing maybe a little bit different, but look-wise it's the exact same and I seem to like it.

Q. Talk to me about your pre-shot routine on the greens. Most players stand behind the ball, walk directly in. You kind of circle around it and come from the side, what's the purpose of that?

DAVID LINGMERTH: Yeah, it's something I've been doing for a little while. It kind of gives me a better appreciation of the speed I want to hit the putt with. Kind of coming in from the side gives me an idea if it's an uphill or downhill putt.

Sure, you can do that earlier in the pre-shot routine maybe, but I've been liking to come in from the side. It kind of gives me a better appreciation for how long the putt is and if it's up or downhill. I don't know, it's something I've been doing a little while.

Q. You're out early for the second round, get those fresh greens. You could do some damage in the morning.

DAVID LINGMERTH: Yeah, stay in the fairway, give yourself some chances and maybe tomorrow we can make some putts, too.

Q. A lot of birdies out there for you today. Can you kind of take us through your round a little bit?

DAVID LINGMERTH: Yeah, got a nice start there. I birdied the par-5 10th and bogeyed the next one, 11, which is a really tough hole, so I didn't let it bother me too much. Just kind of tried to stay doing what I'm doing and was able to get some chances the next few holes, made a few putts. I was able to hit a lot of fairways today, which is key if you want to make some birdies. Obviously putted quite well as well. Those were two main things out here, hit a lot of fairways and give yourself some chances and hopefully the putts will go in.

Q. You mentioned fairways, you hit 12 out of 14, tied for first. A lot of players saying that was the key to the course. How much of a focus is that for you going in today?

DAVID LINGMERTH: Yeah, I feel like that's kind of one of my strengths, a thing I pride myself in, hitting a lot of fairways. Early part of the year I struggled a bit with that, but lately I've been hitting a lot of fairways. The new Ping driver that came out, the G400, has definitely helped me since the U.S. Open. Yeah, I like this type of golf course when you can see the definition, you can zone in on your targets. You've really got to stay committed off the tee and I've been doing a good job of that so far.

Q. Do you think there are more 5-under pars out here the next couple days if the course gets more difficult?

DAVID LINGMERTH: You never know. If the greens firm up even more, it may be tough.

But I played a solid round of golf today and I feel like I could have done a little better still. Yeah, why not?

Q. What do you remember being the key to your win here?

DAVID LINGMERTH: I mean, it was similar, fairways are key. It was playing really long back then, too. Maybe the rough wasn't as penalizing, but being that it was so soft and playing so much longer, it still ended up being just as hard from the rough as it is this week. So more of the same, just hitting a lot of fairways and putting well.

Q. Were you excited to come back?

DAVID LINGMERTH: Oh, super excited. Talks about this tournament coming to this course, I've heard it in the last few years and I was kind of waiting anxiously to get a chance at this event out here, yeah.

Q. How do you describe the year you've had so far, still seeking a first top-10 this year?

DAVID LINGMERTH: Yeah, no, I've had a really tough year. Been working really hard trying to get my game going. Just been trying to stick with it because I kind of lost my way a bit there late last fall and all the way into late this spring. But it's just a matter of believing in yourself and working hard and hoping that it will turn at some point, knowing that it will turn at some point. Been very patient. These last few tournaments I feel like it's been heading in the right direction, my momentum is going the right way. So hopefully we can keep this going for a while and improve on it.

Q. I was going to ask you, have you had a round like this?

DAVID LINGMERTH: Yeah, I've had some good rounds in the last few events. I had some solid play at the U.S. Open, I started the Memorial with a 7-under round. It's been heading in this direction, I feel good about my game.

Q. What do you take from today going forward?

DAVID LINGMERTH: Just the fact that I can play really good golf out here. It's a course I feel very comfortable with, and it's always nice at any event to go and see a few putts drop early on. Knowing that you can make putts on these greens is huge if you can do it early in the event. So I'm looking forward to the next three days.

Q. You're quick to show your support for the Capitals. Did you find some friends and fans out here?

DAVID LINGMERTH: Yeah, there's some Go Caps chants out there every now and then. Saw a couple of the Caps players yesterday in the pro-am. I love watching the Capitals and

happy to be here, yeah.

Q. How did Carlson and Williams do in the pro-am?

DAVID LINGMERTH: You know, I don't know how they did. I met them before, talked to them a little bit before. They're great guys. I'm not sure how good of golfers both of them are, but they're probably pretty solid. Most hockey players are pretty good at golf, generally speaking, and I'm sure they had a good day, but I don't know what they shot.

Q. Backstrom's a good golfer, have you golfed with him?

DAVID LINGMERTH: We've been talking about it for forever, just haven't got around to it. Backstrom's a good golfer, I think he's about a 5 handicap, Marcus Johansson's like a 3 or something. Some Swedes on the team there that are pretty good golfers, so we'll have to get together and play some point.

Q. Is that where the fandom comes in?

DAVID LINGMERTH: Yeah. I mean, I kind of when I moved over to the U.S. was able to watch a lot more games than you are from Sweden because of the time difference. I just watched every hockey game there was, didn't matter what teams were playing, and after a while I just realized I was loving the Capitals' brand of hockey, just so exciting. Then having met Nicklas a couple times before probably didn't hurt the cause, either. Ovechkin's one of the most exciting players in the league. So it just kind of happened that way, one day I realized I'm a Capitals fan and it's been probably since '07, yeah.