

ROUND 1 INTERVIEW
November 30, 2017



LUCAS HERBERT (-4)

Q. Lucas, nice round out there to start this PGA Championship, carrying some good form obviously from the Aussie Open.

LUCAS HERBERT: Yeah, I think I really felt like I was able to draw on that today. Yeah, it just felt like another round out there, sort of almost a bit of a routine from last week. It was nice, no first tee jitters or anything like that. So yeah, it was good to play well.

Q. Can you talk us through the round and any moments that stand out as the highlights?

LUCAS HERBERT: I think it was actually a really solid round. I probably thought I played better than last week and the previous week. It was really good, solid ball-striking around here, got to hit it good and I managed to do that, gave myself some good looks at birdies at holes that weren't par 5s, which I usually take more advantage of than I did. So yeah, I thought I did a great job out there ball-striking wise and I knocked in a lot of good putts. Yeah, I felt like everything was really solid.

Q. And obviously a nice position heading into the second round. Is it nice to see your name up there on the leaderboard around Sergio Garcia?

LUCAS HERBERT: Yeah, I haven't even thought about that, that far ahead, but yeah, it's obviously good to have Sergio here supporting our event. He's obviously one of the biggest players in the world and the current Masters champion, so to have my name up around his is pretty cool. Yeah, heading into tomorrow obviously it's the position you want to be in. Just try and play as solid as I did today and get myself in good position going into the weekend.

Q. Those things around your wrist, what do those register, Lucas?

LUCAS HERBERT: Well, this is a FitBit, which it just picks up heart rate, steps and everything like that, which I managed to have a swim with the other night which apparently you're not supposed to have so now it doesn't really have a touch screen that works. But I think everything goes over to my phone so I'll have a look at that when it all synchs across. Then yeah, just the balance band, obviously level out the weight distribution across some of those big tee shots.

Q. And what does the heart rate get up to playing a round like that?

LUCAS HERBERT: The highest I've seen on a golf course is around 130, which is interesting. I would have thought -- it kind of sits pretty level around 110 for me, like 100 to

110. It gets up to 130, which I thought it would have more -- I thought it would be higher, the peaks when you've got a really important putt. Or I thought walking along the fairway or just chilling out I thought it would be lower. So yeah, cool bit of information that I thought -- I started wearing that about six weeks ago maybe. I was just interested and I thought if there was anything that we found out over the summer that I can work on, might be that one percent that we can improve.

Q. Did you have a look at it during last week's last round, did you see what the heart rate went up to there?

LUCAS HERBERT: I actually didn't during the round. I definitely looked at it earlier in the round Saturday because I knew it was up, so I had a bit of a look and it actually wasn't too bad. I thought it would have been a lot higher. Obviously can't this week because it won't work.

Q. And finally, how has the mental battle been sort of coming back from that result last week to teeing it up here and trying to sort of get that number back up considering what happened last week?

LUCAS HERBERT: Funny you say coming back. I don't feel coming back at all. I feel like I'm really bringing some good momentum and good positive vibes from the last two weeks into this week. So yeah, I guess different mindsets. Some guys would look at that as a real loss, but it's so many positives I can take out of that so I wouldn't think of it that way at all.