

RUSSELL HENLEY (-15)

Q. Russell, 69 today, I know it wasn't exactly how you would have liked to finish today's round, but overall what were your thoughts?

RUSSELL HENLEY: Yeah, I'm not always going to shoot 62 or 64. I feel thankful to be under par today. I feel like mentally I was pretty tough considering how I was feeling. I was really doing a good job of committing to all my shots, but you've just got to hit fairways out here. And my bogey on 11 came from hitting the fairway, so just a little bit sloppy, but overall made some good decisions, made some really nice up-and-downs and I'm thankful for where I am.

Q. When you say considering how you were feeling, was there something going on with your swing that you're working through?

RUSSELL HENLEY: I think I was just a little bit tentative, maybe a little bit nervous. I've never had a four-shot lead, so just kind of dealing with all the thoughts that are not wanted in my head and just trying to focus on what I want to do. Yeah, I mean, and like I said, the first two days everything was obviously going my way and I was playing really well and scoring well, so that's not going to happen every time and these rounds are kind of what make and break really good tournaments, so I'm really thankful to be under par today.

Q. You still have a three-shot lead going into tomorrow. Is there something that is a strategy for you tonight to kind of set yourself up for success as you go into tomorrow to try to avoid some of those thoughts?

RUSSELL HENLEY: Yeah, I mean, I try to just get away from it for the few hours that I have, go help my wife put my kids to bed and probably change a few diapers and read a few books to them.

I don't know, I think there's really no way to -- there's no really secret. I think just trying to get a good meal and get your mind away from it if you can. Like I said, I'm excited to play.

Q. Well, kids will always put things into perspective for you.

RUSSELL HENLEY: Yeah, they will. They'll wear you out, too.

Q. You were talking about keeping the focus for four days and you mentioned before the tournament, too. Does the heat add a factor to that, that this is another element that you have to fight against?

RUSSELL HENLEY: The fatigue?

Q. The heat, does it add an extra element almost that you have to battle against?

RUSSELL HENLEY: Yeah, I think I probably would have practiced a little more this week, but I tried to take it a touch easy. I knew it was going to be a hot week all week. Been trying to just drink a lot of fluids and really just keep my hands somewhat dry. I feel like my hands are constantly sweating, that's really the only two things. But I felt pretty good out there mentally, and today it wasn't too bad with that storm coming in.

Q. Do you use baby powder? What's your secret for hands?

RUSSELL HENLEY: I just rub my towel, and if it's not clean, I just get mad at my caddie. Yeah, I don't know. I need to come up with something, maybe some baby powder would work, I don't know.

Q. Your scrambling stats this week are outstanding. What do you credit that to?

RUSSELL HENLEY: I think just a lot of practice with my short game. Worked with my putting coach. I tend to overthink things, so he's put up kind of some structure in my practice of what things I'm allowed to do and not allowed to do. Just working on the fundamentals and also just spending a ton of time at home chipping. I do a lot of chipping with Larry Mize and a guy named Stan Shore (sp?) so we just try to spend a ton of time around the greens, just being a little more comfortable. I still don't feel like I'm the best chipper out here or anything, but I feel a little more comfortable because of the work I've put in.

Q. What was the best one you had today?

RUSSELL HENLEY: The best up-and-down? I'd say the one on 13. I was kind of on the downslope. If I ground my club, I think my ball would have rolled in the bunker, so I couldn't really put my club down all the way, had to -- like had it right above the ball and it was into the grain. I had a ton of green to work with and I just judged it with the correct wedge and the right flight and got that up and down. That was a confidence booster under that circumstance where I kind of feel like I'm not really hitting any greens, I'm not giving myself birdie looks, and to have a par was good.