

ROUND 1 INTERVIEW
November 17, 2022

BEN GRIFFIN (-7)



Q. Just a few minutes down the road from your house?

BEN GRIFFIN: I know, it's an easy commute. Should have walked. A couple stop lights held me back this morning.

Q. Ben, how would you characterize the round today?

BEN GRIFFIN: It was solid. I hit the ball very well, kept it in play, gave myself a lot of birdie looks. Surprisingly missed a few that I kind of wanted to make inside probably 10 to 15 feet, but hit it really well and was still able to get out of there with a pretty good score, minus 7 to be in contention.

Q. For you, what's the biggest challenges with the conditions out there today with being so cold?

BEN GRIFFIN: Yeah, staying warm is key. To keep my body moving around because it's easy to get stiff. I could feel my hands out there getting stiffer and stiffer throughout the day. So just trying to make sure I'm using the hand warmer from time to time, moving around and kind of all that's key.

It's a course I'm really familiar with living here, so I felt comfortable with all my start lines. A few of them kind of change a little bit with being windy and playing a little bit longer, but I felt very comfortable out there and felt right at home to post a good number.

Q. Living here, how much do you play these golf courses?

BEN GRIFFIN: A good amount. This year I feel like I've been on the road almost every week so I haven't played as many rounds, but had some success on Plantation this summer, had a really good round there shooting 59, so kind of used that as confidence today, it felt kind of easy.

No, I play here a lot, I'm comfortable. The unique thing about this week is the greens get a little quicker than they are the rest of the year so you kind of have to adjust some breaks a little bit, and I felt like the grain didn't play as much of an effect on the greens on Plantation today, which I kind of expected it to a little bit.

I was sick on Monday night and didn't play either of the courses Tuesday or Wednesday so I didn't really know what to expect going into the round, but obviously I'm at home so it's very familiar for me to be playing out there. Yeah, the greens I thought were a little tricky, but I

adjusted throughout the day and started to make a few down the stretch. Left one short in the jar on 18, but overall very solid day.

Q. You were sick. What happened?

BEN GRIFFIN: I think it was like a stomach virus or food poisoning. I didn't eat at all today. Yeah, on Monday night I didn't sleep at all, so I was kind of up all night in the bathroom throwing up. It wasn't great.

Then tried to sleep most of the day Tuesday, but probably only got two hours. My Whoop said I was 1 percent recovery, so that's never good. Yeah, Tuesday was strictly just rest and didn't really get off my couch except to go shower at the Sea Island spa because my roommate didn't pay the water bill, so we didn't have any water so I couldn't shower. I got out of my car, or out to my car, drove to the spa to take a shower and then came back. Eventually got water on Tuesday night.

And then Wednesday, yesterday, took it easy, but I did end up playing four, five holes over at the Retreat course last night just to see where my game was at. Honestly, didn't feel like I was hitting it that great. Went back this morning, got here earlier than I normally would for a warmup and wanted to get a practice session in. Felt really good after the practice session, hit balls for like five minutes, teed it up and here we are.

Q. Is that kind of beware of the injured/sick golfer?

BEN GRIFFIN: Yeah, I mean, when it happened and a few people knew about it, they texted me and they said to be aware. I was like, yeah, you're probably right.

No, I haven't had a lot of fuel I'd say from a food standpoint in my system the last few days, but it's always exciting teeing up on the PGA TOUR and I had energy right out of the gate, so it was all good.

Q. You haven't eaten anything today?

BEN GRIFFIN: No. I had two -- I had two bites of cereal I think and honestly I forgot to eat the rest of the bowl and so I poured it down the drain right as I was leaving the door. I had a protein shake in my bag, it actually exploded I just found out on the last hole, so my bag, my caddie's taking care of that. So I didn't eat the protein shake, and I gave a protein bar to my girlfriend out there, so I didn't eat that.

No, I just had a lot of electrolytes. Really, the last three days have been full of electrolytes, let's put it that way. Not a lot of calories.

Q. Will you tell the story of the 59 at Plantation?

BEN GRIFFIN: Yeah, it was back in July. I had just worked with my coach, James Oh, out

in California, we did some good stuff. Towards the end of our session together in California I started like making a lot of birdies and kind of brought that back to the east coast.

I had a week off on the Korn Ferry schedule and was playing around here with some friends and kind of had it going on Plantation. Started on the 10th hole and circled back to finish up on No. 9 was our 18th that day. I surprisingly hit it in the water on a hole, on No. 8, the par 5. People that have played the course would be shocked at where I hit it. I snapped it into the water, dropped, got it up and down for par. Then holed out on No. 9 from 155 yards with a 9-iron to shoot 59 this summer.

It's a course I love and obviously having that success this summer helped me a ton out there today just from a confidence standpoint and knowing kind of where to hit it and what the breaks do.

Q. Is that your lowest round ever?

BEN GRIFFIN: Yes, it is. I had some other good rounds on Plantation prior to that 59, so something about the Plantation course. I wish we could play it all four rounds this week, but unfortunately I got that one out of the way and now I've got to focus on Seaside. Again, another course I'm very comfortable with and I played a lot of rounds on, I just haven't shot a 59 yet. So who knows, maybe this weekend.

Q. Other than the illness earlier this week, you mentioned you've been on the road so much this fall. Kind of just your stamina, everything kind of feel being on the road so much this fall?

BEN GRIFFIN: Yeah, I love it. I feel like I live in a hotel room, I tell my girlfriend all the time. Being home here actually feels weird, like I'm used to sleeping in hotel beds.

Yeah, I love traveling. Having the perspective of being in an office at one point in my career, being back outside playing, it's awesome. It's just great to be able to travel and see really cool places.

And my body's held up nicely. Been doing a lot of good stretching and mobility work with my coach, Randy Myers, here at Sea Island. It's all kind of paying off and I feel great this week even though I've been a little sick, and hopefully my swing holds up and everything keeps rolling.