

Will the Private Club Boom Go Bust?

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SPRING 2007

Best Bets

Our experts rate the state's courses in **27** categories

**TOP
20
RESTAURANTS**

Your Guide to Everything Golf in Colorado

Complete Public and Private Listings
Resources from A to Z

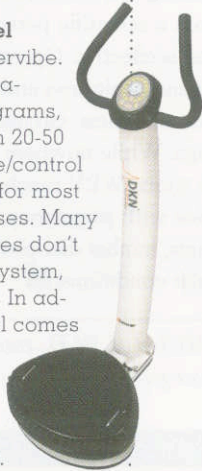
PLUS:

Trinidad's New Nicklaus Design
Ways to Shake Off Winter Rust
How to Host a Tournament

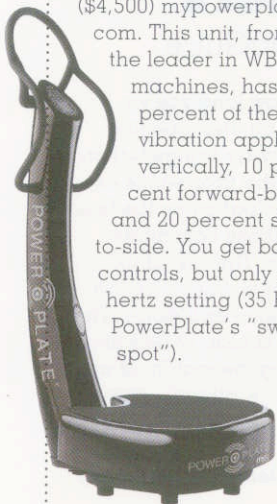


Buying the Buzz:

PowerVibe Excel (\$1,495) mypowervibe.com. The unit features basic programs, hertz levels from 20-50 Hz and a handle/control tower, required for most standing exercises. Many low-end machines don't have a handle system, which is critical. In addition, the model comes with strap attachments for upper-body and other assisted exercises.



PowerPlate My5 (\$4,500) mypowerplate.com. This unit, from the leader in WBV machines, has 70 percent of the vibration applied vertically, 10 percent forward-back, and 20 percent side-to-side. You get basic controls, but only one hertz setting (35 Hz, PowerPlate's "sweet spot").



VibraFlex 600 (\$13,899) vibraflex.com. More than 24 professional sports teams use this model, which features a teeter-totter mechanism that both stimulates your natural cross-over pattern (right/left) and postural stabilization. It won the Best New Product award at the 2006 PGA merchandise show.



15TH CLUB

Catch the Vibe

By Neil Wolkodoff

LAST NOVEMBER, WHEN COSMONAUT MIKHAIL Tyurin launched a golf ball that would orbit the earth some 48 times before burning up in the atmosphere, I naturally flashed back to Alan Shepard's 1971 "moon shot" and the Cold War propaganda that polluted outer space.

During that time Soviet spacemen were reportedly able to stay in space longer than their U.S. counterparts because of Whole Body Vibration (WBV)—a revolutionary training concept that has since gained credibility among medical experts and, as well, can potentially help your golf game.

WBV originated when Russian and Dutch researchers found that standing on a vibrating plate produced a number of benefits, including increased bone density and increased leg strength. By the 1990s research suggested that WBV had numerous health applications, particularly in the treatment of osteoporosis, and the first machines hit the market.

WBV machines have four variables that determine effect: hertz, or the cycles per second; amplitude, or the depth or travel of the vibra-

tion, generally measured in millimeters; magnitude, or the movement's acceleration power; and duration of time spent on the machine. The most common machine uses only vertical motion; you stand on a fixed platform. Some have side-to-side and front-to-back components. Another type works like a teeter-totter, with the amplitude determined by foot placement relative to the axis point.

How do these machines apply to golf fitness?

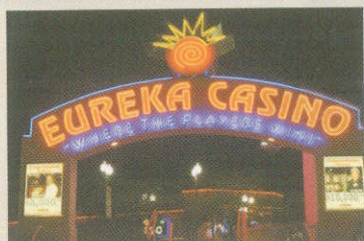
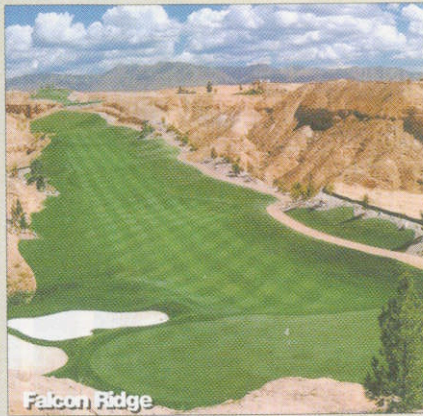
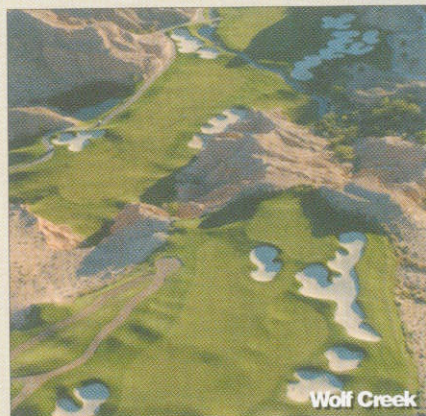
POWER: WBV can activate the "stretch reflex." When you rapidly stretch a muscle, it responds with internal signals to stretch back in the other direction. Most WBV machines deliver from 15-60 Hz, functioning "plyometrically"—creating mini-explosions on muscular and neurological levels to generate a large amount of force quickly.

BALANCE: Because the stretch reflex is used in dynamic balance and as part of sensory functions within joints, WBV training has been demonstrated to increase balance skills.

FLEXIBILITY: In a University of Miami Medical School study, WBV produced significantly



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Player's Corner

increased flexibility in the lower back and hips. Similar to the pulsing stretches often used by ballet dancers, the oscillations cause the muscles to contract and relax rapidly, promoting increased flexibility.

From a scientific perspective, not all vibration is effective. Operating jackhammers, rivet guns, chainsaws and dirt-stompers can lead to numbness, circulation loss and joint damage. While nowhere near as intense as those tools, WBV machines are contraindicated with pregnancy, artificial joints or implants, lumbar disc problems, and cardiovascular conditions. **AG**

Neil Wolkodoff, Ph.D., trains professional and amateur golfers. Reach him at physicalgolf.com.

HEAD GAMES

Shake First-Tee Jitters

By Denise McGuire

No matter how long you've been playing, that opening tee shot always brings butterflies. Relax. Even the pros sense excitement and anticipation on the first tee. But they use those sensations to their advantage. The rest of us experience sweaty palms, a racing heart, muscle tension and worry. The most likely cause is fear: of embarrassment, of losing the match, of not meeting your own or others' expectations, or of losing respect.

To combat these fears, consider the following:

- Breathe! While you're waiting to tee off, pay attention to your breath and lengthen it to five seconds for each inhalation and exhalation.
- Start with your favorite club. Your confidence and trust will increase.
- Slow your swing down to 70 percent to 80 percent in order to control the ball flight.
- Talk to your playing partners. Tell a joke, hum to yourself.
- Take your time, and go through your pre-shot routine. Don't rush.
- Waggle the club to relieve hand, arm and shoulder tension.
- Don't take yourself too seriously. You'll perform better as a result.

Denise McGuire, Ph.D., of Get In The Zone, teaches mind-body techniques to golfers. Contact her at 303-355-0321.