



## Disc Golf For the Beginner

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee®. The sport was formalized in the 1970's, and shares with "ball golf" the object of completing each hole in the fewest strokes (or, in the case of disc golf, fewest throws). A golf disc is thrown from a tee area to a target which is the "hole". The hole can be one of a number of disc golf targets; In Abernathy, tone targets (tone poles) are used. As a player progresses down the fairway, he or she must make each consecutive throw from the spot where the previous throw has landed. The trees, shrubs, and terrain changes located in and around the fairways provide challenging obstacles for the golfer. Finally, the "putt" hits the tone (red) portion of the pole and the hole is completed. Disc golf shares the same joys and frustrations of traditional golf, whether it's sinking a long putt or hitting a tree halfway down the fairway. There are few differences, though. Disc golf is free in Abernathy, you won't need to rent a cart, and you never get stuck with a bad "tee time."



**Tone Targets Used in Abernathy**