

South Jersey Golfer *magazine*



Covering the
golf scene in:

Atlantic
Burlington
Camden
Cape May
Cumberland
Gloucester
Ocean
Salem counties

Issue's Featured Course:

Sand Barrens Golf Club
Swainton, New Jersey

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SJ GOLFER YARDAGE BOOK

Publisher's Pitch

Featured Course

Atlantic County Guide

Burlington County Guide

Fictional Feature- Head Games

Camden County Guide

Cape May County Guide

Gloucester County Guide

Ocean County Guide

Salem/ Cumberland Guide

Lisa Ann's Lessons

Picture Tour- Shoregate GC

Local Scoreboard (News)

Hall of Fame

Page 4

Page 6 & 7

Page 8 & 9

Page 10

Page 11

Page 12

Page 14

Page 15

Page 16

Page 17

Page 18

Page 20 & 21

Page 22

Page 23

**sand
barrens
page 6**

**head
games
page 11**

**lisa ann
page 18**

Publisher's Pitch

It is that season again. Hibernation is over and it is time to get out there. The muscles have had time to forget the bad habits that started cropping up at season's end, and I'm rested and ready to hit the course.

This year I've made it my goal to find the very best that our little slice of heaven has to offer for all you avid golfers out there.

In this inaugural season of SJ Golfer Magazine, we will explore the nooks and crannies of the southern reaches of New Jersey and find the best deals, best courses and best experiences available.

I hope that our little publication will become your first source of information concerning the local golf scene.

In this issue we will be taking a closer look at some fantastic courses, including my home course-Sand Barrens. We have some great recurring features and an easy to use guide to all of South Jersey's courses. I hope that you enjoy this issue and welcome your comments.

Here's to hitting it straight,

Tim Reihm



South Jersey Golfer is a magazine dedicated to promoting the game of golf in the eight counties of southern New Jersey. With a per issue minimum circulation of 80,000 copies, SJ Golfer reaches over 300,000 readers a month. If you are interested in providing content or advertising in this publication please contact us-

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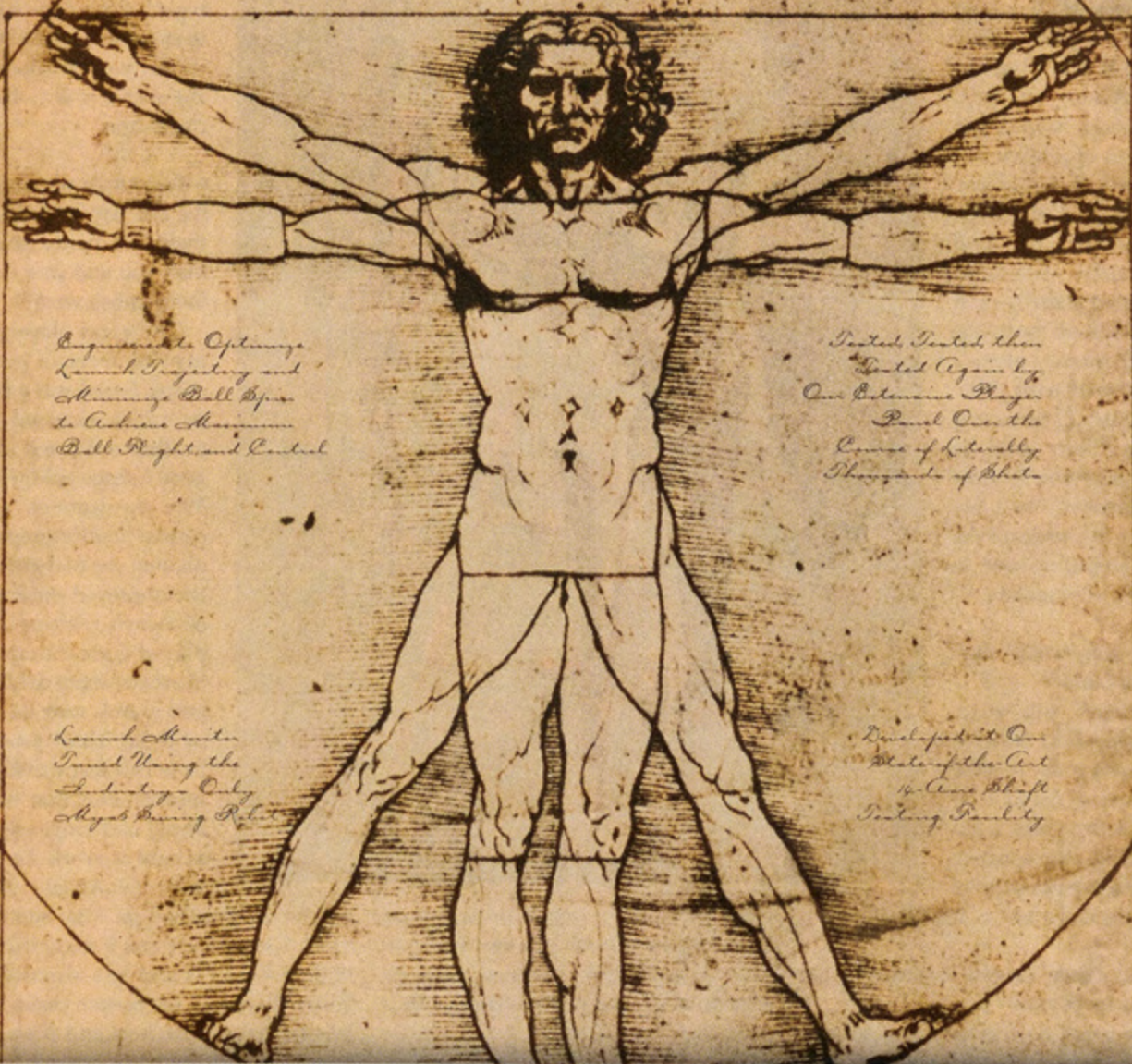
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SAND BARRENS

a golfer's nirvana

By TIMOTHY REIHM

“What, at this moment, do you lack?”

A great Muslim teacher used to ask this question to his students to illuminate their minds to the beauty of NOW- this one moment in time.

Jesus asked the question, “Can you, through worry, add a single day to your life?”

The Buddha counseled his followers that bliss could be achieved through the eradication of desire.

And yet despite the wisdom that these simple thoughts contain, we, the inhabitants of the modern world, find it difficult to live in the present.

Of course, we have moments of clarity. Once, while in the Alps, my brother looked at me and said, “Everything is perfect.”

No, he wasn't smoking anything. The beauty of that place had managed, for just a moment, to break through the constant noise of modern life and reveal the contentment of existence.

I am ashamed to admit that I have had too few moments like that in my life. Too often, I find myself hurrying through an activity to get to another activity that I will hurry through.

But occasionally something, usually profound beauty, causes me to stop and take a breath. I had such a moment just the other day.

During a round of golf at Sand Barrens Golf Club in Swainton, I had an epiphany, that, at that moment, in that place, everything was indeed perfect.

Standing in the fairway on six North, watching my Titleist arch heavenward and drop onto the center of the green, I took a moment, looked around and breathed- absolutely perfect.

Course

That is the only way that I can describe one of the BEST golf courses in all of south Jersey. Sand Barrens is a golfer's Nirvana.

Our local Nirvana is comprised of three nine hole loops, the North, South, and West Courses. There is not a bad hole amongst the lot.

Of the three 18 hole tracks you can follow, the most difficult, statistically is the North/ West swing, but my personal favorite is the West/ South Courses, played in that order.

The North Course is the oldest of the three and opened in 1997. It measures 3582 from the tips and will give the low handicapper all they want.

I would suggest leaving the driver in the bag on every hole except three and six. The last par five, number eight, is a three shot hole unless your name is Mickelson or Daly.

The West Course is my personal favorite and measures 3509. Every hole is absolute perfection, but number five is, in my estimation, the prettiest hole on the course.

Number seven is a beautiful, short par four, with a green completely surrounded by sand. Aim for the tree that hugs the right side of the fairway and draw the ball for the best angle.

The South Course measures 3376 but requires great precision. Consider keeping all woods in the bag until the fourth hole.

Number six features an elevated tee and is the most visually intimidating hole. If you are brave and hit a driver in the fairway, the par five is easily reachable, but a wayward tee shot could leave you crying like a little girl (maybe that's just me).

The finishing hole on the South Course is one of the best in south Jersey. It is a breathtaking, reachable par 5 measuring just 511 yards at its longest. The profusion of bunkers can be daunting, but the fairway is actually quite wide and a good tee shot will put you in position for birdie. This hole is emblematic of the way the course plays. It is approachable if you use your head and don't try to overpower it.

Head pro, Francis Mulholland, told me, "People stand on the tees and see all that sand and forget their names, but you could land a 747 on most of our fairways. Aim at the 150 yard markers and you'll have no problem."

There are five sets of tees that are rated handicapper, resist the impulse to play the

The genius of the course's design is the fairways tend to pinch as you will improve your score.

The bent grass greens are area course with a truer rolling

Designed by Dr. Michael of the Year) and Dana Fry, the best public course in New Jersey Week.

It has also been named to Magazine and received 4 ½ stars separate practice facilities and a from John Lubin.

The clubhouse is a fantastic southern country club. Budget enough delights of the Royal Oaks dining room.

An insider tip: if you are an individual frosty beverage, make sure to become a member play. Due to NJ liquor licensing laws, only members are play. Due to NJ liquor licensing laws, only members are sandbarrengolf.com. You can also make tee times, apply for membership and tour the course. Your membership is good for a year, gives you the ability to bring along 10 of your closest friends and have a cocktail on the best porch that I have yet to discover in south Jersey.

Insider tip two: the best time to tee-off is during the week between 11 a.m. and 2 p.m. The course is at its most serene during those times.

If you can choose only one course to play in south Jersey, this is the one. Life is too short to settle for less than nirvana.



according to your handicap. Unless you are a single digit tips, you'll have more fun.

the way it makes you wrestle with your impulses. approach the greens and by laying back you

absolutely perfect. You will not find another surface.

Hurdzan (1997's Golf Course Architect course was recently named the second by both the Zagat Golf Guide and Golf

the Top 10 courses you can play by Golf from Golf Digest. The course has two golf academy with professional instructor

structure with all the charm of a classic time into your visit to check out the culinary

who believes that a round is incomplete without a of the Royal Oaks club at least three days before you allowed to drink. You can join the club online for \$10 at www.sandbarrengolf.com.

Your membership is good for a year, gives you the ability to bring along 10 of your closest friends and have a cocktail on the best porch that I have yet to discover in south Jersey.

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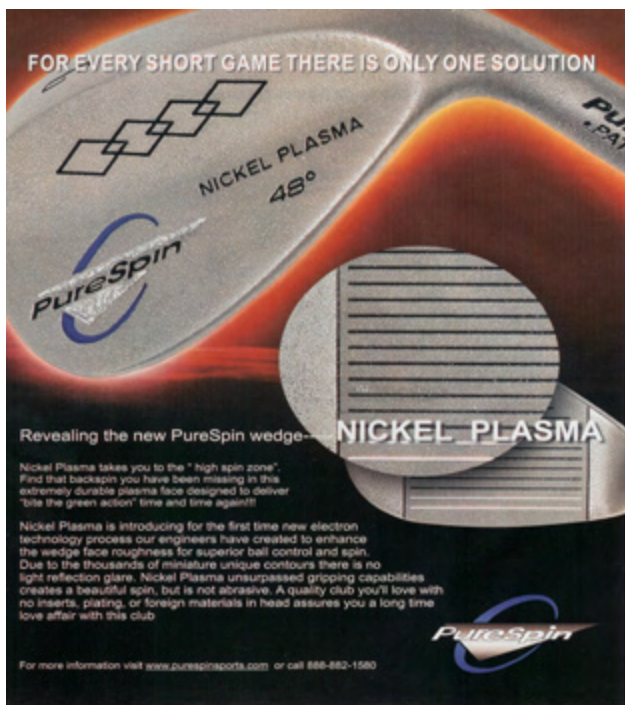
If you can choose only one course to play in south Jersey, this is the one. Life is too short to settle for less than nirvana.



Blue Heron Pines East- The East Course is an enjoyable and beautiful 18 hole layout designed by Stephan Kay. It has played host to both a USGA Public Links and the Amateur Championship. The links style course plays a whopping 7350 from the tips, but five sets of tees are in place to accommodate players of every ability level. Both it and its sister, the West Course, have complete practice, banquet and pro shop facilities. You can book your teetime by calling 609.965.1800 or online at www.blueheronpines.com.



Harbor Pines- Harbor Pines Golf Club is world class, 4-star, daily fee golf in southern New Jersey...just minutes south of Atlantic City's casinos and boardwalk...everyone's favorite place to play – rated best course conditions in South Jersey plus unequalled personalized service. World class golf outings, weddings, parties and business meetings, too - spectacular 20,000 sq. ft. clubhouse. Contact the course at 609-927-0006 or visit their website: www.harborpines.com.



PRIVATE COURSES:

Atlantic City CC-- 900 Shore Rd., Northfield -- (609) 641-7575 -- www.hiltonac.com -- 72/128 --18/70.

Ballamor Golf Club-- 6071 English Creek Rd., Egg Harbor Twp.-- (609) 926-9022 -- 72.5/130 --18/72.

Frog Rock-- 420 Boyer Ave., Hammonton -- (609) 561-1876 -- 71.2/118 --18/70.

Galloway National -- 270 South New York Rd., Absecon -- (609) 748-1000 --74/144 --18/71.

Greate Bay -- 901 Mays Landing Rd., Somers Point -- (609) 927-5071--www.greatebay.com -- 72/127 -- 18/70.

Hidden Creek-- 73 Asbury Rd., Egg Harbor Twp. -- (609) 909-2990--www.hiddencreekclub.com--72.2/131--18/71.

Linwood CC-- 500 Shore Rd., Linwood -- (609) 927-6134 -- 69.5/110 --18/71.



Twisted Dune- In the tradition of Royal Lytham, St Anne's Old Links and other famous seaside courses in the British Isles, Twisted Dune is a first class links even though it's not on the ocean. Laid out through rolling sand dunes and almost devoid of trees, it's easy to forget you are just minutes away from the action in Atlantic City and not tucked away deep in the Scottish Highlands. Contact the course at 609-653-8019 or visit their website: www.twisteddune.com.



PUBLIC COURSES:

Blue Heron Pines East-- 550 West Country Club Rd., Cologne -- (609) 956-1800 -- www.blueheronpines.com -- 74.8/135 --18/71.

Blue Heron Pines West-- 550 West Country Club Rd., Cologne -- (609) 956-1800 -- www.blueheronpines.com -- 72.9/132 --18/72.

Bringantine Links-- 1075 North Shore Rd., Bringantine - (609) 266-1388 -- www.bringantinegolf.com -- 70.2/123 --18/72.

Green Tree -- 1030 Somers Point / Mays Landing Rd., Egg Harbor Twp. -- (609) 625-9131 -- 66.1/109 --18/70.

Hamilton Trails -- 620 Harbor Ave., Mays Landing -- (609) 641-6824 -- www.hamiltontrails.com -- 9/36.

Harbor Pines -- 500 St. Andrews Dr., Egg Harbor Twp., -- (609) 927-0006 --www.harborpines.com--72.3 / 129 --18/72.

Latona-- Oak Road & Cumberland Rd., Buena -- (856) 692-8149 -- 35.3/122 --9/35.

Marriot Seaview Bay -- 401 South New York Rd., Galloway Twp. -- (609) 652-1800 -- www.seaviewmarriot.com -- 70.7/122 -- 18/71.

Marriot Seaview Pines -- 401 South New York Rd., Galloway Twp. -- (609) 652-1800 -- www.seaviewmarriot.com -- 71.7/128 -- 18/71.

McCullough's Emerald Links -- Ocean Heights Ave., Egg Harbor Twp., -- (609) 926-3900 -- www.mcculloughsgolf.com -- 72.5/130 -- 18/71.

Mays Landing-- 1855 Cates Rd., Mays Landing -- (609) 641-4411 -- www.mayslandinggolf.com -- 71.8/123 --18/72.

Pomona -- Moss Mill Rd. and Odessa Ave., Pomona -- (609) 965-3232 --9/34.

Twisted Dune -- 2101 Ocean Heights Ave. -- Egg Harbor Twp., -- (609) 653-8019 -- www.twisteddune.com -- 74.8/132.

Vineyards Golf Club -- 72 North Bremen Ave., Harbor Twp., -- (609) 965-2111 -- www.renaultwinery.com-- 72.2/131 --18/71.

Log on to sjgolfer.com to view an interactive golf map highlighting the golf scene in Atlantic County. Get your VIP Golf Card to take advantage of the best golf deals in the county.



PRIVATE COURSES:

Burlington Country Club -- 170 Burrs Rd., Mt. Holly -- (609) 267-1887 -- 65.2/111 --18/70.

Laurel Creek Country Club -- 701 Moorestown-Centerton Rd., Mt. Laurel -- (609) 234-7663 -- 73.9/146 --18/71.

Links Golf Club -- Majestic Pkwy., Marlton -- (609) 983-2000 -- 70.7/131 --18/70.

Little Mill Country Club -- 104 Bortons Rd., Marlton -- (856) 767-0559 -- 71.6/134 -- 27/107.

Medford Lakes Country Club -- 600 Oak Dr., Medford Lakes -- (609) 654-5109 -- 69.8/121 -- 18/72.

Medford Village Country Club -- 28 Golf View Dr., Medford -- (609) 654-5109 -- www.medfordvillage.com -- 74.1/137 -- 18/72.

Moorestown Field Club -- 629 Chester Ave., Moorestown -- (609) 235-2326 -- 68.3/119 --18/72.

Olde York Country Club-- 228 Old York Rd., Columbus -- (609) 927-5071-- www.oldeyork.com -- 73/138 -- 18/71.

Riverton-- Highland Ave., Riverton -- (609) 829-1919 -- www.therivertoncountryclub.com -- 70.7/123 -- 18/71.

PUBLIC COURSES:

Deerwood Country Club -- 18 Deerwood Dr., Westhampton -- (609) 267-9051 -- www.deerwoodcc.com -- 69.4/126 -- 18/70.

Falcon Creek Golf Course-- McGuire Air Force Base, Wrightstown -- (609) 724-3330 -- www.305services.com/fcgc.htm -- 72.1/118 --18/72.

Fountain Green Golf Course -- Building 3512, Fort Dix -- (609) 562-5443 -- www.dixmwr.com/FGGC/FGGC.htm -- 70.6/118 -- 18/71.

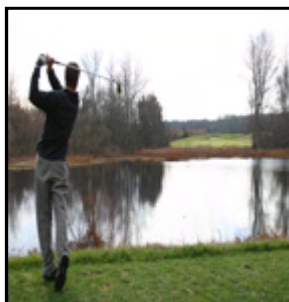
Golden Pheasant Golf Club -- 141 Country Club Dr., Medford -- (609) 654-8211-- www.golfgoldenpheasant.com -- 68.1/119 -- 18/72.

Hanover Country Club -- 133 Larvison Rd., Jacobstown -- (609) 758-8301 -- 72/127 -- 18/70.

Indian Spring Golf Club -- South Elmwood Rd., Marlton -- (609) 983-0222 -- 68.9/113 -- 18/70.

Ramblewood Country Club -- 200 Country Club Parkway, Mt. Laurel -- (609) 235-2118 -- 72.9/130 --27/216.

Rancocas -- Club House Dr., Willingboro -- (609) 877-5344 -- 72.7/130 -- 18/71.



Deerwood Country Club- Built in 1994, Deerwood is a first-class golfing facility which allows members and guests to play a course designed with attention to both the game and course amenities. It is not uncommon to see white-tailed deer, red fox and hawk while playing on a course which boasts an awesome collection of flowering androgynous plants bordering many fairways. The golf course routing was designed for golfers to enjoy the beauty of nature without imposing on it. Call 965.1800 or online at www.deerwoodcc.com.

By Timothy Reihm

Head Games

Golf is a game that is played on a five-inch course- the distance between your ears. —Bobby Jones

“Are you nuts? If you cut the dogleg you’re going to bring the water into play.”

It wasn’t really a question.

“Listen, I didn’t disturb you while you were lining up that putt on the last green. I didn’t tell you that you were playing too little break and being too aggressive and that you were going to end up with a side hill three-footer coming back.. .the one that you missed.”

It was infuriating the way that he always knew the answer, after the fact. He could always feel the wind or see the break once the guesswork had been removed from the equation.

It was true that I could be a bit too bold, but if I always listened to him with his conservative play, I would always be hitting five iron in, and that certainly wouldn’t improve my scoring.

“Listen you gutless wonder — I want to make birdie here. If I play this shot, I can reach in two. It is worth the risk.”

“O.K. glory boy, do what you want.”

“I don’t mean to interrupt, but perhaps an iron off the tee might be the more intelligent play. If you hug the left side you will take the cross wind out of play. A five iron followed by a seven would remove the risk and leave you with a 100 yard approach.”

Oh great, now Mr. Analytical wanted to join the discussion. You three putt one hole and suddenly everyone wants to tell you what you are doing wrong.

“Listen, if I suddenly decide that a deeper understanding of quantum physics will somehow improve my scoring, I will let you know. Otherwise, could you keep your nose and thoughts out of this?”

“I would, but you know that if you get too quick you’re going to push it right over those trees and plant it in the middle of the pond.”

Now he had done it. Shaken, I took a step away from the ball. He knew better than that. You never mention the water. You never state the obvious.

Idiot!

He knew it too and withdrew from the conversation.

Unfortunately, a new participant filled the welcome void.

“You could try aiming at the bunker and playing a fade. You just aim your clubface at the target and keep your shoulder aimed at that bunker. That way if you miss, you’ll be playing your second from the bunker instead of the water.”

Again with the ‘W’ word. But he did have a point. Gary McCord had made it look so easy when he demonstrated the technique during last week’s PGA tournament broadcast.

Only one problem with that — I am not Gary McCord, and I have never been able to play the fade. This was hardly the time to be learning new shots.

“It’s more likely that I’d duck hook it into the woods. If you all don’t mind, I have plenty of club to carry the dogleg, and I don’t miss right.”

I stepped up to re-address the ball. One waggle. Two. Shoulders square. Reach away slowly and drop toward the ball. Extend. Keep it smooth...

Involuntarily, I felt a faint increase in tension in my right shoulder and forearm. I knew before my head followed where my Titleist was heading.

“Come on wind, push it left!”

My eyes and ears absorbed the horrific splash. I watched the rings spread across the water, causing a duck to take flight.

It did a lazy pirouette around the pond before dropping back down near the far shore and giving me a disapproving “quack.”

No duck hook there. I knew that I should have hit the iron.

Luckily, no one was around to see the shot.



PRIVATE COURSES:

Merchantville Country Club -- Chapel Ave. and Hampton Rd., Cherry Hill -- (609) 662-9773 -- 35.2/135 -- 9/36.

Pine Valley Golf Club-- East Atlantic Ave., Pine Valley -- (609) 783-9735 -- 74.1/135 --18/70.

Tavistock Country Club -- Tavistock Lane, Haddonfield -- (609) 429-1827 -- www.tavistockcc.org -- 72.4/139 --18/72.

Woodcrest Country Club -- Evesham- Berlin Rd., Cherry Hill -- (609) 748-1000 --74/144 --18/71.

Kresson Golf Course -- 298 Kresson-Gibbsboro Rd., Voorhees -- (609) 435-3355 -- 72/128 --18/70.

Pennsauken Country Club -- 3800 Haddonfield Rd., Pennsauken -- (856) 662-4961 /www.twp.pennsauken.nj.us/ginfo.html -- 68.1/119 --18/70.

Pinelands Golf Club -- 887 South Mays Landing Rd., Winslow -- (609) 561-8900 -- www.allforeclub.com/pgc -- 70.6/123 --18/72.

Pine Hill-- West Branch St., Pine Hill -- (856) 435-3100 -- www.golfpinehill.com -- 74.2/140 --18/70.

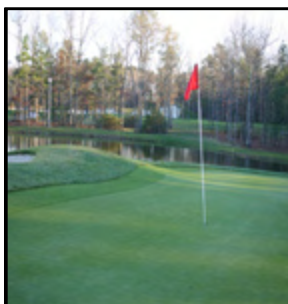
Valley Brook Golf Club -- 200 Golf View Dr., Blackwood -- (856) 227-3171 -- www.valleybrookgolf.com -- 69.7/124 --18/72.

PUBLIC COURSES:

Freeway Golf Course -- 1858 Sicklerville Rd., Sicklerville -- (609) 227-1115 -- 73.6/111 -- 18/72.

Golf Farm -- 801 Haddonfield-Berlin Rd., Voorhees -- (856) 435-1400 -- 72.2/131--27/71.

Washington Township Municipal -- 197 Friesmell Rd., Turnersville -- (856) 227-1435 -- 34.3/127 -- 9/35.



Pine Hill Golf Club- Golf Pine Hill and you will have exclusive access to one of the country's top, nationally ranked and recognized, golf courses. Designed by Tom Fazio, Pine Hill is a modern masterpiece, where golf design and nature come together at its best, offering a world-class private club experience for golfers of all levels. It is a must play for any golfer living in or visiting Camden County. Contact the course at 856.435.3100 or visit their website: www.golfpinehill.com.

Pinelands Golf Course- Pinelands is a heavily wooded and somewhat narrow course built on gentle rolling terrain amidst a beautiful natural setting. The greens are small to medium in size requiring the player to skillfully place the ball. A great deal of work has been completed in the past several years, particularly on the tees and fairways while management remains adamant about putting money back into the course on a continuous basis. Contact the course at 609.561.8900 or visit their website: www.allforeclub.com/pgc.



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Avalon Gof Club- Nestled between Ocean City and Wildwood, along the Jersey coast, lies Avalon Golf Club. Measuring from 6,325 to 4,924 yards, Avalon is a test for all skill levels. At Avalon, players must contend with narrow fairways, an abundance of water, and the most prominent feature, the wind. Being so close to the shore, the wind might very well come into play on certain days. Remember though, a breeze can be a help or a hindrance, so play smart and savor the moment. Visit them at www.avalongolfclub.net.

PRIVATE COURSES:

Stone Harbor-- 905 Route 9, Cape May Courthouse-- (609) 465-1659 -- 73/136 --18/72.

Wildwood-- 1170 Golf Club Rd., Cape May Courthouse -- (609) 465-2856 -- 72.4/124 --18/71.

PUBLIC COURSES:

Avalon-- 1510 Route 9 North, Cape May Courthouse -- (609) 465-4653 -- www.avalongolfclub.net -- 70.3/122 --18/71.

B.L.England-- Route 9, Beesleys Point-- (609) 390-0472 -- 63.7/100 --9/34.

Cape May National-- Route 9/Florence Ave., Cape May -- (609) 884-1563 -- www.cmngc.com -- 72.9/136 --18/71.

Ocean City - 2600 Bay Ave., Ocean City-- (609) 399-1315 --12/37.

Pines at Clermont -- 358 Kings Highway, Clermont -- (609) 624-0100 -- 9/31.

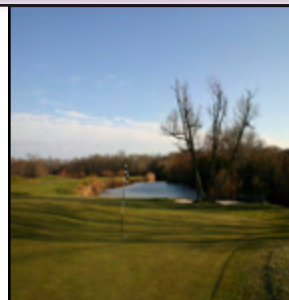
Ponderlodge-- 7 Shawmount Ave., Villas -- (609) 886-8065 -- www.ponderlodge.com -- 72/120--18/71.

Sand Barrens-- 1765 Route 9, Swainton -- (609) 465-3555 --www.sandbarrensgolf.com -- 69.5/110 --18/72.

Shore Gate-- 35 School House Lane, Ocean View -- (609) 624-8337 -- www.shoregategolf.com -- 70.8/128 -- 18/72.

Log on to sjgolfer.com to view an interactive golf map highlighting the golf scene in the county. Get your VIP Golf Card to take advantage of the best golf deals. Cape May County has some of the most beautiful and challenging golf courses in the state. Enjoy them with your own VIP Card.

Sand Barrens- Sand Barrens is designed with playability in mind. With five sets of tees to accommodate varying levels of players, from the accomplished pro to the beginner, everyone will be able to experience both challenge and enjoyment of the course. Each nine of the 27 holes plays from a minimum of 2,500 yards to a maximum of over 3,500. The par is 36 from all tees. Here's a little-known fact - their greens are made with the identical seed used on the Augusta National greens for the 1997 Masters! www.sandbarrensgolf.com





White Oaks Country Club -- The par 71, 6,500-yard, 18-hole layout is expertly managed by Director of Golf and Past PGA President Dick Smith, along with Golf Professional Todd Prohammer. The course features dramatically tall oak trees that separate the holes. The signature holes include the par 5, #7 measuring a "whopping" 621 yards and the biting par 4, #9 hole which makes the golfer to play a second shot over water to a double green. And to finish, #17, a 240-yard, par 3, has been voted, "Toughest Par 3 in South Jersey."

PUBLIC COURSES:

Beckett-- Kings Highway, Swedesboro -- (856) 467-4702 -- 69.7/115 -- 18/72.

Maple Ridge-- Woodbury Glassbury Rd., Sewell-- (856) 468-3542 -- 71.3/130 --18/71.

Pitman-- 501 Pitman Rd., Sewell -- (856) 589-6688 -- www.co.gloucester.nj.us/golf -- 68.4/113 --18/73.

Riverwinds -- Riverwinds Dr., Sewell -- (856) 848-1033 -- www.riverwindsgolfandtennis.com --18/72.

Scotland Run Golf Club -- Route 322/Fries Mill Rd., Williamstown -- (856) 863-3737 -- www.scotlandrun.com -- 71.9/131 --18/71.

Wedgewood Country Club -- Hurffville Rd., Turnersville -- (856) 227-5522 -- 72.5/130 -- 18/72.

Westwood Golf Club-- 850 Kings Highway, Woodbury -- (856) 845-2000 -- 68.2/120 -- 18/71.

White Oaks Country Club-- 2951 Dutch Mill Rd., Newfield -- (856) 697-8900 -- www.whiteoakgolf.com -- 69.5/110 -- 18/71.

PRIVATE COURSES:

Woodbury Country Club -- Evergreen and Cooper St., Deptford -- (856) 848-5000-- 72/127 -- 18/71.



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PUBLIC COURSES:

Ballamor Golf Course-- 6071 English Creek Ave., Egg Harbor Twp. -- (609) 926-9022 -- www.ballamor.com -- 18/72.

Bey Lea Golf Course-- 1536 North Bay Ave., Toms River -- (732) 349-0566 -- twp.dover.nj.us/golf.htm -- 71.3/122 -- 18/72.

Cedar Creek Golf Course-- Box B, Tilton Blvd., Bayville-- (732) 269-4460 -- 71.2/115 -- 18/72.

Eagle Ridge-- 2 Augusta Blvd., Lakewood -- (732) 901-4900 -- 70.3/123 -- 18/71.

Hanover -- 133 Larrison Rd., Jacobstown -- 18/71.

Lakewood Country Club -- 145 Country Club Rd., Lakewood -- (201) 363-8124 -- 70.7/118 -- 18/72.

Metedeconk National Golf Club -- 50 Hannah Hill Rd., Jackson -- (732) 928-0111-- 72/141 -- 18/72.

Ocean Acres-- 925 Buccaneer Lane, Manahawkin -- (609) 597-9395 -- www.allforeclub.com/oacc -- 70.8/124 -- 18/72.

Ocean County Golf Course at Atlantis-- Country Club Blvd, Tuckerton -- (609) 296-2444 -- www.oceancountygov.com/county/parks/golf.htm -- 73.6/134 -- 18/72.

Ocean County Golf Course at Forge Pond -- 301 Chambers Bridge Rd., Tuckerton -- (732) 920-4733- www.oceancountygov.com/county/parks/golf.htm -- 59.4/98 -- 18/60.

Pine Barrens-- 540 South Hope Chapel Rd., Jackson -- (877) 746-3227 -- www.pinebarrensgolf.com -- 73.5/132 -- 18/72.

Sea Oaks Golf Club-- Route 539/Sea Oaks Dr., Little Egg Harbor -- (609) 296-2656 -- www.seaoksgolf.com -- 18/72.

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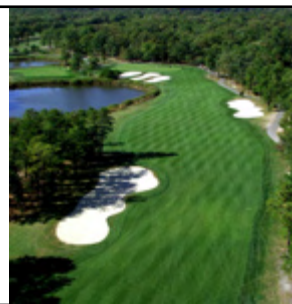
Woodlake Country Club- At Woodlake, you will find a golf experience that is unequalled in Ocean or Monmouth Counties. The area's premier private country club, a property by Matrix Golf and Hospitality, featuring a championship length golf course. The pace of play, outstanding golf course condition and the ability to play an additional 9 with ease in a comfortable environment are just some of the amenities offered at Woodlake.





Cohanzick Country Club- Hills and tight tree-lined fairways make this early 1900's par 71 course an intimidating layout for the average golfer. Nestled along the scenic Cohansey River this challenging course can be quite deceiving in several spots due to the hilly terrain and ravined par 3's. Greens are medium size, which is unusual for a course built in the early 1900's. Come try out this outstanding course and don't forget to visit us at allforeclub.com/cc.

Country Club of Salem- This course, which was built near the Delaware River, has plenty of trees to snare errant drives. There is also water that comes into play on four holes, and some sand bunkers in the design. The greens are fast. The course has lights, so you can play at night. There is an additional set of tees that can be used when playing an eighteen hole round. It is a fantastic course set up to both challenge and delight.



PUBLIC COURSES:

Centerton Golf Club-- Route 540, Elmer -- (856) 358-2220 -- 71.8/120 --18/71.

Holly Hills Golf Club-- 3740 Friesburg Rd., Alloway -- (856) 455-5115 -- 70.8/120 --18/72.

Sakima-- 383 Shell Rd., Carneys Point -- (856) 299-0201 -- 71.2/115 --9/36.

Salem Country Club -- 91 Country Club Lane, Salem -- (856) 935-1603 --74/116 --18/72.

Town and Country -- 197 East Ave., Woodstown -- (856) 769-8333-- 18/72.

Wild Oaks Country Club-- 75 Wild Oaks Dr., Salem -- (856) 935-0705-- 72.1/126--18/72.

Cohanzick Country Club-- Fairton-Bridgeton Rd., Fairton-- (856) 455-2122 -- allforeclub.com/cc -- 70.2/123 --18/71.

Eastlyn Golf Club--4049 4049 Italia Ave., Vineland-- (856) 691-5558 -- 18/62



different approach--change the club and target at least every three shots. This advanced strategy (called "random practice") is extremely powerful, since it mimics the way you play on the course. Used regularly at the range, it will elevate your skill and confidence, and lower your handicap!

Determining Your Carry Distance

Doubt, lack of confidence, and uncertainty are your enemies on the links. Therefore, another goal of range practice is to increase your knowledge and confidence in the carry distance of each club in your bag. If you are a more advanced golfer, I'm sure you are already dialed into your exact carry distance. But many beginner to intermediate golfers lose a lot of strokes by under- or overshooting the target on approach shots. If you're hitting a dozen balls per target (as in the "blocked practice" described above), estimate the average carry distance for those shots, hoping that your range's yardage markers are correct. Remember that your distance will change as your ball striking improves (and, possibly, if you get a new set of clubs), so "test" yourself for carry distance a few times each season.

Effective Driving Range Practice

Driving range practice is the cornerstone of a sound golf training program. It is here that you focus on improving the weaknesses in your iron and wood play, with accuracy and carry distance the benchmark for improvement with each club. Following are three tips to guide your range practice.

Determining Your Problem Areas

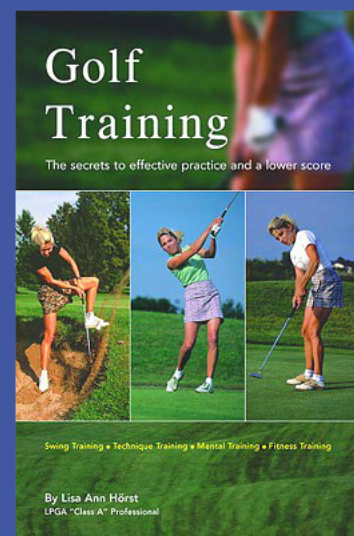
It's human nature to want to practice skills at which you already excel. Of course, this approach to practice will not take strokes off your game. You must ruthlessly pursue improvement of the skills and clubs with which you struggle. That's right, the very clubs that frustrate you the most--likely the ones costing you the most strokes--are what you must target your practice. Plan your practice schedule a week in advance, with a minimum of two sessions at the range per week.

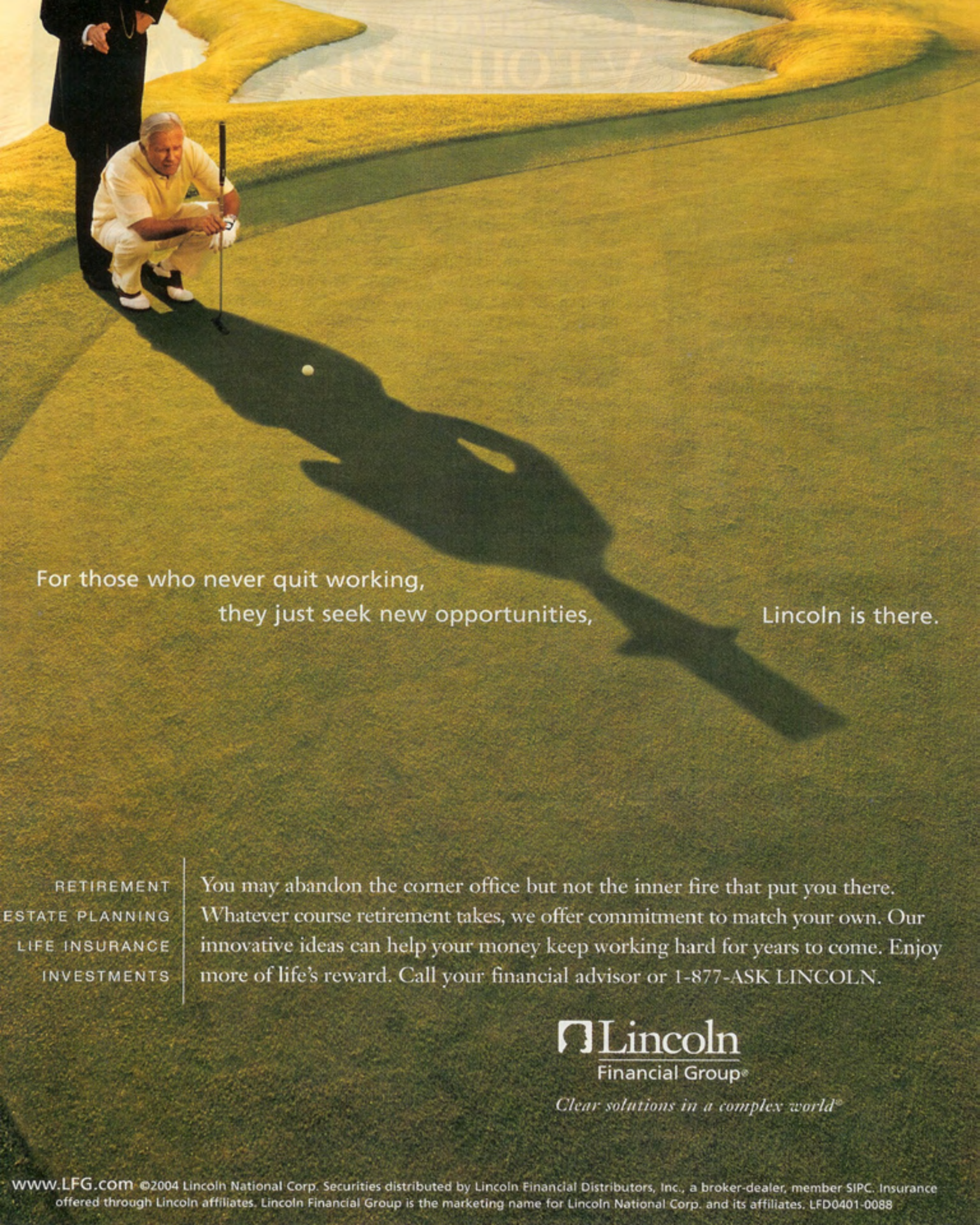
Training for Target Accuracy

Golf is a target oriented game, so your practice must be the same. Mindlessly hitting a zillion balls down the middle of the range will make you a great "range golfer" but nothing else. Always pick a target and try to place the ball as close to it as possible. On short irons shots less than 100 yards, your goal is to within five feet of the target. On your longer shots, the goal is get within a ten foot radius of the target. Beginners (persons still learning the swing) should hit at least a dozen balls at a given target before moving on to a different club and target. However, intermediate and advanced golfers need a radically

Lisa Ann Horst is a LPGA Class A Teaching Professional with 15 years of experience. SJ Golfer Magazine is pleased to feature her as our contributing golf professional.

She has helped thousands of golfers improve their games through the years and now offers her advice to our readers. Lisa Ann is pleased to announce the publication of her book, "Golf Training: The Secrets to Effective Practice and Lower Scores." You can purchase your copy at www.lisaannhorst.com. She is available for lessons, appearances and golf tournaments.





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PICTURE TOUR

FRONT 9

The opening hole at Shoregate Golf Club in Ocean View (Cape May County) offers a good chance to ease into your round. It is a fairly short 4-par that doglegs slightly to the left. It can provide a challenge for the banana ballers out there as trees and a large bunker guard the right side of the hole. The ideal shot is a controlled draw aimed at the bunker which is situated straight down the middle. A fairway metal or a long iron is preferable to a driver as placement takes precedence over distance on the hole. A well placed tee shot short or left of the bunker will leave you with a short iron or wedge to an undulating green with a bunker guarding the front right.



#1

The third hole at Shoregate Golf Club is a visually spectacular, though intimidating, looking hole from the tee. A profusion of bunkers fringe the rightside of the short stuff, while the right side is guarded by a combination of sand, water and trees.

Don't fear- the layout creates the illusion of danger, but it is a fairly benign hole. Take a mid iron off the tee to position yourself for a short iron approach to an ample green. Avoid the greenside bunker on the short right side.



#3

The front's closing hole is a real beauty and one of the most challenging par fives in all of south Jersey. It is a true three shot hole. Unless your name is Daly, you will not reach this hole in two, so take that thought out of your head and play for position. You want to leave your approach at about the 150 marker. Closer and you bring the water into play. You have about 420 yards to get there, so choose your clubs accordingly. The green's left side has a severe depression and pin placement makes a big difference on the hole's difficulty.



#9

SHOREGATE GOLF CLUB

BACK 9



A bridge through an environmentally sensitive wetland must be crossed to reach the series of holes (13-16) that I like to call the loop of truth. The first of these holes, a mid-length par five is a challenging hole that is framed in by a desert of trouble. A solid blast from the tee can get the longer hitter in position to reach in two, but beware, the journey is fraught with danger (and a lot of sand). The right side of the green slopes away harshly to a wooded area, so favor the left on your approach. When the greens are running fast you will want to make sure and keep the ball under the hole.

This short par three is an absolutely wonderful example of the unique challenge that a well-designed short hole can offer. Long on this 125 yard hole is absolute death, with the elevated green plummeting down to the dark woods. The three remaining sides of the green are completely surrounded by very deep bunkers. Miss this green and you've got trouble. A good tee shot gives you a great birdie opportunity as the small, elevated green is mostly level. This hole is loads of fun.



The closing hole is, for me, one of the most challenging on the course. For golfers comfortable fading the ball, play the ball down the left side and drift it back to the center to avoid the large bunker that guards the pivot of the dogleg. A fairway hit on this hole allows for an aggressive line on the long approach shot to this rather lengthy par four. This hole finishes like a lion and a good score here is a good score anywhere. It is a fitting culmination to a beautiful and thoroughly challenging golfing gem.

LOCAL SCORECARD

all of the golfing news from South Jersey fit to print

The First Tee Greater Atlantic City Gets Grants from USGA

Northfield — The First Tee Greater Atlantic City (TFTGAC) has received a \$30,000 grant over the next three years from the United States Golf Association (USGA) and a \$3,400 grant from The First Tee national organization.

These funds will help support the junior golf programs run by The First Tee Greater Atlantic City. Approximately 800 kids participate in the yearly summer, after-school and LPGA-USGA Girls Golf Programs. The grant funds will support the cost of instruction, course and range access, and equipment for all of the programs.

The award was one of 30 new USGA grants totaling \$632,600 to non-profit organizations across the country to support affordable and accessible golf programs and facilities. These new funding decisions bring the USGA's total giving in 2004 to \$4.3 million for "The Good of the Game" grants initiative. More than 150,000 kids and individuals with disabilities will learn to play the game this year as a result of the USGA's effort to grow the game and bring golf to non-traditional audiences.

"The USGA is proud to support community-based programs and partnerships dedicated to using golf as a vehicle to bring communities together and enhance lives," said USGA President Fred Ridley. "Today kids face significant distractions and choices. We know golf can be a positive motivator to counteract these challenges."

"We are deeply grateful to the USGA for their continuing support," said Ty Pitman, Executive Director of TFTGAC. "This grant will help provide us with the resources we need to continue to make a difference in the lives of many children in our region."

The First Tee Greater Atlantic City also received two "Best Practice" grants from The First Tee national organization totaling \$3,400. These grants recognize and reward individual The First Tee chapters for exemplary programming. The First Tee Greater Atlantic City was singled out for its after school programming and its Member Benefits Card. Funds from these grants will support TFTGAC's after-school enrichment programs, which are running in three schools in Pleasantville, two in Atlantic City, and one in Galloway Township. The programs consist of academic tutoring, life skills training and golf instruction.

The mission of The First Tee Greater Atlantic City (formerly the LPGA Urban Youth Golf Program of Greater Atlantic City) is to share and teach the benefits of the game of golf and its inherent positive values, and also to nurture and enrich today's youth in a way that they will better enable them to become

productive and contributing members of tomorrow's society.

For more information about The First Tee Greater Atlantic City, visit thefirstteegac.org, or call 609-383-1761.

Local Golfer Places 17th in World Golf Championship

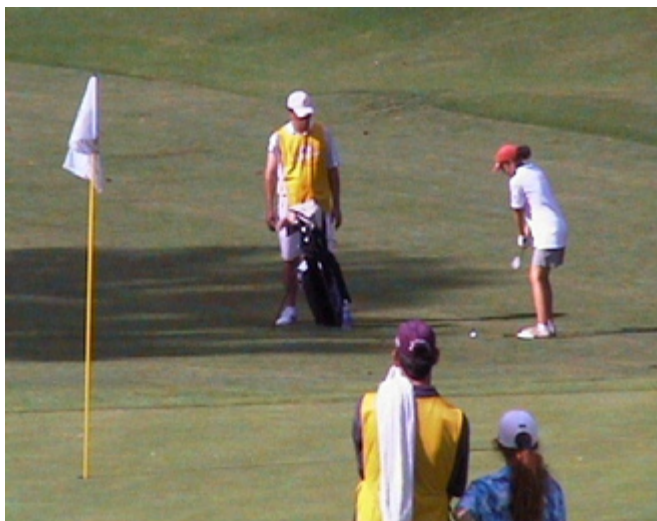
Erma — Heather Petronis, a local golfer playing out of Cape May National Golf Club, finished 17th in the world at the recent U.S. Kids Golf World Championships in Williamsburg, VA.

Petronis completed her three rounds with scores of 80, 83 and 80 to amass a total of 243 and secure a spot among the top 20 golfers in the world in the Girls 12 year old class.

The local golf prodigy earned a spot at the championships by placing 2nd in the state qualifier at the beginning of July.

This fifth annual competition featured 700 golfers from all 50 states and from around the world in age brackets ranging from 4 to 12.

Petronis also recently appeared on The Golf Channel for winning The Golf Channel's Drive, Chip, & Putt Mid-Atlantic Regional Championship.



ACE - Heather Petronis chips up as her dad John (Head Golf Professional at Cape May National Golf Club) looks on during the recent U.S. Kids Golf World Championships. Petronis finished number 17 in the world.

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