

Dear Members,

Fall has arrived and soon we will start to see foliage all throughout the Laurel Highlands. In my opinion, this is one of the best times to Golf. The weather is cool, the scenery is spectacular, and the Golf Course is in outstanding shape. We hope to see you out on the course and enjoy these last few weeks before snow arrives!

Though Fall has arrived, we keep the tournament season going, with three more fun events for you to participate in. We still have our Bucks & Does Mystery Night, Fall Member-Guest and our Pumpkin Par-3 event. See below to read all the details, ways to sign-up for these great events and information regarding the Driving Range and GHIN Score Posting.

Even though Fall has arrived, I am already counting down the days to the shopping season. Unfortunately getting product, availability and special orders may be hard to get these days. So, this may be the year to shop early and any special orders you may want, please reach out and we will do our best to fulfill your requests. Also, check below in the Golf Shop section to see special order gifts that may fit your perfect someone.

Course Information

- Please be aware of our golf cart rules for each day's play. These are posted in the top plaque of the cart as well as the sign by #1 tee. Yellow lines have been painted on the cart path of each hole. When you see these lines, please return your cart to the path. All carts are to remain on the path on all par 3's.
- The following days the Golf Course will be closed and/or tee times will be blocked until later in the day for events/outings.
 - ✓ **Friday, October 1-** Action for Animals (Tee times open around 5:30 pm)
 - ✓ **Monday, October 4-** Lig Camp & Conference (Course open around 3:00 pm for walking)
 - ✓ **Friday, October 8-** Scott Electric (Tee Times open around 4:00 pm)
 - ✓ ***Monday, October 11 & Tuesday October 12 (Fairway Aerification)***
 - ✓ **Tuesday, October 12-** WPGA Play Day (Tee Times open after 1:00 pm)
 - ✓ **Thursday, October 14-** Bucks & Does (Front 9 closes at 3:30 pm)
 - ✓ **Friday, October 15-** Thank You Outing (Course closed until 4:00 pm)
 - ✓ **Saturday, October 16-** Member-Guest (Course closed until 4:00 pm)
 - ✓ **Saturday, October 23-** Pumpkin Par-3 (Course closed until 4:00 pm)

Golf Shop Information

My favorite countdown, only 85 days until Christmas. It's always fun to shop around and find the perfect gift for that special someone. Here are a few sales and ideas that may be the perfect fit!

Wave Series

Vibration Therapy
The versatility your recovery needs.

Three distinct shapes. Three distinct purposes. With smart connectivity and innovative wave texture, our all-new line of rollers are precisely designed to adapt powerful vibration and pressure to the body's unique physiology. When today's recovery routine calls for the extra pressure of rolling, we've got you covered.



Wave Solo

Pinpointed, ultra-portable vibration therapy

This ultra-portable smart vibration therapy device delivers pinpointed pressure and vibration to focused areas for reduced tension and improved movement. Three powerful vibration frequencies and innovative wave texture allow its ergonomic shape to work deep into hard-to-reach areas, while our innovative QuietRoll Technology™ effectively mutes sound and reverberations.



Wave Duo

Contoured to the back, spine, and neck

Ergonomically contoured to the back, spine, and neck, this portable smart vibrating roller is a uniquely versatile rolling solution. Five powerful vibration frequencies and high traction wave grooves work to deliver just the right angles of pressure to areas in need—releasing soreness, reducing tension, and improving movement.



Wave Roller™

Smart vibrating foam roller

The Wave Roller™ combines powerful vibration therapy and an innovative wave texture to deliver the most powerful, efficient full-body foam rolling experience. This Bluetooth® enabled vibrating foam roller allows you to connect to the Therabody app for personalized recovery routines, releasing tension and increasing mobility where you need it most.



Theragun Overview

Smart Percussive Therapy

Our most versatile solution, Theragun, provides targeted deep muscle treatment to increase blood flow, reduce tension, improve movement, maximize recovery, and optimize sleep.

The Theragun Difference

Depth:
16 MM Amplitude
Our 16mm amplitude allows our Theragun devices to treat deep within the muscle to release tension.

Speed:
2400 PPM Frequency
Our 2400 percussions per minute (40 per second) speed allows our devices to override the pain signals to your brain, making the treatment experience more comfortable than manual muscle therapy.

No-stall force:
60 lbs. of Torque
Our devices can withstand up to an additional 60 pounds of applied pressure—without stalling—for deep treatment to the areas that need it.

PRO

Top-of-the-line, commercial-grade deep muscle treatment meets personalized, guided app experience.



Elite

Integrated with a personalized app experience, this elegantly designed ultimate wellness partner is quieter than ever.



Prime

Deep muscle treatment for your needs with the essential percussive therapy features to release everyday stress and strain.



mini

Compact but powerful, this pocket-sized partner gives you Theragun quality muscle treatment with unparalleled portability.



Using Wave Series and Theragun Together

Wave Series devices can be a powerful complement to your Theragun percussive therapy routine. When your body feels like it needs that extra pressure of bodyweight-driven rolling, Wave Series devices are there to round out your recovery routine. It's the versatility you need to find the combination of recovery solutions that work for you.

Active Warm-Up

Wave Series

Target areas that will be taxed during the workout. Incorporate slow and controlled dynamic movements while using the Wave Series.

- **Duo:** Treat your mid-back while performing crunches.
- **Solo:** Treat your calf while performing ankle movements, rotating clockwise and counterclockwise. Treat your chest while performing arm movements, such as lifting your arm over your head and back down to your side.
- **Roller:** Focus on areas such as the IT band, hip flexor, and lats to improve circulation, increase mobility of the joints, and improve flexibility of the muscles prior to a workout.
- **30 seconds per muscle, 3-5 speed**

Theragun

Perform Theragun on areas that will be used during the workout to prep and warm the muscles.

- **15-30 seconds per muscle**
- **2400 PPM | Standard Ball**



Therabody



Recovery Solutions

Wave Series & Theragun



LCC GOLF SHOP SPECIAL PRICE

Mini - \$174 from \$199

Prime - \$249 from \$299

Elite - \$299 from \$399

Pro - \$399 from \$599

Wave Roller - \$99 from \$149

Orders placed by October 7 will be delivered by November 10



G-TECH

STAY WARM WITH YOUR FIFTEENTH CLUB

Get a competitive and psychological advantage. G-Tech Heated Pouches are built to keep your hands warm and ensure that golf is always a warm-weather sport. Golfers rely on our patented technology to stay warm on the course and perform their best.

THE TECHNOLOGY

Designed with precision, quality, and care, G-Tech offers revolutionary portable hand warmth. By specifically heating the hands you can create circulation that heats your entire core body temperature with a very light weight, long lasting battery.

- ADVANCED FABRIC TECHNOLOGY
- LITHIUM POLYMER HIGH-PERFORMANCE BATTERIES
- 3 CUSTOM HEAT SETTINGS
- WATER RESISTANT MATERIAL
- PATENTED HEATING TECHNOLOGY
- PREMIUM CONSTRUCTION



G Tech Heated Pouches

(As seen from this year's Ryder Cup)

Retail Price: \$150 w/ logo

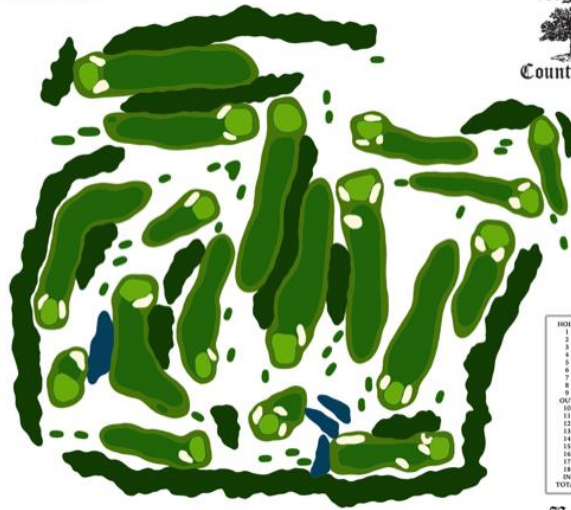
LCC Shop Special: \$125

Red, White, Blue & Camo Available



FOR PROOFING ONLY

Ligonier
Country Club



HOLE	PAR	YARDS
1	5	285
2	4	265
3	4	260
4	3	236
5	4	264
6	4	274
7	3	181
8	4	256
9	5	434
OUT	35	3333
10	4	406
11	3	220
12	4	307
13	4	313
14	4	382
15	3	487
16	4	283
17	3	210
18	4	338
IN	32	3060
TOTAL	70	6273

Est. 1925



LCC Course Map Prints

11 x 14 Course Map print: \$65

11 X 14 Standard Mat w/ frame: \$159

- Must have (5) orders to place standard Maps
- Must have (3) orders to place framed pieces
- 8 x 10 & 16 by 20 also available
- Espresso, Black & Mahoney available for frame colors



Garb Baby Onesies
w/logo

Retail Price: \$45

LCC Special: \$36



UPCOMING EVENTS

Bucks & Does

Thursday, October 14

5:45 PM Shotgun

Come on out for our last Bucks & Does event of 2021. This one is set to spook all players and give you that thrill feeling.

We all know the daylight is beginning to fade, but don't worry we will have Glow-In-The-Dark Golf Balls for all players if they need to use them on the last couple of holes

Format: Scramble (make your own pairing)

-Mystery Tees, clues & more!!

\$30 per person (includes Buffett after Golf)

Open to Golf, Social & Guests

Fall- Member Guest

Saturday, October 16

11:00 AM Shotgun

- Bring 1, 2 or 3 Guests
- \$120 Per Person (Price includes continental breakfast, hot dog at the turn, steak dinner, \$20 Gift, Skins, Team & Skill Prizes and Cart Fee.)

- Format: 18-Hole (1 Best Ball of 2 NET)
- 85% Handicap as of October 12 revision
- Teams will be flighted based on total team handicap index
- If bringing multiple guests; members are partners with each guest
- All teams eligible for Gross, but if they win Gross, they will not win their flight

Sign-Up Deadline: October 10 @ NOON

Pumpkin Par-3

Saturday, October 23

11:00 AM Shotgun

- Format: Best 2 of 4
- \$35 Per Player (includes lunch buffet, team prizes & skill prizes)
- OPEN TO ALL MEMBERSHIP TYPES & GUESTS
- Sign-Up as a single, twosome, threesome or foursome!

Sign-Up Deadline: October 21 @ NOON

Hole-In-One Club

The hole-in one club will end on October 31. All money in the pot will be carried over to 2022, where the club will start again on April 1.

Hole-In-One Club Pot: \$800+

ENTRY: \$10 per person, per hole-in-one (opt-out anytime)

2021 Hole-In-Ones (IN THE CLUB)

Fred Planinsek- Hole #4

Corey Riddell- Hole #7

Bob Jackson- Hole #17

Driving Range

The Driving Range will close after days play on October 31. The Range will re-open in April of 2022.

GHIN (Scoring Posting)

Score posting will continue again until November 14 of 2022. After this day, posting of all kinds for our area is not allowed. If you play in a state (ex. Florida) that, is its active season, you may post those scores.

Warm Regards,

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