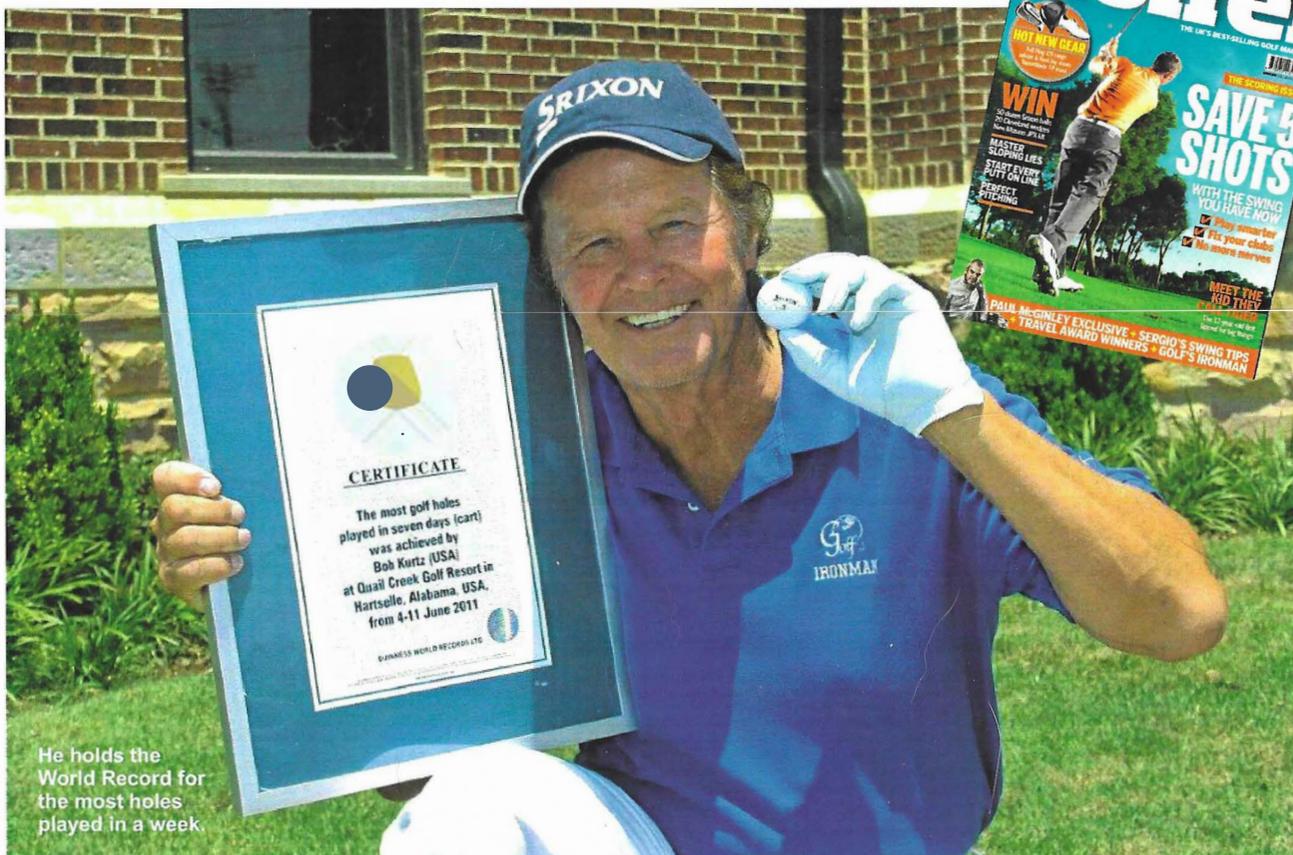


# "The Fittest and The Fastest"

GOLF'S IRONMAN - BOB KURTZ



He holds the World Record for the most holes played in a week.

## 'I played 500 holes without stopping'

Even at 72, Bob Kurtz plays more golf in a day than some of us do in a year

My church wanted to have a fundraiser in 2006, so I came up with the idea of doing a golf marathon. People pledged to donate a set amount for every hole I played, thinking I'd play 54 or maybe 72. I played 188, so it proved to be a very effective fundraiser!

The following year I did it again and played 220 holes non-stop, starting at 5.06 am and finishing at 7.58pm. I started getting into it, so I checked what the record was for the most holes played consecutively. The record was 401, so the following year I played 405 holes. The adjudicators let you play with a glow ball during the night. After setting that record, I started wondering how many holes I could do without stopping, and decided to aim for 500. I played 500 holes, which took 40 hours, and raised \$102,000 for charity; you can host a big charity golf tournament and not raise that kind of money.

After that, Guinness got in touch and



Bob plays more golf than any other 72-year-old on earth.

suggested I try to break the record for most holes played in a week, which was 1,800.

It was a huge thing to organize. We had over 100 volunteers involved. I was playing at least 16 hours each day, sometimes as much as 20 hours a day. I worked out for a year and a half, four or five times a week, to prepare for the physical challenge.

I planned it for the first week of June, as that's not the height of summer, so you normally get plenty of daylight without it

being too hot. Unfortunately, the temperature that year broke the record for June; it was 105 degrees. I got heat exhaustion at about 3pm on the last day. I went to bed, the nurse gave me another IV when I woke up, then I started playing again at 6pm and carried on until midnight. I played 1,850 holes in total, and tried on every shot, I've never hit a ball without trying to play a proper shot.

I play really fast. I jump out of the cart, hit the ball, and give the club to my caddy, who puts it in the bag while we're zipping along to the next shot. I run onto the green to putt, and run back to the cart after I've holed out. My quickest round was 46 minutes; my average was under an hour.

I was 71 the year before last, and did a challenge to shoot my age as many times as possible in one day. I played 10 rounds, and shot 70 or better seven times. I don't think that record will ever be broken.

www.golfsironman.com

# GOLF'S IRONMAN

Bob Kurtz IS the *Ironman of Golf* with multiple world records for golf marathons.

In addition, he plays FAST!

On June 25, 2014, he set the mark for "The Fastest 72 Holes Ever Played." He finished the 72 holes in 3 hours and 5 minutes. His last 18 holes was played in 42 minutes and he shot a 71 - two strokes below his age!

## OTHER WORLD RECORDS

- **500** Consecutive Holes
- **1,850** played in one week (June 4-11, 2011)\*\*
- Most times scoring one's age or better in **ONE DAY** - 7 times (August 1, 2012)\*

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\*\* Guinness Book of World Records and Ripley's Believe It or Not

\* Guinness Book of World Records

All "Ironman" golf marathons are events raising awareness and contributing monies to the problem of child abuse. "Ministries to Children" is a tax-exempt 501C3 charity.