

BMW Championship

Thursday, August 26, 2021

Owings Mills, Maryland, USA

Caves Valley Golf Club

Jon Rahm

Quick Quotes

Q. Talk about the round of golf; it seemed like the course was very gettable with the soft greens today.

JON RAHM: It was. It's a lengthy golf course. You're going to have a lot of long irons into some of the holes. If you can put it in the fairway when it's as soft as it is, you can be aggressive. Had a great ball-striking day and made a couple of good putts early on and had it going early and continued the mojo throughout the day.

I think not huge numbers of bogeys can happen easily. Rough is thick, long holes, you can make a bad swing and have a tough one for par like, for example, Tony did on 13. It's not like he really missed a shot, but he had pretty much an impossible up-and-down. If you manage it well and hit it as well as I did today, you can post a low one.

Q. Tell me about how you approach this type of event when you're playing with Tony who's ahead of you in the FedExCup standings and Cameron is right behind you but you're also playing against 67 other guys in the field. Do you look at that this early?

JON RAHM: No. I pretty much know if I win I'll be going No. 1 to next week, so that's the goal. I'm not thinking about points or anything. I'm just trying to hit the best shot I can and move on to the next one.

Q. Last week being in contention, coming here, the Monday finish, everything that comes with leading a golf tournament is exhausting. How are you, and how do you keep your energy up but you still have lots of golf to play?

JON RAHM: Luckily I had a month off, so it helps. Those guys that went to the Olympics and played Memphis and played more events than me may be a little bit more tired, but really that shouldn't be an excuse in my case. Just rest and recovery, knowing what to do properly.

On Tuesday when I came to the course I didn't do too much. I didn't even venture out on the golf course because I knew it was a tough walk. I just hit some balls, a little bit



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of putting and chipping and went home.

On days like that, Monday afternoon, Tuesday, what I really do, and I really, really prioritize, is hydration. When you know you're going to have weeks like last week, humid this week and humid next week, if you get dehydrated in the middle it's going to affect you coming the next few weeks. What I'm doing yesterday and today and tomorrow and every single day and this afternoon is going to help me be able to stay in good form, so I think that's the most important key. Eating enough calories and drinking enough, as well.

Q. You had a disappointing finish last week and yet you come right out here, bang, right up at the top. What does it say about your ability to do that?

JON RAHM: I must say, for all those Ted Lasso fans out there, be a goldfish. (Laughter).

If you haven't seen the show, you've just got to check it out. I feel like almost everybody knows. Have you seen the show?

Q. I have not.

JON RAHM: It's basically happiest animal in the world is a goldfish. You know why? He's got a 10-second memory. Played great golf last week, just a couple bad swings down the stretch, and that's the most important thing to remember.

Q. Who's the best goldfish out here?

JON RAHM: Oh, without a doubt Dustin Johnson. He has the ability to forget unfortunate moments better than anyone else.

Q. When you look back to your scores from I would say Memorial on, what are you doing in practice? Are you maintaining? What do you do? It's been a nice run of no real dips.

JON RAHM: Just always trying to get better. That's all I can say. I think the bigger thing has been the putter. I found a putter that really works for me that I'm comfortable with. I would say ball striking is probably not that different before and after Memorial, but my putting stats are

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guaranteed to be a lot better, and that's the key difference. When you're hitting it as good as I have the last few months, giving myself plenty of opportunities, if the putter gets a little hot, you're going to put some good low scores.

Q. Have you ever been surprised by a bad round?

JON RAHM: No. I mean, it happens. It is what it is.

Q. It happens, but what surprises you more, a really good one or a really bad one?

JON RAHM: Neither surprises me. You want to play good, but sometimes it doesn't happen.

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