

Valspar Championship

Friday, March 20, 2026

Palm Harbor, Florida, USA

Innisbrook Resort (Copperhead)

Gary Woodland

Quick Quotes

Q. In with a 3-under 68 to be 4-under going into the weekend. That's nice playing. It was a little bit of a wobbly start, but how did you turn that around?

GARY WOODLAND: It's probably as solid a round as I had all year of the even though I made a couple bogeys early I knew I was playing well, I was hitting good shots. A little frustrated with the 3-putt there on 11 on a par-5 I played beautifully coming in too. It was as good as the ball striking's been in a while. I've been driving it nice all year and I putted it okay but the ball striking hasn't been where we wanted it. It was nice to see some good shots that I haven't seen in a while.

Q. How do you just flip the switch after a couple of bogeys early on like that?

GARY WOODLAND: Just stay the course. Keep trying to hit stack good shots after good shots. That's something I haven't done much of this year. It's kind of been a roller coaster of a year. Today was able to stack good shot after good shot. That definitely gives you a little confidence going forward.

Q. Was there any sort of points of emphasis in your preparation this week?

GARY WOODLAND: It's been coming. I've been hitting it nice on the range, our practice sessions have been really good. I just haven't translated to the golf course. So it was a lot of stay the course. Stay the course. We know it's coming. I was talking to Randy, my coach, Friday after missing the cut last week and just talking about how close it is. Like how close I am to just taking off. Nice to see some signs that have this week.

Q. What do you recall from your win here in 2011 and how did that sort of set you up going forward in your career?

GARY WOODLAND: Yeah, probably a golf course that's not people would say not ideal for me. It's more of kind of conservative shots and play to certain points. But I hit a lot



of 2-irons, it was firm that week. I hit a lot of irons off the tee. Really relied on the ball striking that week. I had a great putting -- I don't think I missed a putt inside 17 feet on Sunday. I think I was 17-17 inside 20 feet or whatever it was. I had a nice day on the greens. But it gave me a lot of confidence that I belonged out here for sure.

Q. How would you describe the response to your talking about the PTSD last week?

GARY WOODLAND: It's been amazing, to be honest with you. I obviously got a lot of love and support after coming out of brain surgery and all that, but it was a lot more last week. I was maybe a little surprised by that. I think probably a lot of people could relate more to what I'm battling right now than they can relate to brain surgery, probably. But everyone's amazing out here. The family, the tour itself, the golf world, it's been amazing.

Q. Is this helping you mentally to focus?

GARY WOODLAND: I tell you what, I was nervous to come out. I've been, it's something I battled now for over a year. But last week my caddie said it was the best he's seen me since he can remember. I think just releasing it now. I can focus my energy on myself and what I need to do to be successful, instead of wasting my energy trying to hide something. It's my reality, it's what I'm battling, and we'll get better, for sure.

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