

PRE-TOURNAMENT INTERVIEW
October 13, 2020



JON RAHM

DOUG MILNE: We will go ahead and get started, Jon. We know your time, you've got a lot going on today, so we'll keep this brief. We appreciate it. Thanks for joining us prior to the start of the 2020 CJ Cup at Shadow Creek. Making your second start of the season, U.S. Open, top-25 finish there. Just some thoughts on how you're feeling as you're heading into the week here at the CJ Cup.

JON RAHM: It's hard to think it's a new season.

Well, you know, out of those three weeks without tournaments, I took a little bit of time off and then back home. Most courses were overseeding, so it's been more of a time of recharging batteries, say it that way, right? It's been a time of getting those, let's say, recharging the competitive stamina. We played so much golf and I was lucky enough to be in some good events and play solid in some of the good ones that sometimes you just need to get your competitive edge back and take some days to yourself to get a little something back into you and that's what I did. Trying to rest, enjoy a couple days off, enjoy some time with my wife since we still haven't had our honeymoon. A couple of those things.

You know, got back at it a couple of weeks ago and very excited to play this event and this golf course. I've heard great things about the CJ Cup. I've been wanting to go to Korea, but usually it overlaps with some of the events I play in Europe, so it's happening for the first time on U.S. soil. But excited to play and excited to see this golf course. I've heard great things about it.

DOUG MILNE: Okay. And just kind of one more question from me and then we'll open it up. Just a reminder to those who might have questions, if you would please type it into the chat as opposed to hitting the hand raise icon, that would help me out.

Jon, my last question for you, coming off a great season, 15 starts, top-10s in more than half of them, eight top-10s including your wins obviously at the BMW Championship and the Memorial tournament.

How overall pleased were you -- sounds like a silly question. How pleased were you with the season given the interesting scenario as to how it all unfolded?

JON RAHM: It's hard to think about it as one season, right? There's a clear before and after and it reflects on my game. Before, I was extremely -- not extremely comfortable, but I was consistent, right? I maybe didn't have my best stuff, but I posted some good scores and finished top-10 in most events. After the quarantine months, I was the complete opposite, maybe not playing my best but the weeks that I had it, I won.

So a little weird just because more used to playing just consistent golf, but there was an adjustment period after not playing for so long and then coming back without crowds, I think it affected a lot of us and it affected me and it took a couple weeks before I got used to it.

Still hard to make an overall assessment of one full season, right? I was really happy I was able to break through and win more than once on the PGA TOUR in once season, especially in five less starts than I usually have because I usually play 20. So I'm happy about that and proud. It was a great season, great golf, stats reflect it and my performances reflected it. So hopefully I can just keep it going this season and play a full season and have the usual events I have.

Q. You played -- I think in the restart, you played nine times in 11 weeks or something like that, it's a big stretch. Did you find yourself more tired after the TOUR Championship than maybe previous years and how that affects going forward with two majors still to play?

JON RAHM: Okay, I think I hear you very low.

It's not that bad when you have weeks in between. I think the hardest thing was playing the three playoff events, winning the BMW in a thrilling finish, having East Lake five days and going straight to a U.S. Open, that's what made it really difficult. Usually after East Lake we have some time off and then you get to play. There wasn't really time to think about resting, but now after the U.S. Open I've had some time and I've taken the time.

I don't need that much time off to feel rested. I practice a lot, so if I take maybe a week when I'm not going as hard as usual, I'll feel rested enough.

I think the more important thing was what I mentioned, the competitive stamina. There's only so much each one of us can compete or somebody able to compete at a high level and that's where I think your mind needs to feel comfortable and rested and I think that was the most important part for me.

Physically, I feel great, still feel great. Mentally, especially after a cruel U.S. Open, you need some stress-free days, that's the most important part.

We still have obviously a lot to play and a month until the Masters, so we have two great events without a cut, which is less stressful, less people on the golf course in two great venues and great cities. So I think it's going to be great to play those two events and get ready for Augusta.

But without asking, just simple as mind over matter. Mentally, you can be. We're here to win tournaments, we're here to win majors, and if you feel a little tired at Augusta you've got to pull through. The tournament is much more important than how you feel, so you've got to get it done. You're not always going to feel 100 percent. That's no excuse that's why we practice

and that's what we do, you're there to compete and perform.

I didn't hear what you said.

DOUG MILNE: We've got a couple of questions coming to you in Spanish. If you have questions for Jon in English, it's important to type your name in now.

Jon, how much experience have you had with Shadow Creek in the past, or is this just a whole new ballgame for you?

JON RAHM: My only experience was The Match, that's about it. Never been here before and I just saw The Match, that's all I've seen about Shadow Creek. I'm excited. I've heard some players already say this is the best greens they've ever played on and I've heard from a lot of people this is a really good golf course, so I'm excited.

(Questions in Spanish.)

DOUG MILNE: I'm sorry we couldn't get to everyone's questions, but Jon, I know you have a tight turnaround at 10:30, so we appreciate your time and we wish you the best of luck this week.

JON RAHM: Thank you very much.