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A Little Scientific Research for All Those 19th-Hole Debates

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Ever wonder if you play better golf riding in a cart or walking? Ever wonder how many calories you burn in a typical round? For example, in the study, golfers scored lower while walking with a caddie or with their clubs on a push cart than they did when using a motorized cart. And golfers carrying a golf bag posted the highest average score.

As one might expect, the most energy was expended while walking with a bag (721 calories burned for nine holes). But walking with a push cart was not far behind (718). Walking with a caddie burned 621 calories for nine holes, and riding in a cart still burned 411 calories on average.

The tests involved men ranging in age from 26 to 62 and had handicaps from 2 to 17. Each played the front nine at a championship-quality Denver-area course four times on different days — walking with a push cart, walking with a caddie, walking and carrying their golf bag, and riding in a golf cart.

Weather conditions were similar each day. The golfers were required, as much as was possible, to approach the nine holes the same way each time. In other words, if they had hit driver off the first tee in their first round, they had to hit driver again on the first hole of their final three rounds. The sequencing of how they played the rounds was varied; not everyone played with a golf cart first, then with a caddie and so on.

The golfers' results during the four rounds tracked similarly with consistent statistical trends. For example, seven of the eight golfers reported the same scoring pattern: lowest while playing with a pushcart (group average was a five-over-par 40 for nine holes), followed by playing with a caddie (42), playing in a motor cart (43) and playing while carrying their bag (45)

Interesting !!!!!