

RUSSELL KNOX (-7)

Q. A solid round of golf today, seven birdies, no bogeys, 17 of 18 greens. I don't care what golf course you're playing, that's pretty strong. Your thoughts on how you played today?

RUSSELL KNOX: Yeah, just like you said, I was delighted with it. It was a solid round. Hit a lot of good shots, rolled the ball well and for the most part felt very comfortable. So all in all, delighted with it.

Q. Five under making the turn, was that back nine a little bit more difficult for you? The winds really picked up for you guys in the afternoon.

RUSSELL KNOX: Yeah. I mean, I probably just didn't play quite as well on the back nine, a little trickier. I mean, the front nine's I think more scorable, but saying that, good golf, you can score, but I was happy. I hit some very good shots that should help me as the week goes on mental-wise and I was happy with it.

Q. We always wonder, first time the Tour's had an event here, what the scores will be. We got to 9 under, some guys got it to 10, fell back a little bit. What were you thinking coming in the scores would be like, and obviously you're 7 under?

RUSSELL KNOX: Yeah, I wasn't sure, to be honest. I mean, I knew of course there's a lot of shorter holes where if you drive it well, you can have wedges and even some chip shots in. But it's windy and the par 3s are very difficult if played all the way back. We were up three of the four today, which was a nice break for us, so that helped the scoring. The par 5s, three par 5s are reachable. Good golf, there's going to be low scores every day, but the course is going to play harder if the wind picks up a little bit and the par 3 tees go back and three of the four par 3s are going to be very tough pars.

Q. The Tour just played Japan, ZOZO. Did you watch any of that, and knowing that the Olympics are there next year, is that kind of on your mind and do you think about that a little bit?

RUSSELL KNOX: I did watch the ZOZO. I wish I was there. I was kind of mad that I didn't play good enough to be there because the course looked like I would have enjoyed it a lot. Yeah, I mean, the Olympics, to be honest, is not really on my radar because I'm under United Kingdom/Great Britain. I've got a lot of English guys that are very strong players ahead of me. I mean, I wish Scotland was independent and we could go under Scotland, then I would have obviously a much better chance, but I'm going to have to get going a lot if I'm going to make it for Great Britain.

Q. And your wife just gave me a little secret that you've been doing some things away from the golf course that may have contributed to some of the health benefits, maybe a mind awareness. Can you speak to that a little bit?

RUSSELL KNOX: Yeah, I'm borderline lazy when I'm home, but we've been -- I go to Pilates class with her, which I really enjoy. We've done a little bit of spinning on the bike and a little bit of yoga called Yin yoga, done that a couple times. That's been a little different for me. Trying to dabble into the meditation world. Not there yet, but done a little bit. I think that's important for golf. I mean, I get a little high strung and a little tight, a little nervous at times, and if I stay relaxed, I can shoot good scores.

Q. Have you been to Bermuda before?

RUSSELL KNOX: Yes, I have, yeah.

Q. So coming here, the reception of the people? And have you done anything these few days away from the golf course?

RUSSELL KNOX: Walked downtown Hamilton a little bit, went out to eat. Everyone's super nice here. It's a British island, of course they'll be nice, right? I mean, it's beautiful. We came here in 2016, the week of the Ryder Cup actually when I didn't get picked, so we had a nice little vacation and relaxed a little bit. We had a good time. When I wasn't going to make it into the WGC event in China and this was available, I'm like, absolutely we're coming. Definitely happy to be here