

ROCCO MEDIATE (-3)

Q. How good is that?

ROCCO MEDIATE: For me, it was really good. I put it on 17 greens today, which is sweet. Still, the putting is so hard around here. Jeez, oh, man, the putting's hard around here. They're just so fast. They're firm. They're still lightning, they're still bricks, so you've got to have control. It was a good day, it was a good day.

Q. On TV they were really admiring your physique, your sculptness.

ROCCO MEDIATE: Yeah, that's nice. I did some things. I got myself in really nice condition. I have a 4-year-old daughter and I kind of want to do the best I can for her. That's it, it helps.

Q. How much of that was just giving up the alcohol?

ROCCO MEDIATE: Most of it. I eat as perfect as I can, yeah. I eat as perfect as I can. I don't know what I weight I'm not a weight guy, diet person, because diets aren't sustainable. So I just eat as well as I can. I drive my wife -- what are you going to eat? I want this, no problem.

Q. A guy named Rocco should be eating a lot of pizza.

ROCCO MEDIATE: A lot of pasta, pizza, yeah. I was never that person. I just -- I just eat better now. I feel good, everything's good. Club's moving good. I'm just getting used to everything.

Q. I was going to say, how's this affect everything?

ROCCO MEDIATE: It's better, it's better. It has to be. Very rarely do you get yourself in reasonable shape and dump a quarter of your body weight and things go bad, you know what I mean? Just got to watch the muscle mass. I don't know what I weigh now, but my highest was 250 and I guarantee I got at least a quarter, maybe more than that. Getting older, you lose muscle mass. You've got to be careful with that, so I just do little things, nothing fancy.

Q. Were you able to settle in a little bit? Were the winds a little less dicey today?

ROCCO MEDIATE: In spots it was like none, and then it came up and the back nine played a little windier. But we've played here so many times, you know what's going on, but they're

still swirly. That's why the scores are -- 5, 6 under's leading. I love that type of tournament, though. I enjoy that type of tournament. Tomorrow, I can take today and use it regardless of whether I win, lose or draw tomorrow. I can use it because I needed to play good. I haven't played great this year, consistently good this year. Today was very consistent, very pleased. So hopefully ...

Q. Are you capable of winning?

ROCCO MEDIATE: Oh, sure. You have to get in -- have to get there coming home. Who knows what's going to happen tomorrow. One of the leaders shoots 5 or 6 under, then it's going to be really hard, but you just never know. I know I would enjoy being in that position again to have that shot, that's all you're trying to get, and it's been a while.

Q. Speaking of tomorrow, very good chance that you're going to be paired with Bob May.

ROCCO MEDIATE: Perfect.

Q. Obviously you share some history there as far as --

ROCCO MEDIATE: His playoff was three holes. Yeah, yeah, we definitely share some history with Mr. Woods. That's great, it would be great to be paired with Bob. I haven't played with him in 100 years, so great guy, wonderful guy. Everybody's good, but Bobby's a good man. It's nice to see him out here and healthy. Healthier, I should say. I don't know if he's 100 percent, but he must be pretty good.

Q. I don't imagine you'll be talking much about your shared history?

ROCCO MEDIATE: I talk about anything, I don't care. It's just golf. Yeah, who knows.

Q. Last thing on that, when you watched Tiger this week --

ROCCO MEDIATE: It was really one of the coolest things. But here's the -- the shocking thing to me was how shocked everybody was. I wasn't surprised at all. The only thing I was surprised about was it took so long. It was an amazing -- I mean, what he did and where he's come from has been remarkable, but I just knew that was going to happen. It's not over. I've been saying it for two years. People have been calling me names, you're out of your mind, he can't beat these kids. I said really? If he knows where his ball's going, watch, and now he does and he really showed it to us last Sunday, especially the last four or five holes. Well, I started watching from 13 in. He never missed the middle of the face. Even that shot on 18, he had to hit it short right. Even on the green would have been nice, but with a two-shot lead, he can handle that pitch out, get it up and down, up and in in 3.

Q. You consider that a good memory, though?

ROCCO MEDIATE: I consider it a fantastic memory, yeah. It was as much fun as I've ever had. It was awesome. And you can't dial that up. Best player, U.S. Open, really? It's the greatest thing ever. I did all I could. I played as good as I could really play.

Q. You share an important part of history with him.

ROCCO MEDIATE: Absolutely, yeah. It meant a lot to me. Probably didn't mean much to him, but it meant a lot to me.

Q. I hope it did.

ROCCO MEDIATE: Yeah, it meant a lot to me. It was just fun being there and performing.

Q. Do you recall any of that when you were watching him play?

ROCCO MEDIATE: Oh, I recall the whole --

Q. I mean, Augusta, that brings back -- stir up things again?

ROCCO MEDIATE: I remember every shot that I hit and that he hit that day. I can almost tell you numbers, the yardages. Yeah, you remember that. It was a special time, special time. It was fun to be a part of it.