



*Steven Alker*  
*Pre-Tournament Interview Transcript*  
*August 14, 2025*

#### **Steven Alker Interview**

**Question:** It has kind of been a strange week, weather-wise, a strange week ó a strange summer here, weather-wise. How does that kind of play to the ó to the course, do you think?

**Steven Alker Answer:**

A little different to normal. I played on Tuesday, and it was kind of soft and was kind of surprised. So a lot of rain. But the rough's up. There's a little more rough than normal years. And it's good. It's kind of U.S. Open-like a little bit this week, which is nice. So, yeah, good tests. I enjoy the golf course here. So, yeah. When the rough's up, you got to get it in the fairway and play the ball.

**Question:** Does that maybe make guys like yourself a little more confident right now, I mean like yourself?

**Steven Alker Answer:**

I mean, you got to drive it well, right? If you're in the rough all day, it's tough to play out here. So, yeah, drive it well, you got a good chance this week.

**Question:** You finished sixth last year. Does that give you confidence you can be right up there again this year?

**Steven Alker Answer:**

It does. A couple of good rounds last year. I think I had a par round in there as well somewhere. But, yeah, I played well. It was nice. I like the golf course. You know, it's all out in front of you so you got to drive it well and do everything well. So, yeah, I'm looking forward to the week.

**Question:** How important is it to get off to a good start on the first day in a three-day tournament?

**Steven Alker Answer:**

Yeah, it always is. You know, whatever week you play, you want to be under par at least, not too far from the lead. So just kind of get going and get some momentum. I think that's just what the guys do out here. You know, they just go from the start. "Three days. Let's go." That extra round, you know, four-round majors you can kind of pace yourself a little bit. But here you got to get out of the gates pretty quick.

**Question:** Who are you playing with tomorrow?

**Steven Alker Answer:**

I'm playing with Darren Clarke and Jason Caron.

**Question: Darren did well, too, last year.**

**Steven Alker Answer:**

Yeah. I think Jason did too. So he played well here and got his status, which was nice. So, yeah, couple good guys, couple good players. So, yeah, hope we'll make some birdies.

**Question: Does this tournament kind of turn you on when you get a chance to play here? Like I say, has your career been good here?**

**Steven Alker Answer:**

Yeah, it has been. I played the Canadian Tour back in, like, late 90s, early 2000s. So I enjoy coming to Canada. I love coming across the border and playing. And they do a great job here. Rogers does a fantastic job. So we just enjoy coming here, playing the golf course. The crowds support us. And what more could we ask?

**Question: What has turned your year into a successful one to this point?**

**Steven Alker Answer:**

I think consistency. You know, would like to win a couple more. But, you know, I'm right there, you know. We are obviously chasing down Miguel. And he's had a great start and playing good. So, yeah, that's the goal right now. You know, end of season, we've only got, what, nine or 10 events left. So we're going to try and chase him down somehow.

**Question: What is it about Miguel that's putting him there? I mean, and he's a character; right? He's on top.**

**Steven Alker Answer:**

Yeah.

**Question: He's out there kind of strutting his stuff; right?**

**Steven Alker Answer:**

What can you say? I mean, experience. He's won all over the world. I mean, he's still winning now. So just goes to show you he's in good shape. I mean, all these things kind of add up to playing well. And kind of age doesn't really matter out here too much, you know. You look at Bernhard Langer and what Miguel is doing right now. So even guys in the 60s are still competing very well. So, yeah, for us younger guys, we got to just keep at it and don't take for granted, you know?

**Question: I was going to say, you guys are all in good shape. You have to be, don't you?**

**Steven Alker Answer:**

Yeah, to play week in, week out, yes. You've got to. Miguel's always worked hard on his game, stayed in shape, and that's why he's doing well right now.

**Question: Maybe this is a little too personal, but for guys on this Tour, what's your regimen to keeping in shape? Is there a secret to that? Is it consistency?**

**Steven Alker Answer:**

Yeah. I mean, everybody's different; right? I mean, they got their own routine. Some guys don't work out at all, and some guys are religious. So there's a whole mix. And it's just getting that balance right, getting your ducks in a row and doing what works for you; and then, you know, you go from there. I think what I've found from playing the PGA Tour and European tour is like, I've kind of got smarter. I practice a little bit less, work hard on the body, and that seems to work for me. So guys are different. But I think to some degree you've got to keep working out, you got to stay in shape. You know, we're walking, we're traveling, we're playing 20-odd weeks a year. So, yeah, to some degree you've got to have that, you know, workout ethic, you know?

**Question: Is it more cardio?**

**Steven Alker Answer:**

Yeah, I think so. Yeah. You know, it's just part of the game. It's all part of what we need to do to play well.

**Question: You're not out there pumping iron or anything like that; right?**

**Steven Alker Answer:**

Off-season.

**Question: Yeah? Really? Okay.**

**Steven Alker Answer:**

Yeah, I like to you know, like guys like even Padraig, I mean, I try and get in a good workout, you know, during the week, if I can, you know. So just get the muscle on, because we're getting old, guys. You know? It's like, you know, it disappears pretty quickly. So we got to keep at it. You know. It's the only way you're going to do it.

**Question: Who's got the abs out there?**

**Steven Alker Answer:**

Oh, no. (laughter) I don't look at that in the locker room.

**Question: That's fair. That's fair. Just wondering if there's anybody out there that flexes and gives it their all.**

**Steven Alker Answer:**

Nah. Maybe Miguel at times, you know. But I don't know.

**Question: Padraig is pretty ripped.**

**Steven Alker Answer:**

Yeah. No. There's some strong guys. I mean, they just stayed in shape. I know Mike Weir, I always see him in the gym. He's like my build but he's in shape. So, yeah, it's a choice, right, whether you going to keep at it or not. I think you need to these days stay competitive.

**Question: When you say Miguel flexes on the range, what do you mean by that?**

**Steven Alker Answer:**

Well, his stretching routines. Yeah. He's got some different moves. But, yeah, it's pretty entertaining, to be honest. But, again, he's another guy that I've seen, he's working out a lot stretching and staying in shape.

**Question: Entertaining, and I imagine with the way he's playing right now, maybe a little intimidating, too, right?**

**Steven Alker Answer:**

Yeah, a little bit, you know. But we got 10 events left. We got some double points at the end of the year in our playoffs. And he can be caught. So we've got some work to do.

**Question: Thanks for being candid and weird with me.**

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