

The Woman's Touch

The Biltmore is ranked by both Condé Nast Traveler and Travel & Leisure as one of Florida's top resorts.



Lara Pavloff

CORAL GABLES, FLORIDA: The PGA of America, founded in 1916, is the largest sports organization in the world. Less than five percent of PGA of America members are women. The Biltmore Hotel golf management understands the value of female PGA golf professionals. "Two of the most valuable assets to our golf operations are PGA Head Golf Professional Lara Pavloff, and PGA Golf Instructor Renee Trudeau, recently recognized by *Golf Digest* as one of the 'Best Young Teachers in America,'" reported Bob Coman, director of golf.

"Every course has forward tees, but our female-friendly mindset differentiates us," said Lara Pavloff. "I start a swing analysis by looking at the grip. If it's incorrect, you are forced to compensate elsewhere in the swing. Since most women have small hands, they should interlock their fingers and favor a strong grip to help generate more swing speed and distance."

Renee Trudeau has a practical female oriented methodology in her golf instruction. "Women tend to be perfectionists. I stress the importance of being realistic in expectations and enjoying the game. Your mental state is as important, if not more important, than your tech-



nique. Women use muscles differently and everything from flexibility, arm strength, and the size of their chest, influence how they swing the golf club."

A SOUTH FLORIDA LANDMARK

The Biltmore, which opened in 1926, offers a Donald Ross designed golf course; 275 luxury rooms; the spa; and a one-half-mile-long pool with private cabanas. It is home to the University of Miami Women's Golf Team and Golf Channel Academy. "A stay at The Biltmore should be at the top of your 'must-do list,'" said Trudeau. "I can't think of a prettier place than admiring the hotel from the golf course or relaxing by the pool in our perfect winter weather." ■

For information on winter golf packages, visit BiltmoreHotel.com or phone (855) 311-6903.



Renee Trudeau

THE BILTMORE is a national historic landmark with four restaurants, one of which is arguably a top-10 French restaurant on the East Coast. The Palme d'Or with a Michelin Star chef, is one of only three restaurants in Florida with Five Diamond recognition.