

# 'My friends think it's a riot, because I can't even kill bugs'

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28th Street behind 28th Street Motor Company. The gym is in its third year of business — and its third location in Boulder — and has about 40 regular members.

For a boxing gym, the fact that almost a quarter of the members are women is a bit unusual. But Gaudette, who fought in the late 1960s and early 70s, prides himself on running a non-threatening gym, where anyone is welcome.

"One of the conditions for being a member at this gym is you have to be friendly," said Gaudette, who offers customers a money-back guarantee if they don't enjoy their first lesson. The women who work out there agree that the atmosphere is one reason they decided to join.

Lyn Bain danced around the heavy bag, using left jabs to set up a powerful right hook.

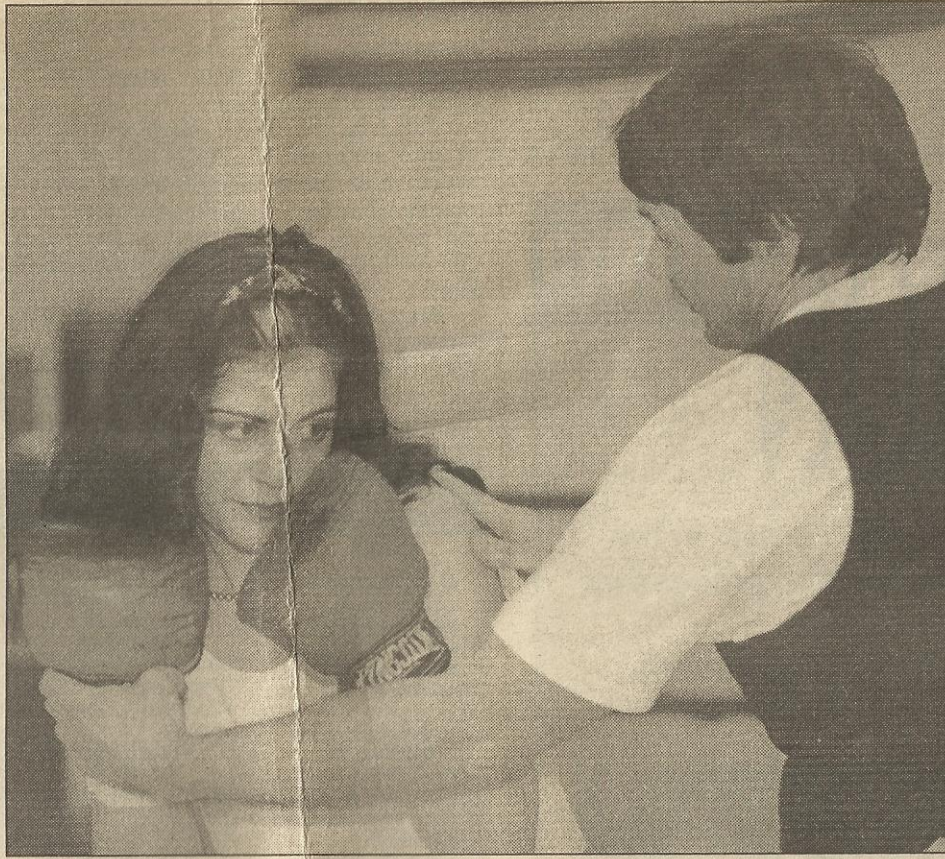
"I figured out it wasn't a bunch of macho sweaty guys," said Bain, who started boxing two weeks ago. "It was the atmosphere here — guys will come give you pointers, and everyone is really nice."

"The main sports I've been into before are Rollerblading and tai chi," Bain said. But she got sick for several months over the summer and needed a way to get back in shape.

"I wanted something aerobic, but I wanted something different," she said. "I thought this would be different, new and fun — and it was."

A thirst for blood is not a necessary prerequisite for learning to box.

"My friends think it's a riot, because I can't even kill bugs — I have to put them outside," Bain said. "I don't want to spar. I'm never going to be a fighter. I can't hurt people. I want to hit someone even less than I want to get hit."



Jon Hatch

## Dave Gaudette instructs Sarah Bell during a workout at Front Range Boxing in East Boulder.

"Most people who train here do not spar," Gaudette said. "Nobody has to do it, and nobody is allowed to unless I think they're ready."

One female member of the gym, Centaurus High School student Addie Seely, is training for Golden Gloves competition, and some other women at the gym do want to spar.

"Eventually, if I feel confident enough," Bell said. "It takes a lot of train-

ing to get to that level. It's a very competitive sport, and the level of concentration is really high. A lot of people don't realize that."

Bell began boxing three months ago, because she liked the workout it gave her.

"A lot of methods of exercise are really unfocused. I had to do something that would keep my concentration up," she said. "I like really aggressive workouts, and this is a different kind of workout,

because you're actually learning something."

Other women agree that boxing gives them the toughest workout they've had.

"I came in here last Tuesday, and I'm still sore today," said Lisa Chesney, three days after her lesson. Chesney and her husband Curt take boxing lessons together.

"I wanted to learn to box, but there's nothing available unless you want to be a pro. This was the only place I could find that's not like that," Chesney said. "And time flies when you're in here. You have a million things to think about, and it's just so much fun to hit things. I have a big smile on my face the whole time."

"It is definitely a good way to get your aggressions out," said Sharon Tamm, who started boxing in October. "And it's pretty much the best workout I can think of. It's a really good cardiovascular workout—I can barely do the punching bag for more than one round."

Tamm, who has done a lot of swimming as a lifeguard, called boxing "twice as hard."

"It requires a lot of skill, dedication and conditioning," said Gaudette. "Much more than people think."

"A lot of people don't realize the beauty in boxing, but it's there. The way each move sets up the next — the hook, offensive, sets up the weave, defensive, which sets up the offensive hook," Gaudette said, standing up to demonstrate, linking the maneuvers together gracefully. "It's like yin and yang," he said.

Gaudette loves introducing people to the sport of boxing, and said he trains men and women the same way.

"I train different types of bodies different," he said. "I'm going to teach a short person different techniques than somebody who's 6' 6". But there's no reason, except for tradition, why women shouldn't do this. No reason at all." □