

[104TH NORTH]

OUTDOORS

BY CHRIS HAWKINS

[INDOORS]



PHOTO BY JULIE LEVY

Gym Dandy

GET OFF THE ELLIPTICAL. IT'S TIME FOR SOME SERIOUS BUTT KICKING.

Treadmill running in the winter is about as appealing as a root canal. But the monotony of indoor workouts doesn't have to cause pangs of seasonal affective disorder. Make your routine something you look forward to—mix in a different workout, even if it's just once a week. There are many options in our active area; here are a few that may tickle your inner athlete.

Indoor Soccer: At Boulder Indoor Soccer (BIS) one afternoon, 18 players showed up for a two-hour pick-up session. Two teams played for five minutes. The winner played the third team for five minutes. Teams rotated with no one playing more than two games in a row. Though the skill and fitness levels varied, one thing was certain: Because of the pace and the small field, I was always either sprinting or gasping for a few recovery breaths. It's an interval workout like few others. Pick-up games are every Tuesday/Thursday, noon–2pm, \$7.

Indoor Cycling: Rodrigo Garcia used the same formula for his year-old Boulder Indoor Cycling (BIC) velodrome that has worked for his soccer program at BIS.

There's an intermediate and advanced skills course in the middle of the track. Drop in on your lunch with your fat tires (or rent one) and keep those bike chops fresh. Get private or drop-in instruction for all levels. You'll learn or sharpen skills like balance, braking and turning.

If speed and 45-degree banked turns are your bag, try track certification classes based on your ability. Choose the drop-in instruction or take an eight-week course. The number of weeks for certification depends on each rider's ability.

Hook your road bike up to an indoor trainer that monitors power output. You'll sweat with other cyclists and a coach, pedaling in a program specific to your power zones. Classes are eight weeks; each class lasts one hour and 15 minutes. Prices vary.

Boxing: Front Range Boxing's (FRB) hanger-shaped corrugated building can't be missed. Its scruffy exterior shouts there's work to be done and it ain't Jazzercise. The inside, with its two roped rings, well-used heavy bags, assorted weights and various boxing memorabilia, looks like a boxer's gym. It's just how Dave Gaudette likes it. The blocky owner and former boxer has one gym rule that belies the digs: "You gotta be a nice person." Truly, Gaudette exudes genuine niceness, and he breathes boxing. Hitting a bag "makes you feel empowered and releases your negative energy," he says, shuffling in front of me throwing punches in the air. "Not just one hit but a four or five punch combination. Ding! Ding! Ding! Ding! And the thing is dancing and making all kinds of noise. And you think, 'Wow!'"

FRB offers a free boxing introduction by appointment. Gym membership (\$85/month) includes a Boxing 101 class. Private lessons with Gaudette are \$60/hour.



[GEAR]

+ **Adidas Samba Indoor Soccer Shoes**, \$50, Dick's Sporting Goods

+ **Nike Woman's New Field Pant**, \$35, Sports Authority

+ **Castelli Velocissimo Bib Short**, \$125, Colorado Cyclist