



MARK IVINS

"There's precision" in learning how to box, says Front Range Boxing Academy Owner Dave Gaudette. "And in that precision there's a certain beauty. It's really an art." Above, he teaches boxing skills to Valerie Gilmer, a radiological receptionist at Boulder Medical Center.

Get ready to bob and weave; gym teaches 'art' of boxing

BY CHRIS WOLF

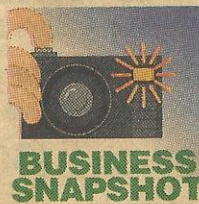
BOULDER — "I want you to jab," says Front Range Boxing Academy owner Dave Gaudette, while smearing Vaseline on the face of his customer. "I want you to move around. I want you to hit him a lot and don't let him hit you."

Dancing from one foot to the other, throwing punches with the right, then the left, his face distorted by headgear and the mouthpiece, the young man shakes his head

in the affirmative with each of Gaudette's instructions.

A moment later two fighters square off in the ring in the storefront gym just off 28th Street in Boulder.

Yes, Boulder has a gym. And that's gym, as in speed bags and skipping rope, clinches and upper-cuts. Gym, as in, going back to the gym, today, like every day, to sweat and suffer, to get harder, stronger, faster and tougher. Like the gyms mytholo-



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CONTINUED ON PAGE 10

SAVE