

Realtors, dentists, lawyers in the ring to learn how to throw, take a good punch

CONTINUED FROM PAGE 1

gized in the movies. Where Rocky went, and the Raging Bull. And like all those other gyms where the myths were made real by Ali and Frazier and Tyson. Where legions of young men went in search of unconscionable dreams of ultimate glory. To hit and not be hit by every man they ever stepped in the ring with.

Dave Gaudette knows those gyms. He's been there. He started boxing when he was 17. Two years later, in 1969, he won the New Hampshire Lightweight Amateur Championship. He trained with "Marvelous" Marvin Hagler and "Rockin" Robbie Sims. He was coached by Angelo Dundee at the Fifth Street Gym in Miami. He went 27 and three.

Since his boxing career ended, Gaudette's done other things. He got some jobs and worked for people. He went to school and got a master's degree in philosophy. But he never quite got the taste for the fight out of his system. He never forgot the rush of a perfectly executed combination or the focus and purity after a hard workout in the gym.

"I missed boxing. I was in love with it. So I put up a heavy bag in my garage," Gaudette says, his face a picture of sincerity.

A heavy bag is the long, cylindrical punching bag that hangs from the ceiling. Boxers train on heavy bags to improve their combinations. Gaudette used the one he hung in his Lafayette garage for reminiscing.

"And it occurred to me that in a place like Boulder, where people are so health conscious, that this would be a natural. I figured all these people would have to do is try it and they'd be hooked. They'd love it," he says. "And that's proven true."

One year after opening, the Front Range Boxing Academy claims more than 30 members, Gaudette says. Among the mem-

FRONT RANGE BOXING ACADEMY

Address: 2862 Bluff St., Boulder

Phone: 546-9747

Fax: None

Founder: Dave Gaudette

Number of employees: One

Business Plan: To target the professional and the executive and anyone else who wants a friendly environment in which to train to have the body of a boxer without having to take the punches; at some point to have several Front Range Boxing locations.

Start-up costs: \$6,000

bers, most of whom pay \$160 per month for full gym privileges and one hour of personal training from Gaudette, he counts dentists, lawyers, financial planners, Realtors, students, and computer programmers of both genders.

"It's an excellent workout to relieve tension and stress," Gaudette says.

"There's precision involved in it. And in that precision there's a certain beauty. It's really an art. I compare it to painting," he says.

"A painter has to have a good brush. If his brush is all frazzled and everything, he's not going to be able to paint a very good picture. And in boxing" — Gaudette stands to demonstrate — "the boxer's body is his brush. You've got to be in shape, and you've always got to be moving."

He's bobbing and weaving and throwing shadow punches with loose, bony fists at an imaginary target on which his eyes are trained sharply. "You've got to keep your center of gravity in the same place but you're moving all the time. And you can throw any

punch in the book.

"The dynamics of throwing a punch are complex. People say, 'Oh, yeah, I know how to throw a punch,' but they don't. I guarantee that anybody who comes in here, I can teach them to throw a punch twice as hard as they could otherwise."

Gaudette says boxing's essential violence carries "a certain stigma," but he downplays that aspect. Everyone wears headgear and "nobody's ever gone down in this ring," he says. "When you're in this ring, it's not a war; it's a cooperative kind of thing and you're helping each other out. Of course, when you step into the prize ring it's different," he says.

Gaudette already claims two Golden Gloves winners.

Around the walls are motivational messages: "Lead With Speed, Follow With Power" and "When in Doubt, Work Out" and, of course, the American flag.

While the two young men are sparring, Gaudette shouting cues and encouragement to them both, six or seven other men and women are working out on the speed bag, the heavy bag and the double-end bag. The front door opens and in walks a wiry crew-cut kid of 17. A smiling Gaudette walks straight toward him: "How you been? We haven't seen you around. I was talking to your dad," he says, and on and on.

They sit down ringside. "We need a good hard-hitting featherweight in here," Gaudette says. "You've got talent. I want you to win Golden Gloves," he tells him.

"That's what I want more than anything," says the kid, looking directly at Gaudette. "I don't want to be out hanging around and smoking cigarettes all the time."

the actual city staff.
oves to allow more
cooperative answers
rns. The close prox-
ning, engineering

business specific company needs and permitting departments affords

P. 16