

# Knott Street Boxers Enter Hall of Fame



PHOTO BY KATHERINE BLACKMORE/THE PORTLAND OBSERVER

Representing two generations of the Knott Street Boxing Team are (left to right) trainer Chuck Lincoln, boxer Halim Rahsaan, boxer Laura Dalente, trainer Ray Milton and boxer Cedric Armstrong.

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Dalente moved to Portland last year from Wisconsin, already having a firm stance in the ring. It wasn't until she started competing locally, though, that she became as serious about the sport as she is now.

"Working with Knott Street has really turned things around for me. Boxing propels me to be healthy, take care of myself, to not put up with bull," she said.

She started off with kickboxing around 1998, a period in her life

when, she said, "I was going through hard times and I decided I wanted to get in shape." Eventually her interest turned to boxing, noting that the sport carried with it a different mentality and set of skills that continually opens her up to more moves.

"Boxing is a lifestyle. I've figured out how to live that lifestyle and still work 40 hours a week. Not everybody gets addicted to it, but I did. I just keep on learning - I'm never bored," she said. "Every time I step in here, it's a new challenge. Life's a fight - every-

day you wake up, you do something new."

Being a boxer, though, doesn't exempt her from the challenges of also being the only female in the gym.

"It makes me strong in life. It's flipping the script on socially determined gender roles," she said.

She continues to fight not only to compete with society's roles and other boxers, but with her own mental and physical state.

"I know I'm challenging myself to the highest degree," she said. "My heart's really opened up to the

sport. It's having something to be connected to. Everyday, I'm more connected and want to go further with it."

For Cedric Armstrong, a fighter with Knott Street for the past 3 1/2 years, boxing was a tradition passed down to him by his father.

Now a father himself, Armstrong said part of his motivation in boxing is to give his two children, ages 4 and 5, "the life I never had."

"It helps keep me out of trouble,"

Armstrong said. "This inspired me to actually go somewhere in life. I've been through so much. I'm not going to let anybody steal it from me."

In the ring, he said, "Nobody can touch me. I feel unstoppable. I love the one on one. Either I'm going to do it or not - it's all on me."

The Downtown Rumble will be Armstrong's largest fight to date. It'll also be a huge turning point for him, being his last ama-

teur fight before he turns professional as a light-middle weight.

"I feel like I'm carrying the whole state of Oregon with me," he said.

Those interested in supporting the Downtown Rumble can visit [www.ticketmaster.com](http://www.ticketmaster.com). Tickets range from \$10 to \$50, with an all-access premium pass at \$75. For more information, call coach Ray Milton at 503-806-1397.

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Andrea Lantis, Fourth-Year Vet Student

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