

BIG TIME

Q Do you run much?

A Only in our sprint workouts, where everything I do is in really short bursts, because that's what we do on the court — no more than probably 20–30 feet at a time. But we go so hard at that and take very little rest time between each exercise that it helps build up my overall level of conditioning.

Q The movie *Sidout* — underrated?

A I can't say if it was under or over until you give me a rating.

Q Uh, maybe a 7?

A Out of 10?

Q Yeah.

A Overrated. Actually, the producers asked me to be in that movie. They wanted me to play myself. And I read the script, and I felt it completely did a grave injustice to our sport — or to any sport — to imply that somebody could pick it up as a new player and three weeks later start beating the sport's biggest names. Now if they had asked me to be in there where people would recognize

me but I wasn't Karch — if I were some fictional character — I probably would've done it. But to play myself and lose to an utter neophyte, I didn't feel it did the sport justice, so I passed on that. And after I saw it, I think I made a good decision.

"Each of the last 10 years has been my last year. Then my partner and I do well and I decide to play again"

Q What's something funny that has happened to you because of your job?

A Well, my wife and I were at my son's high school volleyball game the other day, and after the game one of the referees was walking past, and she recognized me after doing kind of a triple take, and

she said: "Oh, hi, Karch. You know, you look a lot different with your clothes on." Which sounded a little incriminating with my wife sitting right next to me! Most people put a hat and glasses on to go incognito. I take them off.

Q Yeah, must be a nice work outfit.

A It's the best. And the job site isn't too bad, either. — *Shawn Donnelly*



KARCH SUPPORT

DR. PLYO

➤➤ Twice a week, fitness coach **Mike Rangel** leads Karch through plyometrics drills, which link strength with speed of movement to produce power.

➤➤ Rangel also trains beach-volleyball greats Mike Lambert, Kerri Walsh and Misty May-Treanor. His plyometrics business, PlyoCity, works with 5,000 athletes, mostly high schoolers, from such varied sports as baseball, basketball, cheerleading, badminton and table tennis.

➤➤ **SAMPLE EXERCISE:**

Overhead Halos — Hold a 12-pound medicine ball over your head with arms fully extended. Rotate the ball 10 times clockwise, forming a halo pattern above your head. Rotate the ball 10 times counterclockwise. After a 10-second break, repeat.

➤➤ **For more info:** plyocity.com

VIRILE VETS

M&F NAMES THE FIVE GREATEST 40-AND-OVER ATHLETES OF ALL TIME

Here are five guys who reached their sport's mountaintop long after they were over the hill.

➤➤ **GORDIE HOWE**

Mr. Hockey played 32 seasons in either the NHL or the World Hockey Association (WHA). At 46 he was named WHA MVP; in 1979, at 51, he skated in all 80 regular season games for the Hartford Whalers.

➤➤ **MICHAEL JORDAN** His Airness turned 40 halfway

through his last season (2002–03), in which he appeared in all 82 games and averaged 20 points and six rebounds per. He also became the NBA's first quadragenarian to score 40 points in a game, putting up 43 against the Nets. (Top that, Kobe.)

➤➤ **RONNIE COLEMAN**

Last October, the 41-year-old won his eighth straight Mr. Olympia title, tying the record of Lee Haney, who



MJ on the (sort of) fastbreak

was 10 years younger than Ronnie when he set it. We'd guess Ronnie's not finished collecting titles, either.

➤➤ **ROGER CLEMENS**

In 2004, a full eight years

after then-Red Sox general manager Dan Duquette claimed Clemens was in the "twilight of his career" — whoops — the Rocket went 18–4 and bagged his seventh Cy Young Award, at age 42. The next season he posted a sizzling, MLB-best 1.87 ERA.

➤➤ **GEORGE FOREMAN**

Twenty years after losing the heavyweight title to Muhammad Ali, Big George regained his belt in 1994 by knocking out Michael Moorer at age 45. Good thing, too, or else now we might all be cooking our chicken breasts on the "Gerry Cooney." — *S.D.*

FROM TOP: MICHAEL RANGEL; NATHANIEL S. BUTLER/GETTY IMAGES