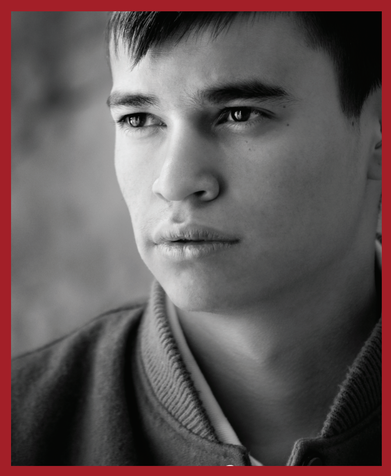
honor your Self

HONOR

"CHAMPIONS DO THINGS THAT AVERAGE PEOPLE ARE UNWILLING TO DO."



Duran Caferro 20
Northern Cheyenne
Helena High School
Helena College of Technology
Champion Boxer

Duran Caferro got his start in the boxing gym when he was only four. His father was the coach of the boxing club in Helena, and Duran just naturally took to the boxing life. But the road to success hasn't been easy. "You've got to work hard," says Duran, "make your body strong. I try to study the sport, the strategy, the nutrition…all of it." A Northern Cheyenne, Duran grew up in Helena and went to Helena High, where he worked hard to balance his schoolwork with his boxing. While other kids were hanging out with their friends, Duran was either in the gym training, or busy catching up on his homework. "You've just got to make it work," says Duran, who credits boxing with instilling a strong work ethic in him. "If you work hard you can do it all."

"WE ALL HAVE BAD DAYS. BUT MY DAD TAUGHT ME THAT IT'S NOT WHETHER YOU GET KNOCKED DOWN, IT'S HOW YOU GET BACK UP. IT'S HOW YOU RISE TO THE OCCASION. I'VE LOST A LOT OF FIGHTS AND I ATTRIBUTE MY SUCCESS TO THOSE LOSSES."

A lightweight boxer, Duran has won the National Junior Golden Gloves, the National Police Athletic League Tournament, and is the four-time winner of the prestigious Ringside World Championships. He gained international experience as a boxer for Team USA, traveling to Sweden, Great Britain, Canada and Mexico. Besides his father, Duran has always looked up to Muhammad Ali. "Not just for how he fought in the ring," says Duran, "but because he stood up for what he believed in outside of the ring. And that's not always easy."

Along with his boxing career, Duran is a full-time father and advocates for healthcare programs for children. Someday he hopes to become a member of the Montana House of Representatives like his other role model, his aunt, Mary Caferro. "Find a coach, a trainer. You need role models around you," Duran advises anyone who wants to be successful. "Work hard, keep a positive outlook, and know that there are better days."

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