

Q&A: Colonel Bob Sheridan



*By Ray Wheatley — World of Boxing
Photo: Brett Bonetti*

Fan favorite Hall of Fame broadcaster Colonel Bob Sheridan talks to Fightnews about his health, a natural supplement which has improved his health substantially and how he lost 130 pounds. The Colonel also discusses boxing in Germany and the USA and reports that he has now called 930 world title bouts. He says that he is working on a consistent basis with the best known promoters around the world and how he still gets goose bumps every time he calls a world title bout.

Can you remember the first world title bout you worked and how many world title bouts have you called?

Many people ask me if I remember doing my first world title fight. The answer to that question is very simple. I'll never forget it. It was in 1968 and it was the WBA heavyweight championship fight in Oakland, California where Jimmy Ellis won the title over Jerry Quarry in a bruising fight.

Last weekend in Singapore I did my 929th and 930th world title fights when Chris John defended his WBA world featherweight super title for the 17th time against Chonlatarn Piriypinyo, a 44-0 fighter from Thailand. Right before that fight, I called the Daud Yordan IBO world featherweight championship fight against Choi Tsevenpurev of Mongolia.

What are your thoughts on the best heavyweights in the world now being based in Europe.

People keep questioning what's happened to boxing? I keep saying boxing has never been better. Just because all the heavyweights are fighting in Germany many people in the States have lost some interest, but based on last week's "Dragon Fire Promotions" fights in Singapore, I don't think boxing is hurting at all. There are some wonderful fights out there and I keep seeing them week after week.

You were in the hospital for six months in 2010. How is your health today?

When I run into fans around the world, many of them are very curious about my health situation. Well the fact of the matter is, since my hospitalization in 2010 for six months followed by spinal cord surgery in June this year; I honestly have never felt better. My wife Annie has me on this natural supplement by Isagenix called "Product B" which works at the cellular level. It's turned my physical and mental life around completely. No more high blood sugar or diabetes, no more high blood pressure, improved heart function, improved joint pain, improved eyesight, thickening of my thinning hair, and improved mental acuity. On top of that, over the year since I started "Product B," I've also lost 130 pounds, so I'm back to fighting weight, and all of my previous medications have been either cut out or cut way back.

Have you been working on a regular basis broadcasting the big fights around the world?

I intend to keep calling fights as long as the producers are willing to keep me working their fights. I'm very lucky to have loyal producers like Marty Corwin of MC Productions, Doug Jacobs of Intergrated Sports, Frank Belmont of Belmonte Productions, Angelo Hyder of Dragon Fire Promotions in Australia, and Dean Lonergan of Duco Promotions in New Zealand. Since Don King has slowed down, Bob Arum has me calling fights for Top Rank Boxing. I do the international broadcasts for both HBO and Showtime. I get a lot of work for Oscar de la Hoya's Golden Boy. I do occasional work for Kathy Duva's Main Events, Lou Dibella's promotions, as well as Banner Promotions. I do a weekly show on radio for New Zealand's "Sports Five". I do regular interviews for Irish and various U.K. outlets including Sky Sports and the BBC on a regular basis. I'm as busy as ever.

I love boxing and boxing has been great for me. I'm in the World boxing, Florida Boxing and the Canadian Boxing Hall of Fame. I've been honored by the WBC and the IBF. I've been the "Boxing Writers" Commentator of the Year and honored by the "Retired Boxers Foundation" with their "Boxing Dignity Award." So as far as awards go, all that's left is the International Boxing Hall of Fame, which I hope will happen before I "cash in my chips."

With all that said, it's my true love of boxing that keeps me going. Every time I hear ring announcers Jimmy Lennon Jr. or Michael Buffers say "for the CHAMPIONSHIP OF THE WORLD," the hair still stand up on the back of my neck.