



Bruce Bisping, Star Tribune

Ted Bergstrom

80-year-old retiree teaches handball.

EASY CATCH: I played football, wrestled, boxed and threw weights for track in college. Then my wife and I had four kids and I did nothing for 10 years. We had moved to Little Canada and one of my buddies said, "Let's play handball to get our legs ready to ski in Colorado." We did and I was hooked.

Operating instructions: Over the years I was able to win state titles in doubles and singles 10 times. In 1990 I got to the singles finals at nationals but lost. I was playing well and feeling good and everything was

great when I tore up my shoulder. I went in to get it fixed, and two days before the operation they found a lymphoma the size of a lemon. I'm a [cancer] survivor ... but they never fixed my rotator cuff.

Finally: In 2010 I again got to the finals in singles, only to lose again. I felt like the Vikings going to the Super Bowl. I finally won the darn thing this summer as my partner and I won the national doubles at the University of Texas in June.

A CALCULATED EFFORT: I'm an engineer, so I calculate calories. If I play four times a week -- that's 52 pounds a year. I weigh a little less than I did in college and I pretty much eat everything I want. And my hands move better now than when I was boxing [in college].

ROUGHING IT: We built a cedar log cabin in Ely. There aren't any handball courts in Ely, but I've driven 70 miles to Virginia [Minn.] a couple of times to play.

FORGET THE ELLIPTICAL: I have been instructing handball for eight or nine years at the University of Minnesota on a volunteer basis. What I'm trying to do is to teach fundamentals, but also inspire them that this is a sport you can play for life. My experience with exercise machines is that you can do it for a month or three but it's not a lifetime activity -- I'm bored stiff. You can play handball for 90 minutes or two hours and never get bored.

Advertisement

HEART
SATURDAY, DECEMBER 18
ON SALE NOW

Mystic LAKE[®]
CASINO • HOTEL
mysticlake.com

Owned and Operated by the Shakopee Mdewakanton Sioux Community

FEELING 18 AGAIN: We get some good athletes in there. Kyle Geason [Gophers baseball infielder] had a right arm like a rifle. One gal [Krista Johnson] had played on four national championship hockey teams. For an 80-year-old, it's fun to get in there and relate with young kids and be active.

SHEILA MULROONEY ELDRED,

Special to the Star Tribune

Advertisement



Send flowers for any occasion
Bouquets \$19.99
from **19**^{+s/h}
ProFlowers®

Order ONLY at
proflowers.com/happy
or call 1-877-888-0688