

Mikey Garcia's daily roadwork begins at 7 am and it's something new each day.

"Track, mountains, long distance, sprints - it's a big mix and it is all done for conditioning," said his brother and chief trainer Robert Garcia.

Mikey is making the first defense of his WBO featherweight title against former champion **Juan Manuel Lopez** on June 15 at the American Airlines Center in Dallas.

"We are looking at this as a tough, physical fight. All title defenses are big battles," Robert said.

"Juanma has nothing to lose," Mike said.
"Those kind of fighters are dangerous."

Garcia vs Lopez will be televised on HBO.

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USA Olympian **Jose Ramirez** grew up on a farm in Northern California and knows how precious water is to the farmers.

There are water issues there now which is why Ramirez joined the California Water Coalition to help bring attention to it. He was recently honored for his efforts in the state senate.

Ramirez is next scheduled on a Solo Boxeo Tecate fight card on June 29 at WinStar World Casino in Thackerville, Oklahoma. UniMas will televise.

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Up and coming Puerto Rico rapper **Alvaro Diaz** mentioned Olympian **Felix Verdejo** in his new song...
"...I'm a future champion like Verdejo."

News On: Mikey Garcia, Jose Ramirez

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