

# COACHING PROGRAM



Photo: K. Quayle

## Commemorative Project for a Special Coach

The Bulkley Valley Cross Country Ski Club is building a new club waxing facility in memory of coach Gary Murdoch. The building will feature downdraft fans to ensure good ventilation around the wax benches – an important health feature - as well as a significant window space and a timer for heater, fans and irons. It is being built by volunteers with the estimated cost in the range of \$25,000. The club has the essential funding in place, with a significant portion coming from donations made during a 12-Hour Ski Relay, a fundraising initiative that was held in March. Construction of the foundation is planned for early August and the club hopes to have the facility operational by this winter.

Following are excerpts from an article by one of Gary's former athletes, Ingrid Granlin. The complete article is posted on the Profiles page under the History menu item on the CCBC website.

## Growing Up With Gary

Early in the 1980s Gary introduced cross-country ski racing to the Bulkley Valley. An assortment of young athletes, including myself was thrown together and with Gary's drive and passion for the sport we excelled as a team and

individuals. He spent hours of his personal time designing train schedules for each skier.

By the early 1990s the small team had gone from backwoods racing with a folding table at the finish line to becoming the top team in Canada for three consecutive years. As kids we never realized the caliber of attention we were receiving. We were getting world class training from a world class person. Gary gave us, even as 12 year olds, as much time and energy as anyone else. He cared about each and every one of us as individuals.

Most of these athletes have carried pieces of those years with them in their adult lives, whether they realize it or not. Two are still coaching with the local team. Many have instructed cross-country skiing over the years. One is waxing for the national cross-country ski team. Most of us are still fit and active, having learned from Gary at a young age how important it is to feel strong, confident and stay in shape. We also recognize the years spent training and skiing with Gary as key parts in creating who we are today. His passion for life was infectious, as was his laughter. His fortitude was unsurpassed, living every day to its' utmost. We are all so fortunate to have had him in our lives as much as we did.