

## Crossing Lake Winnipeg

[www.thepoles.com](http://www.thepoles.com), Martin Murray : Lake training for the North Pole,  
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### Martin Murray: Lake training for the North Pole

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*"My goal this year is to prepare Charlotte for trips. Charlotte is my 11-month-old Alaskan Malamute dog. She's a great companion, so I hope to have her helping me haul the pulk."*  
Photo: Martin and Charlotte.

(ThePoles.com) Canadian Martin Murray knows one day he will ski to the North Pole. However, he also knows it's a long way there, and so Martin is making sure he gets all the necessary skills and experience before he takes off. "When timing is right and I feel confident enough, I will go for the Pole, as part of a team - or solo," he told ExplorersWeb.

#### Lake training in summer and winter

Meanwhile, Martin keeps fit and focused. "During the summer I've attended a couple of triathlons, adventure racing, etc," he said. "I also swam across Remi Lake - a 10 km swim, what a day!"

However, the real polar preparations come every winter. Martin uses the huge lakes near his home for winter trips, in which he experiences some of the conditions he

will have on the Arctic Ocean.

Last winter (2005/06 season) Murray crossed Lake Winnipeg, the 11th largest fresh water lake in the world, and the 5th largest in Canada. Martin completed a 378km-long solo trip. "I left from Grand Rapids on December 28 and arrived at Gimli on January 20th," he recalled. "I had chosen the usually coldest period of the year in the area, since I wanted to experience the coldest weather possible. It did not turn out that way though. I got caught in the hottest "heat wave" we had that year! I had to travel on a thin ice crust which often didn't withstand my weight."

#### Introducing Charlotte to Polar trips

Asked about his plans for this upcoming winter, Martin says he has not prepared any major trip. "Just a local outdoor field trip,



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and the crossing of Lake Abitibi, a 100km journey I've become used to repeating every winter, since I first did it as part of an organized group a couple of years ago."

"In fact, my goal this year is to prepare Charlotte for polar trips. Charlotte is my 11-month-old Alaskan Malamute dog. She's a great companion, so I hope to have her helping me haul the pulk."



*"Someday I will go for the North Pole," Martin said. "For now though, I want to prove myself and become known among the Polar community."*

*All photos courtesy of Martin Murray.*

#### Great Slave Lake for 2008

"The next longer trip I have in mind for now is the crossing of Great Slave Lake; that's my plan for winter 2008."

Eventually, Martin will set a date for his Polar attempt. "For now though, I want to prove myself and become known among the Polar community," he said.

*Martin Murray lives and works in Ontario, francophone Canada.*