

Wayne Bourque (b. 1959)

Wayne Bourque, “The Flurry from Fort McMurray”, has been the North American Native boxing champ three times in the welterweight and middleweight classes. He was born in 1959 to Métis parents Fred and Clara Bourque in Fort McMurray, Alberta. Wayne has trained several NHL hockey players.

Wayne holds a Lifetime Achievement Award from the Regional Aboriginal Recognition Awards and was inducted into the Wood Buffalo Hall of Fame in 2012. He is a three time North American Native champion, three-time Golden Glove champion, and the World Champion of the Masters Division (2009).

In order to protect himself from racist attacks, Wayne learned to box at an early age. He won his first tournament, the Northwest Pacific Gold Gloves, at the age of 13 in Seattle. Instead of turning professional, Bourque retired from amateur in 1985 and became a fitness trainer. Wayne suffered a career ending knee injury he received while skiing eighteen days before the Olympic trials. This injury is what ultimately led Wayne to cease his career as a fighter, and move towards the realm of personal training. He then moved from his home in Fort McMurray and headed to Toronto. Wayne currently heads a boxercise centre ("Centre Ring") and a summer camp in Toronto, where participants use boxing exercises to get fit without the physical contact of boxing matches.

Wayne believes in a tough love approach to training. The tough part is evident through the rigorous training routines his clients go through. But the love comes from his incredible passion in helping his clients reach their fitness goals. His clients have included Russell Crowe, whom he worked with in the movie *Cinderella Man* (2005).

Wayne’s mother, Clara Bourque, is featured in the book *Mark of the Métis: Traditional Knowledge and Stories of the Métis People of Northeastern Alberta* (2012). Wayne's cousin Rene Bourque is a professional hockey player in the NHL.

Sources: https://en.wikipedia.org/wiki/Wayne_Bourque, and personal communication with Wayne’s brother Darrin Bourque of Anzac, Alberta.



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