

**2016 COAST TO  
COAST  
Team Canoe and  
Kayak  
Warren McQuoid  
and Rudy Baptist**

*Come on down, it's  
fun to do  
"I'll have to ask the  
girl" He says  
"Cause she's the  
one who'll chew  
my ears"*

*Digging deep, a  
matching line  
Drive the boat so  
forward fast  
Then we might not  
finish last*

*Up the hills and  
down the road  
Working hard,  
increase the load*

*Way back in two-  
oh-oh-nine  
I put my body on  
the line  
Speights Coast to  
Coast as it was  
known  
I crossed the Isle  
all on my own*

*"If you really want  
you can  
Just to prove you  
are a man!"  
That's the talk  
from Warren's lady  
"Thank you, thank  
you, thank you  
baby"*

*We're here to  
finish, that's my lie  
Warren says  
"Don't want to  
die"  
Rivers fine, no  
need to worry  
Small fib Warren –  
Truly sorry*

*Race days coming  
up so fast  
Trainings good,  
can't finish last  
Nearly time to  
travel down  
To the southern  
part of town*

*Cross the Alps from  
west to east  
I tried to tame the  
mighty beast  
Bike, run and  
paddle all the way  
From side to side  
all in one day*

*Training has to  
start real quick  
Slow and steady is  
the trick  
Running, riding  
and a boat  
All it needs to do is  
float*

*He trains on fats, I  
say hey but?  
Drops 10k's on  
meat and nuts  
I'll stick to carbs,  
it's what I know  
He's getting fitter,  
starts to show*

*Gears all packed,  
time to go  
Hit the road with  
bikes in tow  
Into Wellie, on the  
ferry  
A beer or two,  
we're feeling  
merry*

*My one day  
dreams are at an  
end  
Now it's time to  
bring a friend  
Tandem teams the  
way to go  
As I'm getting old  
and slow!*

*Trying hard to  
paddle double  
Leads us to all  
sorts of trouble  
Timing, timing says  
Bruce and Phil  
Practice, practice,  
practice till*

*A few races, in our  
training  
Even if the day is  
raining  
Up real early to the  
race  
Try and set a  
steady pace*

*Friday is the day to  
start  
Talk together,  
heart to heart  
Not too fast, up off  
the beach  
Need to pace, for  
us to reach*

*Phoned up  
Warren, my old  
crew*

*Paddles match in  
perfect time*

*Run and ride and  
paddle too  
It is what we have  
to do*

*The finish line, it is  
the aim*

*Of all our training  
in this game  
So slow and steady  
is the pace  
We need to keep  
throughout the  
race*

*“Then what are  
those huge things”  
He mocks  
“Oh, just BLOODY  
BIGGER ROCKS”*

*To my feet, swear  
and curse  
Pretty lucky, could  
be worse*

*The half way line  
through which we  
pass  
A feed, a sleep and  
spend the night  
Up nice and early,  
‘fore the light*

*Off the beach and  
up the track  
Found our bikes,  
hung on the rack  
Riding smooth and  
in the bunch  
Trying to avoid a  
crunch*

*Grovelling our  
way, up Goat Pass  
We are stuffed,  
begin to ask  
Why we thought  
this would be fun  
This tandem team,  
this little run*

*Carry on as best  
can manage  
As we move,  
assess the damage  
No extra pain, no  
more grazes  
There’s no blood,  
that amazes*

*The next day it’s  
on the bike  
After yesterday’s  
big hike  
15k is hard and  
fast  
And the road just  
flashes past*

*Riders crash, its  
every year  
Bikes go down,  
please take care  
Bunch cycles past,  
in a rush  
Giving thanks, that  
it’s not us*

*Coming down,  
begin to stumble  
Kick a rock and  
down I tumble  
Head over heels I  
try and dive  
Off the rocks and  
to the side*

*Down the Mingha,  
in the bush  
On and on and on  
we push  
Climb up over  
Dudleys Knob  
One more hour will  
do the job*

*Run down the hill,  
onto the bank  
Where the kayaks,  
all in rank  
Grab the boat and  
all the gear  
In the river, out of  
here*

*Off the bike and on  
the run  
I told Warren this  
part’s fun  
Forgot to mention  
all the rocks  
Sand and pebbles,  
wet, wet socks*

*Hitting rocks would  
take a toll  
I execute a tuck  
and roll  
Chin on chest, onto  
my back  
Somehow able,  
miss the track*

*So on we go we’re  
getting near  
Trotting on, we’re  
nearly there  
Klondyke Corner is  
our aim  
The half way point  
we need to gain*

*Down the braids,  
the waters low  
Paddling hard, it  
feels so slow  
Scraping rocks,  
keep getting stuck  
Getting through  
takes some luck*

*What part’s this –  
“oh – big boulders”  
“Are you sure”, I  
shrug my  
shoulders*

*Bushes on the side  
are soft  
Small and spongy,  
bit of loft*

*Off the rocks and  
up the grass*

*Warren’s out to  
push the boat*

*Find some water  
and we'll float  
Finally in the gorge  
we go  
And we get a  
better flow*

*Need to warm,  
we're getting cold  
But we will never,  
ever fold*

*70k, head wind to  
end  
Is no way I like to  
spend*

*Really thought that  
we'd be slower  
No more Speights  
the beer is MOA!*

*Having trouble  
with our steering  
Turning when the  
rocks are nearing  
Round the bluffs,  
keep in the flow  
But the boat wants  
not to know*

*Paddling on, we're  
feeling manic  
Three more swims  
than the Titanic  
Manage to stay in  
the boat  
Trying hard to stay  
afloat*

*The final part of  
this race  
And struggle to  
maintain the pace  
My legs are  
burning, please  
slow down  
Or I'll never make  
the town*

*So thanks to  
Graham, Mark and  
Rob  
Team Canoe &  
Kayak did the job  
From start to finish  
in good time  
Fourth tandem  
team across the  
line*

*Expecting right,  
boat breaks left  
In the water,  
holding breath  
Warren's grumpy,  
looks a sight  
Think that gave  
him quite a fright*

*Paddling on round  
Woodstocks bend  
14k until the end  
Feeling bad, that  
wasn't planned  
Both be happier,  
on dry land*

*Warren slows for  
me a bit  
My ego takes a  
little hit  
I used to think that  
I was tough  
Now I'm feeling  
pretty rough*

*The race is over, it  
is done  
Smiles and  
laughter, we have  
won  
Our challenge was  
to finish here  
So come on  
Warren – put it  
there!*

*Drag the boat up  
to the side  
Ready to complete  
our ride  
In the boat, we're  
off again  
Only for another  
swim*

*Last few bends,  
behind the ridge  
And it's there, the  
final bridge  
Out the boat and  
up the hill  
Back on the bike,  
the final "thrill"*

*Dump the bike and  
try to run  
On legs like jelly,  
that's no fun  
Stumble up New  
Brighton Pier  
And find the finish  
line right there*

*Swim Number 4 is  
our last  
Now we have to  
paddle fast*

*"Thrills" not the  
word outpouring  
The final ride is  
really boring*

*Gurney hands us a  
cold beer  
Get a photo on the  
pier*