

**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*

*Groveling 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*