

Ruth Chapman – Coast to Coast 2010

Coast 2010 = the 3 A's

Adventure, Adversity and a bloody Awesome support crew

2010 Coast to Coast may well have been the year of the family but for me it was the year where you would be tested to limits you didn't know existed, endure gale force NW winds/rain at 12am, 2.14am, 3.03am, 3.25am, 3.26am (you get the drift) and being told my strongest discipline was to be discarded like yesterdays fish and chips paper to be replaced with a 150km bike ride...eek.



2010 will be a year that goes down in the history of the race as one of the Epics, everyone will have story's and tales to tell and it would take literally pages to tell the full story, so here's the highs the lows and the classic moments...

Highs:

- Taking over 25 minutes off last years 3km run/55km bike time
- The two Team Riders (708 and 711) that took pity on me and some other fellow Individual riders on the last 50 Kms into town and towed us all the way to the city limits – even when we were struggling to stay on their wheel they would drop back and pick us back up again – they rocked!
- My amazing support crew, yes they feed, clothed and watered me, they also were out in the storm most of Friday night trying to save our tent, they coped with multiple course changes and despite the very trying conditions they always made it about me – nothing was ever a problem, hassle....they have all also said they'd never do it again! Lol

Lows:

- Discovering that my legs didn't want to run on the runnable sections of Goats Pass, they had decided to take a break from all this multisport business and not bothered to tell me
- Course changes – gutted. Enough said.
- Being told that the kayak course had been shortened (further still!) and I had to get BACK on my bike to finish the race

LOL:

- The competitor who dropped his bike just as his countdown was about to start on Day Two to make a mad dash and announce to the 100 odd competitors standing watching him he had to go for a 'nervous pee'...the ensuing pee was less than noteworthy and had us all cracking up
- The three guys in lycra and wigs in the middle of Porter Pass (i.e. nowhere) striking a yoga pose, another sitting on a stationary bike and the other dancing a wee jig – little did they know how much their spirit helped distract my fragile mind at that point!
- Renaming 'rapids' after their fierce gorge counterparts through the top section of the Avon River...my official Kayak photo sees me going hard through 'Rock Garden 1'....alongside the Antigua Boat Sheds!!

