



TAIPEI HASH HOUSE HARRIERS 2008'S COMMITTEE MEMBERS			
GRAND MASTER (-會長-)	Dragon	龍天池	0928-243-807
JOINT MASTER (-副會長-)	Penthouse	劉明仁	0933-061-491
	S. M. Shit	林克峰	0932-026-902
	Bush Baby	DUNCAN ROBINSON	0910-511-701
HASH CONTROL (-監察-)	Life U.K.	陳澤淵	0915-586-205
ON-SECRETARY (-秘書-)	School Sucker	王立君	0910-032-658
HASH CASH (-財務-)	Windex	蘇文德	0933-206-085
	Little Younger	江明勇	0928-836-428
	Play Boy	饒盟乾	0937-088-052
	Printer	陳俊呈	0910-015-557
	Super Man	周士超	0926-562-187
TRAIL MASTER (-路線-)	Rubber King	張安圍	0937-183-607
	Key Way	林世昌	0920-066-867
	Pin Hole	林文琛	0932-058-210
BOOZE MASTER (-總務-)	Bolt	洪同燦	0928-243-878
	Adarli	李景隆	0926-825-065
	Barber Shop	張漢義	0928-229-459
	Counter Feiter	楊家貴	0936-218-855
	Five Hundred Miles	鄭信農	0932-389-836
	Shiner	徐光派	0928-098-912
HASH BASH (-聚餐-)	Appetizer	郭詩錠	0933-162-527
	Sea Turtle	古晏昇	0937-067-745
INFORMATION (-資訊-)	Softy	徐壹豐	0920-946-035
WEB MASTER (-網站-)	Cunt Pack	林榮華	0935-523-150

待宰的兔子/HARE LIST		地點 / RUN SITE	報導/SCRIBE
次數/NO	日期/DATE		中文/ENGLISH
1854	(July.5)7月 5 日 李志勇(R.P.M) 0933060373	內湖(家庭路跑Family Run) ! L-跑步80分鐘;S-跑步30分鐘!! (國道1號內湖交流道往內湖方向成功路開始有麵粉)家庭路跑,請各位兔友各自準備一道菜或點心,帶著家人或朋友共襄盛舉. Nai-Hu(Line No 1,Nai-Hu exit Chen-Kon Rd will get flour)	高天來 Smuggler 0918-368-938
1855	(July.12)7月 12 日 林坤河(Kung Fu) 0932249956	三峽 大板根(國道3號三峽交流道開始有麵粉) Sen-Shia Dau-Ben-Kung(Line No 3,Sen-Shia exit will get flour)	林榮輝 Fireman 0932-234-351
1856	(July.19)7月 19 日 Kevin Meyer(Roger Me) 0933208276	雙溪鄉 泰平村虎豹潭(雙溪高中往雙泰公路方向開始有麵粉) Shuangsi Township (Shuangsi High School to shuan-Tai Rd direction will get flour)	杜世輝 Speed Motor 0932-059-949

1. 捷兔點滴 2008/6/21 第1852 Run HARE:許徽靈(Bear) 地點:竹子湖 人數: TBA 天氣:晴天
 ●中文報導:Softy ●English Reporter: Guru

1. 高雄 HASH 35週年慶祝
 高雄 HASH 9/19(#2093) 夜間路跑 (NT300) ,9/20 (#2094) (NT700),9/21 (#2095) (NT700) groups.yahoo.com/group/kaohsiunghash

台北捷兔 Metro HASH 209 次 RUN	日期:7月2日2008 (星期三)19:45 兔子落跑 地點:捷運板南線 土城站 出口 2 兔子: Hash Shit(陳俊彥)	DATE: July.2.2008 (WED.)19:45 HARE RUN SITE: MRT Bannan Line Tucheng Station Exit 2 HARE: Hash Shit(陳俊彥)
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星期四通知Baby Killer摧報紙怎還沒Mail,才知他上星期沒跑,無法寫報紙,已跟小克(SM)說過,真是晴天霹靂,筆者只好再捉刀一次.6月21日天氣晴朗,坐上周家偉(Ham Shit)車後,經行義路到達竹子湖(捷兔的老巢),印象中每次來此天氣都很冷,今日異常晴朗,一到目的地,就看到SM shit在地上寫著S1,S2,L約幾分鐘,竟有很多人七嘴八舌在討論S,L應該多少分鐘,Bamboo看不下去,直喊Hash何時跑步可以討價還價(說的有理).雞屎(Chicken Gerrge)帶著一位新朋友,搾看機乎沒體脂肪,聊天後該員說剛跑完全省一圈共花13天,平均每天跑80-100公里,只有中午吃飯休習一會.對筆者而言,該員已達到”神”的第步(ORZ).不知不覺說話也帶”敬語”,眼睛也不敢直視.接著由”神”帶領大家做操.開跑前,筆者發現有雌性動物混在人群當中,有人不禁抱怨.很久前也有類似情況發生,記的當時Harbor(康俊雄)曾說,跟據Hash傳統,純男性團體,如有女性第一次參加,則視為”Hash Guest”(捷兔人客),只是下不為例.3:00開跑後,經過一片漂亮海芋田,不久就看到L與S,筆者選擇”L”.L為60度上坡,不禁想起,前些日子和三廬幫一行人半夜登”羊頭山”的情況.”羊頭山”都上



去了,往七星山的抖坡算什麼.一把屎一把尿,又拉又爬,汗流夾背,終於爬完坡,進入不見天日的草叢中.不久出了草叢,豁然開朗.延路邊欣賞風景邊往七星主峰奔去,沒想到竟跑錯路,還好延路還有粉筆記號(在此感謝用粉筆做記號的"勇腳").上了主峰最高點後就開始下坡,筆者開始體會上山一條虫下山一條龍,接近起跑點



已聽到Down Down 聲.平安到家(SAFE),感謝Bear 和Volcano.On On!!
Guru 說他沒跑,想不到竟可生出報紙,請大家check是否臭蓋

MARATHON MOUNTAIN RUN

Saturday, June 21. The longest day of the year. Today's run was way up in Yangmingshan, at Tzu-Tz-Hu. The hares were Bear and Volcano. It was a very warm day, temperature around 37 degree Celsius. The starting point was in a car park adjacent to Hu-Ten restaurant. Last year, we had a run from the same spot, however, on that particular afternoon in January last year, there was a strong typhoon, with very strong winds and torrential rain, and the visibility was almost nil, so that almost all the pack stayed indoors of the restaurant, eating and drinking, not daring to go out!

Today's trail started out nicely, through some shaded area, beside a stream, along a concrete slab path, crossed a field and then started the long climb through mountain trails. It took us a long while to get to the top ridge of the Tze Tz Hu mountain. Then it was down. We had to wade through thick and short bamboo forest without having the least idea what lay underneath our feet or for that matter, ahead. Itching and scratching like my friend and name-sake in the Okinawa Hash, we continued until we got out to a road. We crossed the road and went up to another hill and into another vast bamboo and elephant grass bush. We came out to a long flight of steps. Up and down we went trampling over two thousand -odd steps and after a short stint along a road, carried on by the slopes of couple more of hills, to emerge on to the same road that led us back to the start.

The trails were well marked. There were four or five checks. Some of the trails were beautiful where one could run. Going up and down mountains, however, consisted most of the run, and so was not enjoyable. In any case, in is very hot weather, the long run was too long (it took the front runner over 90 minutes and it took me over 150 minutes!). The short run was also not short. In this hot weather, we should have runs that could be run by the majority, under ninety minutes! We enjoyed the down-downs as usual. Well, see you all for another exciting run(?) next week. On ! On!

Guru





