



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
1857	(July.26)7月 26 日 簡志成(Gun Shit) 0928257556	金瓜石(國道1號八堵交流道下接(62號)萬瑞快速道路,往瑞濱出口開始有麵粉)Golden-melon-Stone(Take No 1 Ba-Doe Exit connect (Rd62)Wan-xaie express Rd,Xaie-Ping Exit will get flour)	郭金德 Thinker 0922-657297
1858	(Aug.2)8月 2 日 郭金德(Tinker) 0922657297	林口國立台灣體育大學 (國道1號南下林口交流道下,左轉往長庚醫院方向開始有麵粉)(FreeWay No 1 South Direction Lin-Kuo Exit turn left Chun-kan Hospital will get flour)	Playboy 饒盟乾 0937-088052
1859	(Aug.9)8月 9 日 周曉時(SOS) 0921890350	平等里(外雙溪明德樂園開始有麵粉) Pin-Den_lie(Xyu-Suan-Shi Min-De Garden will get flour)	Luka 朱逢台 0920-032622

1. 捷兔點滴 2008/7/12 第1855 Run HARE:林坤河(Kung Fu) 地點:三峽 大板根 人數: 191 天氣:晴天  
 ●中文報導:林榮輝Fireman ●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 211 次 RUN	日期:7月23日2008 (星期三)19:45 兔子落跑 地點:捷運新店線,七張站出口1 兔子:高茂柏(0926-562182)	DATE: July.23.2008 (WED.)19:45 HARE RUN SITE: Xindian Line Qizhang Station Exit HARE: Bubble Pack (0926-562182)
---------------------------------	--	---



今年我才開始與路跑結緣，這是我第9次參加捷兔俱樂部路跑活動，我們這群「狐群狗黨」固定成員有：小朱、華哥、志宇，偶爾穿插保羅、柯老師、浩翔。每星期六下午為了響應政府環保減碳政策，都會在台北車站對面原大亞百貨（現為統一元氣館）地下五樓的「大賊窟」集合（PS:停車不需花錢），待整隊之後集體前往路跑地點。一路上的man's talk聊得盡是「女人話題」，算是平日上班時間外的一種壓力紓解，所以我們常自稱自己為白天「跑步團」，晚上「炮兵團」。

這次路跑地點在大阪根森林遊樂區，從三峽交流道下沿途就有麵粉，隨著麵粉一路來到集合地點，時間還早車上沒聊完的繼續聊。2:45熱身操預備，整齊一致的動作吸引了三三兩兩的路人及附近烤肉民眾





的注意（聞到烤肉香，路跑還沒開始肚子已經餓了），做完熱身操，號角聲響起，成群的兔友們賣力往前衝，場面煞是壯觀，行進間路過大板根森林遊樂區，發現正大興土木建



造大樓，優美原始的風景搭配現代的建築，

視覺上有說出的衝突，只能說經濟發展與景觀維持有時也難在天秤上達到平衡，就好比花蓮人期盼蘇花高速公路能夠早日動工，興建完成，解決花蓮人長期交通上的不便，環保人士卻一再以環保議題阻止興建，兩方長時間拉扯無法達成共識。約莫跑了30分鐘，進入一片青翠的竹林，腦海裡突然浮現出電影-臥虎藏龍的場景，周潤發與章子怡在竹林上廝殺的畫面。此次路程似乎稍微短了點，很快就來到大豹溪河床，早上台北縣政府才公佈大豹溪屬危險水域，不得進入遊玩，但我們這群跑得汗水淋漓的「猛兔」們，不畏罰款的規定，竟死命地往水裡衝，那種「透心肝」的清涼真是爽快，希望沒有目擊者舉證我們。加入台北捷兔俱樂部



以來，每個星期都很期盼星期六的到來，除了可以跑步健身（減肥），每次的路線都經過兔子們精心的安排，險峻的高山、空曠的視野、清澈的溪流，讓人心曠神怡、精神百倍。感謝各位兔子學長們，為捷兔無怨無悔的付出，期待雙溪再相會。ON ON

**AT LONG LAST, A GOOD RUN, THIS SUMMER**

Thanks 'Kong Fu' for a nice and sensible run you provided last Saturday in a beautiful terrain in Dau Ben kung, San Sha. This was one run that took only around one hour for most of the runners in the hot and humid weather. The hares left at about 2.45pm as usual, and after warm-up exercises most of the hashers followed the mark. However, over two dozen of the 'walkers' had already left soon after their arrival at the start. With some tips from the hare, it was easy for them to follow the trail, as most of it at least was Pre-markedmarked. After a short walk along a road, the marks led us up a small mountain. There was a wide path, from the bottom, with lot of short twists and turns along the side that made the climb easy. There were lots of trees on both side of the path, and areca nut (beetle nut) palms crowded the slopes and valleys. Once we reached the ridge, we could run along for a short distance, before descending. A short while later we joined a road and a check. We continued along the road to the left after checking three for four alternate



routes. We came to another check on this road at an intersection and went up to the left for a while, only to run into a back track. The correct trail was straight along the road. After a short distance, we turned right to a track, that led us all the way down through areca nut farms until we reached the bottom of the valley and joined another road. A short run later, we crossed the road to a shallow river-bed. We ran along the rocks until we reached the crowded recreation center by the river where lot of revelers were swimming, making B-B-Q's. etc. A couple of minute's walk brought us to the finish where drinks and snacks awaited us. All in all, it was a well planned, and long enough trail through scenic country, that was enjoyed by everybody for a change. Almost all were back by 4-30pm, that gave one and all enough time to drink, eat and socialize. There were lots of down-downs until no beer was left. The only complaint I had was that the start, finish and the down-downs all happened behind a chicken farm, where there was enough parking for over one hundred cars that belonged to the hashers. We didn't have to pay the parking fees of 50 NT per head, as the place belonged to the restaurant close by where we had the bash later on. The bash was well attended, and even though it cost slightly more than the usual, the food was good and drinks aplenty.

**On! On!**

**Guru**







