## 台北捷兔週報 NEWS LETTER 2008/7/19 第1856/次跑

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TAIPFI HA	SH HOUSE HAE	RRIERS 2008'S C	OMMITTEE MEMBERS
GRAND MASTER (-1		龍天池	0928-243-807
JOINT MASTER(-副		劉明仁	0933-061-491
,	S.M.Shit	林克峰	
	Bush Baby	DUNCAN	ROBINSON 0910-511-701
HASH CONTROL (-	監察−) Life U.K.	陳澤淵	0915-586-205
ON-SECRETARY (-i	秘書−) School Suck	er 王立君	0910-032-658
HASH CASH (-貝オ務	§−) Windex	蘇文德	0933-206-085
	Little Your	ker 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 (-			0937-183-607
	Key Way	林世昌	0920-066-867
	Pin Hole	林文琛	
BOOZE MASTER (-		洪同燦	
	Adarli	李景隆	
	Barber Shop		0928-229-459
	Counter Fei	ter 楊家貴	0936-218-855
	Five Hundre	d Miles 鄭信農	0932-389-836
	Shiner	徐光派	0928-098-912
HASH BASH (-聚餐		郭詩錠	0933-162-527
	Sea Turtle	古晏昇	0937-067-745
INFORMATION (-資	t訊-) Softy	徐壹豊	0920-946-035
WEB MASTER (-網站	(-) Cunt Pack	林榮華	0935-523-150

待宰的兔子/HARE LIST		The Philippin	報導/SCRIBE
次數/NO	日期/DATE	地點 / RUN SITE	中文/ENGLISH
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 <b>逢台</b> 0920-032622
1860	(Aug.16)8月 16日 蔡品端(You Ching) 0921906177	木柵(捷運木柵線麟光站和平東路上開始有麵粉) Muzha (MRT Muzha Line Lingang Station Hua-Ping East Rd will get flour)	Strong 王世昌 0928-844-122

1. 捷兔點滴 2008/7/19 第1856 Run HARE:Kevin Meyer(Roger Me) 地點:雙溪鄉 泰平村虎豹潭 人數: 196 天氣:晴天

●中文報導:杜世輝Speed Motor ●English Reporter: Guru

1. 高雄 HASH 35週年慶祝

高鋒 HASH 9/19(#2093) 夜間路跑 (NT300),9/20 (#2094) (NT700),9/21 (#2095) (NT700) groups.yahoo.com/group/kaohsiunghash

台北捷運兔 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)

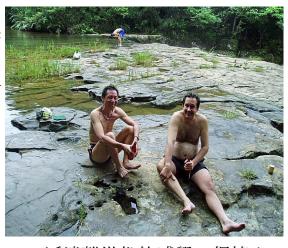
HAREs Kevin Meyer (Roger Me)
CoHare: Carrier

台灣俚語說「不曾剃頭,又遇到鬍鬚」這句話足以形容我接下寫報導這一項任務的心情,叫我拿大槌還比拿筆來的容易。沒想到加入捷兔,除了可以鍛鍊身體、認識各方好友,還有機會可以寫文章,我敢說捷兔CLUB的兄弟各個能文善武。出發總該有個方向,這次我們前進雙溪鄉泰平村虎豹潭!颱風卡玫基前腳剛走,走之前還留下大量的雨量,心想山上的路必定是滿目瘡痍了。但憑著我們「POWER」DF MAN-不驚拉」的精神,下午一點鐘,我和幾個兔崽子兄弟在新莊集合點出發囉!大約開了「3個半小時」左右的車程,我們仍未到達集合地,眼看時間已經逼近三點,正準備要幹譙爲何路程這麼遙遠,此時就看到遠處兔子和副

兔子各拎一包麵粉起跑囉!到達泰平村虎豹潭,一望四周盡是青山加綠水、藍天配白雲,景色宜人,讓大家對待會兒的跑山行程更加期待、FEELING是更起勁高亢了。稍等片刻後火鳥 Fire Bird帶領大夥做完暖身操,待會長小龍Dragon吹哨,一群獵犬的伙伴們往山上方向直



奔,在叉路的路口前發現第一個CHECK,由UK帶頭左右兵分兩路跑了2~300公尺,卻還不見麵粉的蹤跡,。也不見大隊的蹤跡,。也不見大隊人馬到達,就在這個時候聽到山下有人高喊ONON,於是大夥火速往下衝。沿路高低起伏都不是很大,沿途經過爛泥



路、矮樹叢、竹林和農舍,一派遠離世俗的感覺,很棒!

經過幾番的折騰,終於看到ON IN,就在不遠處有著一條清澈的野溪讓大夥休息(QK)、清洗一番,今天的行程長短及時間都拿捏的很恰當,一路跑完都很順利,「騎毛子」也很爽快。感謝這一次的兔子非常用心的找到這條漂亮的路線。Kevin Meyer and Carrier你們辛苦了!各位兔友,一起來期待下一次的RUN吧!

## AN EXCELLENT RUN IN FARAWAY COUNTRY, TAI PING!

It took almost two hours to get to the start of last week's run, but i was worth it. The site was, by the side of a small dam by the suburbs of Tai Ping, over twenty minutes drive from the town of Suanshi, a scenic spot that the Taipei Hash had not ventured to in all these years. Even before the start of the run, hashers walked down the flight of wide wooden steps that led to the wide picnic area by the lake. A very thoughtful deal from the resourceful hares, namely the famous duo: "Roger Me" and "Carrier", the core of China Hash. The summer is here



and the days have been very hot and humid, the temperature soaring even above 36 degrees Celsius. However, the Hash enthusiasm is such that around 200 die hards had assembled for the run. It was a live hare run for a change and the early 'starters' had to wait patiently until the hares took off. others followed after ten minutes of warm up exercises. After five minutes of road run, the first check was up a road. I was with the first group. I went up the road for some distance, no mark; checked another trail to the right, no luck. Then I noticed the rest of the group down below, among the cultivation to the left. A short run along the road down below, and turned left to the fields

along the road down below, and turned left to the fields of cultivation: ginger, taro, sweet potatoes, long beans etc. Went up a dyke, to another check. Clever check. Had to go back, and along narrow dykes, through a farm and went up to a farm house, to another check. By this time, the front runners had caught up. the helped to solve this smartly laid check. From then we were on mountain trails, through bushes, trees, bamboo and banana patches, with continuous up and down tracks. And down to a black top road. A short run later, we again went up and down a couple of hills, before descending to another road. The hares

made sure that we traversed through ditches, shiggy, fields of cultivation, and stinky farms - all the ingredients of a proper hash run. This time, no steep mountains to climb, which was a consolation, at least for old folks like Guru. We finished the run by the lake and almost everybody jumped into the cold water. The hares were seen lying in a pool, with beer bottle in hand and receiving congratulations from the runners....Well done hares. Thanks for the nice run, in a nice, scenic area. The front runners finished in less than an hour, while others took an extra 15 to 30 minutes. After thirty minutes of down downs, many of the hashers participated in the hash-bash in a very popular and hash-regular restaurant in Suanshi. Even rare-birds like 'School Sucker' and 'Guru' were seen there having a good time.



