



TAIPEI HASH HOUSE HARRIERS 2005'S COMMITTEE MEMBERS

GRAND MASTER (會長)	BAMBOO	魏志華	0932-919160
JOINT MASTER (副會長)	PLOD	李家誠	2822-4068
	INK PINK	陳俊彥	0912-000412
	BUSH BABY	DUNCAN ROBINSON	0910-511701
HASH CONTROL (監察)	BLACK FUR	謝明傑	0916-354883
ON-SECRETARY (秘書)	LOAN SHARK	許經發	0912-288073
	GURU	NARAYAN	2871-4068
HASH CASH (財務)	FIRE WOOD	王木火	0935-587986
	WHORE HOUSE	李盛填	0932-201450
	U.K.	陳澤淵	0915-586205
TRAIL MASTER (路線)	AIR SHIT	陳振宇	0916-178200
	YAKUZA	江天寶	0953-153438
BOOZE MASTER (總務)	PLAY BOY	饒盟乾	0937-088052
	5 HUNDRED MILES	鄭信農	0932-389836
	WHY	洪長力	0922-609308
HABERDASH (服飾總務)	FIRE BIRD	蕭桃彰	0937-888531
	PRINTER	陳俊呈	0910-015557
HASH BASH (聚餐)	TINKER	郭金德	0922-657297
	S.M.SHIT	林克峰	0932-026902
INFORMATION (資訊)	YUA HWI	楊敬忠	0939-755314
	HASH POET	王廷邦	0927-922186
SPIRITUAL ADVISOR (顧問)	GURU	NARAYAN	2871-4068
HASH WEB SITE (網站)	HARD DISK	江順景	2253-7059

待宰的兔子/HARE LIST

次數/NO.	日期/DATE	地點/RUN SITE	報導/SCRIBE
1674	2005/01/22 Boots郭承權 0931914072	金山(核二廠開始有麵粉) ※一定要攜帶手電筒 Jing-Shan(Take <u>Second Nuclear Power Plant</u> Will Get Mark FM.) ※Must to bring electric torch	Yakuza江天寶 GuruNarayan
1675	2005/01/29 Seasame王志仁 0918281388	復興崗捷運站門口→老湖南餐廳(北投中央北路四段)A→B(北投大業路有麵粉) 開車者於北投大業路有麵粉,車停妥後,帶背包,含衣物及現金50元或悠遊卡,忠義站搭捷運至復興崗捷運站,換裝後背包由啤酒車載回B點 Fu-Hsin Gng→Guan Du A→B(Take Bei Tou Da-Yeh RD.Will Get Mark FM.)	Loan Shark 許經發 GuruNarayan
1676	2005/02/05 Dump-N-Run(Mark) 0935047118	橫山(北二高竹東交流道開始有麵粉) Hengshan(Mark from 2 nd freeway Exit to Chu Tung)	Cicada劉漢建 GuruNarayan

Taipei-Hash Run Honours(紀念跑次)

Bull Wang(925) Sweet Cake(50) 葉政書(10)

First Time Runner(新鮮兔)

江尚群 李俊傑 買崑雄 陳誠志 錦華裕

China Hash Run Site:白沙灣

Date:2005/01/16

Hare:Mijou Slut & StrapOn Sally

TAIPEI METRO HASH

日期:1月19日(星期三) 19:45 兔子開跑 兔子:盧寶霖

地點:捷運淡水線 忠義站出口

捷兔點滴 2005/01/08 第1672次跑

人數:198人

HARE: Arahana(葉洪)

天氣:陰天

地點:北投丹鳳山

報導:Salonpas(黃純輔)



Arahana(葉洪)

沿著公館路前進,轉進奇岩路,一片祥和肅靜的住宅,集合點就在路旁的中和禪寺。這讓我想起第一次到這裡是讀初二時,導師帶著全班同學搭火車,從北投站下車走路上來,一路上的靜謐,與現在相差無幾,只是多了幾棟改建的大樓,不像東區的高樓大廈,豪華氣派,是一處讓我嚮往的住宅區,不過可惜的,旁邊的陳濟棠將軍墓園,後代因繼承的糾葛,而招到毀損。

中和禪寺是1930年代建造的,路旁的牌樓,柱上的對聯寫著「面見青山看三千世界,心澄皓月聽八百梵音。」前句寫著在世時的人生,後句則生後景況,還滿貼切的。走上階梯,右手邊是地藏王菩薩,這位菩薩是女性裝扮,一個小孩拉著裙角,據稱是日本人捐建的,由此可看出這是日本人喜歡的廟宇,日本人視地藏王菩薩為護子觀音,一般日式廟宇多會設一個亭子供養著地藏王菩薩,讓人膜拜。日本人為什麼要捐建地藏王菩薩在這裡?在中和禪寺的上方,有一個章嘉活佛舍利塔,有西藏寺廟的風格,值得一探;另一邊建有一個英魂碑,這是追念在第二次世界大戰於南洋戰爭中捐軀的33,000位台籍戰士,這也是日本人捐建的,我想你一定知道這所代表的意義。

起跑前,眾兔友在啤酒車看板上看好消息,原來是Brass Ball貼了一張相片,是上週跑步前, Merc照例在年度的第一次跑,來一段裸奔秀。不過Brass Ball好意的替他穿上一件紅色的比基尼褲。據稱因今天的路線稍長,提早15分開跑,沿者奇岩路轉入溫泉路,在一有求必應公廟旁有點塞車,繞經一鐵絲網往上,繞經丹鳳山旁的路徑,一路上雖有很多岔路,但均無checking的記號,跑得好順,第一個checking往下,繞經懸崖,去年Shit Sandwich的路線,也跑過,同一個checking,同一個懸崖。然後跑到軍艦岩的下方,經陽明大學,再繞上一處墓地,最後下到奇岩路回到中和禪寺。兔子對地形路線很熟,對市政府開闢的親山廊

道，只有穿越，而不利用，是典型的鬼崽子路線。在跑的墓地時，有一段插曲，一位婦人喊著：「我的拉不拉多犬跟著你們的人跑了，你們要跑到哪裡？」拉不拉多犬不是現在寵物圈裡正流行用來培養成導盲犬的嗎？我說：「狗都會自己回家的。」她說：「這種狗只會跟人，不會自己找路回家的。」她很著急的樣子，旁邊還有一隻小黑狗跟著，我跟著她走了一段路，前面的Hash Doctor喊著：「前面有一條狗，是不是妳的。」主人大聲喊著：「CocaCoca。」一會兒，犬兒跑到女主人的腳旁，臉上露出又急又高興的微笑。跟她又走了一段，竟讓我及另一位兔友錯過了麵粉的記號，是不是有點糗。

Down Down首先是正副兔子，正兔子葉洪因在佛陀教育基金會服務，因此取名為Arahan，阿羅漢也，其外型也很莊嚴肅穆，可能是整日沈浸在佛法中吧。副兔子陳先生是第一次跑台北捷兔，但兩位卻是台灣熊Hash的常客。Arahan因太太的關係，跑台北捷兔的次數很少，但每年年末總會送給每位兔友一份佛陀教育基金會印製的護生月曆，在此謝謝他。去年的文山盃山野馬拉松，他不慎摔斷了手臂，在榮總開刀療養，每天跟護士撒嬌，請假到後山走走，我戲稱他是丹鳳山的大地主，大路小徑，有路沒路的全部走透透。今天的路線就是這樣走出來的。感謝他今天完美的路線。ON。。。ON。。。

Newsletter 2005/01/08 Hash Run 1672

HARE: Arahan(葉漢)

Site: Dan-Feng Mountain

Runners: 198

Weather: cloudy Scribe: Narayan

Thank you fellow hashers for your generous and prompt contributions for the Tsunami relief fund, even though the request was made only minutes before our hash run today. We hope that during the next couple of weeks, we could raise much more. I read in today's China Post that private and public sectors in Taiwan have raised NT600 million in cash alone for the relief fund. The Taiwanese are very kind hearted, for sure. "Toe Job" is the only one in the Hash to thank me for being one of the first ones to come forward to donate whatever meagre sum I could. However, one of my close friends in the hash, when asked: 'did you donate anything', his reply was, noo00, but then, Guru, you donated only because a lot of people (actually over 15,000) died from the region you come from. What nonsense! Our G.M. will send the amount to a reputable charity organization like UNICEF (United Nations International children's Emergency Fund) Tsunami Relief Fund that will help all the affected countries in Asia, so that the orphaned children could be taken care of, instead of being sold to sex/slave markets.

Lot of us will soon be squandering money in gambling (through mahjong, casinos etc), night clubs, the so-called beauty parlours a.k.a. brothels. Please think about it and contribute a small share it for the Tsunami victims.

Our Saturday Run: Hare "Arahan" and his aide-de-camp, set a 'rocky' run around the Dan Feng Mountain (below the 'Dog-head') from the prosperous temple in the valley of Peitou. Peitou used to be the 'Paradise' in Taiwan for men and prostitutes until perhaps about ten years back. We had lots of runs in this area during the teething period of Taipei Hash, and all our big celebrations were held in the various hotels here. Almost all those hotels have been demolished, as the 'red district' in the area was totally closed by the police.

Vernon "Asshole" Shearer (the South African who served us as G.M., On Sec and brewmeister; he introduced draft beer in barrels and pumped it for us too after our runs; and died of Cancer) got his arse pieced by a piece of porcelain from the washbasin he was leaning on during a bash in the 'Love Hotel' in Peitou, thus getting his hash-name!!) THHH had three Vernon Shearer Memorial cross country runs in his memory! Those were THE glorious days of THHH). Whorehouse's favourite place, who proved his sexual prowess in front of the hashers, during one such bash here.

The hares did a very good job, the trails taking us up and down on all the four sides of the mountain (Peitou, Wellington heights, Shihpai and Peitou) in the midst of rocks. I have hared many runs in this area, especially from the 'Lover's Temple' (hashers may remember the chicken curry/rice dinner served by an Indian Lady at the end of the run - Chinese New Year - when Whorehouse was the G.M), but Arahan takes the cake for the toughest trail, one could find in the area. We started from the temple, ran down the road, for five minutes before turning right, to the center of the old love district. Climbed up the mountain to the left, all the way to the top, We came up to an old Japanese army camp, where "Toe-Job" pointed out to me the remnants of the writings and signs on stone slabs that were destroyed by KMT, after the Japanese surrender. From a check near by, we climbed down almost all the way by the steep side of the hill and up again to the top on the other side. We continued on the trails facing Shihphai, half the way up the dog mountain to the track and field of the University close by. We passed the dormitory of the students and the discarded shooting range, climbed up another hill before climbing down to the road going up Wellington Heights and back to the start. All in all, a good one hour run and a good work out. Well done, hares. Down Downs: All those who contributed today for the Tsunami funds were given the privilege first. The weather was warm and excuses were not needed for the various down-downs. Around forty hashers attended the bash afterwards.

表現捷兔粗獷豪邁之氣，只准18歲以上男人參加

ONLY MEN OVER AGE 18 ARE ALLOWED TO RUN TAIPEI HASH

爬坡可清血脂肪 下坡有助降血糖

假如運動對你來說始終像爬上坡那麼辛苦，那你不妨試試走下坡。

奧地利菲特啟教學醫院的崔克賽醫師六日在美國紐奧良舉行的美國心臟學會會議中表示，奧國研究人員針對阿爾卑斯山登山客所進行的研究顯示，不同種類的運動對於人體血液中的脂肪及糖份會產生不同的影響。

研究中發現，爬上坡能較快速清除血脂肪，走下坡則有助於降低血糖，而不論登山客是走上坡或下坡，都可以降低血中的壞膽固醇。

但明尼蘇達州梅歐診所心臟醫師吉朋斯指出，奧國的這項研究中包括攀爬陡峭的山路，以及滑雪場內所使用的吊椅等，和一般人的日常生活環境相當不同。

佛羅里達州梅歐診所的心臟醫師弗萊契則認為，奧國的研究報告還是可應用在日常生活中，例如上班族就可依照個人運動目標的不同，選擇走樓梯上樓或下樓。

爬上坡山路是一種向心運動，會使肌肉收縮，例如彎曲手臂或向上跨步，走下坡則是一種離心運動，例如伸展手臂或往下踏步。

奧國研究人員在研究中對四十五名平常鮮少運動的健康人士進行上坡和下坡的兩種實驗，參與者每週都必須從事三到五小時的登山運動，前兩個月步行上山，然後再搭滑雪吊椅下山，後兩個月則改搭吊椅上山，再步行下山。

在研究開始前，以及每兩個月的階段性實驗結束後，每位實驗者都會測量血糖及膽固醇數值，每次運動完也會檢測其血脂肪及血糖降低的速度及效果。實驗者並未改變原先的飲食，以分離運動實驗的效果。研究人員意外發現，走下坡路能降低血糖並改善葡萄糖的耐量，爬上坡路則可大幅改善血中三酸甘油脂的含量。

崔克賽醫師表示，這項研究對於糖尿病患者可能是一個好消息，因為許多糖尿病患者在從事向心運動及各種有氧運動時常感到吃力，現在他們可以多從事走下坡路的運動。但弗萊契則指出，走下坡路會增加膝蓋的壓力，因此健身房最好增加更多能夠運動到下坡肌肉，卻又不會傷害膝蓋的健身器材。





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Alice

