台北捷兔週報 NEWS LETTER

網址 http://www.taipeihash.com.tw



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HASH WEB SITE (網站)	HARD DISK	江順景	2253-7059

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2005/03/26 第1683次跑

Io:28-199. SHIN-LIN. TAIPE

		待宰的兔子/HARE LIST			
次數/NO.	日期/DATE	地點/RUN SITE	報導/SCRIBE		
1684	2005/04/02 王志仁(Seasame) 0918281388	擎天崗 (A to B 擎天崗 to 平等國小 車子停平等國小,14:15及14:45有二班接駁 車至起跑點) ※請自備手套 Chingtienkang (A to B) ※Prepare Glove	Loan Shark 許經發 Guru (Narayan)		
1685	2005/04/9 陳振宇(Air Shit) 0928130293	三峽(北二高三峽交流道開始有麵粉) SanXia(Mark from 2 nd freeway Exit to SanXia)	Yakuza 江天寶 Guru (Narayan)		
1686	2005/04/16 魏文章(Bloody Dog) 0912289528	金山朝天宮(核二廠開始有麵粉) Chin Shan(Take <u>Second NuclearPower Plant</u> Will Get Mark FM.)	Cicada 劉漢建 Guru (Narayan)		
Memory Run 張三成(Three Bucks)450 賴明崇(Hayase)450 卓明仁 (Doze)175 蔡縛(Dry Dick)150 林克峰(S.M.Shit)125 Taipei Metro Hash					

 Taipei Metro Hash
 B.新會員今年跑次超過10次者(2005/1/1~2005/5//

 地點:捷運板南線新埔站出口1
 C.舊會員自2003/6/1~2005/5/28跑次超過20次者

 Date: 2005/04/06 (星期三) 19:45 兔子開跑
 D.跑次超過500次以上的資深會員不受C項之限制

 Run Site: MRT Bannan Line Line Xinpu Exit 1
 2006 清邁 Interhash 開始接受報名

 Hare: 陳澤淵(U K)
 ##RT Taipu File August 1

 捷兔點滴 2005/03/26 第1683次跑
 HARE:C.C.洪
 地點:北投

 人數:190
 天氣:陰
 報導: 黃純輔(Salonpas)

★ 天3月26日是一個大日子。在台北街頭有號稱百萬人的'326民主和平護台灣'大遊行。在台北捷兔則舉辦了今年第一次有如嘉年華似 ▼ 的家庭跑步。

路過國華高爾夫球場時,在球場圍牆內整排的櫻花樹開滿了櫻花,雖然沒有很壯觀,但一路看過去,還真是讓人眼睛一亮。隨後往右一轉, 就到了今天的集合點,幾年沒來,這裡竟然規劃得整整齊齊的,沿路正可以當停車場。現場可看到多位兔友帶著女朋友、情人、太太及小朋友, 分成幾個小集團彼此聊天打屁,狀似悠閒和樂的樣子,真是讓我這個獨自來的兔子嚮往。

跑前的熱身運動由Whore House帶領,除了一般的四肢伸展運動外,另加了幾個壓腿,劈腿的動作,有點高難度,不過能做多少是多少。隨 後女兔友及小兔友先出發,五分鐘後男兔友再啟程。首先沿著坪頂水圳旁的步道,至水圳取水口開始往上,不久分長短,此時,ChunderUnder帶 著小公子也到這兒,他問小公子要走長的還是短的,這小公子很有勇氣的說要走長的。經過一段竹林後,接到由北投上來的復興三路,沿著馬路 繞經大屯山下的清天宮,再繞到面天山下的興福寮,穿越馬路進入有如廢墟的大建築工地,有蓋好的,蓋一半的,或正在整地的,除了蓋好的有 人留守外,其他的一片荒涼,據School Sucker告知,當地人稱此地為'八卦寮',謔稱有八家建設公司來這裡投資,都掛掉了。接著跑過建商為 開發新社區而建造的鋼構混凝土橋,遠看還相當壯觀。跑到橋頭,將兩邊的廣告看板拼接來看,才看出此工地稱為'大陽明山莊'。過橋右轉,經 由坪頂社區回到集合點。感謝兔子Hippie,雖然上週跑China Hash時,小腿被樹枝刺傷,縫了30幾針,傷口還為完全復原,但仍把這條長短適中 的路線完成了。

今天家庭跑步,照例由會裡準備一些有的,沒的,吃的,喝的,供大家享用,有跑,沒跑;跑長,跑短;早回,晚回;每個人都嘴笑,目

笑,對今天的聚會顯出滿意的笑容。在此謝謝會長及幹部們的費心安排。

Down Down 由會長主持,首先由今天的兔子Hippie副兔子SunYet San當一杯,Bamboo問兔子的兔名為何叫C.C.,他說我的hash name是 Hippie(嬉痞),他說參加捷兔已有30幾年了,跑的次數少說也有700次,但其中因到高雄中斷兩年,致使找不到舊記錄,最近幾年因家庭因素,大 多跑China Hash或Taiwan Bear Hash,難怪在龍虎榜看不到他的蹤影。為了Sun Yet San的出場,特別唱了一首用國歌的曲,而由Bamboo填詞 的Down Down 歌來助興。為了配合跑1700次時出版龍虎榜,沒有hash name的兔友就不刊出,因此最近每個禮拜都有取名的Down Down,今天 由Merc主持,四位兔友出列,單腳下跪,手舉酒杯,White Fur唱'倒退为乂'Why負責灑酒,在'倒退为乂'的歌聲中完成取名儀式。陳志龍取 名Shit Bumper,陳朝明Shit Burger,另有兩位需核對中文名,Turd House及Dirty Cloth。

Buzzard Eagle帶了女朋友來,但不知好歹,竟然穿了新鞋來參加,被會長逮到,要她用鞋子當酒杯, 來一個五味雜陳的Down Down,真是有點為難,最後還是由Buzzard Eagle來完成。另Fire Bird慫恿會長要 S.M.Shit與他的女友來一個69式的Down Down,但因女孩子有一點害怕或害羞,身體沒法倒立伸直,只好將 就過關。雖然後來會長也與一位女孩做示範,也沒做得很正典。有的小孩是人來瘋,但Taipei Hash是女來 瘋。不管是家庭跑步或有晚會的特別跑步,都是很奮亢的。讓這些兔眷們看到兔友的無拘無束,不拘禮節, 無傷大雅的戲謔,把整個身心都放下了,過了一個快樂的午後星期六。

雖然家庭跑步不辦bush,但有人一吆喝,眾兔友又到老湖南餐廳喝兩杯,否則今天好像沒過完似的。 ON...ON...。

3月27日多位兔友參加國道馬拉松競賽,成績輝煌,10公里組 Marathon第1名,21公里組 Night Market 第2名,Kung Fu 第4名;21公里長青組 Hayase 第3名;另唯一參加42公里組的Buffalo獲得最佳服裝造型 獎,有圖為證。前次參加時,因洞挖得太小,還是把乳頭磨傷,此次索性挖大一點,通風又舒適,不錯吧。 ON...ON...。



Newsletter 2005/03/26 Hash Run 1683		HARE: Hippie	
Site:Bei Tou	Runner:190	Weather:Cloudy	Scribe:Guru
N			

A well organized family run on this Saturday was the top news of the week; not Mayor Ma challeng-Aing Speaker Wang for the coveted position of the charimanship of the oppositon party, KMT for which the election is to be held in the near future.

Many hashers brought their wives, children and friends to the run as the weather was very nice for a family picnic. It had the atmosphere of a carnival. We started off for the run, along a concrete path beside a narrow channel for a while until we came to the first check. We crossed over a stream to go up a small hill and soon found the trail marked S to the left and L to the right. We turned right, climbed up lots of steps through a young bambooo plantation and then ran down to a road. We continued on the road, past Chin Tien Kong, passed some village houses, and again down hill and hit another road. Here, I saw slow-coach going in the opposite direction of the trail, and Icoundn't help but shout 'yooou short cutting bastard'! We cut across couple more roads, with short bursts along connecting paths. The highlight of the run was that there was not much of a climb that mattered, and the whole trail could be run fast. Even the long run was very short, the front runners doing it in less than 45 minutes. The hare 'One Hung Lowly' (his hashname is not C.C. as far as I know) however, made sure that the trail was well marked. We have had a few runs in this area in the past!

But what mattered most was that the ladies and kids had a great time, most of them accompanied by their husband/father, who could not run or jog as they would have liked to. Happy family. The hash is a close knit community.Great commraderi!! A feast was alreay set with the variety of dishes brought by the hashers (of course cooked by their best halves). Everybody had a great time eating and drinking that there was no need for the usual bash.

Down downs were too many to record.

On on!

I will sadly miss the next Saturday's run as I am off to Angkor Wat for sightseeing early on Wednesday!

Guru



