



**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	0936-131797
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	0952-871047
SPIRITUAL ADVISOR (顧問)	GURU	NARAYAN	2871-4068
HASH WEB SITE (網站)	HARD DISK	江順景	2253-7059

次數/NO.	日期/DATE	待宰的兔子/HARE LIST 地點/RUN SITE	報導/SCRIBE
1687	2005/04/23 莊顯亮(Cobra) 25223900	東湖安泰街(北一高康寧及成功交流道開始有麵粉) Tung Hu( Mark from 1 <sup>st</sup> freeway Exit to Kang Ning )	Square 方清福 Guru (Narayan)
1688	2005/04/30 陳澤淵(U.K.) 0915586205	安坑(北二高安坑交流道往安坑方向開始有麵粉) Ankeng( Mark from 3 <sup>rd</sup> freeway Exit to Ankeng )	Omen 謝至毅 Guru (Narayan)
1689	2005/05/07 楊國鵬(Eagle) 29391031	木柵貓空(政治大學往貓空方向開始有麵粉) Muzha Maokong( Mark from the National Chengchi University to Maokong )	Won Won 何興亞 Guru (Narayan)

**Hashing Records**

涂亞平(Tool)750 宗才靜(Double Cross)650 徐慶雙(Eject)575  
沈以文(Weirdo)525 林進福(Golden Goose)475 王木火(Fire wood)350 李家誠(Plod)200 陳春木(Cunt Packer)125 張瑞申(NoNo)50 周守益(Otter)50

**台北捷兔1700次特刊公告**

**會員列印資格限制**

- A.有取兔名、有相片及個人資料者
- B.新會員今年跑次超過10次者(2005/1/1~2005/5/28)
- C.舊會員自2003/6/1~2005/5/28跑次超過20次者
- D.跑次超過500次以上的資深會員不受C項之限制

捷兔點滴 2005/04/16 第1686次跑

人數: 175

HARE: 魏文章(Bloody dog) 地點: 金山

天氣: 陰

敬奉: 江天寶(YAKUZA)

俗話說男人有三寶:「香腸、魯蛋、一堆草」。有一位阿伯半夜因為尿急,急急忙忙衝進洗手間,尿了半天滴滴答答的,忍不住自言自語著:「老弟啊!老弟!年輕的時候你跟著我衝鋒陷陣,現在老了就不行了,這些我都能體諒!但是,你總不能連尿尿這種事情你也要欺負我吧!」。被阿伯吵醒的太太睡眼惺忪的說:「老伴啊!這麼晚了,你在跟誰說話啊?」阿伯:「沒有啦?是一個你很久沒有見到的朋友啦」。捷兔活動在於淬沖取大自然「威而鋼」,二腳跑三腳勇,強壯您的三寶,促進家庭「性」福美滿,據說多位兔友的老婆,很想送本會一個「惠我良多」的匾額呢。那女人有沒有三寶呢?當然有!女人三寶:「珍珠、鮑魚、含羞草」。



Bloody Dog  
(魏文章)



本日路跑地點在磺溪頭山靠近金山的山區,磺溪頭山標高508M,為清水溪上游,山勢渾圓罕見,有林務局補助一顆三等三角點,稜線上出其平緩,蔭蔽茂林,而沿途遇有一顆反經石在大樹邊,稜線呈現O行的走法,展望極佳,視野良好,仍屬於陽明山國家公園,為最近熱門郊區登山路線。附近有一古道;磺溪頭古道,此古道為早期居民前往石片山採、挑建材用石片所走的步道,因這一帶古地名為磺溪頭而得



名，一九八五年陽明山國家公園成立後禁採石片，步道逐漸荒廢。後經發展協會的努力，把沿著清水溪約八百公尺長的一段古道，從荒蕪蔓草中重新整建成環狀步道，去程山徑穿越密林，經小瀑布、三粒石土地公廟、石頭古厝、棧道等，一路林相豐富，蕨類茂盛。回程小徑緊臨溪畔，遠望溪對岸林梢一簇一簇淡粉紅色的酸藤花攀緣，林間鳥語不斷，蝴蝶、蜻蜓飛舞，溪中魚兒翻游，譜成森林交響曲。

集合地點在陽金公路3K處面海的朝天宮，海風徐徐、氣溫舒適，難得的好天氣，會長Bamboo笑得咧開著嘴，撥掉那「天邊一朵雲」，「帶塞」的日子終於過去了(Bamboo自從當會長後，每次活動皆下雨)，我出運啦！

2:45兔子Bloody Dog(魏文章)與老搭檔副兔子Telcom(呂春長)在眾人歡呼聲中離去，眾兔崽子在副會長 Plod 帶領下作操熱身、3:00在會長Walking聲下，展開了今日序曲，沿著廟旁小徑進入了重三社區，第一個 Checking 搞得眾兔崽子團團轉，真正的路線為左邊小巷進入社區發展協會整建出來的自行車道，沿著車道行進，在清水溪生態休閒園區門前遇見第二個 Checking，麵粉灑在向上一戶花農門側右邊，往上行進經過廢棄的養鱒場，沿著溝渠向上，眾兔崽子又被兔子所設 Checking 困著了，左邊傳來 On On 聲音，進入了密林來到了磺溪頭山登山口。磺溪頭山路線呈現O行的走法，左邊陡峭須攀繩而上，右邊平緩而上，路線平坦林蔭密佈，據說兔子原本規劃右上左下，但考慮眾兔崽子安全起見，臨時決定先攀繩而上再平緩下山，沿路可見紙條大部份皆灑在左邊，可見兔子的用心。過溪後沿著山徑前進，攀繩而上到達稜線，一路奔走，經三角點、反經石、小土地公廟、下溪床，再回到交叉點出登山口，渾身通體舒暢，快樂不得了，沿著柏油路下進入磺溪頭古道，鮮艷兩旁小花迎面撲鼻，讓人心曠神怡，如入桃花源世界，真有「踏花歸去馬蹄香」之感，感謝兔子們辛勞！



Down Down由會長主持，正、副兔子用馬桶、尿壺裝酒伺候，再次感謝兔子辛勞，紀念次數者各當一杯，幾位新取名的兔友在Black Fur「倒退嚕」聲中，

歡迎加入兔子行列，噹噹進行中，兔子看看鑰匙遇剩8支，直望著回來的路，真有望伊早歸心情，「順著姑意違了嫂意」，整條路線快者1小時20分；最後回來3小時，還有幾位掛綵的，真是兔子難為！喜怒哀罵任由您，大家爽就好！

Bash在陽金公路天籟入口三重飲食店，席開4桌，酒酣肉飽，踏著輕風涼月回家檢驗今天的成績。



## 霞喀羅古道探勘報導 許愷靈(bear)

第一次由網站看到霞喀羅古道的名字是在2003年12月，林務局將它整修為霞喀羅國家步道全線長二十四公里。「霞喀羅」(Syakaro)一詞，在泰雅族語是「烏心石」的意思，因為這片頭前溪的上游流域盛產這種材質堅硬的樹木，約在兩百五十年前有一支泰雅族人從尖石鄉遷入當地，便以此為棲身之地，並用來為部族命名。

霞喀羅國家步道並非新開闢的步道，而是依循日治時期「鹿場連嶺古道系統」中，霞喀羅警備道路與薩克亞金警備道路路線規劃而成。古道專家楊南郡指出這條步道的兩大人文特色，一是堪稱國內所有古道中「駐在所」密度最高的一條，平均四、二公里便設有一座，由此日治時期為鎮壓高山地區原住民，所駐守的警力可知泰雅族人「抗日力量J之強烈，但由於年久失修，多數僅剩土牆、砲台遺址。另一項特色則是，駐在所的牆全是「夯土」而成，土牆厚度二尺多，十分堅實，與其他地區的建築工法大異其趣。霞喀羅國家步道由於日治時期為警備道路，為了便於運送火砲與物資，坡度十分平緩，幾乎沿著等高線前進，相當適合闔家健行同遊。

2004年7月時即耳聞本會將舉辦霞喀羅國家步道特跑時間約在10月左右，不料接連而來的颱風大雨，造成這地區山區坍方、土石流淹沒道路民宅，步道因而中斷；計劃因此取消。

今年本會亦預定於10月時舉辦霞喀羅國家步道特跑，兔子Sofa(邱啟發)準備先行探路，正好中華電信國際分公司登山社

於4月9~10日舉行「霞喀羅古道、鎮西堡神木」健行活動，藉此機會一同前往(此行共有12兔友共襄盛舉)。行前耳聞兔友Dog Turd(高印壽)言古道有些坍方處高繞一下就過去了，登山時遇到坍方高繞或下切是常有的事並不太在意。

4月9日早上05:00由台北愛國東路中華電信國際分公司前搭車出發，06:10到達竹東，07:10經過清泉沿途處處可見土石流的痕跡，08:10車抵步道西端西高橋登山口標高1638m，原本登山口3.5K前的坍方處這幾天才搶通，我等可說是去年颱風過後第一支搭車抵達登山口的隊伍，省下一小時踢林道的時間。在空地前整裝拍照，陽光普照、空氣清新、徐徐微風，真是健行的好日子，預計下午3、4點前即可結束今日的行程。08:20進入古道，古道入口標示全長22.58公里，開始緩坡向上，經過田村台駐在所遺跡後坡度較陡，行經一處高繞處時遇到幾位原住民同胞，得知我們將步行到養老登山口，以懷疑的口氣說，白石吊橋後的坍方路段路好像不通喔！09:30來到霞喀羅大山登山口標高2030m，此處為古道最高處，爾後均是緩坡向下直到養老登山口，古道上滿是落葉枯枝，一路走來渾身舒暢，不知不覺中又經過幾處駐在所遺跡，雖立有木牌但都沒有任何文字說明無法隨時知道身在何處，11:10在大約為朝日駐在所處用餐(依地圖判斷)，11:30續行，12:10唯一一座保有廳舍建築外觀的白石駐在所，其實是在六○年代改建的。在此拍照休息等候其他隊友，12:30向白石吊橋前進，一路由標高1606m的白石駐在所陡降至標高1274m的白石吊橋。(聽說先前兔子由養老登山口行至此看到此陡坡即打道回府了)。01:00過吊橋，吊橋很長走起來很刺激。

白石吊橋建於日本大正十年，距今有八十多年的歷史，橋長一百四十五公尺，落差九十公尺。橫跨薩克亞金溪，兩岸峭壁嶙峋的，俯瞰湍急溪水，在巨大岩石間激起白色水花，景象壯觀具震撼力。(本會資深會友Wino(曹俊彥)表示此吊橋長度及落差較溫哥華旅遊景點的著名吊橋均有過之而無不及)

吊橋過後有一木牌上書「此路不通」，對兔子而言，路是兔子跑出來的，何來此路不通之說，順著木梯向下，再上接古道，01:10遇到接連兩處坍方無法越過眾兔子開始發揮找路的本領，前前後後都無所獲，此時只有寄望會友Wino帶領高繞續接古道；由坍方前右邊陡坡開路高繞，兔友Dragon(龍天池)、Simpson Ho(何明校)二兔當先在前開路，Wino(曹俊彥)居中指揮Dog Leather(蕭世璞—本屆中華電信國際分公司登山社隊長)在後綁布條留下記號給後隊，期間數次以為已通過坍方處，發現前方還有坍方只得再次高繞，最後接上原住民的獵路下抵古道(大約在武神駐在所與小吊橋之間)，此時已是04:40高繞找路足足花費三個半小時繼續往小吊橋前行其中還有一處坍方需要先下切一小段再攀登上古道，步道在小吊橋處也是一大片崩塌處，古道左方有路通往溪底，下至溪底後面對一大片坍方，只有右方隱約可見一小段古道，在此休息喝喝清涼的溪水，判斷要如何前進，正確的方向需要過溪向左行，直到左邊盡頭上攀竹林後接上步道Dragon (龍天池)一龍當先上至古道；此後的路段可說是康莊大道，馬鞍的楓香林與栗園的桂竹林是古道中最美的一段，栗園過後時間已晚天色已暗，匆匆趕路到達養老登山口已是18:50，19:15到停車處搭車前往鎮西堡於20:50到達。(後隊15人於23:00到達鎮西堡)

4月10日一早05:00大夥就陸續起床準備前往神木區，Wino(曹俊彥)看看天上雲層，發佈氣象預報，下午會下雨，要早去早回，07:15到達神木區登山口，08:20看到第一株神木，在第二株神木(亞當神木)前Sofa(邱啟發)等人左端右詳品頭論足一番後，還是久久不忍離去，Dragon (龍天池)卻早已在第三株神木(夏娃神木)前沉思不已，此處神木群共有23株，繞神木群一周需要70~80分鐘再回到第二株神木處，再沿著原路回到登山口，在途中巧遇四位原住民背負沉重的背包上山，是要鋪設由此處上大霸尖山的步道，往後此處繁榮可期；11:10出登山口，12:20搭車回台北，途中15:00在老字的民宿用餐，此時下起大雨(山區天氣預報還滿準確的)，18:00回到台北愛國東路中華電信國際分公司，結束這美好難忘又值得回味的二日遊。

Newsletter 2005/04/16	Hash Run 1686	HARE: Bloody Dog	Site: China Shan
Runner: 175	Weather: Sunny and Warm		Scribe: Bush Baby

Well it looks as if the winter has finally given away to spring/summer as the weather for this weeks run was a beautiful balmy sunny afternoon. Also the setting for the run, the courtyard of a small village temple off to the side of the Chin Shan/Yang Ming Shan road surrounded by paddy fields, agriculture, a river and the mountains above Yang Ming Shan off in the distance, was most picturesque. In this peaceful, rural setting, Hashers gathered exchanging greetings, comparing notes on conquests - real or imaginary but my guess mostly the latter - and debating other worldly matters of importance. Even 'Slime', never one for making an early appearance, was present. Overall however was the air of expectation for a good run to round off the week but sadly this was not to be the case and I was reminded of a run almost 2 years ago to the day about which I made the comment in the News Letter that a run is often remembered and/or categorised by the last 15-20 minutes of the run. A run with a bad or poor start but a great ending is generally remembered with



some affection where as a run with a good start but a poor ending is mentally filed under the 'best forgotten, dead, buried and never to be repeated' category. So it was with the run last Saturday.

After the usual warm-up exercises lead by 'Plod', the pack took off after the Hares out of the temple courtyard following the trail up through the village where a check forced a temporary halt. With an abundance of paths, roads and tracks leading up a hillside in front of the check, the majority of the pack searched this area in vain and after scratching around for about 10 minutes, the flour marks were finally found on a small road behind the check leading up the main valley in the general direction of Yang Ming Shan. For the next 10 minutes or so, the trail led along a series of very pleasant small bicycle roads and foot paths through agriculture but all leading up the main valley.

Coming out on a concrete road, the trail then crossed the river and following a hiking path, started to ascend what initially appeared to be a gentle hillside. The early stages were not unpleasant but as time passed, the forestation grew denser blotting out views of the surrounding countryside and the climb got ever steeper with never an end in sight, enjoyment in the run waned rapidly and can best be summed up by a paraphrase of a line from one of Shakespeare's plays - 'Now is this glorious summer made our winter of discontent by this never ending climb'. Finally however after what seemed an eternity, the trail reached a high spot but then the full horror of the situation became clearer as the trail now followed the heavily wooded and ragged spine of a long, steep-sided ridge, still leading ever AWAY from the start.; would this f\*\*king run ever end?

After another age of dragging up and down small tors on the ridge line with nothing to view but the monotony of the surrounding trees, the trail made a decisive downward turn and for a short while followed a wide path into the valley. The hope that the worst was now behind however was short lived as the trail now led into and down a dry river bed strewn with bloody great boulders and rocks making the further descent into the valley slow and arduous. Emerging from this hazard, the trail then led on down the valley into which we had descended and finally after another lengthy spell stumbling along a rocky wooded path and hacking around in bamboo thickets, long grass and shiggy, the trail came out at the river we had crossed shortly after the start of the run and the concrete road. At this point however, nature made its demands uncomfortably felt and your scribe was obliged to make a short stop for a crafty crap and a wash off in the river.

After a short but surprisingly pleasant, by comparison, run back to the finish and the welcome brews and snacks supplied by 'Mrs. Piss', your scribe found that Down-Downs led by our fearless leader, GM 'Bamboo', were just getting under way. First up were the Hares who should have been shot rather than honoured with a cup of good brew for the abortion of a run they had set. Then as the 2005 Hares' Bags had been delivered, all the Hares and Co-hares present which included your scribe, were called up to be presented with a Bag and a Swiss Army type pocket knife courtesy of 'Forever'. Your scribe was then given a toasting for his crass oversight of putting his health at serious risk by setting out on last week's run without a supply of candy (for the sugar). On that occasion, he was kindly saved by a number of Hashers who had both a bottle of a Sport drink and a small stock of candy which enabled him to recover and make it back to the finish and to these Hashers he expressed his sincere thanks. Finally, in addition to a host of other Hashers being called up to sup a cup of the good brew, two Hashers were named; 'Strong' for ? and 'Guide Dog' for his work with blind people. '4-Wheel Power' was then also renamed '4-Wheel Driver' but no prizes for guessing why!

And so with dusk falling and the mellowing effects of the fine brown bottled golden nectar erasing the pain and memory of the run, another successful Hash came to a close.

On-On

表現捷免粗曠豪邁之氣，只准18歲以上男人參加

ONLY MEN OVER AGE 18 ARE ALLOWED TO RUN TAIDEI HASH