



TAIPEI HASH HOUSE HARRIERS 2009'S COMMITTEE MEMBERS

GRAND MASTER (-會長-)	Aqua	李源慶	0935-259-689
JOINT MASTER (-副會長-)	Rolling Stone	張仁全	0937-058-475
	Speed Motor	杜世輝	0932-059-949
	Roger Me	Kevin Meyer	0932-381-013
HASH CONTROL (-監察-)	Dragon	龍天池	0928-243-807
Spiritual Consulter (-顧問-)	Gash	廖啟仁	0933-905-906
Diplomacy Consulter (-外交事務顧問-)	Bamboo	魏志華	0932-919-160
ON-SECRETARY (-秘書-)	Ink Pink	陳俊彥	0912-000-412
	Alone	張欽賢	0935-339-951
HASH CASH (-財務-)	Dog Leather	蕭世璞	0933-000-716
	Massage	凌仲政	0912-057-639
	Three Bucks	張三成	02-23064368
TRIL MASTER (-路線-)	Carrier	何萬豐	0933-208-276
	Robot Machine	邱創建	0936-483-838
	Autobiker	陳秋山	02-25045402
BOOZE MASTER (-總務-)	Cylinder	許萬益	0933-047-907
	Hammered	鄭永利	02-22863062
	Nails	吳啟明	0933-227-567
	Sk-pin	張明河	0933-234-217
	Auto Spring	邱顯誠	0937-029-023
BOOZE MASTER (-服飾總務-)	Image	周正順	0927-189-777
HASH BASH (-聚餐-)	Black Donut	劉進鏘	0910-021-686
	Plod	李家誠	0928-260-288
	Pitcher Shit	陳裕信	0926-680-000
INFORMATION (-資訊-)	Softy	徐壹豐	0920-946-035
HASH WEB SITE (-網站-)	Fire Bird	蕭桃彰	0937-888-531

待宰的兔子/HARE LIST		地點 / RUN SITE	報導/SCRIBE
次數/NO	日期/DATE		中文/ENGLISH
1889	3月7日 吳張得(Recycle) 0921160600	紗帽山,捷運新北投站往陽明山有麵粉(家庭路跑)(Sha-Mou Mountain,MRT Shin-Ba-Tow to Yan-Min Mountain will get flour)(Family Run) (歡迎眷屬參加,請自備碗筷,每人攜帶拿手好菜一份)	陳澤淵 Life U.K. 0915-586-205
1890	3月14日 黃峻金(Hard On) 0932-356-361	大崙尾明德樂園(Dar-Ron-Wai Min-De Garden will get flour)	蕭世璞 DOG Leather 0933000716
1891	3月21日 徐壹豐(Softy) 0920946035	林口酒桶山 林口第2交流道南下右轉有麵粉,108縣道約6公里 (Lin-Kao Jo-Ton Mountain Lin-Kao 2 Exit will get flour)	饒盟乾 PlayBoy 0937088052

1. 兔子們注意:一條好的路線,跑步約60-90分鐘,步行約90-150分鐘
2. Attention:A Good Run is running about 60-90 mins.Walking 90-150 mins

1. 捷兔之歌(HASH New Song)

2. Taipei Hash 聽人講起 爬山落崎 真趣味 大家相招 Down Down Bash 燒酒喝甲 笑微微

1. 為了增加噹噹的樂趣,希望各位兔友將捷兔之歌背起來(國字部分用台語發音)

1. 特別路跑:蘇花古道A to B 特別路跑(凡會內特別跑步,當日往返者,會內不另做Run) Special Run:Su-Hwe Route(A to B) 3/28,NT 1000 費用:1000元(年繳 850元)
2. 日期:2009年3月28日 集合地點:捷運圓山站(供應午餐便當) 開車時間:AM 9點30分準時開車
3. 報名請洽:副會長 杜世輝(Speed Motor) 0932059949 路線 邱創建(Robot Maching) 0936483838
4. (即日起報名至98年3月14日止(不接受當場報名))
5. 凡參加特跑者HARE皆贈送物超所值神秘禮物一份
6. 欲搭同部遊覽車者,煩將名單交副會長杜世輝(Speed Motor)

1. 今年度凡會內有舉辦A to B之特別路跑,且單日行程者,當日台北不另做路線

1. 印製1900次特刊公告

2. 入榜資格須符合以下兩項條件(A)凡97年(2008年)全年跑次超過5次(含)以上者(B)必須有個人照片,捷兔兔名及連絡電話者
3. 注意事項:(A)個人照片欲拍攝者,請自2月14日起至3月28日止(共7週)(B)無照片or要拍新照片者請找秘書陳俊彥(Ink Pink)

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| 1. 健龍跑步 (ChinaHash)日期:2009 3/1 Hare:Cam(0963-046164) | 1. 夜間跑步:03-04-09 捷運淡水線民權西路站出口 1.Hare:(左妍馨) |
| 2. 地點:陽明山平等里 故宮開始有麵粉 | |

1. 高雄捷兔邀請大家參加 2009全島特跑 時間:2009年4月18日 地點:高雄縣靠近國道3號阿蓮/田寮交流道 兔子:Crocodile Dundee & Singing Shithead

1. 捷兔點2009/2/21 第1887 Run 地點:石碇聖福宮 人數: 207 天氣:晴天



今天跑步的內容:地點在台北縣三芝鄉。開車從台北往淡水方向,上登輝大道駛進北新庄的縣道101號路沿路有麵粉, 洋兔兄,可能語言不通,特地還搭計程車,向我詢問今天的路線,就知道今天的新兔友肯定很多,最後才知道地點是上次金德賣番薯的地點,這次價錢變貴一包50塊,在旁的兔友一點興趣都沒有,阿婆說種菜很辛苦。時間pm3.00開始起跑,由龜山橋旁往店子村5鄰的道路跑,明顯目標有[華觀琉璃][北極信天宮]及[店子村5鄰]的指標,路旁有棵奇特的樹抱石,在門牌是三芝鄉店子114號三合院旁的工具房旁進入梯田,這裡聽說並沒有將兔友困住過的歷史。衝過一小片芒草叢後經過民宅過個彎道,進入三板橋自然步道。三板橋自然步道鋪一段石頭健康步道,兩旁是小溝渠和梯田。三板橋有新舊兩座,車行通過的是新橋,路邊立有一巨碑,舊橋則是清同治年間的遺蹟了。是古董級的又當大隊跑進三板橋自然步道後就順著水溝直衝,途中有個叉路沒有記號[麵粉],前面勇腳者順著水溝跑了很久發現沒麵粉後退回,後面大軍趕到,全被困在一起,大家面面相覷,

沒路,怎麼辦?老鳥老神在在,但是阿全再怎麼跑都跑在我後面,而且他還是勇腳,話說回來老兔還是有勇的所在。不久在前面方向聽到on on[有麵粉的正確路線],於是如逢甘霖般的大家往回叉路跑。一路怡然而跑,林木扶疏,泥徑枯葉,圳石青青,圳水潺潺,水圳偶爾與小溪交會時,則另建渠道讓溪水從圳上流過。沿途也有稀疏的竹林及零星的姑婆芋,古道氣氛與清幽更勝坪頂古圳。山間隨著鳥語蟲鳴配合起溪瀑聲,編首大自然樂章,音色極好質感一流,將山區林間的溪流進行曲融入步伐之中。離開水圳,開始爬坡。古道緩緩爬坡而上,這時溪谷在右下方,只聞微微潺潺聲而已。古道愈深入,林相愈蒼鬱,但路徑仍清晰,沿途出現不少古樸的石階遺跡,既驚訝,又感動。今天這條路的確美ㄟ。在梯田的產業道路,直走經過三板二橋(90年新建),經過三板二橋,後往左上道路走(爾後就沿著這條柏油路走就是),沿途的左方仍是梯田,接著,乍現一片櫻花群,遺憾的是麵粉的路線竟然沒有往裡面跑的足跡!但是比基尼還是傻傻地往櫻花樹裡跑去,不管火鳥怎麼喊叫,他還是勇往直前,不知道在內幹哪檔事喔 還是在享受裡面的芬多精吧。在三板二橋附近,看見對岸鵝掌柴結果成熟,藤高約有六公尺,許多頷垂豆的灌木叢有果實,以及穀斗科植物發嫩芽。華八仙開花。店子村、梯田、灌溉溝渠、大屯溪古道、圓山村 境內令人驚艷,難以置信如此無染的清靜美麗溪流,看那溪谷空間裡包聚著許多迷人的光線...跑路中洋溢著詩情畫意流水迷人的風采!在此感溫ㄚ!

Key Way you done the good job.(以下為英文報導)Along with ex-China Hash GM, the Gay Little Wizard, we set off for the North Coast's Bei Xin Zhuang in Mario Andretti's (aka Backdoor Man - Jed Van Voorhis) screaming VW in fear of our lives given the driver's track record for unfortunate collisions with motor vehicles. We were uncertain of which run we would ultimately do as both the Taipei Hash & Bear Hash decided in a flash of brilliance to try to see if they could both set runs on the same day in the same area without fricking running into each other. Knowing that the hares Keyway and SOS were likely to set an epic run (and of course taking my duties as the token "Atoga" committee member whose key responsibility was to sucker at least a few white boys to join the Taipei Hash each week), I naturally put my vote behind the Taipei Hash run and was not to be disappointed. As we approached the run start after what seemed like about a 20 minute drive from downtown Taipei; girly boy Backdoor Man started whining about how we had made the wrong decision and that the run would suck. But with beautiful sunshine and a hare's blessing from the Hash God, he was fortunately dead wrong and we were treated to one of the best runs in our short beer-tainted memories. Not long after we arrived at the start I received word that there was some other "Atoga" trying to find his way to run in a taxi. A few minutes later, Tampon from the Guam Hash arrived at the scene after having made an epic journey from Dou Liu near Taichung with the High Speed Rail, MRT from Taipei main station and then a taxi (all without speaking but a few words of Mandarin eg. "Ni Hao" and knowing the words to some obscure Southeast Asia Chinaman's hash song). As a first-timer to Taiwan (and Guam's mother Hash), we were quite impressed with his ability to get himself to the run start just as the hares set off. Firebird, on the other hand, was impressed with his hash name Tampon. After explaining to Firebird and others that Tampon meant "Wei Shen Tiao", Firebird began fantasizing about what Tampon might have had that was long and hard and could be inserted in certain orifices. These fantasies would later overtake Firebird when at Down Downs, our visiting Guam hasher was treated to a shitload of souvenirs and was asked to de-bag and put on a new pair of shorts. Firebird couldn't contain himself and had to peak under his towel and tried to sneak in snaps with his camera phone. As a multi-offender of such incidences, the three "Atogas" present decided that Firebird forever hence (or until someone comes up with something even better) will be known as "Buttbird" on the China Hash. The run from start to finish was epic. Winding up through some rice terraces from the start to the first check which (in retrospect shouldn't have been very difficult), stuffed us for what seemed like 10 minutes, the run then took off through more beautiful terraces, nice relatively runnable forest trail, scrambles through a riverbed, sakura trees in blossom, etc... After one hour, yours truly finally caught up with Wanker who at 72 was excited about the fact that although he is poor he can still kick some butt on the trail. At 1 hour, 20 minutes (10 minutes after Backdoor Man finished the entire run and was elated to come in first), I came to the Long/Short split. Normally seeing as the long trail went sharply up and the short was a quick stroll downhill to the finish, I would have opted for the short. Yet having enjoyed the run so much at that stage, I made the right decision and went for the long. This extra 20 minutes was the best part of the run, up into a pristine valley, down through some freshly cut baby bamboo forest and more down hill grassy single track. This was one of those rare runs where you felt like you were running downhill more than up. Aqua and crew kicked off the Down Downs with some new techno microphone, speaker system and blast horns and kept the crowd and Tampon laughing (although of course Tampon didn't know what he was laughing about). The Bash was apparently also well attended and immensely enjoyed but we opted for a surprise visit to the nearby home of Dr. Shit-faced who we found outside around the corner of his house painting something in his underwear and sincerely disappointed that he had missed such a great run. Tampon: Hash song lyrics you requested to teach the Guam Hash: Lim Lim Ju, Lim Lim Ju, Lim de Gou Zai Yi (sung to the tune of Jingle Bells) Hats off to the hares for such an enjoyable day out!



報導:王信量



