



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

待宰的兔子/HARE LIST

次數/NO.	日期/DATE	地點/RUN SITE	報導/SCRIBE
1681	2005/03/12 Eject 徐慶雙 29695798	土城慈惠堂(承天路8巷)(北二高土城交流道右轉開始有麵粉) Tu-Cheng (Mark from 2 nd freeway Exit to Tu-Cheng)	Sogo 林世顯 Guru (Narayan)
1682	2005/03/19 洪長力 0922609368	八里(關渡大橋開始有麵粉) Ba-Li (Mark from Guan-Du bridge)	You Ching 蔡品端 Guru (Narayan)
1683	2005/03/26 C.C.洪 0932251828	國華高爾夫球場(北投稻香路開始有麵粉) 家庭跑步 Kuo Hua & Country Club (Mark from Pei Tou Tao Hsiang Rd) Family Run	Salonpas 黃純輔 Guru (Narayan)

馬祖特別跑

Date:2005/04/08 ~ 2005/04/10 Hare:翁常強(Shit Cream) 謝明傑(Black Fur)

費用:週繳4300元 年繳4150元 (含交通、住宿、二次早餐、二次午餐、一次晚餐、保險、紀念品)

報名洽 Black Fur (謝明傑)

2006 清邁 Interhash 開始接受報名

詳見下列網址:<http://www.chiangmai2006.com>

捷兔點滴 2005/03/05第1680次跑

人數:173

HARE:Tooth Pick(周淳和) 地點:東湖

天氣:晴

報導:Buffalo 謝群忠



Tooth Pick (周淳和)

日前應公司主辦單位之邀，在盛情難拒之下，抱著姑且嚐試歷練各種人生舞台的型態，就在半推半就的窘境下，忐忑不安地接下華航春酒聯歡晚會主持人的棒子，氣氛嚴肅拘謹揮灑不開乃是意料之中，與主持捷兔噹噹氣氛，輕鬆自然豪放不羈，二者之性質與氣氛迥然不同，不過從中學習到許多寶貴經驗和人際互動默契，果然不經一世不長一智，更能體驗到另類人性的價值觀念，心中緊張得直打多索”皮皮挫”，生怕說錯話，但晚會落幕之後佳評不斷湧來，台風穩健加上主持人以動人的歌舞於舞台上串場演出，使得晚會氣氛活絡輕鬆自然，雖然如此我仍然比較喜愛赤裸裸地縱情於捷兔噹噹儀式中，隨手捻來信口雌黃，帶著幾分醉意於半夢半醒之間，極盡陶侃揶揄之能事，並博得眾兔崽子的滄海一聲笑，被糗的兔友也只能乾瞪眼自認倒楣，下回再見又是狐群狗黨瞎攪和。

據聞某位兔友曾為做好康的路線與兔崽子分享。當天為壯膽聲



勢。乃一大早起床前即高唱”我現在要出征！我現在要出征！”我們那位善體人意的兔嫂很上道入流，隨即配合高舉喇叭摧枯拉朽地猛吹一番，一大早就這樣一吸一吐了半晌，其吐納功力與會長BAMBOO和兔友FIRE-BIRD吹喇叭的功力互相比較，有過之而無不及，但足

與兔友CHUNDER-UNDER媲美，游刃有餘之唇舌功夫，二者則不相上下，再經一番雲雨翻覆後，兔嫂早已如雨後春筍般湧泉不止，幾乎溼透下肢，歷經激情的征戰，我們那位兔友仍能氣定神閒好整以暇地整裝待發，準備將全部精力灌注於扣人心弦的捷兔路上，希望設計出一條好康的路線，在此讚嘆其鎖功有夠勇，十八絕招全都派上用場，誠兔嫂之福也！

捷兔週預告兔子Toothpick (周淳和)將於台北近郊東湖安泰街，帶領我們這群獵狗們馳騁縱橫山林之間，我一聽今日兔子是勇腳的他，便可知今日路線必定是一條包君滿意物超所值精采萬分的好路線，沒跑完全程者可能會遺憾終生，Toothpick高俊瘦削的身材天生就是一副跑馬拉松的料，一向是我羨慕的(嘔)



像，我這頭水牛為訓練03/27國道馬拉松比賽的長跑耐力乃遠從汐止堪農山莊(水牛的愛巢)出發，沿著汐萬路八連路再往左翻山越嶺至最高點老鷹尖，並直下至東湖康樂街後右轉，奔上產業道路一段上坡道，許多善心兔友好意請我搭便車，我敬謝不敏，渠等誠不解水牛心他是苦在外頭爽在內心，心中秉持著一種信念那就是生命是一種慈悲喜捨，為一輩子受用的資產。其中有個養生方法是：'天天要運動，好好睡個覺，慢慢吃頓飯'，提筆至此突然想到有位哲學家說：每個人都要讀二本書：一本是自己，一本叫做自然。第一本書讀自己，就是指興趣，性向，能耐，能夠演活自己演好自己的人生(擁有自身獨特性)，時候到了水到渠成，就如同失之東隅，收之桑榆該你的就是你的！第二本書是大自然，多看山看水，看古道幽徑星星月亮，從自然中可以學習到很多書本學不到的東西，而參加捷兔的跑山活動適巧足以涵括此兩本書的內容，亦即一則找到自己，二則時常可以接近大自然，因此捷兔的跑山活動乃一舉兩得上上之策也。

話說今日跑山集合點為東湖安泰街，約莫在14:45，經一大群人的ON ON吶喊和哨音聲中，正兔子Toothpick (周淳和) 與副兔子Carrier(何萬豐)相偕啟程展開今日的捷兔路，雖有些許陽光，但在此空曠的停車場冷風颼颼，仍阻擋不了兔友們狂熱亢奮的心情，此時雖是陰天無雨。但天色還算清亮，眾兔崽子跟隨著副會長Plod(李家誠)做完暖身操後，於14:56興致盎然地踏上產業道路，隨即準備向左方登山口邁進，此時會長Bamboo(魏志華)為嚴格控管出發時間，以一夫當關誰敢不從之姿擋住登山口，待15:00一到，已有多人按耐不住開始慢跑上山，經一段慢跑不久，前頭已大塞車，係因路徑狹小僅容一人通過，忽而傳來一陣ON ON吶喊聲，眾弟兄們就開始敞佯在這羊腸小徑的峻線上依序前進，軟土易跑，過了半晌，第一個CHECKING設計在一條產業道路旁的叉路口處，約花費5分鐘後才找到麵粉，大夥準備跑上內溝山，綜觀附近山勢皆不高，沿途台灣山櫻花期已近尾聲，淡淡三月天的杜鵑花正粉墨登場，頗值得放慢步伐玩賞一番，並路經一處內溝溪整治生態館，詳細介紹整治成果的成效。兔子全程共精心設計五個陷阱，共翻越四座山，尤其最美不勝收的一段當屬金龍湖至翠湖和老鷹尖這段路，遍佈悠哉的白、黃、灰鷺鷥群集此處，五彩繽紛的台灣藍鵲(長尾新娘)亦是群居這一帶的常客，勸君有閒暇多偕同家人常

至此散步遊玩，我這頭水牛一路百般地叫春哀嚎吶喊，如脫韁的野牛，愉悅地馳騁山林之中，心花怒放實在是HIGH到最高點，爽斃了！最後沿著一段狹窄產業道路順著內溝溪慢跑，接著愈跑愈高再往左緩步登高，終於登上第四座山的峻線後，已可快步環繞步道而下，當駐足峻線最高點時居高臨下，遠

山環繞白雲飄逸於群山間，如詩如畫，真令人心曠神怡呀！之後一路蜿蜒而繞出孟宗竹林間小徑，終於衝回終點，兩隻正、副兔子正恭候大駕呢！共耗時80分鐘，長短適中，這條成功的標準路線，值得大家為辛苦的兔子喝采叫好！



約莫4:50兔友們皆已歸巢，喝飲料、啤酒和“敲虎懶”(自在的談天說地)，怡然自得，有部份兔友則在現場玩'廁所彈吉他'遊戲(台諺:臭談凸風)，稍後即舉行今天最精采的噹噹節

目，由會長Bamboo(魏志華)主持，瞧那些被噹者就在獵犬們嘹亮的噹噹歌聲中，將那大滿杯啤酒一飲而盡，真是豪氣萬千，壯志凌霄，令人讚佩不已！噹完尾聲，大夥期待下次再相會，此時兔子早已在附近的土雞城訂桌，準備BASH聯誼。

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Newsletter 2005/03/05 Hash Run 1680

HARE: Tooth Pick

Site: Tung Hu

Runner: 173

Weather: Sunny Scribe: Guru

The weather was fantastic. It was sunny and warmer for a change from the previous two weeks. The temperature was around 13 degrees Celsius. The start was from a small temple at a remote intersection of roads in Ting Hu. Flour marks from Kang Ning Road exit on the first freeway guided us easily to this place. The hares were Toothpick and Carrier.

After the usual warm-up exercises, we walked down the tar-sealed road for a few minutes, before turning left to a narrow trail going up hill. At the top, we ran along for a while, before going downhill.

We crossed a shallow stream a couple of times, after wading through the rocky riverbed for a while. Then ran along beside the stream through muddy tracks, passed through a bridge and got to a black top road. We followed the flour past some farm houses, and fields, before going up the mountains again. We ran up and down through six or seven mountains along rough and winding trails on the ridge avoiding roots, shrubs, thorns, and tree stumps. An obstacle race. Finally we got to another road, ran along for a while before a narrow path down to the finish and the beer wagon.

It was a very good, tough, and long run, very well marked except perhaps at couple of checks, where the marks were found far away from the checks contrary to the usual hash requirements. The front runners finished in

about 75 minutes, where as most of the runners took ninety or more minutes to finish. All in all, everyone enjoyed the run in the sun.

There were only three foreigners participating in the run, including me, who is almost Chinese, having lived for ten years in Hong Kong , and now, 32 years continuously in Taiwan!

Down downs were conducted by a lackadaisical Whorehouse, the J.M., in the absence of the Grand Master Bamboo who had rushed to join the Bear Hash anniversary bash! Our own bash after the run was well attended and everyone enjoyed the weekend outing.

Reminder: Those who want to register early for the 2006 Interhash in Chingmai and save money, please contact the G.M.

Last Sunday 32 hashers from Taipei Hash joined China, Hsinchu and Taichung Hashers for a down-Island inter-hash run in Miaoli, which was organized by Penniless. It was a great get-together and everyone who participated enjoyed the run, bash, the beautiful scenery and the lovely weather.

Hash Joke: Having leased an apartment to an attractive blonde, landlord Lubricant appeared promptly on the first day of the month and rapped sharply on the door.

"Who is it?" a feminine voice called out.

"It's the landlord," he shouted. " I have come to collect the rent".

"Could you come back in an hour?" she asked.

"I am still busy paying my grocery bill."



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Bonnie



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