## 台北捷吳逍報 NEWS LETTER 2007/7/21 第1804/次跑

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.待宰的兔子/HARE LIST		地點 / RUN SITE	報導/SCRIBE
次數/NO	日期/DATE	JEHO / KUN SITE	中文/ENGLISH
1806	AUG.4,2007 Duncan Robison(Bush Baby) 0910-511701	櫻崗餐廳(行義路往陽明山方向開始有麵粉) Yinggang restaurant, Shinpai, Taipei City(Please Take Singyi RD. FM Shihpai To Beitou according to the flour guidepost-Yangmingshan direction)	Mosquito 陳仁浩 0936-940358
1807	AUG.11,2007 Narayan(Guru) 0953-552-003	石牌(行義路往陽明山方向開始有麵粉) Shinpai, Taipei City(Please Take Singyi RD. FM Shihpai To Beitou according to the flour guidepost-Yangmingshan direction)	Bamboo 魏志華
1808	AUG.18,2007 陳澤淵(U.K. Life) 0915-586-205	新溪夢湖, 汐止 (國道1號北上汐止交流道下汐萬路開始有麵粉)	Ink Pink 陳俊彥

台北捷運免 Metro HASH

日期:7月25日2007 (星期三)19:45兔子落跑

地點:捷運 板南線 土城站 出口 2 兔子:

DATE: JUL.25,2007 (WED.)19:45 HARE RUN SITE: MRT Bannan Line Tucheng Sation Exit 2 HARE:

特別活動報導

〈9月1日雙溪古道特跑`起點:外澳 終點: 接天宮 年繳:NTD 850 週繳:NTD: 1000 ,這次路跑路線為網路票選第一名.請各 位兔有踴躍參加

捷兔點滴 2007/7/21 第1804 Runs

HARE:Appetizer(郭詩錠) 地點:內湖

人數:

天氣:晴天 中文報導:School Sucker(魏文章) 1804Run English Scribe: Bush Baby(Duncan Robinson)

捷兔紅白貼還真不少,區區又沒有特別費用只得量力而爲,聽說不成文的行情加上交情的深淺大概就搞定了。 最近接到一封紅色炸彈,大不同的喜貼"天賜良緣"斗大的字,配上"一生的約定,幸福的起源,期待您爲我們祝 福,並分享我們的喜悅"不是阿珠配阿松,是地下錢莊廣招客戶,活剝生吞,先恭後敬。

依區區觀察週報內中文報導絕對是讚不絕口,賣相不差、慰勉有加,蓋咱們台灣人一向寬以待人,下筆落花水面皆文 章,令人肅然起敬。兔子路線的好壞,兔友自有評語,冷暖自知,要客觀老外較有平實的報導,Guru及Bush baby西洋 版輪流操刀,全程走馬看花詳盡報導,好的路讚不絕口,差勁的路罵得毫不手軟、語重心長,看官不妨看看洋版,自 我警惕,免得Taipei Hash老外跑光,無人切磋,畢竟咱們不是登山隊也不是馬拉松比賽。

今天家庭路跑棒死了,是小蔡棒不是路線棒,此蔡又非彼蔡,各位帶來的小蔡棒死了,不是那隻兔子小蔡棒,滷味、 水菓、飲料上桌,大批人車潮擁到,沙止興善宮廟公不動如泰山,方外之人經書照唸,廟內屬公、岳飛之輔右弼,香

客如潮,離市區不遠有停車場,前後山又有適宜的山徑 免各俱樂部每年 必來朝聖。兔子小蔡平常不當兔子就已是備以小蔡聊表敬意,更何况今天內 湖當家伉儷倆滿漢全席,汗流夾背都是爲了你,就怕你吃不飽、跑 個兔友都像他們的話,恐怕要停止招生了。區區最近腳踝舊疾復發、 次,只得作壁上觀,路徑報導請閱西洋版,Guru酒足飯飽當有精彩的 說不遠不近、不長不短、不黏不膩。 那條牛缺席捷兔可是安靜多了,我說的是蠻牛 - 阿明仔、汪明福,new

paradise,中風了輕微的,但也夠他嗆了,無牽無掛一週跑四次,竟然也掛病 "號,很難讓他接受事實,身體右半部不聽使喚,走出醫院又到靜心中心去養 病,盼望他早日康復,再見他的風采。On On!阿明仔!

今年國中二次基測作文題目:"我從同學身上學到的事",有位老弟拿了 1分,只寫了一句話"我跟同學沒有什麼好學的",!※?△,真替他不服只 拿了一分?!拿零分的是題目照抄一次。





## #1804 RUNS DATE: JUL.21,2007 RUN SITE: Neihu, Taipei City

The Run under review was a Family Run and as such it appears that more emphasis was placed on the location and amenities for the run site than the run itself. The setting for this week's little frolic was a largish temple on the road leading up from Neihu to the Wu Jr Shan community where in the likes of 'Gerbil's Graveyard' and 'Dump-n-Run' have their eyries.

The temple has a large open forecourt, part of which is covered which is ideal for the setting up of tables for the mountains of food which hash members always contribute for such occasions. In addition there is a largish parking area although for the needs of the Taipei Hash, still not sufficient, particularly with the threat for those members who chose to park on the road side, of having their cars towed.

The turnout of Hashers and their family members was large and in the pre-run natter period, set up tables and prepared the food for the post-run bash. Then under the blazing sun and with the temperature reaching some sort of record for July (close to 38 deg. C) and barely a trace of a breeze, 'Plod' once again led the warm-up exercises although the number of Hashers and family members participating appeared to be quite small! Not very surprising given the heat.

The run itself was not good. In fact it was bad! Setting out on a well defined and obviously well used hiking trail which started from a track opposite the temple, the trail initially led along the spine of a ridge separating two very steep sided and thickly wooded valleys before descending into the valley to the right of the trail. Up to this point, trees had provided the much needed shade but arriving at the bottom point, the trail burst into the open and after taking stock of the situation, it was obvious that the trail not only would be lacking in shade but also from this point on, was going to be a long up-hill haul. Your scribe, along with a number of others of similar sane minds, decided that since a long climb was unavoidable, it was better to do this in the shade of the trees rather than on open tracks and black top and thus turned back, retracing my steps along the path on which I had descended.

The climb back was hot and hard work but definitely more preferable than taking the road back and once back at the On-In, quickly quenched my thirst with the fine selection of cold brews supplied by the new 'Mr. Piss', the old 'Mrs. Piss' having been given the chop for a number of reasons, not least of which was she had become too expensive. By this time, a very fine selection of nosh had been loaded onto the tables including such delights and Chicken's Feet, Tofu, Noodles, various kinds of fruit and the like and including Ice Cream courtesy of 'Shit Cream' and Hashers and family members were quickly tucking in.

Down-downs followed but given all the food that had been supplied by various members for whom we should give a big 'Thank You', there was no formal bash.

And so with the sun setting the temperature finally dropping, another great afternoon of Hashing came to an end.

表現捷兒粗礦豪邁之氣,只准18歲以上男人參加ONLY MEN OVER AGE 18 ARE ALLOWED TO RUN TAIPEI HASH

