



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
1719	2005/12/3 郭承權(Boots) 0931914072	觀音山(中山高五股交流道往五股出口有麵粉) Kuan_In Mountain(Take No.1 Freeway South and get off at the Wu Ku Exit)	You Ching 蔡品端 Guru (Narayan)
1720	2005/12/10 龍天池(Dragon) 0928243807	平溪東勢格(國道5號石碇出口左轉開始有麵粉) Ping Si(Mark from 5 th freeway Exit to Ping Si)	Oman 謝志毅 Guru (Narayan)
1721	2005/12/17 江天寶(Yakuza) 0953153438	國華高爾夫球場(北投稻香路開始有麵粉) 年會 Kuo Hua & Country Club (Mark from Pei Tou Tao Hsiang Rd)	Bloody Dog 魏文章 Guru (Narayan)

會長通知

12月17日年終晚會及下任會長選舉請先登記.

費用(包括跑步,BASH及1700次紀念DVD一片):跑次10次(含)以上NT\$200.未滿10次NT\$500.

年終晚會贈品如下:跑次10次(含)以上-紀念T恤一件.跑次20次(含)以上-紀念T恤一件+摺疊式背包一件.跑次35次(含)以上-紀念T恤一件+摺疊式背包一件+夾克一件.

捷兔點滴 2005/11/26第1718次跑

人數:271

HARE: Aqua(李源慶)

天氣:陰

地點: 五股

報導: 謝群忠(Buffalo)

今日台北捷兔於成蘆大橋橋下舉辦第15屆迷妳馬拉松競賽,就在即將激烈競賽的前一日晚上,筆者選擇在卡拉OK與朋友們以唱歌跳舞方式度過今夜,讓身心放輕鬆直至深夜,隔天睡到自然醒,已近中午時分,在愛巢中伸展著慵懶的腰,望著枕邊人仍睡眠惺忪,索性來一節”雞殺馬”,但隨著密集的戰鼓聲四起,竟伴隨著屁聲連連,音源竟來自於對方某重要部位的深處而非來自於屁眼,莫非通砲管太久抑或砲管仰角幅度過大,導致灌太多空氣進洞,以致於響屁聲不絕於耳,無奈與眾兔崽子相約於今日下午兩點捷兔大車拼之戰已迫在眉睫,只能嘎然而止草草結束,以免透支過度無法應付下午的一場硬仗,朝窗外一眼望去,藍天白雲艷陽高高掛,此時床上一尾活龍



Aqua(李源慶)



到下午可能變成一頭慵懶的水牛,”虛累累”囉!慘不忍卒睹。

於是趕緊起身整裝待發,我心頭驚

覺不妙,在此種烈日苦窯中,從事馬拉松競賽是何等辛苦的差事!另一半用懷疑又擔心的眼光看我,不久隨即釋懷無庸置疑,因她深深瞭解捷兔精神和水牛習性,於是體貼地準備營養的早午餐去也,我也很節制,淺嚐即止不宜過飽,上高架國道1號,自中山高五股交流道往五股出口方向的麵粉記號前行,當我自五股交流道下來後循?直驅成蘆大橋,但距目的地前兩百公尺麵粉突轉向朝右進入一小型停車場,僅停十輛車,內心正狐疑之際,此時已13:50,起跑時間為14:00,不太可能僅來十輛車,莫非今



日我來得太早，我後面緊跟著一輛白色車亦跟進，定睛一瞧原來是Cartoon，他見矛頭不對立刻大迴轉，轉向近在咫尺的成蘆大橋橋下，已集結許多志同道合者，Alone擋在入口處稱橋下停車位已大爆滿，叫我與Cartoon停在路邊，便趕緊換裝加入起跑行列，沒想到今日捷免一年一度迷妳馬拉松的大拜拜，竟來了如此多的英雄好漢興緻盎然共襄盛舉，來此一較長短比個高下。

就在橋下邂逅一位曾於2004年10月17日中華汽車舉辦的台北國際馬拉松賽中完成百次全程馬拉松的黃政德先生，適巧路過成蘆大橋下，看見橋下聚集一群跑者，熱愛慢跑的他不禁湊近關懷，此處辦什麼路跑活動，這位百馬先生看來尚未滿六旬，他在我心目中已成為我追隨百馬的標竿，我從去年開始練跑馬拉松以來，至今已完成19馬，若以今年台灣共舉辦15次全程馬拉松，又假設往後這幾年我能像今年馬拉松全勤狀況算起來，六年內體能勿出狀況下即可在56歲前達成百馬的輝煌業績，如此遠程目標指日可待也，夫復何求乎？

今天兔子Aqua(李慶源)率領三重蘆洲兔友們，籌畫完成今日私被秀的迷你馬拉松比賽，路程有二：(一)21公里組。(二)10公里組。大夥熱完身後，會長Bamboo(魏志華)於14:05鳴哨起跑，眾兄弟們依序魚貫地傾巢而出，沿路順著淡水河馳騁飛奔，一路皆為平路，雖有秋老虎肆虐焦烤，所幸河口海風徐來調節降溫不少，尚稱涼爽宜跑，不過路途遙遠，我這頭水牛一開始便以慣有的習性，慢工出細活之姿勢邁出一大步，緊盯著與我同速的兔友，等氣順後便定速前行，逐漸將一干中段班人等拋諸腦後，正尋覓前面是否可並駕齊驅之人，但又遙不可及，乃以牛步穩定趨前，沿著淡水河濱公園的自行車道及人行步道向前跑，此時雖已滿身大汗，幸好陣陣涼風徐來清涼不少，令人心曠神怡，順道欣賞沿途天然美景，一整片的水筆仔和紅樹林佈滿河岸，離河邊不遠處各形各色品種的鸞鷺正忙碌地覓食豐盛的魚蝦，也看見許多父母帶著小朋友在退潮乾枯的河岸戲耍寄居蟹和捕撈魚蝦，並做些戶外教學欲教娛樂，可見近年來大家對生態環境的保護有長足的進步誠人類之福也，當從關渡大橋下方穿越而過時，辛苦的工作人員正指揮10公里組跑者向左跑上關渡大橋，與21公里組就在此處分道揚鑣。

再跑過去就是八里的精華地段，人車鼎沸熱鬧非凡，悠閒地騎自行車的大人小孩越來越多，逐漸地不太能快跑以免有撞車之虞，此段路只能左閃右閃慢跑前進，還好折返點已在眼前，但就在此時雙膝後腳筋突然僵硬，心中暗忖不妙，此乃將抽筋現象，可能是上週百K戰後尚未完全復原，趕忙放慢速度縮小步幅，經此調整後僵硬腳肌略為軟化，繞過龍米路旁之觀景亭折返點後，果然以牛步之姿，疲憊地安然抵達終點，在抵達終點前二十公尺，竟然被已屆六旬的老將Simpson超越，渠身材瘦削步伐穩健，我這頭若牛雖敗猶榮，今日感謝他慷慨解囊，共花了五千多元特打造迷妳馬拉松完跑金牌捐贈予每位迷妳馬拉松完跑者。

會長Bamboo(魏志華)於16:30宣佈舉行最精采的噹噹節目，擺好噹噹儀式的道具，依排名順序噹噹，並頒發獎牌和獎品給優勝者。賽後每位21公里馬拉松完跑者均獲贈Hash Doctor(邱一洲)結婚週年紀念T恤一件和Simpson捐贈的完跑紀念獎牌一個，時已17:40，當晚飢腸漉漉的眾兔崽子就近在河堤旁的活動中心享用免費“辦桌”，BASH餐費由





Aqua(李源慶)聯同三重和蘆洲的熱心兔友們贊助一半的經費漣另一半的經費則由會長贊助，宴請所有參加今日盛會的眾兔友們共享豐盛美食，期待下次再與您共享跑步的種種樂趣！ON、、、ON！

水牛完成百K感言

Yeh !恭喜我 竟然/終於 完成百K !日前剛完跑於11/20在三峽舉辦的的一百公里超馬賽 爽透了! 連我自己亦甚覺意外竟能跑完百K(13小時44分,成績真爛), 因在60K處持續發生右大腿僵硬以及雙腳底既熱且痛的現象, 莫非這就是所謂的撞牆現象, 趕緊隨時調整步幅並放慢速度來減輕雙腳狀況, 反正賽前已做好心理建設, 我只要跑過50K以上, 就算賺到了, 跑多少算多少, 且已達到60K的完跑證書發放標準, 亦算不虛此行, 萬一疼痛難耐就棄權, 絕不能受傷, 幸好老天爺幫忙下場小雨, 就在65K處雙腳又恢復到原起跑時的正常狀況, 於是警告自己務必放慢速度, 千萬勿再出狀況, 否則難逃被淘汰的命運, 因有時候會受別人超越的影響, 不自覺地加快腳步跟上, 屆時再出狀況恐無法恢復, 那就真的慘兮兮了, 如此亦步亦趨小心地往前推進, 將80K列為近程目標, 並維持每完成五K將進場時, 來一段雄壯威武的水牛狂吼長叫聲, 自我勉勵, 待逼近85K時, 以簡易數學運算完成百K之抵達時間, 好像打橋牌的專用術語 "JUST MAKE", 剛好14個小時, 亦即穩定前行中途勿出狀況, 最後一圈再加把勁兒, 應可順利領到那塊夢寐以求的完跑獎牌和今年第十三個馬拉松當我完跑證書, 此時精神為之一振, 腳步頓時輕鬆許多, 果不其然, 在抵達終點前吶喊出我今日第二十聲的水牛狂吼長叫聲。真的有夠爽 !在此感謝到現場幫我打氣的Nippon-Emperor(榮獲當天50公里組第十名)和以精神鼓勵我的Ku-Fu, 以及提供能量包的Shit-Sanwich, 如今百K已完成, 祈再度順利完成百馬的願望,

但欲貫徹執行訓練計劃是多困難呀！只好抽空盡力而為，寓享樂於慢跑之中並遠離運動傷害，還要全方位去享受其他多元化的人生。平心而論，歷經無數長跑賽事後，總覺得這些捉對撕殺的征戰討伐，沿路比賽場地的硬馬路，實在太枯燥乏味，空氣品質亦太污濁，天氣若遇艷陽天更是苦不堪言，但為了自我挑戰潛能和累積馬拉松次數，只好勉為其難，當我每次參加路跑比賽時，不禁令我更加懷念珍惜。捷兔的跑山活動，鬆軟宜跑的山徑，清新甜美的芬多精和森林浴以及跑完後嘻哈有趣的噹噹遊戲，我很慶幸可以魚與熊掌兼得，如魚得水不亦快哉，祈共勉之！順祝大家健康平安。 On! On!

以下二則笑話，祈博君一笑。

插電：

一對夫婦正在睡覺，結果老公不小心把手放在老婆的乳頭上.....

之後老公夢見自己正在轉收音機其實正在轉他老婆的乳頭。

轉來轉去發現怎麼都轉沒聲音，就說ㄌ一句夢話：

奇怪怎麼沒聲音？？

老婆就很害羞打一下老公，,說著：老公，你沒插插頭怎麼會有聲音？

聲音：

一位空姐有一次她飛國外線，國外線有提供音樂的服務，

有位乘客他卻聽不到音樂，於是他就把空姐叫來。

他說："小姐，我為什麼聽不到音樂？"空姐看了一下他的耳機後，

說道："你必須先將你那隻插到那個洞ㄚ"

那位男士很不好意思的說："抱歉！"

過了一回兒他又把空姐找來說："小姐，還是沒聲音ㄚ！"

這回空姐拿起他的耳機戴上，真的沒聲音，後來才發現原來Sound

Channel沒開，

她就把它打開後告訴那位男士：

"先生，我已經將"音道"打開了，你可以把那隻插進來了..."

本次路線 Aqua 得分92.3999分（總分10625.99/115張=92.3999分）（資料來源：路線組）

2005/11/16 Hash Run 1718	HARE:Aqua	Runner:271
Site:Wu Ku	Weather:Cloudy	Scribe:Buffalo

It was cool and rainy everyday last week in Taipei. Suddenly this morning it became clear in Hsi-Jir. When I got up at 10:30, I together with my lovely wife had a very simple lunch mixed with breakfast at home prepared by my darling. I had little lunch due to attending marathon held by Th3 this afternoon. In modern busy time, people usually got up lately on off-duty weekend to get rid of whole week's tiredness. After violent and exciting In-Out exercises on bed, we always combined lunch with breakfast to fill the hungry bellies. Having had my lunch at 11:00, I started to sip tea to store up physical water in order to complete today's marathon race safely and by the way hoped to create a successful and beautiful record. I worried about shiny day when driving to the venue under a Chen-Lu Bridge where today's hare, Aqua had marked from 1st Freeway Exit to Wu-Ku. The free bash was also held there nearby. The sunlights were spread above Chen-Lu Bridge's sky. Fortunately it was a windy day here and very suitable for marathon race. I had faith to create a good run record.

There was a large parking lot without worry in Chen-Lu Bridge where was a very wide and broad plain for citizens to be engaged in many variant sports such as playing basketball, football, tennis, taking a walk, flying kite, throwing disk biking and jogging along Dan-Sui River. Two routes were prepared by hare Aqua who led many hares who lived in San-Chung and Lu-Jou areas to design this marathon. There were two routes shown below: Route 1: 21KM,Route 2: 10KM, All of them started at PM 2:00 In the middle way there were four water supply stations for hashers to keep moving and On On running. One guy, whose name I didn't know, followed my steps steadily from the tenth kilometer to the end (the twenty-first kilometer) through all the run. After completing this half-marathon I won the sixth and he got the seventh. He thanked and told to me that he was impossible to run so fast to get the seventh if he didn't keep up with me successively. I replied him he was so disgusted to follow me because I felt one guy run at my back. It made me uncomfortable. Many times I wanted to run fast to get out of his following and sticking but that guy still chased with me till the end. I asked him why he didn't cross over me when I slowed down my steps' speed. He answered me he was very tired and powerless and could only chase closely with me steadily through all the run.

At last I saw the right side of sidewalk shown 19 km mark. Blowing with the fresh air, I speeded up my steps to break away from him. In the mean time I jogged along the river and ran over many hashers such as, Saloanpas, Black-Fur, Eject and Grand-Pa . I made up my mind to run toward the target quickly. About five hundred meters' distance from the finish, I almost

ran over the fifth who was a young man when I tried my best to keep up with him. Hardly did he hear the large and rapid voice of my steps when he ran toward the finish at a quickest speed. I failed to run over him. It was very exciting and nervous in this marathon race. It spent me one hour and thirty-eight to carry out this half-marathon. This record was my best record. Perhaps cool climate and flat plain were advantageous to Buffalo's jogging. Another reason may be a very light marathon shoes which I bought the day before yesterday. We congratulated and cheered with each other.

We celebrated the DOWN-DOWN ceremony held by GM Bamboo at 16:40. As a whole, today's surrounding was very suitable for marathon race due to sunny, windy day and flat plain. Thanks for many enthusiastic hares' delicate designs and efforts to contribute such an excellent race. Free bash was held nearby. Today's hare Aqua accompanied with San Lu hares donated generously half of the Bash expenses and another half paid by GM Bamboo. Hope to see you next Saturday. May you have a healthy and colorful life°I 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