



Hash House Harriets Penang

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MEMBERS ONLY

Date: 29 June 2010

Newsletter 2001

GM'S notes

I got to the quarry at about 10.00am and many people – the registration team, Mini Sausage and Grasshopper were already busy preparing everything. Hashers were preparing themselves – eating sandwiches and bananas, covering themselves with Vaseline, glugging water etc.

Just before 11.00am Mini Sausage briefed us and told us it would be a beautiful Ball Breaker and then the intrepid took off. I am not going to describe the run as I was told Michael Longhair would do this and we don't need overkill!

I came in after six and a half hours, having had a beautiful but very challenging run and having given the rest of the committee heart failure that I might be lost.

There had been a long, medium and short run also on offer and the total number of participants on Saturday was about 500.

By the time I had changed, the food which was Hawker style was already underway. Eating seemed to take quite a while as most hashers needed to sample the food from each stall.

We then had a very lively circle which Nick Li Low started off. He did an excellent job of calling in various groups and Akz Hole, Tin Tin and Whatever kept up varied choral support. I did not take notes and have forgotten the details – see the photos for info! Gangreen then took over the circle and made a few charges. Charges from the floor came uninvited but were mainly for

birthday people, one of whom had to get a name. We closed the circle.

The hash acts then started. Belly Bitch gave a belly dance, representatives from Selangor gave an Hawaiian item, Gangreen burst a condom by blowing his bugle, Enos did an item that required Big Willy as a narrator, Belly Bitch did a second soccer related dance, various hashers felt the need to strip on the stage but most of them would have done better to remain clothed. Naked is beautiful when you are in great shape and young but withered, droopy or simply nothing special is....a disappointment for the viewers!

Many hashers were in the mood to party and the music provided by Grasshopper and KGB more than lived up to any expectations. A great time was had by all. The party closed at midnight.

**** The Last Celebratory Run****

27 June – **Run 2001** – Hangover Run – Jubilee Scout Camp Beach Side
Teluk Bahang.

**** Next Thursday Run****

Run Number 2002 - 1st July – Didar Singh – Bee Gallery *(Old D'juice)*

Hairline 2010

Run Number	Date	Name	Location
2001	27 Jun	Hangover Beach Run	Jubilee Scout Camp
2002	1 Jul	Didar Singh	Bee Gallery (Old D'juice)
2003	8 Jul	Mark Chong	TAR College
2004	15 Jul	Sheila Majid	Eden Fairway Batu Ferringhi
2005	22 Jul	Silviane	Chin Farm
2006	29 Jul	Johnny Lee	Charlie Market
2007	5 Aug	Alice Not My Hair	
2008	12 Aug	Busy Body	
2009	19 Aug	Beauty Queen	
2010	26 Aug	Take Care	

If you cannot make your date, please let the committee know at least 8 weeks in advance. Less than this and YOU will be responsible for finding somebody to exchange dates with.

A Burst for the Ball Breaker Run.

By Michael Longhair.

A few month's ago Uncle Bee approached me to write the Ball Breaker burst since I had done the one for 2008. However I was going to do the long run this time but she told me, with a sheepish smile, she would register me automatically for the Ball Breaker. So how could I refuse such trust.

Come the Saturday morning June 26th, I was at the Buddhist Temple on the fringe of George Town, doing my quick daily prayers. The day was also the 15th day of Chinese %th moon. A very auspicious day. I prayed for good weather and safety for all the Hashers, apart for my own well being. I then headed for the run site at the Quarry knowing that a great event was going to occur in a short while.

About 5 minutes before the start all the Ball Breaker participants were called to the stage for a group photograph and a firm reminder from Mini sausage, Chief hare, that the Penang jungle had survived 5 million years and to be respected. We were told to carry enough water to prevent dehydration with the saying "You can't kill the jungle but the jungle can kill you if you don't have enough water!" With that many hashers, including myself, had a few extra cups of water and 100plus and headed off into the jungle.

It was an immediate forty-five degree climb on the grassy slopes inside the Quarry and then once over that straight into the jungle encountering vines, prickles and other woody obstacles. We moved left and the after a short while right as we descended the tricky slope towards the Moon Gate trail a little higher up.

There were about 50 runners both local and foreign. I went very slowly initially as the foreign Hashers were having some difficulty in 'running' in the Penang jungle, getting caught here and there as well as slipping on the hills. Shark who had caught up with me skillfully squeezed himself forward through the traffic jam and was soon shooting off at the front! I caught up with a young female who turn out to be Marieke. She was fast. We had talked the night before at Fort Cornwallis and I told her I would try and keep up with her. We soon climbed a sixty degree slope to reach the Youth Park trail on top and we came across several others as we went off this trail towards Jesselton.

Up and down we went, down, down, up, up and down again! Then suddenly, catastrophe, there was no more Ball Breaker paper!!! Lots of 'other' Chapters freshly laid papers but not the Ball Breaker. It looked as though someone sabotaged the run!!

Marieke tried to call the Chief Hare but the phone didn't connect and I hadn't got mine with me. Another runner came by and we used his phone to make contact. But it was difficult to get proper directions. By then other runners had arrived on the scene and so we all spread out and tried to find the way forward. However we did discover paper after some time leading down to cross a small stream and up the other side.

We hit a cement track and low and behold NO PAPER again! More phone calls ensued but we could not find the paper. I therefore led them to the Rifle Range Hill trail and up the steep steps to Number 39. From there we took the Moon Gate trail where we found some paper. This led to 84 going one way and Point 5 going the other. So which way to go?? After some discussion with the other hashers around I suggested we go to the first check point at 84 and check in as well as to replenish water and to eat something. But others insisted we go to Point 5. Majority rules and so about 15 runners headed in that direction. At Point 6 (about 200 metres from Point 5) all, except myself, ascended the trail to the left. I did not follow because I could not see more paper leading to Point 5 which I went to. After having a short break I decided to go towards 84. Three hours had gone by and when I reached the junction from

Thirty-nine, Jane from Veggie Hash and a few others met me. Here again confusion ruled and and backwards and forwards we went first one way then another way until I insisted we go to 84. All followed except one who went down the Moon Gate trail.

We got to 84 and took rest. I stayed for about 20 minutes whilst the others moved off. Here, By Pass arrived followed a little later by Tiny and a foreigner. He being the only one to use the correct trail via Hye Keat Estate trail from the cement track on Rifle Range Hill to 84. He was in a bad way though and was told NOT to continue.

I went back to Point 5 some 1.5Km away to ascend the tortuous and steep trail on the left which leads up to Cendana Hill. Near the crest and on the descent my quadriceps cramped up about 5 times and I had to rest for about 10 mins each time before continuing! I know this hill very well having climbed it from different sides at least 50 times! Using this particular route from Point 5 is worse than climbing a thousand high degree steps!!

At one point on a four way junction I had to go left during the descent which eventually lead out to 47 on the Jeep Road. Ten minutes before exiting to this road I met up with one of the earlier group who had gone to 84. A quick rehydration with ORS at 47, a bite to eat and some water and then it was off again to descend the man-made steps at 46 towards the Botanical Gardens.

On the way down from Cendana Hill as well as on the steps, I had met up with a few female runners from another Club of which I am also an active member. This club organises back-packing mountain-climbing trips and I used to participate. I remember the times when we had to endure heavy rains and cold winds whilst reaching the various peaks some 4000 to over 13000 feet up and carrying a 23Kg back pack! Four years have passed and now I get cramp in my legs, carrying about 3 Kg after 4 hours. How times have changed! Age gets to us all!

Upon reaching the upper road in the Botanical Gardens, there was another waterstop and I was quite pleased with my condition. It was just after 6pm by this time and after a few minutes another hasher appeared. Bibi Tulips was walking up the road and said "Glad you're back. People have been asking about you" It turns out there were still 7 people unaccounted for at this point. I do not know what happened to them but I do know that many did not do the whole trail due to the missing paper at the beginning. I walked down the road with the other Hasher and we did not do the last bit ending at the waterfall. We headed On In instead just like I few others I gather!

In summary I think the Ball Breaker was mercilessly designed by sadists, comprising the Chief hare and his Co-hares but many thanks. A good run and I think I did about 18Km of it. It was a shame about the missing paper though. Why do people do such a thing?

I would also like to congratulate the committee and everyone that took part one way or another for the success of the 2000th run and a salute to Marieke for probably being the youngest female finishing in about 5 hrs.

On On

Longhair.

Announcement from the On Sex
(contact Justbeer)

If you have any requests/articles/information to give the members please contact me.

JUST LOOK AT THE PICTURES!!
Again lots of other people took pictures. We'll get them posted as soon as possible.

2000th RUN PHOTO GALLERY







The Ball Breaker Runners



And off they go!!



The Long Runners



About half of the Medium Runners



The other half



The Short!!



The other half of the short!



On the Short Run



Heaven!!! The Waterfall....







It's going swimmingly well!!!







Just Chillin...





Octopus seems to be enjoying it!!



So does Trigamist



Bathing Beauties??



Back at 'Home' base



R, R & B = Rest, Recover and BEER!!



Party Girl!!



The way to go.....! Rock it baby!!



Or just have a beer!!



Bhranga dancing



What dancing?? Fan Dance maybe??



There's always one!!



And GOODNIGHT!!!!

Invitation Runs

July 2010

17th Interhash 2010 Jul 2-4,
Kuching, Sarawak, Malaysia

August 2010

Kota Bharu H3 31st Anniversary 27th August
info at: <http://web.me.com/hbh99>

September 2010

Chennai Hash 10th Anniversary Run

29th Sept-3rd Oct 2010
Kerala & Goa, India
Contact Lord Khrisna (Sashi Varma)
www.ch3online.com

German Nash Hash hosted by Schaffhausen
H3 10-12th September. Lake Constance
(Bodensee) Germany. Registration includes
accommodation. Register here: [German
Nash Hash](#)

October 2010

The Levant Hash Ten Ten Ten.
October 1-10, Ten days of hashing in Syria &
Lebanon Details [here](#)

Sg. Petani H3 @ SP Happy Hearts 12th
Anniversary Run 23rd October at SRJK (C)
Chung Hwa Gurun. RM50 by 30th
September for freebies.

Contact GM: Elaine Low 0124891161
On Sex: Annie Chan 0124761332

December 2010

2nd Rain Forest Challenge hosted by PH4

4th December. RM100 for Challenge, RM60
for any of 4 other runs. Email :
ph4_newsletter@yahoo.com or Contact: On
Sex: Union Jack 0164161782

April 2011

1st World Heritage Hash 2011 (April 15th
-17th) In Unesco Melaka, Malaysia Please
visit our website for further details:

<http://worldheritagehash.weebly.com>

London Hash House Harriers 2000th Run
Celebration. 29th April - 3rd May GBP130
until 31st December 2010.

May 2011

2011 10th Africa Hash May 6-8,
Addis Ababa, Ethiopia, Africa, Contact
[Addis Ababa Hash](#)

August 2011

UK Nash Hash 2011 Aug 26-29
Bournemouth Sports Club, Christchurch,
UK organised by Wessex Hash.
Contact mrbeaky@nh2011.org – [Details](#)

November 2011

Pan Asia & Pan Indo Hash Nov 11-13
Bandung, Indonesia
Details [here](#)

March 2012

Nash Hash – March 2012 Penang.
Email : ph4_newsletter@yahoo.com or
Contact: On Sex: Union Jack 0164161782
for registration.

Funnies

A little boy got on the bus, sat next to a man reading a book and noticed he had his collar on backwards.

The little boy asked why he wore his collar backwards.

The man, who was a priest, said, 'I am a Father.'

The little boy replied, 'My Daddy doesn't wear his collar like that.'

The priest looked up from his book and answered, 'I am the Father of many.'

The boy said, 'My Dad has 4 boys, 4 girls and two grandchildren and he doesn't wear his collar that way!'

The priest, getting impatient, said, 'I am the Father of hundreds' and went back to reading his book.

The little boy sat quietly thinking for a while, then leaned over and said, 'Maybe you should wear a condom, and put your pants on backwards instead of your collar.'

By taking part in a Hash House Harriets Penang run or event, you agree not to hold the organisers or any affiliated individual responsible for any injury or mishap that may happen to you.