

# Hash House Harriets Penang

*Runs every Thursday at 6pm*



## Newsletter 2463 25 April 2019

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### GM Note's

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*Run: 2462*

*Date: 18 April 2019*

*Hare: Snap Cop*

*Runsite: Taman Pekaka*

A group of Hashers got together on Wednesday to set the Thursday run. The GM being one of them! It was hot but away they went for over 4 something hours. When she got home we chatted about the trail when she suddenly said. "It's Ok we can do it tomorrow as I want to check on the paper". As my heart sank I knew Thursday was going to be a tough day for me!

The daylight came too early and I wanted to sleep some more but knowing there were things to do before doing the run I dragged myself out of bed and got going. By the time we had done this and that it was near midday but we got our stuff together and hit the road to Taman Pekaka. At least at this time of day the

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U-Turn on Jln Bukit Gambir was free flowing and we only had to wait for the lights to change. Parking in Jln Ketitir was also easy as most of the residents were at work. But gee it was HOT and I was sweating like anything just getting my shoes on.

Then we were off. Up the path a bit and turned right and from there my torture began!! Now most of you know that I haven't been hashing for sometime due to this and that but I have been doing some personal hikes with Just Beer and I felt I had been doing pretty well. So initially today the first part of the climb was not too bad and I reached the first ledge in relatively good shape. Then we skirted a bit, went down and skirted some more. Climbed over this, crawled under that and suddenly someone turned off my motor switch as I just drained of energy and every step forward was an effort.

We'd been going about an hour by this time and I asked how much further and was shocked to hear we hadn't even covered the first third of the run yet and we still had the LONG climb up the hill before we cut off for the trail home. OMG I thought, I'm going to die!! But there was nothing else for it but to carry on SLOWLY!!! Every step forward is a step nearer to home I kept telling myself. I set targets for myself. Looking up the hill I would pick out a tree and make that before stopping but even that got too much so I started count paces before taking a breather. First about 50, then 40 then 30, in the end I think I was down at 15 and I was gasping. Really and truly gasping!! At last Just Beer said she could see the arrow to turn and that it was all downhill from there (that wasn't strictly true either but I think she wanted to encourage me) so I plodded on, got there and sat for a while to rest.

All this time Just Beer is slow but persistent. She just carries on, taking a break here and there but is relentless. I do admire her fortitude having laid the run the day before so knowing how tough it was. Me, I'm complaining, gasping, grumbling and very tired. By the turn I had finished my 3 litres of water and had to resort to having some of Just Beer's to keep me going.

The On Down was long and difficult too. Many stone steps from the days when the plantation was being farmed but these were covered in leaves and some were loose (I know from experience). More skirting ensued and a few climbs (smaller thank God) before we

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cut down through the bush once more to hit one of the main hiking trails, scaring some hikers as we got onto the track to lead us back down to the runsite. I heaved a huge sigh of relief at this point as my legs were giving out. Just Beer took off like a scalded cat and was quickly lost from sight. I thought it was a short walk from there but NO it was still a long way down but at least I was out of the bush and heading slowly down to base.

It took me 2.5 hours to do the run and it was only 3.43 KM long. The elevation wasn't so much either being only 295Mts. But boy did it drain me of energy today. I don't know what was worse either, the killing On Up or the demanding On Down? Both were tough to me.

In the evening Just Beer and I pick up some Aussi guests (John and Judy) and on the way to the runsite we naturally chatted. It turns out that Judy was a Hasher in Australia some years ago but no longer runs but does walk but John runs every day but had never been in the hills before. Arriving at the run site No Choice had also picked up a guest Glen, an American Hasher living in Phnom Penh. He too was not used to running in the hills as where he lives is flat.

At first we thought the group was small but we found out that some hashers had made an early start. So just before 6pm the GM got everyone away and we sat around to wait their return speculating on how long for the first runners to reappear. It was an hour when Peter (C\*unt Digger) came running down the slope. Not long after General came jogging down and some of the earlier starters such as Money, Viking and Rupiah. What of our virgin guests however? How would they fair if the fast front runners took an hour?? Well we needn't have worried as they came out unscathed in a commendable time of an hour 23 minutes and before quite a few of the regular runners. It seemed they enjoyed it too, which is good to know. The last to return was Pukka Sahib who started late but was still out before 7.30pm.

The food of fried chicken, sausages, Bee Hoon, and Mee were being eaten with gusto, complimented nicely with subsidised beer. We had our short circle and then settled in the lovely evening for chitchat and even more beers and whiskey and gin provided by the Hare.

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Thank you to Snap Cop and your co-hares for the tough run (almost killing me in the process) the delicious food, for subbing the beers and adding whiskey and gin to the bar menu!

Cheers.

Akz Hole

## **Burst from John and Judy, our guests last week**

We've been in Penang just a few months. My wife (Judy) was in a Grab taxi and the driver (Toddy) somehow got to talking about how he was in the Hash House Harriets. I heard that Uber had cleaned up its drivers but obviously Grab has a way to go in this regard ;-). Regardless, he got her home safely where she pulled out her phone and called Justbeer.

There begins our downhill slide (literally). Justbeer and Mike generously offered to drive us to the run at Taman Pekaka two days later. I checked the website and noticed that they could not be held responsible for any injury or mishap - damn! I also learned that Judy was maybe older than I thought - she admitted that the last time she did Hash was in 1984, which according to what she had told me made her just three years old at the time. Hmmm. I myself was a virgin (and slightly older).

The prospect of the run was frightening - I was a flat-earth runner and my idea of hills are the little humps in the road over the canals in hometown Gold Coast Australia (think 'Holland'). Judy has a titanium hip (and is constantly surprised how many airport metal detectors are actually turned off). But our worst fear was that we would be required to pick a name for ourselves on the spot (perhaps even while sitting on a block of ice). I had seen a few of the member's names and it was obvious a great deal of consultation, thought and wisdom had gone into the choice. In the car on the way down, Justbeer and Mike did nothing to calm us. We would have to stall.

At 6pm, Judy teamed up for the walk, and I teamed up with Glenn (another flat-earth

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visiting from Phomn Penh) to hit the hills. Glenn and I held each other's hand (shhhh) during some gruelling ups and downs and somehow we made it back just on dark. It reminded me of how when I was a little boy my mother used to take me on long walks, but I always managed to find my way home. I expected to not be able to walk for a few days, but fortunately one of the members explained how a good hangover soothes muscle pain. We had a great night working on that one. He wasn't entirely wrong.

We both loved this new jungle experience - fantastic, so exhilarating. Thanks to all who made us feel so welcome. We're looking forward to next Thursday, where we'll stick some neoprene down the back of our pants before dinner.

*Next Week we are at Shamrock Beach, watertank  
for No Choice's Run  
Please come and support*

## Hareline 2019

Run	Date	Bunny/Hare	Runsites
2464	2-5-19	Kissing Me	Shamrock Beach, watertank
2465	9-5-19	Bommy	Lembah Permai, shoplots
2466	16-5-19	Oyster Licker	Bayee Pass
2467	23-5-19	Miss Bollywood	TBA
2467	30-5-19	Mem Sahib	Bayee Pass
2468	6-6-19	Suddakar	TBA
2469	13-6-19	Calvin Lee	TBA
2470	20-6-19	Beauty Queen	TBA
2471	27-6-19	Just Beer	TBA

Please inform the On Sec a.s.a.p. where your run will be

**Please respect the environment which we enjoy each week and ensure that no rubbish is left at the site, including cigarette butts, scraps and general litter. Thank you.**

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## Circle

1. Welcome to Glen who doesn't run hills but did enjoy the experience. Hopefully he will get in another run before he returns to Cambodia.
2. Our Aussi guests John and Judy were then iced with the GM asking them to be members since they now live here in Penang. Judy went for a walk, along with Huge and Tiny whilst John did his virgin run. He enjoyed it too so perhaps they may join us permanently. We hope so.
3. Oyster Licker was called out as he looked a little lost without his Hash "wife" who was in hospital with gall stones. We hope you recover soon Goodyear!!



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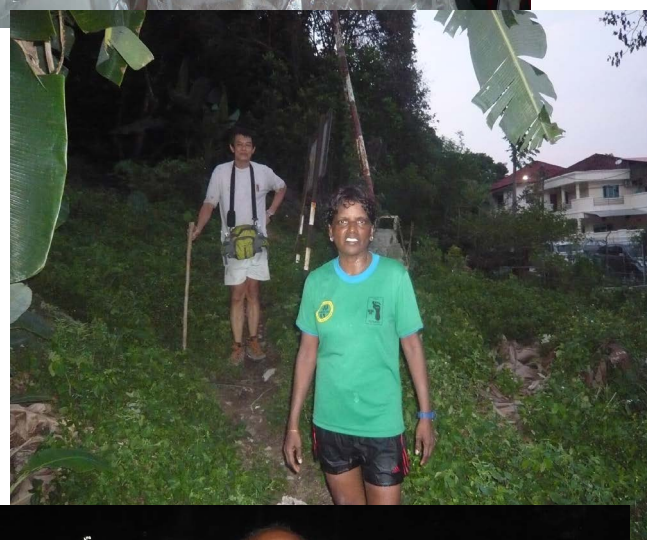
4. The GM then called out Money Manfred. She told the assembled throng that Money was always a front runner but because of medical issues is not running so fast, nor so much these days. However today he went in and did the whole run and thereby earning Kudos from the GM.
5. A CFTF by Mission Impossible saw Mem Sahib taking the ice throne. Apparently she was chatting with MI earlier but then asked if he was a member as she didn't know him. MI found that funny since Mem Sahib is also a Committee member too!!
6. Jackpot was the iced for disrupting the circle with constant chatter in the background and especially when the GM is talking!!
7. The last icing was for the hare, Snap Cop, to thank him for a good tough run, delicious food, for subsidizing the beer and providing both whiskey and gin for the evening.



# Hash House Harriets Penang



## Pictures of the evening





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## April



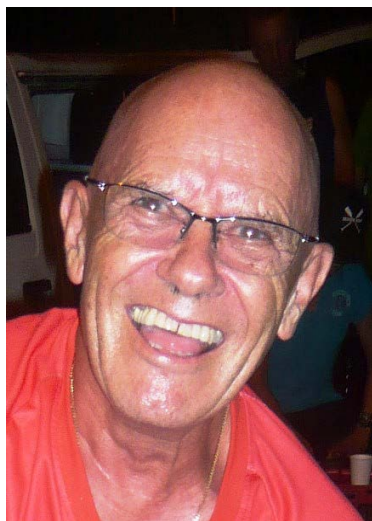
3, Iceman

3, Calvin Lee

6, Speedhound



23, Money Manfred



17, Botak Chin



Congratulations

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## Funnies

An elderly man is stopped by the police on his way to work. Everywhere are busy policemen.

“What’s going on?” asks the guy.

“We’re searching for a rapist, sir,” replies the police officer.

“Oh,” the man thinks for a second, “well alright. I’ll do it.”

An 87-year-old man chats with his doctor: “So, I’m getting married again next week, doc!”

“Oh, that’s wonderful! And how old is the bride?”

“She’s 19.”

“That’s fantastic – but I have to warn you, too much action in the bed can be deadly!”

“Ah well, if she dies, I’ll just have to remarry.”

Son comes into the kitchen, visibly shaken. The father asks him what happened.

“Dad, I’m so sorry, I shot Grandma by mistake!”

“Are you insane?! We’ve still got half of Grandpa left in the freezer!”

**“Time isn't the main  
thing. It's the only  
thing.”**

**– Miles Davis**

# Hash House Harriets Penang

Invitation Runs



# Hash House Harriets Penang



## ULU KELANTAN HASH HOUSE HARRIERS

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 [ulu.kelantan.hash.house.harriers](https://www.facebook.com/ulu.kelantan.hash.house.harriers) (Kuala Krai)

*(runs every Monday at 6 p.m.)*

## 40<sup>th</sup> Anniversary Balik Kampung Run 2019

*On On Fellow Hashers,*

*With great pleasure, Ulu Kelantan Hash House Harriers humbly invites All Hashers to the grand celebration of our 40<sup>th</sup> Anniversary Balik Kampung Run 2019*

*Venue : KUALA KRAI, KELANTAN .*

*Date : 31/8/2019 (SATURDAY)*

*Closing Date : 30/6/2019*

*Come and join us to discover for yourselves all the exciting programmes in store besides good fellowship.*

*We attach herewith our Registration Form for your action (feel free to photocopy it should you need more space to register your numbers). You may return the completed form to our mailing address above by post, fax or email together with your registration fees by cash, cheque, money order or by bank electronic transfers made payable to:*

*The Ulu Kelantan Hash House Harriers  
MAYBANK Account Number : 003024403830*

*We are going to produce a Commemorative Souvenir Magazines through which we are humbly seeking your support by taking up the advertising space available*

*All contributions in cash and in kind, too, are gratefully welcomed. The details and rates for the advertising space will be forwarded to you in due course.*

*The Organizing Committee  
UKHHH 40<sup>th</sup> Anniversary BalikKampung Run.*

*Organising*

*Chairmen : Raymond Tee @ Sugar Ray (012-9811371)  
Ong Kang Soon @ Ong Tung (019-9817722)*

*On Sex : Lee Yan Ken @ NikAli (014-5011118)*

*Grand Master : Low Guk Hwa @ Andy Lau ( 019-9816892)*



# Hash House Harriets Penang



9th-10th OCTOBER 2020

Miri Welcome YOU

- 3rd SARAWAK NASH HASH
- HALLOWEEN PUB CRAWL
- MIRI OIL TOWN HHH FOUNDER'S DAY

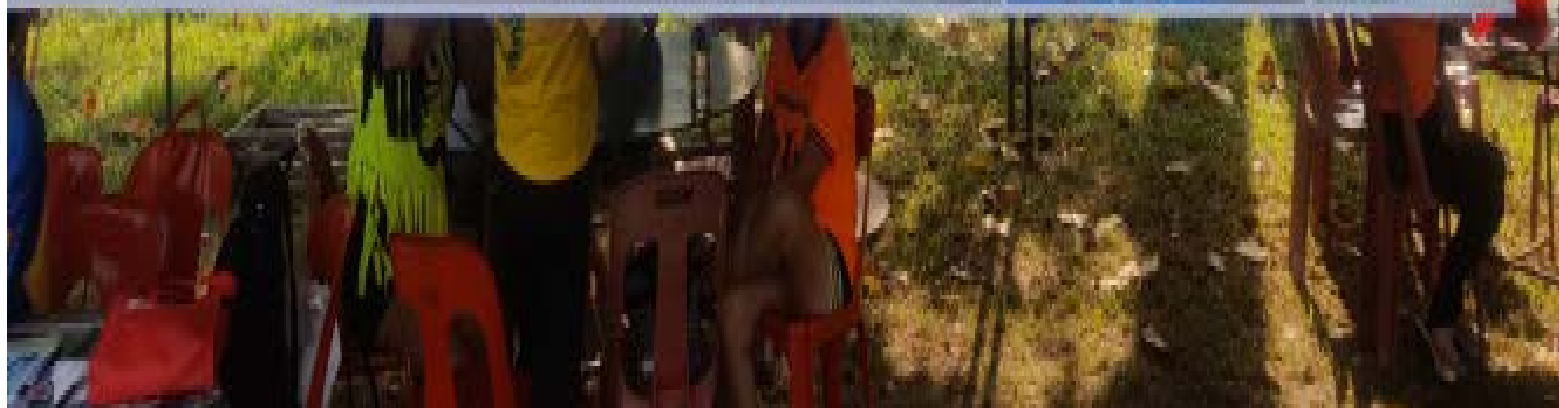
[www.3rdsarawaknashhash2020.com](http://www.3rdsarawaknashhash2020.com)

# Hash House Harriets Penang



**PAN ASIA HASH 2019**  
(ZHANGJIAJIE, HUNAN, CHINA)  
**7 - 10 Nov 2019**

[changshahhh@yahoo.com](mailto:changshahhh@yahoo.com)      [www.panasiahasah2019.com](http://www.panasiahasah2019.com)



# Hash House Harriets Penang



**17th Borneo Nash Hash 2019, Kota Kinabalu, Sabah, Malaysia**  
13-15 September 2019  
Run wild in the exotic Island of Borneo

**KELAB HASHING KOTA KINABALU**  
17th BORNEO NASH HASH 2019  
13-15 Sept  
SABAH  
KOTA KINABALU

**Hosted by**

**WELCOME TO SABAH THE LAND BELOW THE WIND**  
as Mt. Kinabalu majestically beckons all hashers to the lush rainforests of North Borneo.

**on-On!**

**KELAB HASHING KOTA KINABALU**  
*Immerse yourselves in the cultural tapestry of our rich heritage as we celebrate 17th Biennial Nash Hash in Borneo*

**email: [kkinterhash@gmail.com](mailto:kkinterhash@gmail.com)**

**Disclaimer: 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.**

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