

AH3 = ADELAIDE HASH HOUSE HARRIERS

A drinking club with a Running Problem

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Hash Trash - 25 November 2024



\$10 sign on for Non-Drinkers - \$20 for Drinkers

AH3 Committee

Grand Master	Bigus Dickus	
Religious Advisor	Bus Stop	0415 276 608
Hash Cash	Inherendo	
Hash Trash	£oo\$e C\$hang€	
Trail Mistress / Facebook	Olive Oil	
Keg Master / Hash Splash	Mc Taf	0419 288 101
Hash Horn	Chesty	0412 368 340
Memorabilia / Hash Haberdash	Unstoppable	0403 053 800
Choir Mistress	Betty Boop	
Web Master	Mo-Ped	Not a committee member, but a bloody legend

RECEDING HARELINE	HARE	RUN LOCATION	COMMENTS
Run 2570 2 December 2024	Buddha	Mitcham Reserve Crn Old Belair Rd and Norman Walk, Mitcham	
Run 2571 9 December 2024	Olive Oil	TBA	Xmas Pub Run

RUN NUMBER / DATE	HARE	RUN LOCATION
Run 2569 25 November 2024	Icecan & Chesty	Athelstone Recreation Reserve. 269 Lower Athelstone Road, Athelstone

13 Hashers, 2 dogs but not '2 Dogs'

Last week at Mo-Ped's celebration we had 3 Muppets; Bigus Dickus, Inherendo and Dickhead (who wasn't actually dressed like one - he just is one). It turns out, they know the meaning of life. I found this during the week:

*The secret of the Muppets is that they're not very good at what they do.
Kermit's not a great host,
Fozzie's not a good comedian,
Miss Piggy's not a great singer.
Like, none of them are actually good at it, but they f-ing love it.
And they're like a family, and they like putting on the show.
And they have joy.
And because of the joy, it doesn't matter that they're not good at it.
And that's like what we should all be: Muppets*

-Brett Goldstein



So, it seems that the secret of life = be a Muppet.



There is a reason that Chesty and Icecan's name appear on the award for best run multiple times. It's always a well-planned and fun run. (Please note the latest entry on the award. Who-ever stuck my name on there did a crappy job of it, as I recently found it on the floor. Never fear...I've now stuck it on with superglue, so that I will go down in history forever. That award takes pride of place in my garage near my wheelie bins).

I must say (and I think most of us felt this way tonight) I did not feel like exercising tonight. I contemplated not going at all, but, I'm so glad I did. The view was invigorating. As we headed out on the run, most of us could be heard complaining about our various aches and pains. In fact, the first five minutes was comparisons of all our cortisone injections. That's what happens when you are super athletic like us.... you start to break and need steroids to keep going.

Although, embarrassingly, my latest injury of 'tennis elbow' was brought about whilst making the bed. It's a bit sad when you get a sporting injury when you are just doing house-hold chores. Just existing is dangerous for me now, it seems. My doctor has excused me from making the bed anymore.....next visit I'm going to ask for that in writing.





Athelstone is known for having a few hills, so none of us were overly shocked by some of the steep descents and ascents. Trail had us running across multitudes of differing terrain. At one point it threatened to take us into an area being treated for exotic insects. Interesting that the treatment for exotic insects is to cut down ALL the trees. I'm guessing a developer 'found' these insects and it was just luckily in an area with breathtaking views that are worth a fortune. So 'exotic insect' = code for good excuse for prime development land clearance.

I decided to let Ninja off lead for parts of this run. She seemed to really enjoy running beside me un-leashed much more than with the lead on. I have bells on her collar, as (like any good Ninja) I can't always see her, but at least I can hear where she is. At one point, I could no longer hear her running beside me. I stopped and looked back, only to see her almost nose to nose with a Koala!!!! Statistically, cars, chlamydia and canines are the biggest koala killers, so I was super worried about what was about to happen. Somehow, a miracle occurred. I called Ninja to come to me.....and she did!!!! It was only a young male koala, but obviously Ninja was unsure. Although, had it run, she'd have chased. Bloody lucky!!



We had a special guest on tonight's run. Someone called Bearded Clam. This hairy mollusc has been galivanting around the country and the world. It's nice to have him back. We also were graced once again by our RA'ness (Mr Stop) who has been hashing in Malasia.

We all try to save the world in our own way. Some people do it on a grand scale, like our Unstoppable who is currently trying to turn back boats of coal and make them 'unstoppable'. Others, on a smaller scale like Crunchy who tried to educate Olive on the fact that she didn't need company while squatting to piss on a tree



Olive REALLY did not want that anchor anymore. She ensured she stayed right at the back for the whole run. Well, that sure backfired. It seems that it's not about who gets home first or is in front, it's about who is competitive. Seems trying too hard to stay at the back is competitive enough. It's a bit sad that she can walk the whole way and still keep up with the rest of us runners.

good
VIBES
only

Points go to Olive for at least attempting to read the trash last week. Apparently, she only read half though, as her battery died before she 'finished'. Why she felt the need to read the trash while using a battery-operated device is anyone's guess. One man's trash is another man's erotica I suppose.

It was a short circle (yay) as the smell of cooking onions was making our mouths water. Nosh was burgers with a side of bugs.

Please don't forget to order your special MoPed 1000 top - an order form has been attached to this email.

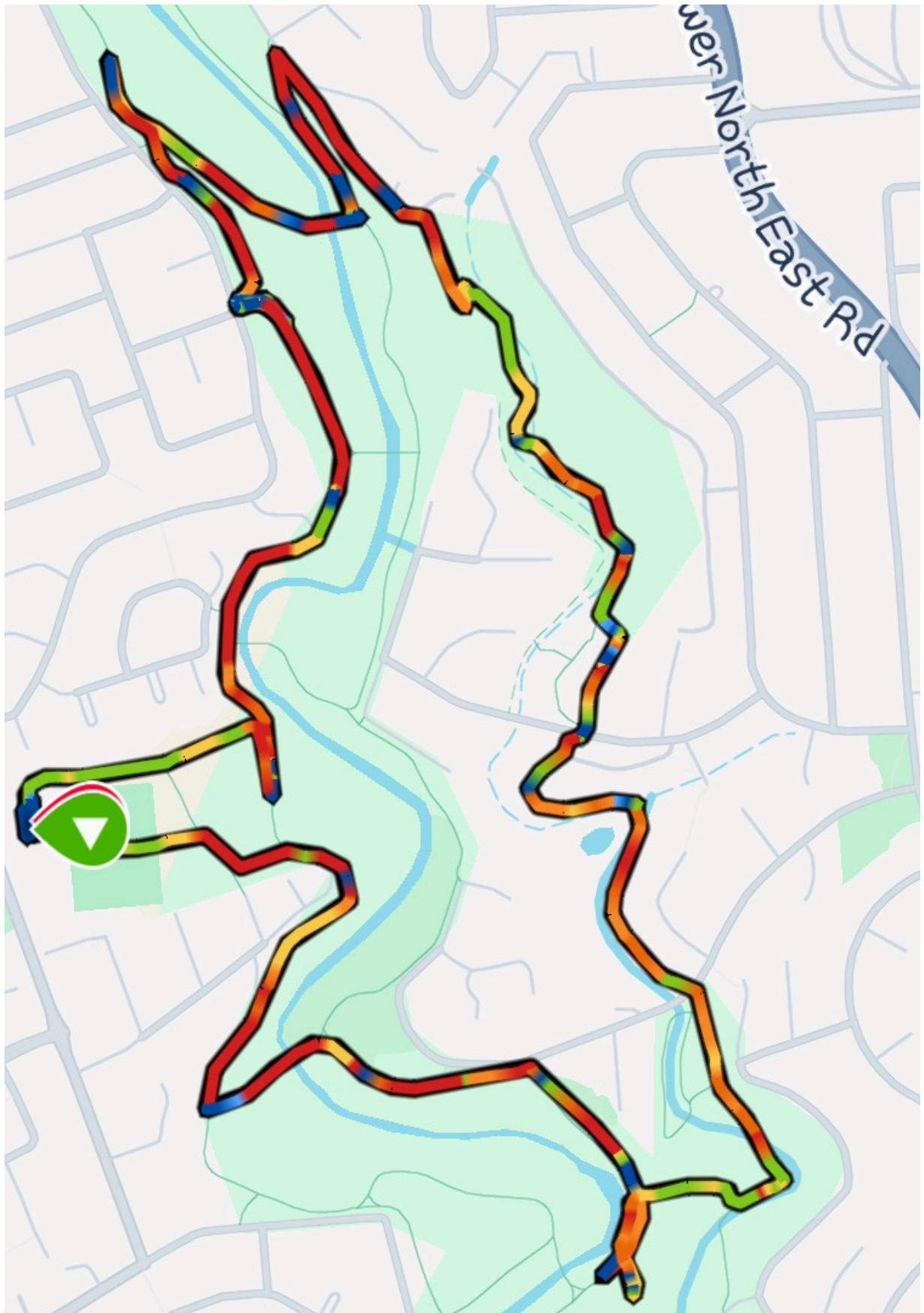


See you next week at Buddha's run. I just hope that HUGE hill is not a part of the run again!!!!

On On - £oo\$e €hang€

Map

About 6.91 Kms (give or take for checks)



Charges from the Circle:	
Back from the Dead	Bearded Clam, Bus Stop, Flash
Not back from the dead	Thumper
Stupid Question	Olive
Double Digits	Chesty, Inherendo, Nifty, Bearded Clam, Loose Change
Car	Olive
Dangerous Animals	Thumper, Loose Change
No hill climbing	Flash
Painting koalas	Chesty
Prick of the year	Chesty
Not horny	Chesty
No mention of hash	Buddha, Loose Change
Anchor Wanchor	Olive (should I just add this as a template?)
Over the hour	Chesty
BS	Olive
🤪 run	Chesty and Icecan

Yearly Charge Tally: (These statistics will not hold up in court)

2 Dogs 1, Baxer 29, Bearded 23, Betty Boop 18, Bigus 27, Budda 28, Bus Stop 32, Chesty 27, Crunchy 20, Dallas 1, Dickhead 14, Dr Dicwad 1, ELF 34, Flash 2, Francis 2, Fritz 2, Gottalottabottle 4, Gout 21, Harrison 2, Icecan 12, Inherendo 22, Iron Knob 4, £oo\$e Cchang€ 34, Loose Lips 1, McTaf 31, Mo-Ped 40, Muck 2, Nifty 23, No Balls 16, Olive 43, Ninja 4, Roocha 1, Rusty Box 3, She Does 3, Shithead 4, Snitch 6, SpooF 2, Thumper 6, Thumpers Son 1, Tight Lips 6, Two-Stroke 2, Unstoppable 29, Wena 1, Wet Spot 2, Who Gives A Fuck 2,

Announcements:



What: Fat Bastards Run

When: Saturday 30th November

Where: Meet at the corner of Albert PI and Esplanade - Victor Harbour.

Time: 10.45am

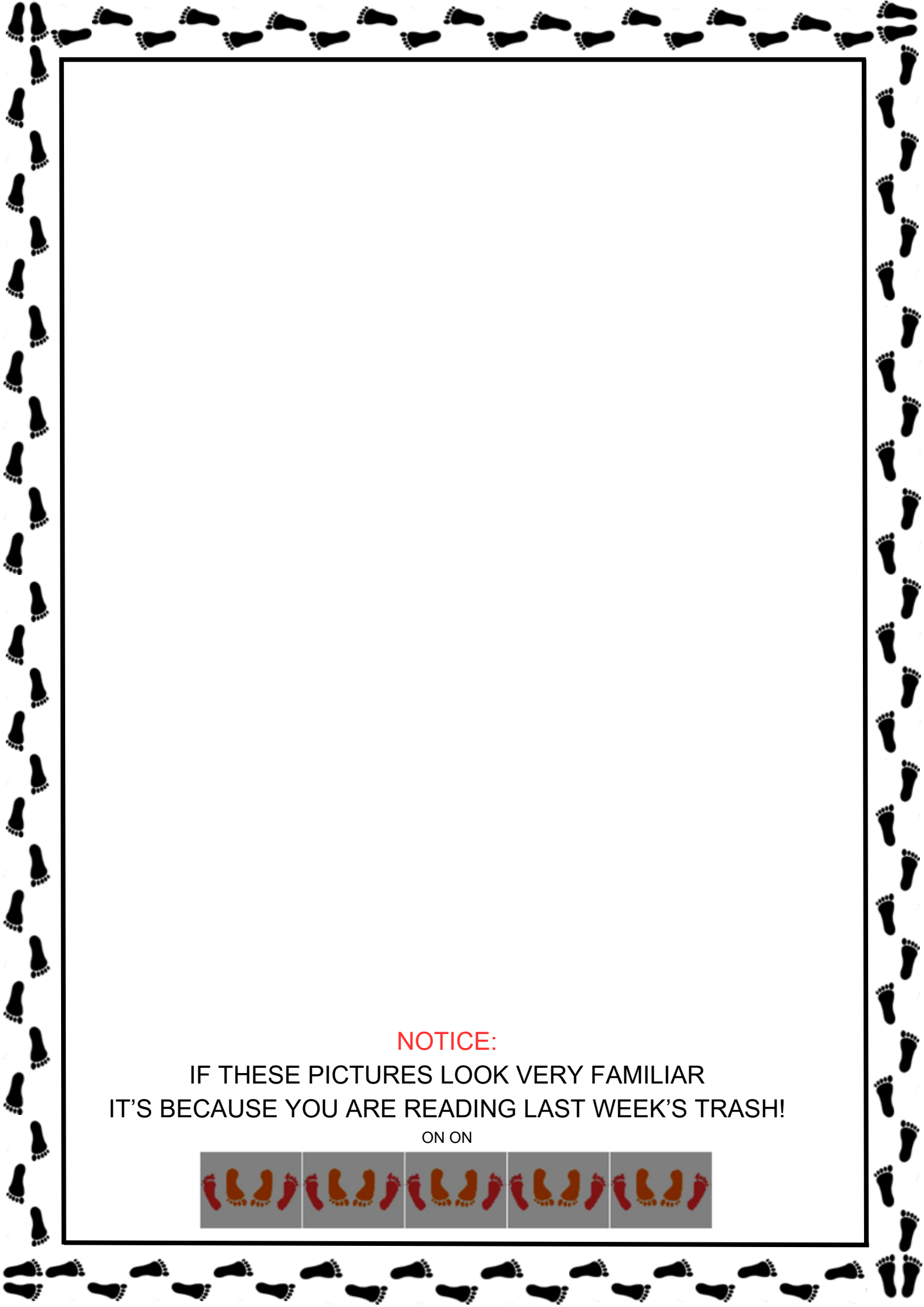
Info: This is a ONE WAY RUN.
The run location is actually from the lookout in Hayward Court, McCracken at 11am
– those who are staying the Friday night will drive past and collect the others from the meeting place above.

Info: This run is for; (you guessed it) Fat Bastards. People of over 100kgs. Never fear.... If you are not 100kgs, you are still welcome to participate. Attendees are weighed down - bricks and other weights are added to you until you weigh 100kgs. It's only a walk, so you won't be running with bricks.

Cost: It's a free run. Includes pies, beer/cider on the run.
Free accommodation – you MUST book with the Hare
Buy your own at pub stops and tea Sat night. Free breaky Sun.

R.S.V.P. You must RSVP to Flash if you are attending.
on either 0438 374 846 or maslinnt@netspace.net.au
(This is so you can book accommodation OR negotiate transport from the meeting place)

Accom: Flash's place: 79 Inman Valley Rd, Back Valley.
You may stay Saturday night (and Friday if you are real keen)
There are a few beds available and some space for caravans and m/homes



NOTICE:
IF THESE PICTURES LOOK VERY FAMILIAR
IT'S BECAUSE YOU ARE READING LAST WEEK'S TRASH!

ON ON

