

Piss Pot Peddler

Official Organ of the Bangkok Hash House Bikers

Ride # 58

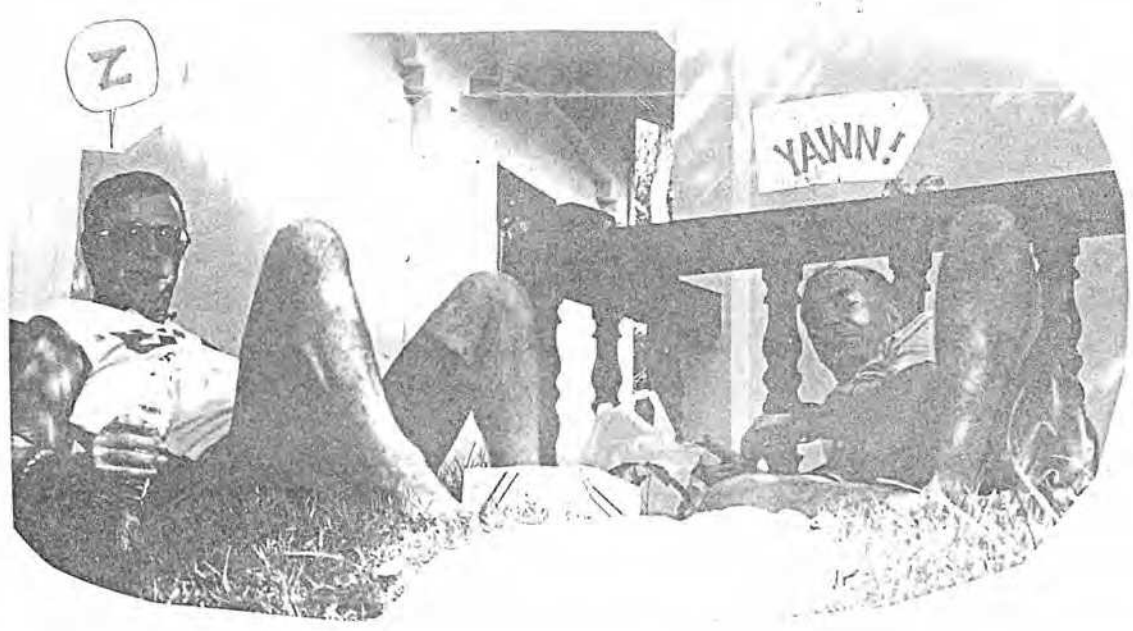
October 1996

STEAMY EXPERIENCES ON ROUTE TO PAKCHONG

WHAT DID RAINCOAT AND LIMBO REALLY GET UP TO.....READ ON TO FIND OUT.

WITH MANY OF OUR TOP ATHLETES COMPETING IN PHUKET, THERE WAS PLENTY OF SPARE CHEESE AND BEER AT THIS MONTHS HASH. I'M ASSURED THAT WE MISSED A GOOD ONE. BUT NEVER MIND CAUSE TOM HAS PROMISED TO SHOW US THIS AREA AGAIN.

Our Stand in scribe , Colin "Theloni" Monk is on leave this week.. I'll include his write-up in next months newsletter so I can put this broadsheet to bed.....on on.....



FOUNDING FATHERS - June 1992.

Karis"U-Bend"Battram, Bob"Bullet"Boulter & Peter"Wheel-Wobble"Battram.

FORMER SPOKESPERSONS

1992-3 Peter Battram, 93-94 Tricia Morgan, 94-95 Bruce Miller/Gerard Schneider.

FORMER GRANDMASTER

95-96 Lem Gander Morgan

BHHB MIS-MANAGEMENT

GRAND MASTER

MIKE "STIFFY" LAUER"

Tel Wk 319 9800 ext. 110 Home 258 7610

Fax 319 9790

JOINT SPOKEPERSONS

TREVOR R- HOLE FELLOWS

FRANK NORIEGA ALLUM

		PHONE	FAX
HON-ON-SEC:	TIM "CALVES" DOWDEN	01 9394657	398 0792
ASS:	STRUAN "PEEVED CAT" ROBERTSON	3512065	
ON SEC (LABELS)	BOB "BULLET" BOULTER	398 9853	
HASH-CASH:	CHRIS "BAD STOMACK" PANES	266 6349	236 9788
ASS	DEAN "MEG" RYAN	2054000	2452994
HASH-HABERDASH:	BOB "RAINCOAT" RAYNER	2675582	
ASS	DON LEVOIE	541 1970	
TRAILMASTER:	RUDI "DUTCH" DEZJETEN	541 1970 EXT ??	
ASS	FREDERIK SEMSTRAND		
HASH FLASH:	MAX "MAD MAX" EICHNER	5310076	5311940
ASS	FREDERIK SEMSTRAND		
HASH MUSIC	LEM "GANDER" MORGAN	6554111X350	6554411
ASS	DAWN "SAFFRON" MONK	2784733	
BIKE QUACK:	BERNARD SANSEAU		
ASS	COLIN T"HELONIUS" MONK	2784733	
RELIGIOUS ADVISER	TOM "MONGREL" HEINZ	273 4525	273 0771
ASS	PETER "WHEEL WOBBLE" BATTRAM	541 1970 EXT 2524	

KLONG DIVERS:

PETE"LEAKING WOLF"PETRIE

NANETTE"LITTLE-WEED"MILLER

NIGEL"SLIMY"PIKE

"GWEN"SEXY-SNAKE"WESTERN

NATALIE"NAILS"LAVOIE

JOHN"KING-KONG"MOUATT

JON"BARF"AUSTEN

PETER"WHEEL-WOBBLE"BATTRAM

BRUCE"LILY"MILLER

LIAM"GONE"MOUSHALL

FRANK"NORIEGA"ALLUM

MICHEAL"RAINHOOD"RAYNER

JENNY"SPINNING"TURNER

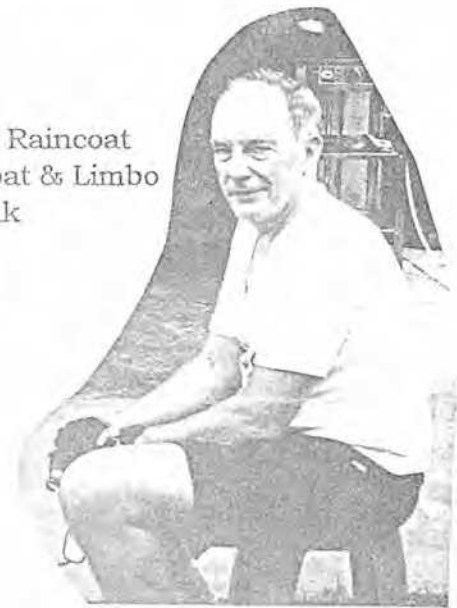
ARIANE"JUGGS"JUZEN

FRANZ"FLYING BAVARIAN"BOEHM

PHIL"VISITOR"RAUSENVILLE

BHBB ROLLING SPOKE LINE 1996-97

- #59 16th November Annual Bang Seray Classic - Limbo & Raincoat
- #60 17th November th Annual Bang Seray Classic - Raincoat & Limbo
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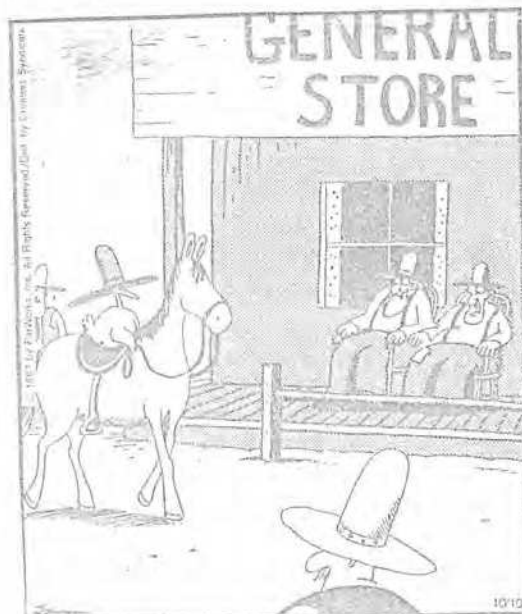


PLEASE Give/fax your RIDE date, mis-directions etc, to the TRAILMASTER and a copy to the Hon-On-Sec s.v.p, two (2) to three (3) MONTHS in advance so that they can be published in "P3" and recorded in the BHBB members filofaxes or, and more traditionally their diaries On-On....N.B.Although the RIDE number may change your date will not...

WRITE-UP HON-ON-SEC requests that the October Hare (Tom "Mongrel" Heinz and "Mad" Max) do the write up for **RIDE #59 & 60** (if they cannot remember they should reconstruct it or find a replacement and so on.....

Jailhouse beauty

Hanoi - Vietnam announced the winner of a national beauty contest ... for jailkeepers. A newspaper published a picture of Pham Ngoc Tam, head of the Womens' Association at a jail southeast of Hanoi. The photo showed a uniformed, middle-aged woman best-described as handsome. - Reuters



"Somethin's up, Jed. ... That's Ben Puffer's horse, all right, but ain't that Henry Morgan's chicken ridin' him?"

Is getting there really half the fun?

For some riders getting to a bike hash can be harder than the ride itself.....

Despite a buzz in my head after a late Saturday night, Sunday morning was clear, sunny and cool. Perfect for an upcountry ride. Despite being some distance away in Pakchong the hare had a solid reputation for setting good runs and the effort to participate was warranted. Limbo and I were on the road earlier than planned which should have given us some rest time prior to the off..... or so we thought.

It was while preparing to depart that I made my first wrong decision of the day. A day which would produce a perfect, 100% record of wrong decisions! However Limbo cannot remain entirely blameless. He did aid and abet most of those wrong decisions.

The first wrong decision was to choose my car for the drive. It made good sense at the time. It was bigger and more comfortable than Limbo's heap. It had a first class roof rack which made it very easy to transport the bikes. And the company paid for the gas and tolls. So it was with some concern that just before Saraburi the car overheated and we were forced off the highway into our first of several gas stations. No problem - we still had lots of time on hand. We duly filled the rad with fresh, cool water and set off again. This time we went about three kilometers over the Saraburi flyover and on to highway 2 to Korat. During stop number two we found a hole in a small water hose which we repaired in quick time. We then got about 10 km's up the road and during this segment put the first of several telephone phone calls through to Hare Kaiser. We advised him we had run into mechanical trouble but were now under way and expected to reach the start on time. Not true! Within minutes we again overheated and pulled into the next station.

We still had time on our hands but obviously needed alternative transportation. The result - wrong decision number 2 - was to hire a pickup truck. Five minutes later we had negotiated a ride to Pakchong and piled into the back of a truck which was in the garage for servicing. As we were tooling up the road, both of us smug as hell, it seemed we would get to the ride as planned. Limbo, as usual in these situations, telephoned his wife to tell her not to worry, that he had contracted alternative transport and was underway in the back of a truck. The hare was also duly notified. After these calls and ten minutes into the truck ride we realized that we had no idea where we had left our car! Then Limbo asked as we accelerated through 140 km's per hour if I had taken a good look at the driver... "Was he sober?" asked Limbo. I hadn't noticed but was now worried. Limbo took a quick look through the cab window and that's when he caught the driver downing a large Singha beer!

Here we were rocketing down the highway in the back of a truck being driven by an unknown Thai driver who was chugging beers and likely already pissed, heading we knew not where. Well this was no problem. We could just ask him to stop, pay some money and ride our bikes back to where the car was parked. Only one problem, we had loaded ourselves down with just about everything we owned. The cooler with our lunch (but unfortunately no beers - poor planning), all our tools, change of clothes, etc. Impossible to carry on a bike.

My next decision was to wave the driver through Pakchong missing the turn to the start. About 30 km's past Pakchong we realized we were lost. Another call to the hare. This time he was out on the ride and his wife agreed to meet us in Pakchong and guide us to the start.

We were only 1.5 hours late.

FLASHES



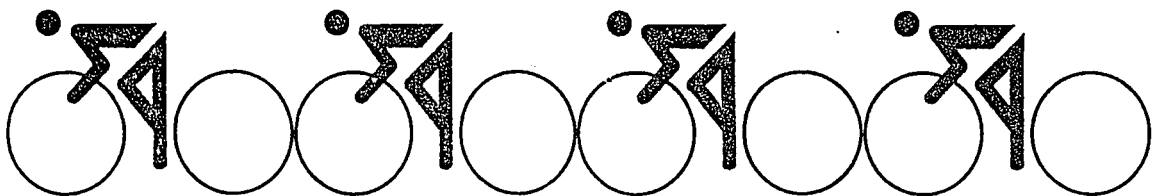
"Wee Dram" Howarth will be the HARE for RIDE #57 on SUNDAY September 22nd, 1996, meeting at 13:30 and rolling-off at 14:00.

MIS-DIRECTIONS: Take the Expressway and proceed over Rama IX Bridge. Follow the signs to Samut Sakorn and Samut Songkram on Highway 35. After about 90 Km. this hits a "T" Junction with Highway 4 at Pak Tho. Turn right towards Ratchaburi. Take the first left onto road 3206. Proceed for about 18.8 Km and turn at the BHHB sign into a Wat on the left and park at the temple building. Should take approx. 1hr 15 from Rama IX Bridge traffic permitting.

WRITE-UP HON-ON-SEC requests that the August HARES (Cap'n Squall & "Ballast" Pitchon) do the write up for RIDE #57 write-up, or find a replacement and so on.....

AGM MUGS. !!

ONLY A FEW LEFT LASTEST CHANCE TO PURCHASE THE VERY LIMITED ADDITION HAND CRAFTED MUGS AT THE GIVE AWAY PRICE OF 100 BAHT. CONTACT LEM "GANDER" MORGAN



MEMBERS IN ACTION-1996

The next "World Actions" event is on the weekend of Sat 29th Sept at Nakornnayoke starting from the Pung Wan resort. The first race is a biathelon, run bike run (5,25,5) starting about 3pm. At six am Sunday there is a 40K mountain bike race. Phone Khun Songkran on 266-4071/2 & 266-8472 for entry forms.

B BHHB ROLLING SPOKE LINE 1996-97

- #57 22nd September Dave "Wee Dram" Howarth & Co.
- #58 XX October Tom "Mongrel" Heinz
- #59 9th November Annual Bang Seray Classic - Limbo & Raincoat
- #60 10th November th Annual Bang Seray Classic - Raincoat & Limbo
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- #69 XX August-Roger "Sheepshagger" Steele

4th Annual Bang Seray Classic

Sat Nov 9th Ride #59

Sun Nov 10th Ride #60

For room reservations at the Sea Sand resort contact Don Lavoie or Robert Rayner (Fax 062 236 4462) Book now because the rooms are nearly full.

WHERE R-U? Those members who have forsaken our ranks and who do not RIDE with BHHB for a year or more should 'phone the Hon-On-Sec for reinstatement onto the mailing list, nuff said!

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MESSAGE FROM LEM "GANDER" MORGAN FORMER GRAND SPOKESPERSON.

WHISTLES: Don't chew on gristle, CARRY a WHISTLE, you know it makes sense.

THREE (3) LONG blasts for ON-ON and,

THREE (3) SHORT blasts for CHECKING.

TRAILS: Use paper, flour or whatever to SET your TRAIL.

Mark CHECKS with an "X" and continue the TRAIL within 400 meters.

U-bends reverse the direction of the PACK who should be able to find the TRAIL close to any of the intersections passed. TRAIL markings in paper or flour etc., should be within 100 meters of each other.

Newspokes - Sawat-dii-krap to Alison McInnis, Paul Mahon, and Nick Highton who once lured to a BHHB RIDE #56 were unable to resist splashing out Baht 250.00 to join the celestial ranks of BHHB.!!! ON-ON!!

This weekend I was beaten by four Harriettes. I realise this is making my fellow Harriers insanely jealous and asking how that guy could luck out so well. Every Harrier would like to be beaten by one Harriette but four is fantasy land. Let me tell you fellow Hashers it's all a question of undulating trails.

In the biathlon on Saturday three Harriettes trailed me to the start line but as soon as the gun went off so did they and disappeared into the ether. The first leg of the biathlon was about 5kms of cross country running along country trails and over a mountain. In places the PACK was bent double thrashing through the rain forests and hacking up rocky water courses to the top and then, it was down the slippery trail through bamboo groves to the bikes. The second leg started with a long undulating stretch along the road on the bike until it turned sharp left and up a gravelly bottom gear hill which left me winded. Still no sign of the Harriettes as I careered along rocky mountain trails hanging on for dear life as the route twisted and turned, rose and fell until it opened out to reveal a stunning lake vista. About 10kms into the ride I picked up Mother Teresa who hung on to my rear wheel like a limpet, flying through fords, over rutted tracks, in and out of forests and across paddy fields until we hit the road with about 8 kms to go. Cranking up to a steady 27-28kms/hr we gradually reeled in the other lesser athletes and were joined by Joylide who gratefully accepted a draft all the way to the finish line. Off the bikes after 25kms and onto the third and final leg of the event, we ran another 5kmish and caught sight of E.J. hacking along on the in-trail. Joylide and I thrashed along the road with Mother Teresa in hot pursuit finishing to find E.J. supping her beer surrounded by fans. Later we found out why. E.J. had won, was the WINNER of the ladies 20-29 race with an admirable time of 2-03. Huge applause for Teresa who took 2nd in the ladies 30-39 race with a 2-20 and Joylide who captured 5th in the ladies 40-49 race just in front of me on 2-15. Myself, well I was content to be beaten by three Harriettes and will dream about it for months to come. There were also some notable performances from the BHHB men with Struan "Peeved Cat" Robertson whizzing home in around 1-40, Paul "Tri-athlete" Mahone sometime around that and Tim "Calves" Dowden, despite a crash, cuts, grazes, soggy Mars bars and bent up handlebars in around 1-50.

After a quick dip in the pool to revitalize those parts that needed it, an excellent buffet dinner in the cool and breezy garden sala, a "few" carbo-loading beers, body relaxing ciggies, and an early night our team was raring to go at 06:30 on Sunday morning for the 40km cross country mountain bike race. E.J. and I took a minor detour before the race to administer drugs for her bruised posterior whilst Tim had a pre-race massage of his "Calves"? Tim took an early lead only to be thwarted by a puncture after about 12kms followed by another crash trying to corner like Mick Douhan. Luckily I had a spare to put him back on the road and had he measured his elapsed time I feel certain he would have made the top 5. Mother Teresa somehow spirited herself back to the finish before everyone else citing a breakdown but never really elaborating... but hell that's a womans prerogative huh? The trail wove over much of the ground of the previous day adding two excellent detours along long forgotten mountain trails and through breathtaking paddy field scenery. E.J. and I worked as a team from about 15kms joined from time to time by Joylide who only kept in front of me so that I could secure her rear, yes guys, I do prefer watching her butt twitch from side to side on the saddle to yours and that's a fact. During the paddy field loop E.J. told me she felt like a little white bird on a water buffalo picking off fleas in some exotic location which prompted my David Bellamy impersonation of the "shrubbs and faunaa looking so beutifall in the driving rain".....what?..yeah cool? Heading back on to the road E.J. felt that a body surf was in order and chose her left boob and hip to do it on. Whilst the assemble crowd pointed at her prostrate figure yelling "farang", E.J. agreed that yes she was a "farang" and would have been grateful for a little teen weeny bit of help. The locals obviously remembered the 1908 Olympics and didn't want to help for fear of disqualification. The fourth Harriette to beat me over the weekend was Kylie who stormed home to 5th place in the ladies 20-29 race and a trophy on her virgin mountain bike race. Paul, Struan and Colin "Thelonious" Monk led the BHHB men home ahead of "Mad-Max" Eichner Tim and myself. Tim won a helmet and Struan won a bike to round off an thoroughly enjoyable finale to the World Actions Country Roads Circuit season.

Thanks Wheel-Wobble (& for the tube!)

Bang Srae Classic
Sea, Sand and Sun Hotel

Friday, November 15 and Saturday November 16

<u>Name</u>	<u>Contact</u>	<u># of Rooms</u>	<u>Nights</u>
Allum, Frank		1	Fri & Sat
Battram, Peter		1	F & S
Brewerton, Ms. Kylie	(o)351-5922 (Stuan Robertson tel)	1	F & S
Credeling, Peggy & Chad	287-0417	1	F & S
Dowden, Tim (for Struan & Dare)	(01)939-4657 (h)651-4620	2	F & S
Eichner, Max		1	F & S
Fellows, Trevor & Agnes		1	F & S
Hienz, Tom		1	F & S
Kelly, John		2	F & S
Lukens, John & Titiya		1	F & S
Mahon, Paul	644-3343	1	S
McInnes, Allison (& Debbie)	651-3010	1	F & S
Monk, Colin & Dawn	(01)988-1379	1	F & S
Morgan, Lem & Trish		2	F & S
Ryan, Dean		2	F & S
Thorsteinson, Lisa		2	F & S
Total		<u>22</u>	
Total rooms booked for Friday, November 15 -		22	
Total rooms booked for Saturday, November 16 -		21	
<u>Waiting List</u>			
Mendoza, Karen	(h)711-095260Ext411	1	F & S

September 25/96

Piss Pot Peddler

Official Organ of the Bangkok Hash House Bikers

Ride # 58/59/60

November 1996

BHHB ELECTION SPECIAL

WAS THE HASH REALLY GOING TO BE DRY ?

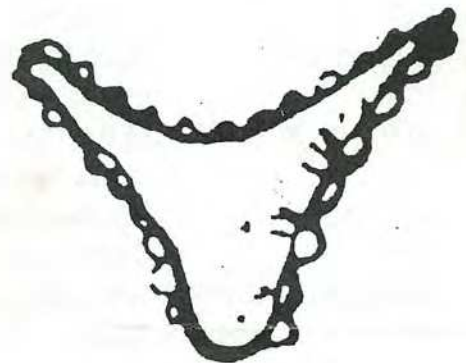
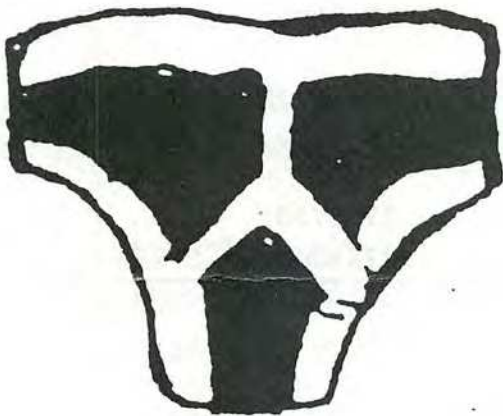
DID ALL THE HASHERS KEEP THERE CLOTHES ON ?

WOULD THE HASHERS FIND THEIR WAY IN THE LONG GRASS ?

AND WHAT REALLY IS AT THE SAND SEA SUN RESORT ?

WHAT DID REALLY GO ON IN THE WOODS ?

ALL THE QUESTIONS AND MORE WILL BE ANSWEREDREAD ON TO FIND OUT.



FOUND POOLSIDE EARLY SUNDAY MORNING, CAN BE CLAIMED FROM THE HASH HOUSE LINGERIE DEPARTMENT,ON ON (OR SHOULD WE SAY OFF OFF)

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(Bob "Raincoat" Rayner & Don "Limbo" Lavoie) do the write up for

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Turn out, RIDE #59	
Hares	2
Riders	22
Visitors	12
<u>Total</u>	<u>36</u>

Turn Out, RIDE #60	
Hares	2
Riders	19
Visitors	5
<u>Total</u>	<u>26</u>

Sun Dec 15th Ride #61 Meeting at ~~13:30~~ and rolling-off at ~~14:00~~.
 13:30 14:00

MIS-DIRECTIONS: Go to HASH bridge (Phra Nang Klao Bridge)
 For those of you who don't run the BHH and thereby haven't had the
 pleasure of this quaint riverside venue:

Take the 2nd Stage Expressway following the signs to Chaeng Wattana
 Road. At the 2nd toll booth pay the 10 Baht. Keep eyes focused
 forward. Don't let Officer Somchai talk you into giving him an
 extra 200 Baht for bringing hazardous materials (bikes) onto his
 low-tech expressway.

Take the first exit Ngam Wong Wan Road (towards Khae Lai). Go
 straight west (using 2 flyovers) for about 6 Km and go over the big
 bridge. As you go down the bridge stay in the left lane at the
 first small lane. This road will take you under the bridge. Park

REMINDE YOUR HEAD and BIKE: the clearance of the bridge
 and it's still work if your bikes are on a roof rack
 (watch out for this Wheel Wobble)

Newspokes - Sawat-dii-krap to Kylie "Shiela" Brewerton, E.J.
 "Headbanger" Findlay, Teresa "Green" Hawes, Peter Bluck who once lured
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 250.00 to join the celestial ranks of BHHB.!!! ON-ON!!

Future Events - Over the Illustrious St'Andrews day weekend
 (30th/31st November), several of our interpid hashers will be cycling to the
 the Burmese Border .
 For more details call Tim Weinands 542-2816 (Work) or
 Dean Ryan 205-4345 (work) 591-0680 (home)

RIDE NO. 58

HARES *Mangled and Mad-Max*

Future hash directions should receive the following heading:

ROAD NAMES AND NUMBERS LIABLE TO CHANGE WITHOUT NOTICE,
RHYME OR REASON. BE WARNED!!

However we finally arrived, after some searching, outside chalets bearing the telltale signs that hashers maybe in the vicinity, numerous empty beer bottles lined up neatly on the balcony and not a cyclist in sight. A quick count up and I reckon at least twenty hungover bodies should appear having arrived the night before. Four fragile faces emerged minutes later wondering who had woken them at this unearthly hour of 12.00 midday. A few more searching souls arrived in due course plus a telephone call from two lost souls supposedly broken down making a grand total of nine. Reasons for the poor turnout were put down to The Rugby ball, Lazing on the beach at Phuket and I can't be arsed to drive all that way for a bloody bike ride. That left only the dedicated super athletes to ~~enure~~ enjoy the ride.

One hare departed in search of the lost souls whilst the other joined us to make up the numbers and develop his skills as a film producer (funny he never seemed to do any of the back checks or U bends). Trevor and Mama Sambusa got ahead start muttering something about prize money while the remainder groveled about Dawn's feet looking for a dropped earring -she just likes the attention.

Were off! skirting rolling hills, overlooking picturesque valleys, riding gentle undulating paths, enjoying a whole new Thailand. Not for long. Thigh burning ascents, neck breaking descents, mud, dogs, overhanging trees and wild animals (Wild! absolutely livid). Five ox didn't take to kindly to being pounced upon by a herd of Hashers (such docile beasts of little intelligence) and promptly broke from their tethers stampeding off into the distance, best we move on quickly before the owner finds out. All back checks and U bends were noticeably found at the bottom of every descent resulting in the necessary reascent to find the trial (not away to make friends).

THE HILL. a full length feature film. After route searching failed at the back of the budda cave and another back check at the bottom of a decent we engaged in storming the hill. Trevor had the lead but then he kept a beady eye on the hare followed by myself attempting to ride all the way, Wrong, throw in a few rocks to make it interesting some mud and water and we're all strolling pleasantly to the top, soon to be released on video. From here it was pleasant cycling, despite the red herrings from the hare, through corn fields and villages to the sound of rabid dogs at your ankles relaxing to the thought of a much needed shower and a cold beer (the lost souls had by now arrived complaining that the driver who had given them a lift wouldn't share beer he was drinking). Its not all over yet, 'The Grand Canyon'. As light begins to fade we enter dense woodland paths (I manage to miss the best marked junction of the day) and descend down into the gloom. We are reliably informed that this is favorite running hash route which explains why we end up walking our bikes, climbing over, ducking under fallen trees and generally clambering down the path. Finally we emerge and head off back for that long awaited beer all arriving safely except one, Where's Dawn!. Off I go again to search as surely it would be my fault if she were to get lost. There she is cycling away 180 in the wrong direction Q "where did you get to". ANS. "I don't know every one seemed to disappear". Q "why didn't you fallow the paper back". ANS. "Oh is that what its for I often wondered how you all knew which way to go".

The writer of this report viewed most of the proceedings laying horizontal still attached to his bike. I hate those clip pedals

Opinion : That was probably one of the most enjoyable rides I've done so far. Thanks to the hares and in light of the poor turnout should be repeated very soon.

On On


RIDE 59 + 60

FOURTH ANNUAL SEA SAND AND SUN BIKE HASH WEEKEND

Also know as the Bang Serae classic. The setting was the beautiful Sea Sand and Sun hotel south of Pattaya. A real cross section of society turned out for the weekends ride. There were families, there were couples, there were singles, there were drunkards, there were perverts, there were masochists and there was sheepshagger. All in all a typical bike hash crowd as most attending satisfied at least three of the categories outlined in the previous sentence. Since it was election weekend the ride was well attended because the word got out that the hares had bought 22 cases of beer in what was rumored to be a dry weekend.

DAY 1

THE START

The ride was to be from someplace back to the hotel. The truck picked up the bikes but nothing showed up to pick up the bikers. The truck left and the bikers walked to the road where they finally got picked up. The only problem is that no one knew where the truck went with the bikes. But Max the great navigator came to the rescue by finding the bikers in trucks looking lost along the road. Now the logistics were complete. The bikers and bikes were in the same place at the same time.

THE RIDE

The ride started with the usual confusion of trying to find the starting paper. After this was sorted out the pack was off. Since there were quite a few first time bike hash riders there was quite a bit of confusion as to what to do or what to call or what was going on in general. This was also sorted out in due time and the pack progressed merrily along as it was quite a nice day for a ride. There was plenty of off road biking thru farms and jungle to keep everyone interested and the checks were good as the pack stayed together for most of the ride. The in trail near the hotel had some words written in the sand about the Monday hash but I am sure the scribe was the only one to see it as he fell in the ditch right at the spot of the writing. The pack got back in good shape with no one getting hurt to badly.

THE CYCLE

The circle was in a nice spot next to the ocean and was well attended. Before the circle the hash men were entertaining/trying to pick up some pretty Korean women. But they were smart enough to leave before it got dark. Nice try but I think they were a bit too sophisticated for the hike hash. With everyone full of beer the circle was very enjoyable with down downs for the hares, the visitors, the returners, the sinners, the short cutters, the malingers, the perverts, the drunkards and sheepshagger.

The ON ON and the ON ON ON

The hares had the foresight to buy twenty two cases of beer and the restaurant let us drink it rather than buying there beer. The food was typical hash fare and as usual there was an argument over the bill. There was much threatening and posturing buy the manager of the hotel and the smooth talking hash team. The police were not called and the next day all seemed forgiven by the hotel owner. There was a late night swim by some of the crowd with many stories as to who had clothes on etc. Since this is all rumors to the scribe and can not be verified it will not be printed.

DAY 2

THE RIDE

The ride was suppose to start at 10:30 and most of the crowd left between 10:30 and 11:00. Everyone was in some sort of hangover state. Some of the riders went with the paper and some went backwards and some just gave up. The ride was noteworthy in that it took the pack thru a long field with very high grass. It was quite a unique experience as you were never sure where you were or where you were going or if you were going to fall into a hole or a ditch. The ride was a perfect hangover ride, just enough effort to sweat out last nights beer but not to much to kill you for the rest of the day.

AFTER THE RIDE

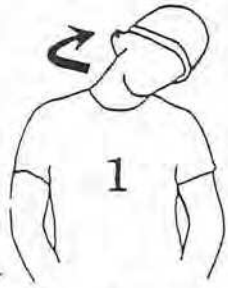
Not sure if there was a circle after the ride but I understand that most of the shirts were sold and that there was two new spokes signed up.

Thanks to Bob and Don for a great weekend of hashing and drinking. They spent allot of their time so we could all enjoy ourselves. They deserve another down down the next chance you get to nominate them.

Before and After

Cycling

Approximately 10 Minutes



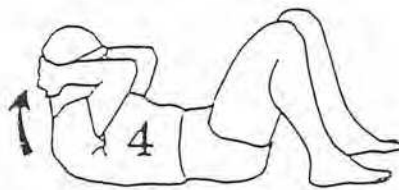
5 times
each direction
(page 89)



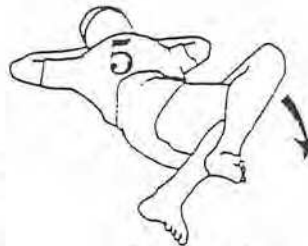
10 times
each direction
(page 31)



30 seconds
(page 24)



3 times
5 seconds each
(page 25)



30 seconds
each side
(page 24)



30 seconds
(page 56)



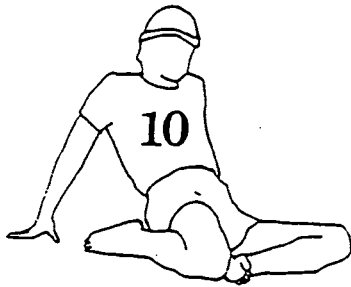
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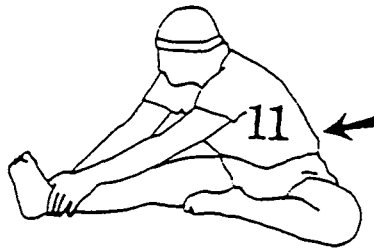
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5 seconds
(page 35)

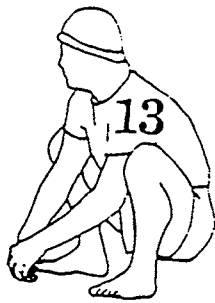


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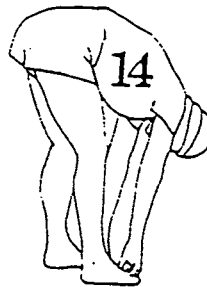


30 seconds
(page 36)

12
Repeat
8, 9, 10, 11
other leg



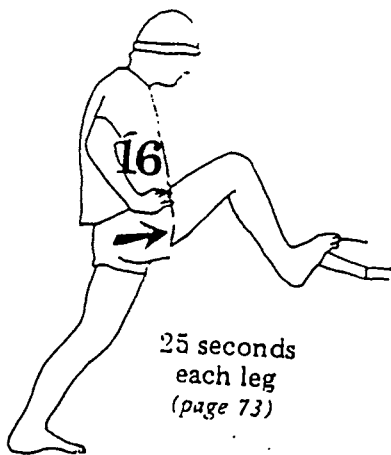
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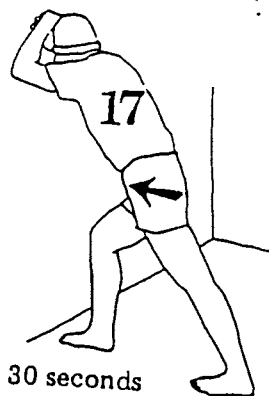
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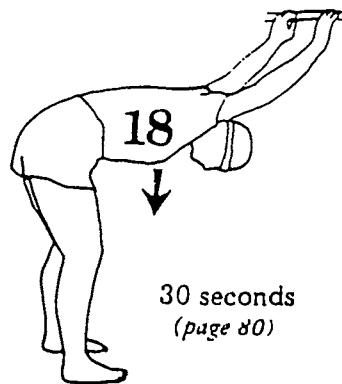
15 seconds
each leg
(page 74)



25 seconds
each leg
(page 73)



30 seconds
each leg
(page 71)



30 seconds
(page 80)

Hash House Agony Aunt

TAKEN FROM BANGKOK POST 5/7/96

GM

DEAR Ann: My daughter, 23, is very serious about a fine young man. **HASHER** "Belinda" is hoping the relationship will lead to marriage.

I am concerned about one thing. This young man shaves his legs.

I was under the impression that only gay males and cross-dressers shave their legs.

Belinda says that he shaves because he is a tri-athlete and that most compet-

itive swimmers and bicyclists shave their body hair. (+ HASH HOUSE BIKERS)

But her boyfriend keeps his body shaved even when he doesn't compete.

Belinda says this is so she doesn't have to feel stubble when they are intimate. She appreciates the fact that he is so considerate.

Do straight men shave their legs?

Or could this young man be gay and using Belinda's friendship as a cover?

I would appreciate your input.

Suspicious in Santa Clarita

Dear Suspicious:

Many male athletes, especially swimmers, shave their body hair, including their heads.

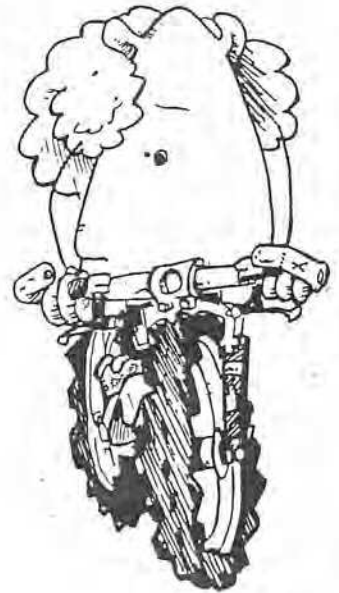
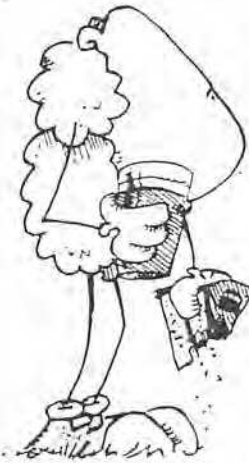
If you should discover that he wears nylon pantyhose, THAT would be a legitimate cause for concern. Otherwise, not to worry.

P.S. ANSWERS PLEASE ON A POST CARD.



IS THIS REALLY WHAT HASH HOUSE BIKERS THINK ABOUT ON THE TRAIL.

THIS IS MORE LIKE IT



Make traffic jams a thing of the past. Just take to the air with... **FlyCard**® only £499

Sorry. Only 1000 or more FlyCards per order.

autoplane adaptor

The wonders of technology know no bounds. Now, a simple wallet sized smart card, slotted into your cigarette lighter will convert your car into an aeroplane. Simple to fly- no pilot's licence required. Just drive your car as normal- THROUGH THE AIR!

We don't know how it works, IT JUST DOES!

Slow Queues is Good News!

Warning: The FlyCard does not work on certain models of car. Check with your dealership whether your car can fly.

← ONE WAY TO GET TO THE RIDE ON TIME

PROMISE to ring people at specific times, then don't. They'll ring you to see what's wrong, at which point you can have your original planned conversation at their expense.

Dawn Ralphson
Euxton, Lanes.

SCOTTISH TIP NO 1



61-71

Piss Pot Peddler

Official Organ of the Bangkok Hash House Bikers

Ride # 61

December 1996

CHRISTMAS SPECIAL

WHY DO WE CALL PAUL "TWO PUMPS" MAHON MORE TO THE POINT HOW DID HE MAKE OUR SOLES SORE??

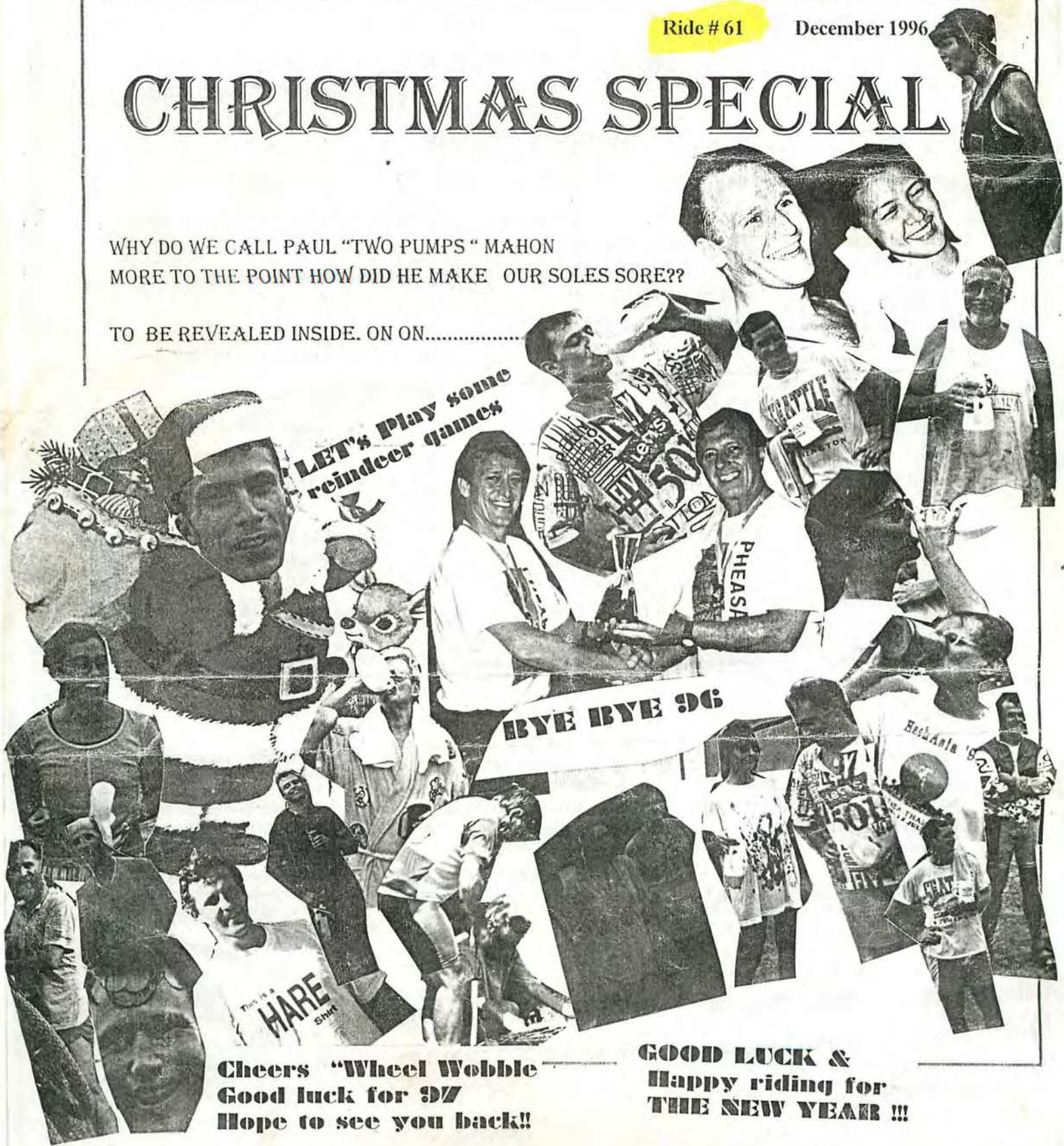
TO BE REVEALED INSIDE. ON ON.....

LET'S Play some reindeer games

BYE BYE '96

Cheers "Wheel Wobble"
Good luck for '97
Hope to see you back!!

GOOD LUCK &
Happy riding for
THE NEW YEAR !!!



FOUNDING FATHERS - June 1992.

Karis"U-Bend"Battram, Bob"Bullet"Boulter & Peter"Wheel-Wobble"Battram.

FORMER SPOKESPERSONS

1992-3 Peter Battram, 93-94 Tricia Morgan, 94-95 Bruce Miller/Gerard Schneider.

FORMER GRANDMASTER

95-96 Lem Gander Morgan

BHHB MIS-MANAGEMENT

GRAND MASTER

MIKE "STIFFY" LAUER"

Tel Wk 319 9800 ext. 110 Home 258 7610

Fax 319 9790

JOINT SPOKEPERSONS

TREVOR R- HOLE FELLOWS

FRANK NORIEGA ALLUM

		PHONE	FAX
HON-ON-SEC:	TIM "CALVES" DOWDEN	01 9394657	398 0792
ASS:	STRUAN "PEEVED CAT" ROBERTSON	3512065	
ON SEC (LABELS)	BOB "BULLET" BOULTER	398 9853	
HASH-CASH:	CHRIS "BAD STOMACK" PANES	266 6349	236 9788
ASS	DEAN "MEG" RYAN	2054000	2452994
HASH-HABERDASH:	BOB "RAINCOAT" RAYNER	2675582	
ASS	DON LEVOIE	541 1970	
TRAILMASTER:	RUDI "DUTCH" DEZJETEN	541 1970 EXT ??	
ASS	FREDERIK SEMSTRAND		
HASH FLASH:	MAX "MAD MAX" EICHNER	5310076	5311940
ASS	FREDERIK SEMSTRAND		
HASH MUSIC	LEM "GANDER" MORGAN	6554111X350	6554411
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BIKE QUACK:	BERNARD SANSEAU		
ASS	COLIN T"HELONIUS" MONK	2784733	
RELIGIOUS ADVISER	TOM "MONGREL" HEINZ	273 4525	273 0771
ASS	PETER "WHEEL WOBBLE" BATTRAM	541 1970 EXT 2524	

KLONG DIVERS:

PETE "LEAKING WOLF" PETRIE
 NANETTE "LITTLE WOOD" MILLER
 NIGEL "SLIMY" PIKE
 *GWEN "SEXY SNAKE" WESTERN
 NATALIE "NAILS" LAVOIE
 JOHN "KING-KONG" MOUATT
 JON "BARF" AUSTEN
 PETER "WHEEL-WOBBLE" BATTRAM

BRUCE "LILY" MILLER
 LIAM "GONE" MOUSHALL
 FRANK "NORIEGA" ALLUM
 MICHEAL "RAINHOOD" RAYNER
 JENNY "SPINNING" TURNER
 ARIANE "JUGGS" JUZEN
 FRANZ "FLYING BAVARIAN" BOEHM
 PHIL "VISITOR" RAUSENVILLE

WIRE YOUR CYCLING PERFORMANCE WITH ESPRESSO. After 6 cyclists downed a double espresso, their hearts used less oxygen to pump more blood at a lower pressure compared to riding at the same intensity without caffeine. Researchers at Oregon Health Science University in Portland maintain that **caffeine is a vasodilator that improves cardiovascular performance.**

Bike Shirts Bike Shirts Bike Shirts Bike Shirts

Still available from the Bang Seray -ride. ONLY 200 Baht!! (& a limited number from the 50th Ride.)

Contact Bob "Raincoat" Rayner on 2675582

Fax to: Tim Dowden
398-0792

BHHB

BANGKOK HASH HOUSE BIKERS

HUA HIN

JANUARY 24-26, 1997

*Steph -
If you phone
David, he'll have
other
accomodation*

1. **THE PLACE:** Sea View Guest House
113/30 Phetkasem Road
Tel. (032)-513-950

Lodging is available at several guest houses on the same soi as Sea View Guest House. Prices range from 500-700 baht per double room - 10 rooms have been reserved so far for Friday January 24 and Saturday January 25, but space is **very limited**, as this is peak season in Hua Hin.

If you definitely plan to ride, please contact David Rockey (wk: 205-4000, x2272; hm: 254-5083; fax: 254-2994) and he will reserve rooms on a first-come first-serve basis. Please arrange to share two persons to a room, as room space will be limited.

2. **MISDIRECTIONS**

Highway 35 from Bangkok past Samut Sakhon and Samut Songkhram to junction with highway 4. Take highway 4 south through Petchaburi and Cha Am to Hua Hin. Go through Hua Hin on main highway, past two traffic lights. Second traffic light is the left turn to Sofitel. Go straight through this light and past the Royal Garden Resort hotel on left and Catholic Church on right. About 200 meters past Royal Garden Resort, see signs on left for Sea View Guest House and several other guest houses, turn left into small soi, veer right onto paved soi, Sea View is at far end.

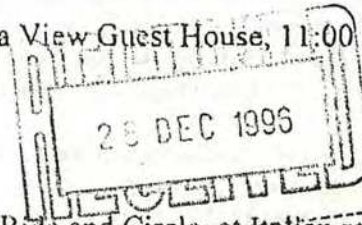
3. **THE RIDES**

Saturday January 25: 1:30 pm - meet at Sea View Guest House, 2:00 pm - Ride -off

Sunday January 26: 10:30 am - meet at Sea View Guest House, 11:00 am - Ride-off

4. **THE PARTY**

ON-ON-ON Saturday January 25 following Ride and Circle, at Italian restaurant (or possibly catered at Sea View Guest House)



B BHHB ROLLING SPOKE LINE 1996-97

- #62 25th January David "Sleepless" Rocky
- #63 26th January David "Sleepless" Rocky
- #64 X February "Mama Sambusa" & "R-Hole" Fellows
- #65 XX March Frank "Noriega" Allum
- #66 XX April Tim "Calves" Dowden
- #67 XX May Dean "Meg" Ryan
- #68 XX June-5th AGM-JS's
- #69 XX July-James "Ballast" Pitchon
- #70 XX August-Roger "Sheepshagger" Steele
- #71 XX September- Dave "Hurtle" Ertle

SHOULD YOU RIDE WITH A COLD?

Use the neck test. If you have symptoms confined to areas above the neck—a stuffy nose, for instance—it's generally safe to ride. But cold symptoms experienced below the neck—coughing, muscle aches, or lung congestion—mean you should stay home and rest.

August 1996 / Bicycling

PLEASE Give/fax your RIDE date, mis-directions etc, to the TRAILMASTER and a copy to the Hon-On-Sec s.v.p, two (2) to three (3) MONTHS in advance so that they can be published in "P3" and recorded in the BHHB members filofaxes or, and more traditionally their diaries On-On....N.B.Although the RIDE number may change your date will not...

WHERE R-U? Those members who have forsaken our ranks and who do not RIDE with BHHB for a year or more should 'phone the Hon-On-Sec for reinstatement onto the mailing list, nuff said!

WRITE-UP HON-ON-SEC requests that the December Hare (Paul "Two pumps" Mahon) do the write up for RIDE 62# & 63 or find a replacement and so on.....

PUMPING CRAZE HITS THAILAND

A new craze for pumping air into one's rectum with a bike pump has developed among young men in Thailand. Doctors have asked the Thai government to crack down on the perverse habit of 'pumping' after one man got bored of conventional bike pumps and blew himself apart with the compressed air hose at a local garage.

Charnchai Puanmungpak, who underestimated the power of the compressor, was dared by his friends to carry out the dangerous trick. One night he paid a visit to his local garage, inserted the hose into his anus and popped a coin into the slot. A split-second later his body exploded over a very large area. "We still haven't located all of him," said a spokesman at the Nakhon Ratchasima Hospital, where his remains were rushed to. Hospital officials were concerned about the morality of this new craze. "Pumping is the devils pastime and we must all say no to Satan," said one spokesman. "If this perversion catches on it will destroy the cream of Thailand's manhood." (Source: Mountain Biker International)



newspokes - Sawat-dii-ki to Karin Mendoza sisters Vanaporn and Panwadi Sanrapaniat and Bonnie Crook Stand in hash cash did not take the Bonnie's address..Hope he got the money. If any one knows the new Bonnie's details please forward to hash cash or secretary.

Reuters Bangkok

Bike Hash No.61 Hash Bridge December 15th

Hares: Paul Mahon, Dave Rockey, Karin Mendoza

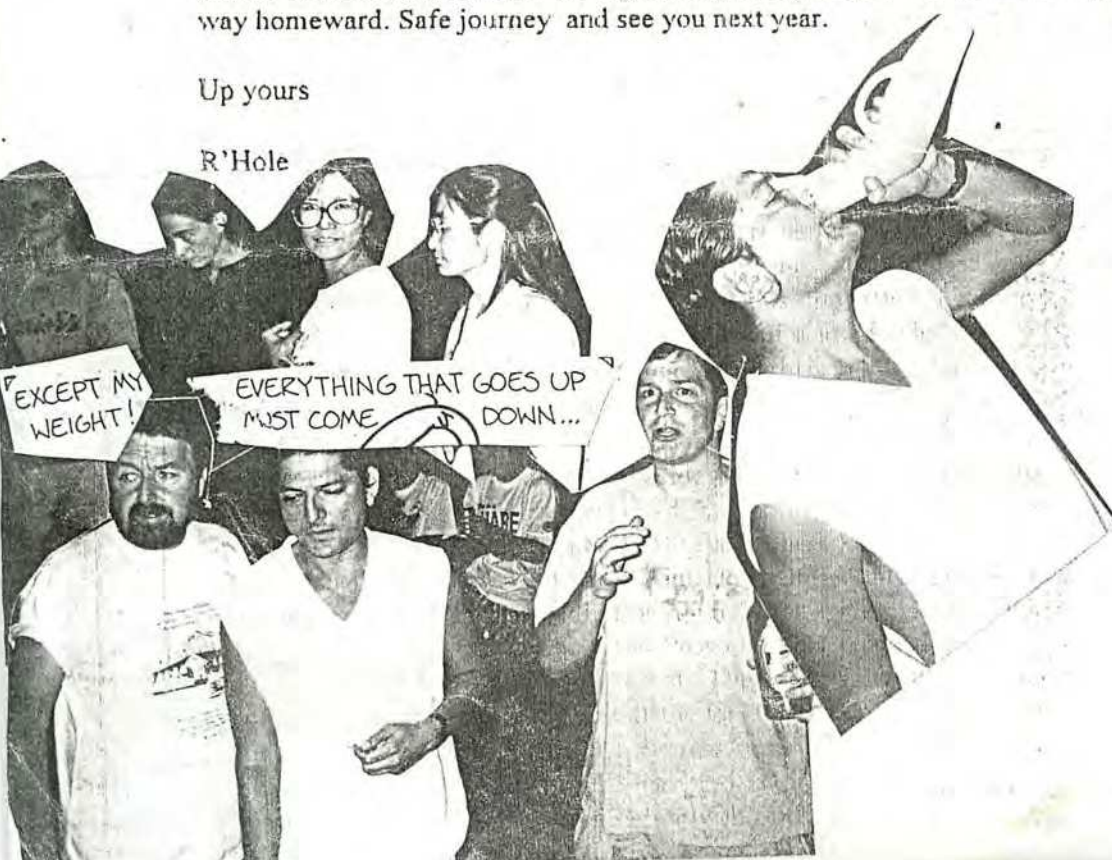
Turn out, RIDE #61	
Hares	3
Riders	17
New Spokes	3
Visitors	2
Total	12 <i>Hicks</i>

This area may well be shagged by developers as far as running is concerned but a bike hash can still reach out into farther reaches of unspoiled buffalo and paddy country (sorry Paul). Add to this the gorgeous cool (that means not too hot) and clear weather and you have all the makings of a good ride. Now you are thinking that I am going to say that hares bugged up this idyllic scene but you are wrong ; well almost. Only one of the hares attempted to insert U- bends where they should not be. This was during the bike carrying rude awakening stretch after lazing on a sunny afternoon at the water stop beside the wat beside the river. It was so mellow there that we could have been excused for staying there until dusk and throwing the bikes in a longtail to return to base. It was on the bike carrying part that we heard a loud crash followed by "Oh shit"; Tim Dowden had attempted a khlong dive with triple pike and twist whilst riding along a 6 inch wide dyke (No jokes please). The hares were also lucky that the Chao Phrya had not receded completely so that they could ensure that our shoes got wet. The pack split into groups and it seems everyone stayed on paper except for the last few km. of the 40. Agnes and I were as usual enjoying the scenery behind the rest but at times found our peaceful afternoon disturbed by the peleton who had careered off in the wrong direction whilst we, of course had solved the checks efficiently through experience and guile (this means lick, sorry, luck).

The circle was run by an extremely handsome and erudite stand in GM as Mike Lauer had a sore throat, poor dear. Too much gargling with sexual fluids I hear. The RA was a really ugly bastard, especially as he wants his 200 Baht back. We had a new Thai bootette who insisted that her down down was too small and filled it up from her colleagues. I am sure she will feature in write ups to come. Dinner at the Racha rounded off a great day. Many of you will now be winging your way homeward. Safe journey and see you next year.

Up yours

R'Hole



Piss Pot Peddler

Official Organ of the Bangkok Hash House Bikers

Ride # 62 & 63 January 1997

WHO WERE IN HAU HIN

JUST ABOUT EVERYBODY!!

**WHAT A BRILLIANT WEEKEND....UNANIMOUSLY VOTED AS THE HUA HIN CLASSIC.
CHEERS FOR A GREAT EFFORT DAVE.**

Did EJ really go down on Gary!! Did the earth move??
Who stitched her up after?
Noriega Finally see's the light
Who drank all the beer (whilst impersonating EJ) ??

To be revealed inside..... On on

The resemblance between
new spoke "Beer Hole" &
EJ is uncanny!!

Our hare demonstrates
how to change water
into beer.



HASH BALL

Friday 14th February. At the British Club, Silom Rd.
Combination of all BK. hashers. Gangster theme (not compulsory)
jeans & tee shirt'll do.
Tickets available from Mike "Stiffy" Lauer or on the door. Cost
is 500 Baht All you can eat and drink (Except for Beer hole)

FOUNDING FATHERS - June 1992.

Karis "U-Bend" Battram, Bob "Bullet" Boulter & Peter "Wheel-Wobble" Battram.

FORMER SPOKESPERSONS

1992-3 Peter Battram, 93-94 Tricia Morgan, 94-95 Bruce Miller/Gerard Schneider.

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95-96 Lem Gander Morgan

BHHB MIS-MANAGEMENT

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MIKE "STIFFY" LAUER"

Tel Wk 319 9800 ext. 110 Home 258 7610

Fax 319 9790

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TREVOR R- HOLE FELLOWS

FRANK NORIEGA ALLUM

		PHONE	FAX
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ASS:	STRUAN "PEEVED CAT" ROBERTSON	3512065	
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RELIGIOUS ADVISER	TOM "MONGREL" HEINZ	273 4525	273 0771
ASS	VACANT		

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NIGEL "SLIMY PIKE

"GWEN" SEXY SNAKE WESTERN

NATALIE "NAILS" LAVOIE

JOHN "KING-KONG" MOUATT

JON "BARF" AUSTEN

PETER "WHEEL-WOBBLE" BATTRAM

BRUCE "LILY" MILLER

LIAM "GONE" MOUSHALL

FRANK "NORIEGA" ALLUM

MICHEAL "RAINHOOD" RAYNER

JENNY "SPINNING" TURNER

ARIANE "JUGGS" JUZEN

FRANZ "FLYING BAVARIAN" BOEHM

PHIL "VISITOR" RAUSENVILLE

Bike Shirts

Bike Shirts

Bike Shirts

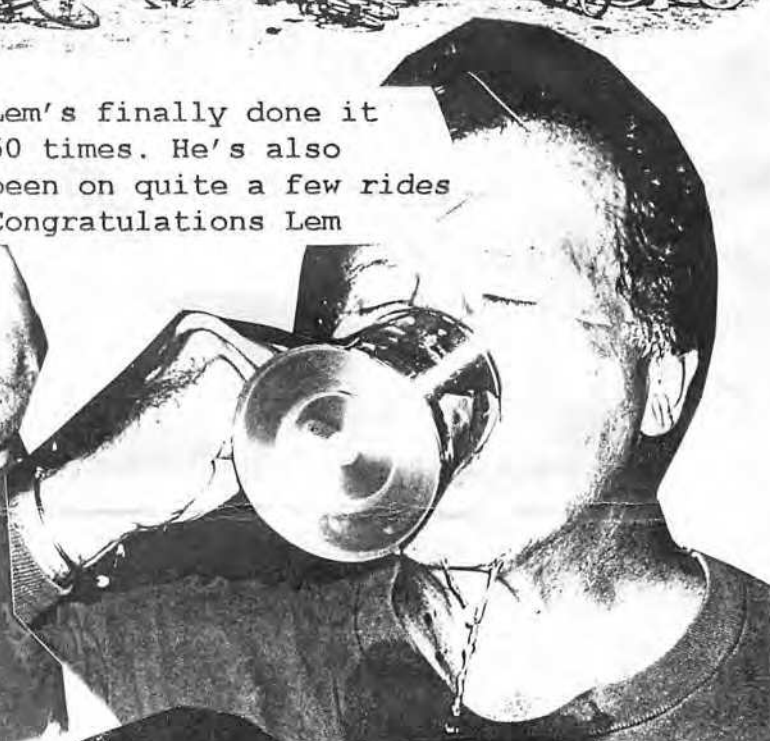
Bike Shirts

Still available from the Bang Seray -ride. ONLY 200 Baht!! (& a limited number from the 50th Ride.)

Contact Bob "Raincoat" Rayner on 2675582 or see him at the next hash.



Lem's finally done it
50 times. He's also
been on quite a few rides
Congratulations Lem



Turn out, RIDE #63

Hares	2
Members	38
New Spokes	6
Visitors	6
Total	52



Turn out, RIDE #64

Hares	2
Members	23
Visitors	3
Total	28

fax: 358 0492

MD-TJM

EVENTS

1997

Date	Event	Course (Kms)	Location	Organizer	Telephone
5 Jan 97	Welcome New Year - Ratchada Fun Run	10	Bkk	Robinson / Sport Vision	559-0880-1
11 Jan 97	Children Day Running' 40	2.5	Bkk	Dawn Running 632 Club	253-4532
12 Jan 97	Thai Sikh Mini Marathon	10	Bkk	Sri Kuru Sing Sapa Asso.	224-8097
12 Jan 97	Sukothai Mini-Half Marathon No.9	10,21	Sukothai	Rotary Sukothai Club / Nike	292-1700-9
12 Jan 97	Phu Leung - Heuw Lau Waterfall Mini Half Marathon	15	Lei	Phu Leung Sport Promotion Comittee	(042) 612-290
18 Jan 97	Chom Beung Mountain Tiger 1997	40	RatchaBuri	Ratchapat Institute Chom Beung	(032) 261-077
19 Jan 97	Chom Beung Half Marathon 1997	21	RatchaBuri	Ratchapat Institute Chom Beung	(032) 261-077
19 Jan 97	Love your Mind Minit Half Marathon	8	Bkk	Ratchapat Institute Chan Kasem	541-7110
26 Jan 97	Run across the field Or.Sor.Kor. Meuk Lek 35	8,21	Sara Buri	Milk-cows promotion Organization (Or.Sor.Kor)	279-2013-5
26 Jan 97	Narai The great's Land Mini Half Marathon	5,10,21	Lop Buri	Public Health Offic, Lop Buri	(036) 421-204-8
26 Jan 97	90 Years Siam Commercial Bank Mini Marathon	10	Bkk	Running Club Siam Commercial Bank	599-0880
1-2 Feb 97	The Park-Rayong Mountain Bike Challenge 97	30,40	Rayong	The Park/Mountain Tiger Club (Rayong)	(01) 939-6874
2 Feb 97	Prachuab Khin Khan Siam Half Marathon	10,21	Prachuab Khin Khan	Prachuab Hospital/Hunning	640-0148
9 Feb 97	Bicycles Friend No.3 (Hua Kra Beu)	50	Bkk	Bicycles friend	599-0880-1
9 Feb 97	Lions Cosmopolitan Mini Marathon' 97	10	Bkk	Lion Cosmopolitan Bangkok	599-0880
15 Feb 97	Bam Pan Mountain Tiger	15.35	Ayuthaya	Saena Hospital/Industrial Park (Bam Pan)	(035) 201-739
16 Feb 97	Bam Pan - Nike - Chamg Beer 10 Kms No.5	10	Ayuthaya	Saena Hospital/Industrial Park (Bam Pan)	(035) 201-739
16 Feb 97	50 years Sornawin Mini Marathon	4,10	Bkk	Sornawin's Alumni and Parents Association	559-0880-1
22 Feb 97	Phesant Tri Cross Country Meuk Lek	500+25+5	Sara Buri	World Actions	266-4071
23 Feb 97	Phesant mountain tiger Cross Country Meuk Lek	40	SaraBuri	World Actions	266-4071
23 Feb 97	Lerdsin Nava - Tae jew Runner Mini Marathon	10	Bkk	Running Club of Tae jew Asso./Lerdsin Hospital	266-4071
23 Feb 97	Marines Sattaheep Mini Marathon	10	Sattaheep	Sattaheep Nava base	Not inform
2 Mar 97	Khao Yai Mini Marathon 1997	3,9	Prachin Buri	Hunning for health club (Prachin Buri)	(037) 211-582
2 Feb 97	Hitachi (Thailand) Rally Bike 1997 (First Field)	10,25	Pattaya	Suosenko/Pro Sport	691-9465
7-9 Mar 97	Elder Athlete Thailand Championship No.2	Track/field	Chiengmai	Elderly Sport Club of Thailand	319-9482
9 Mar 97	Khao Kob Mini-Half Marathon 1997	10,21	Nakhon Sawan	Heaven Park Running Club	(056) 225-831
15 Mar 97	Singh Gold mountain tiger country circuil 2540	45	Petch Buri	World Actions	266-4071
16 Mar 97	Run! Cha-am Half Marathon	21	Petch Buri	World Actions	266-4071
23 Mar 97	Milo 10 K. Circuit 1997	10	Nakhon Sawan	Nestle' (Thailand) Co.Ltd.	559-0880-1
29-30 Mar 97	Bike & Run Circuit (first field)	2/10/21	Tak	Sport Vision	599-0880-1
4-6 Apr 97	Chang Island Fitness Camp	3,9	Trad	Trad/T.T.T/Log&Joy	(037) 211-582
19 Apr 97	Phesant Twi Cross Country River Kwae	5+25+5	Kham Chana Buri	World Actions	266-4071
20 Apr 97	Phesant mountain tiger cross country River Kwae	45	Kham Chana Buri	World Actions	266-4071
27 Apr 97	Singh Buri - Mini half marathon 1997	10,21	Singh Buri	Running for Health Club, Singh Buri hospital	(037) 211-439
27 Apr 97	Meung Thong Thane Mini Marathon No.11	10	Bkk	Athlete Relation Club	579-3376
27 Apr 97	Hitachi (Thailand) Rally bike 1997 (Second field)	10,25	Phuket	Suosenko/Pro Sport	691-9465

FEB 05 09:11 AM HALLMARK CO. LTD. BANGKOK THAILAND
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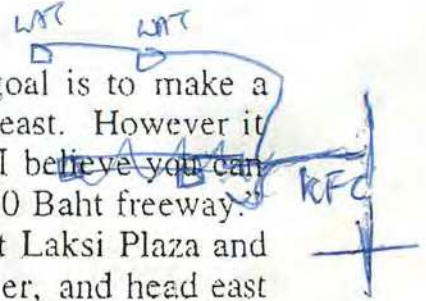
To: Tim Dowden

Sunday February 16 Noriega's Killing Fields Ride

Assemble at 1:30 pm Ride off at 2:00 pm

Option 1: Using Vihavidi-Rangsit expressway:

Head north on the Vihavidi-Rangsit expressway. Your goal is to make a right turn on Chaengwattana Road (Laksi Plaza) and head east. However it is not easy to make a right turn on Chaengwattana Road. I believe you can make this right turn if you don't take the new "Airport - 20 Baht freeway". If you do take the "20 Baht Airport freeway" then exit at Laksi Plaza and make a U turn on Chaengwattana Road, go over the flyover, and head east on Chaengwattana Road.



Once you are heading east follow Chaengwattana Road straight through the traffic circle as it becomes **Ramindra Road**. About 10 km after the circle, **zero your odometer !!!!!!!** in front of the **Fashion Island** shopping mall (left side).

At **4.6 km turn left** at the traffic light onto Ramindra Soi 127 (sign also says **Hwy 304 - Chachoengsao**).

At **5.3 km turn left** into small soi (hhh sign). Soi is located just after a small bus stop. (If you miss it make a U turn under the bridge 800 meters ahead of you).

Proceed down small soi. At **13.1 Km turn left** at red sala (hhh sign). At **14.5 km turn right** at T junction (a temple will be in front of you). Follow the dirt road for 200 meters and **turn left** across small bridge - Noriega built it himself from scrap Burmese teak wood. Go another 200 meters and **turn left into Wat Peng Thong** and let friendly dogs pee on your tires.

If you get lost call Frank's mobile phone 01-925-4344 and he will send a friendly Indian gentleman to help you.

Option 2: New Ramindra Expressway Get on new **Ramindra expressway** at Rama IX Road or Pattanakarn Road or Bang Na. Head north to Ramindra Road and exit towards Minburi. Go east 4.6 km to Fashion Island shopping center. **Zero your odometer** and follow directions above.

B BHNB ROLLING SPOKE LINE 1997-98

- #64 16th February Frank " Noriega" Allum
- #65 8th March Colin "Thelonius" Monk, & "Stiffy" Lauer
- #66 9th March Colin "Thelonius" Monk, & "Stiffy" Lauer
- #67 XX April Tim "Calves" Dowden
- #68 XX May Dean "Meg" Ryan
- #69 XX June-5th AGM-JS's
- #70 XX July-James "Ballast" Pitchon
- #71 XX August-Roger "Sheepshagger" Steele
- #72 XX September- Dave "Hurtle" Ertle
- #73 XX October Tim Wheenands
- #74 XX November "Mama Sambusa" & "R-Hole" Fellows
- #75 XX December Christian Schulz
- #76 XX January Shawn Morris
- #77 XX February Mark Lavoie
- #78 XX March Debbie Hryb

March Hash. Ride # 65 & 66

Weekend in Khao Yai. 8th & 9th March

The Hash in March will be a weekend jolly in Khao Yai. The dates will be 8th and 9th March. Cheap rooms are available (from 250 Baht). Contact Colin "Thelonius" Monk on: Tel 01 988 1379/ Fax 035 261 768.

BIKE MAINTENANCE.

After all the punctures and break downs in Hua Hun we've organised a bike evening with the mechanic from Pro Bike. Wheel order in Pizza and beer and stay until we're experts (at what?) The venue will be at the Pro-bike shop. For those who don't know where this is:

Enter Soi Sarisin from Whitthayu about 150 meters past Soi Lang Suan turn right at the Soi next to the Voltswagen garage. The shop court yard is about 50m up on the right.

Date: 20th March at 6:30 (for 7)
(THURSDAY) pm

WRITE-UP HON-ON-SEC requests that the January Hare (Dave "Sleepless" Rocky) do the write up for RIDE #64 or find a replacement and so on.....

Newspokes - Sawat-dii-krap Rick "Frisbee" Stuit, Nicholas Ashley, Peter Calise, Nigel Tayler and to Jeff "beer Hole" Mounts who were unable to resist splashing out Baht 250.00 to join the celestial ranks of BHNB.!!! ON-ON!!

Hua Hin Classic

Ride # 62 (Sat 25th Jan) - Hare: Dave Rocky CoHare: Lem Morgan

Ride # 63 (Sun 26th Jan) - Hare: Dave Rocky CoHare: Max Eichner

All roads to Hua Hin were full of Bangkok Bikers from early Friday afternoon as the preparations for the w/c had to be started early to ensure no dehydration symptoms would occur.

A vast crowd gathered on Saturday afternoon much to the amusement of the local guesthouse owners and their visitors from abroad.

The local Bike Truck arrived but despite some very tight packing the need for more space was recognised and a local Pick Up was recruited for the job whilst some of the Eager Beavers elected to ride the 25 odd clicks to the start of the ride.

The remaining 45 or so hashers commandeered a fleet of seven more Pick Ups and off to the scenic Marina we went for the Hash Flash's (Mad Max) photo and video shoot and start of the ride shortly after 3.

The first few early checks left everyone wandering around a field looking very bewildered before the puzzle was solved and we retraced our steps and went over the hill and away towards the sea again.

Shortly after this the first of the "Bike Busters" appeared in the form of Bonnie who was busy pedalling but getting nowhere on the bike that Raincoat Rayner had duped her into buying from him. With Raincoat absent the bike experts investigated the problem but their prognosis was not good and it looked like an early taxi home might be on the cards.

Then Joylide arrived and opened her famous fanny pack to reveal it's contents which included her Supertool and some "Magic String".

Some deft needlework minutes later and Bonnie Was Back.

The pack was now well separated and followed the trail in dribs and drabs toward and then away from the sea when the great views were seen not to be accompanied by paper.

The "Big Beach" was eventually reached after the welcome water stop and, despite the insistence of some, the trail did continue there.

A long pleasant ride along the sand then followed through (Or into if your name is "Calves") some local football fanatics.

The locals were also treated to an exhibition of a side exit at speed dismount followed by a body surf on the sand (9.95 Performance) from one of the hashers in an efforts to frighten a local canine beastie.

↳ (Bernard)

Back onto the road we went where we found some sandy loops before getting back to the Sea View in various stages and by various routes.

Some shortcutters came back on the road whilst the Religious Monks (Thelomous and Dawn) led some of the less experienced hashers home on the beach in the dark (Very Romantic).

The G M (Stiffy for short) arrived just in time to call the unruly circle into some sort of disorder.

The Hare and Cohare were rewarded for their efforts in the circle and Lem also received his 50th Run mug only a few months late.

The many Visitors were led in their down down by "Beerhole" Jeff, and eight of these were later persuaded to part with 250 Baht for life time membership of BHHB !!!
The ever thirsty Lick Deary helped conserve the beer by collecting the dribbles during the down downs whilst Tom Heinz tried to save the leaking beer barrel by drinking as it leaked.
All Down Downs were accompanied by the Docile (Or maybe dead) tones of Ass Hash Music Dawn "Saffron" Monk.

The Wheel Busters included The Bushman who didn't even get down the road and Shagless who's puncture persuaded Mad Max (Or should it be Cheap Charlie) to part with his 1930's issue tyre patch though the glue was reported to be in very short supply.
The various Good Samaritans were also punished in the circle for their unlash like actions in helping out others.

The circle then went ON ON ON to a local Italian eaterie where the true Hash Spirit reared it's head in various forms with the pizza, pasta beer and wine being shared by all before the trip to The Hurricane Rock Bar via the Rose Bar.
The Jumping 'n Living continued until the early hours with the Smiley Faces being led by the GM and Jen.

The night was not over yet for some as Noriega repeated his Bang Serac skinny dipping exploits in the company of Debbie and Dog (Back scratches courtesy of the Dog ???).
The ever caring Frank had one last call to make at 5.30 am to tell Teresa that he had left the door of her car open earlier in the day - Impressed Teresa ???

A reduced and somewhat hungover party of about 30 hashers assembled for the start of the Sunday run shortly after 11 - Notable by their absence were most of the Canadian Crew including F.O.N. (Friend of Noriega) who took the early bus back to Bangkok.

After the first few checks the pack took a detour to the Seventh Green of the local golf course where Mad Max was chased out of our way by Beerhole and Buddies.
After a pleasant meander through the golf course the racers headed the "Alp d'Huez of Hua Hin" only to be met with a check close to the top.
As the view was there to be enjoyed by all, most made it at least part way up the hill, before the somewhat predictable ?? run back down and onto paper again.
Another hill with an intermittent check to keep everyone together was successfully conquered by all before heading off road again.
During the ensuing downhill scramble to get to the first water stop, E J (Headbanger) Finlay decided to part company with her friend Garzy (Fisher).
The local Quack arrived at the drinks stop to treat her cuts with some iodine, cotton wool and several strips of Beerhole's sweat towel which sorted out the problem until the hospital visit later on in Bangkok

Onward we went through pleasant plantations and trundling tracks with a combination of false trails, "U" bends, checks and more water stops before the long climb back toward the coast against the wind for a great view of Hua Hin and then the fast downhill "ON IN" with everyone making it back to the Sea View in one piece.

The circle which included a Down Down for E J for the best crash of the weekend (Represented by her lookalike Beerhole !) brought to a close a most enjoyable weekend thanks to the efforts of Dave Rocky who promises to turn this into an annual event.

The Hare did not go unrewarded for his efforts as he later confided that his encounter with a local lass at the Marina the previous day would be repeated later on in the week in the more romantic setting of Bangkok - Latest news please Dave ??? ON ON ON ...

super bowls

What do Tour De France champion Miguel Indurain, '95 U.S. pro road champion Norm Alvis, and pro downhiller Mikki Douglass have in common?

They're cereal eaters.

A bowl of flakes is convenient, carbo-rich, low in fat, quickly digested, and provides plenty of nutrients for the buck.

The nutritional profile of many cereals is similar to sports bars and recovery drinks (although most cereals

aren't fortified to the same extent). A bowl (about 2 cups) of Raisin Bran with a cup of skim milk provides 330 calories. About 80% of these are energy-packed carbo calories, 15% are from protein, and 5% from fat. One of the leading energy bars packs 225 calories, 75% as carbs, 17% from protein, and 8% fat.

And almost all cereals are fortified with 25% of the U.S. RDA's Daily Value for at least 6 vitamins and minerals, including all the B-vitamins and iron,

which play important roles in helping your body use and release energy. Some brands, such as Total and Complete Bran Flakes, are ultrafortified to contain up to 100% of the daily requirements for most micronutrients.

How sweet it is

Sugar-coated or frosted cereals aren't intrinsically bad—and they're better than eating nothing—but they tend to lack nutrients. Cyclists who experience sugar "rushes" and "crashes" should avoid cereals listing sugar (also disguised as honey, brown sugar, or fruit juice) as one of the first 3 ingredients.

Nutrition labels separate carbohydrate content into "sugars," "dietary fiber," and "other carbohydrates." For a good mix of simple sugars and starches, choose cereals that contain fewer grams of "sugars" than the total grams of "other carbohydrates" plus "dietary fiber." (But this isn't an accurate measure for cereals with added dried fruit, because the sugar from fruit is counted as "sugar" on the label.)

flake fight

Our chart covers only the best-selling cereals. Here's how to make sure your underground favorite is nutritious.

First, equalize serving sizes. Most labels list serving size as 28 or 57 grams. You'll probably eat a serving closer to 57 grams. So if you're looking at a label that lists a serving size around 30 grams, double the figure. Per 57-gram-plus serving, a cereal should have:

- ▶ More than 2 grams of fiber
- ▶ Less than 3 grams of fat
- ▶ Less than 12 grams of added sugar (not including naturally occurring sugar from raisins and other dried fruit)
- ▶ At least 25% of the Daily Value for most vitamins and minerals

SILVER SPOONFULS <i>Low-fat, low-sugar, moderate fiber</i>	Calories	Carbo (grams)	Fat (grams)	Fiber (grams)	Sugar (tsp)*
Post Raisin Bran, 1 cup (59 g)	190	47	1	8	**5
Post Grape-Nuts, ½ cup (58 g)	200	47	1	5	1½
Kellogg's Complete Bran Flakes, ¾ cup (30 g)	100	25	0.5	5	1½
Nabisco Shredded Wheat, 2 biscuits (46 g)	160	38	0.5	5	0
Kellogg's Common Sense Oat Bran, ¾ cup (30 g)	110	23	1	4	1½
General Mills Whole Grain Total, ¾ cup (30 g)	110	24	1	3	1
General Mills Cheerios, 1 cup (30 g)	110	23	2	3	>1

CEREAL KILLERS

<i>High in Fat</i>	Calories	Carbo (grams)	Fat (grams)	Fiber (grams)	Sugar (tsp)*
Post Banana Nut Crunch, 1 cup (59 g)	250	43	6	4	2½
Quaker 100% Natural Oats, Honey & Raisins, ½ cup (51 g)	220	36	7	4	**3½
Kellogg's Cracklin' Oat Bran, ¾ cup (55 g)	230	40	8	6	4½

* 1 teaspoon equals 4 grams sugar ** Includes sugar naturally occurring in added fruit

the champions of breakfast

▶ **Mark McCormack, Saab Cycling Team**

I mix a flaked cereal like Raisin Bran with a crunchy cereal on top and skim milk. I eat a bowl when I get up, go for a ride, and eat another bowl later in the morning. After dinner, I'll eat a bowl of a sweet cereal, say Captain Crunch or Lucky Charms, for dessert.

▶ **Norm Alvis, Saturn**

My favorite cereal is Nature's Path Heritage Os, but when I can't get it, a couple of bowls of Kellogg's Nutri-Grain Almond Raisin will do.

▶ **Dirk Friel, Guiltless Gourmet**

I eat a bowl of Grape-Nuts and Honey Bunches of Oats with yogurt and fruit on top. I noticed when riding with Miguel Indurain in Boulder that he eats the same type of breakfast...but he eats more fruit.

▶ **Mikki Douglass, Specialized**
Lucky Charms with OJ instead of milk. I need the sugar.

What fat?

Even the fattest flakes are skinny compared to sausage or French toast. Most cereals contain less than 2 grams of fat per serving. Pudgy cereals would be those with more than 3 grams of fat per serving. These generally include granola, muesli, and flaked cereal with added nuts.

Fiber options

Some cereals deliver significant amounts of fiber, which can help you maintain or lose weight by keeping you satisfied longer, lower your blood cholesterol, and reduce your risk of certain cancers. And cereals that contain some fiber are generally more nutritious than the processed fiberless varieties because you get some of the copper and magnesium that's present in whole grains.

But beware: Some cyclists develop gas, bloating, abdominal cramping, and diarrhea from too much fiber. Unless you're used to it, eating a cereal containing more than 10 grams of fiber per serving before a ride probably isn't a good idea. Instead, focus on brands offering 3-8 grams of fiber per serving, or mix a high- and low-fiber cereal together. ■

Julie Walsh, M.S., R.D., is a registered dietician and triathlete in New York City.

I am proud of what I have done but you must keep a perspective. It's just a bicycle race after all.

— Spanish cycling star Miguel Indurain who announced his retirement this week.