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Run 1815

Nairobi Hash House Harriers

hash trash

Nairobi Hash House Harriers
P. O. Box 61752-00200, Nairobi
Website: www.nhhh.co.ke
E-Mail: nhhhscribe@gmail.com

Remember - Hares must critique the run after theirs. Send critiques to the Scribe (nhhhscribe@gmail.com) by Wednesday 10.00 AM

MONDAY RUNS

Date	Run #	Location	Hares	Critic
January 30 th	1816	Redcube - Karen	Hakunakitu/Hotrod	Kunguni and G-string
Directions: Drive along Langata Rd past the Carnivore, past Nakumatt Galleria, past Mamba Village and then you pass Karen C Primary School to Total petrol station on your right you will find Red Cube's location within. From Karen, drive on Langata Rd past Karen Hospital and past Hillcrest Schools. Total Petrol Station will be on your left. Lookout for NHHH marks.				
6 th February	1817	Terrace - Lavington	Desire/Supa	Hakunakitu/Hotrod
13 th February	1818	Brent-Karen	Baboon	Desire/Supa
20 th February	1819	Teazers - Ngong rd	Tuzo/Sucker	Baboon
27 th February	1820	ILRI -Uthiru	Polka•/Kangaroo	Tuzo/Sucker



Sunday HASH Run: Saturday 28th January, AGM meeting Limuru Golf Club.



To book a run please contact the trail master "Sabina Joy" on 0722767215

SNH3 AGM 28 JAN



Join SNH3 this Saturday at Limuru golf club for our AGM and 200th run anniversary. Run starts at 4pm followed by food, drinks, goodies, rocking music and dancing until the wee hours. Register for the bus with Toilet seat for only 200 bob!

Bus departs from Braeburn School (off Gitanga Rd) at 1.30pm to return 0100hrs. Register NOW!

**0711 309 513/
sunnhhh@gmail.com**



THE GREAT HASH MIGRATION 2012-KENYA

There are cheap regos for sale available on the website. Please follow this link

http://www.hashmigration2012kenya.com/index.php?option=com_content&view=article&catid=8:online-payments&id=97:list-of-regos-for-sale

TO PAY NORMAL RATES FOR

) payable to: **Great Hash Migration 2012 Kenya (World Interhash 2008 Kenya)**. Local Kenyan bank cheques accepted.

(All bank and transfer charges to be borne by individual hashers: Proof of transfer must accompany this form)

By Telegraphic Transfer (International Wire Transfer)

All bank and transfer charges to be borne by individual hashers: Proof of payment must be accompany form for confirmation Payable to:

FOR payment in USD-\$275

Account Name : Great Hash Migration 2012 Kenya

USD Account no : 0100000387244

Bank : CFC Stanbic Branch : Kenyatta Avenue

Swift Code: SBICKENXXXX

FOR payment in Kenya Shillings-East African Residents-KES 22,000

Account Name: Great Hash Migration 2012 Kenya

Ksh Account No: 0100000519051

Bank: CFC Stanbic Branch: Kenyatta Avenue

Swift Code: SBICKENXXXX

Local Kenyan bank cheques accepted.

To pay By Mpesa

Business No: 600100

Ksh Account No: 0100000519051

Please forward Mpesa Confirmation to Morning Glory on 0720463723 and fill in online rego form

WEEKEND RUNS

DATE	RUN	HARES/HOST/CONTACT
4 th February 2012	Mt.Longonot	Bad boys Sabina Joy 0722767215 Anthrax 0722724032
11 th February	Red Dress Charity Run	Mismanagement Trail master 0722767215

EVENTS

The Red Dress Charity Pub crawl



*The rose is red, the violet's blue
The honey's sweet, and so are you
Thou are my love and I am thine
I drew thee to my Valentine
The lot was cast and then I drew
And Fortune said it shou'd be you.*

Date: 11th February

Cost: Ksh 2000 inclusive of:

- 5 beers
- Mbuzi

Fun things to do in a traffic Jam...

Next time you get stuck in jam, do the following to kill time especially if you are in a matatu.

- 1) Pick your nose and show your neighbor. Then, while giggling very excitedly, tell them "Its the biggest I have caught this week!"
- 2) Whistle "Mary had a little lamb!". Repeat twice while dramatizing.
- 3) Pretend you are about to puke on your neighbor, then when they duck, say "GOTCHA!"
- 4) Doze off. Sleep on your neighbor every few seconds. If they wake you up, apologize for fifteen minutes. Then repeat.
- 5) If there is music on the matatu, sing along but make sure you are really off-key! If anyone complains, start singing the national anthem.
- 6) Ask your neighbor when they had sex for the first time. Irrespective of the answer, say, "Acha Mushene!"
- 7) Pick your phone, say hallo, wait for a few minutes ... then say a loud NOOOOO! Then, shake everyone's hand while saying goodbye! Insist the caller was God and he says you will have an accident. Then alight.
- 8) Sleep for five minutes, wake up and say to your neighbor, "Mbwa wewe!" ... then go back to sleep. Repeat every five minutes!
- 9) Sleep and make sex sounds... then ... Come.
- 10) Start preaching, sing one praise song, say a closing prayer, then immediately after saying Amen, start singing those obscene one-man guitar songs! ...

Two Saint Parrot and Two Hooker parrots

A lady approaches her priest and says, "Father, I have a problem. I have two female talking parrots, but they only know how to say one thing."

"What do they say?" the priest inquires.

"They only know how to say, 'Hi, we're prostitutes. Want to have some fun?'"

"That's terrible," the priest exclaims, "but I have a solution to your problem. Bring your two female parrots over to my house, and I will put them with my two male talking parrots whom I taught to pray and read the bible. My parrots will teach your parrots to stop saying that terrible phrase, and your female parrots will learn to praise and worship."

"Thank you!" the woman responds.

The next day, the woman brings her female parrots to the priest's house. His two male parrots are holding rosary beads and praying in their cage. The lady puts her two female parrots in with the male parrots, and the female parrots say, "Hi, we're prostitutes, want to have some fun?"

One male parrot looks at the other male parrot and exclaims, "Put the beads away. Our prayers have been answered!"...

RUN NO - 1813

**Venue: SCOTCHIES, NAKUMATT
MALL, RIDGE WAYS**

**Hares: HALF-MAST & SUPA MAMBO
Critics: FIREME & WOW**

Gather around was called by GM Strungi at 17:30hrs, by then a good number of Hashers had made it to the venue despite the lack of fuel in the city. Late GM Gunslinger had come on a border-border which he proudly displayed. After a word of welcome from GM, he told hashers that late GM Joe Big had sent a message of appreciation which he read out. Joe Big thanked hashers for the support given to him and family following the passing on of his Father. GM Strungi, Polkadot and others had traveled to attend the burial in Nyeri.

The following announcements were made: upcoming events, hashers were urged to register in big numbers for the Africa Inter-hash, which NH3 will be hosting in Mombasa sometime this year. Next was the Sunday Hash AGM to be held on 28 January, 2012 in Limuru Country Club, all are welcome and there will be a bus departing from Impala club. Longonot Run, being organized by Bad Boys Team, will be held on the 4th February. The cost will be Kshs1500/= this amount will cater for the bus transport, lunch, tshirt, entertainment and the parkfee. Water will not be provided therefore people should carry their own drinking water. Next week's runs: Sunday run will be at IRIL whereas Monday run will be at Sharks Palace.

At 17:45hrs it was time to hit the road, on, on to the gate and check it out. The trail was well marked and plenty of fresh air for all. Within no time the wankers had covered 2.8km to the hold which was a stone throw from Half Mast's home. Surprisingly in the absence of the melons, all wankers wanted beer in place of water and within no time they had cleared all the available beers. The vehicle that had carried the watermelons and the birthday cake didn't make

it to the hold as it run-out of fuel on Kiambu road near rock city.

The distances must have been 5km for the short and 7km for the long. By 6.45pm all wankers were home and exercising under Tea Balls' instructions. Finally it was down downs time, for the fourth in a row time the RA: Cobra Ass was still missing in action due to babysitting. Quickly GM Strungi had to pick an RA for the evening and it was none other than Plumber who took it with pride. Plumber called on Fireme to act as social sec for the evening. The first to be called among the returnees was Late GM Pocahontas followed by Kachavali, Macarena, Diaster, Mpira, Deadman Walking, Mbogas, Peza Pap and shikadem etc.

The virgins were: Catherine Njuguna, Catherine Kuria, Jacqueline and Mbogo.

The hares were appreciated for a good run and bringing the wankers home with an hour. It was Half-mast's birthday and he was well washed with beer. Of course you already know why there was no birthday cake.

Well done Hares

Run 1814

Venue: Sharks Palace

Hares: Kunguni and G-string

Gather round was called by GM Strungi and poured out the usual announcements: Registration for GHM, cheap regos on the web site, next Mondays run at Red Cube, Sunday Hash AGM on Saturday, Bad Boys Longonot climb, price of beer, etc, etc. Not usual was the discussion for way forward for the valentine's ball, which would be done before down downs.

On on out the gate, turned a left down Kiambu road and another left into the bush up and up. Through this bush which seemed never ending and finally some civilization: carbros works where there was a split. Up another hill, turned left and then right into more never ending

coffee/maize and shrub. Another left to where the hold should have been, only to find a hare telling us the hold had left, but would be back??? What for? Another split where longs turned left and somehow ended up in Ridgeways, from where they hit Kiambu road then on home. Rumor has it that these hares set this same route year in year out, thus Fondler opting to go back the short. Shame?

So on we went, another hill. This was not the way home, but due to how late we were, the hare, from his car advised us to take this route. Thus I cannot describe what the right route was. Hear say has it that the right route led people home the way they had gone in. However there being no marks many like Halfmast took the wrong (shorter) way home. Just before getting home, just before dark, another hill. Honestly it's like hares look for any hill when marking their route.

Down downs were preceded with a discussion about what to do with the valentines ball. It was decided to have a "red pub crawl", where hashers would wear red, walk from pub to pub and pay 2000/sh as a way to raise funds for charity and of course drink beer as they do so. Plumber was the RA. Thought we had buried him!!

Last night I went to bed without you.
Cold, thinking of you, missing your warmth,
Your soft touch against my skin.
Where were you last night,
My lovely pyjamas.

Supa was the first culprit. She was given two cos of 'suggesting' we pay 1500, drink 1000 and give charity 500. Was also made the social sec. Bariki (not her hash name), for spying on the buried RA as he changed. Shika Dame, for attempting to do the long and suffering for it. Mpesa for being too noisy. Returnees included: G-string, Gaga, Thunder Thighs, Pimpess, Chicken Doer and the father of all Flying Toilet. Wet Fuck for trying to pay his bills in dollars.

There were two virgins, Dama Prisca and Victoria Woo. The first a nurse and the second an OBGYN. Both were brought by Corpse Doer who was given a hard time by Chicken Doer. Think it was because Chicken doer felt like his name had almost been taken away.

The hare's were called up with hashers citing all manner of things wrong with their run. How come we never say the good part about it? Only one was available. G-string had to drink first because of sweeping in the car. Then he was given two since his co hare was MIA.

It was Fondlers birthday and he was thoroughly washed, as he took note of those who washed him, and promised to avenge when he got to his position. Shika Dame has sworn off running.

On On Supa and Halfmast Mitumba

Son kills butterfly, Dad says no butter for 2 weeks.

Son kills honeybee, Dad says no honey for 2 weeks.

Mom kills cockroach, Son says, Dad will you tell her or should I??

As many of you have pointed out, it is not easy to find good running shoes in Nairobi. Hopefully a visionary entrepreneur will see the need to open a shop dedicated to the running industry in Kenya. For now we have requested information on people who can advise you on how to find good shoes at reasonable cost. One Hasher who comes highly recommended is Johnny Bravo of the Smoothies team. Tel: 0737917772.

Which Part...
Of a man's body
Has no bone
Full of veins
Loves pumping
And responsible 4
Making LOVE!

IN CASE YOU FIND YOURSELF IN:

Juba, South Sudan	The only Hash that was conceived in a tent. Runs every Saturday afternoon from different locations. Contact: 'Pot Hole': jubahash@gmail.com
Kampala, Uganda	Hash runs every Monday, different locations. Check: http://kampalahhh.tripod.com or Call Ayattollah at: +256712-831388
Addis Ababa, Ethiopia	Runs happen every Saturday. Hashers meet at the Hilton Hotel Parking lot at 2.00 pm before proceeding to the run. Contact: addishash@gmail.com or call 'Slave Driver' Tel: +251 911 650562
Kigali, Rwanda	Kigali H3 runs happen every Saturday at 3.30pm. Different locations Contact: rwandan_hash@yahoo.com
Dar es Salaam, Tanzania	Runs every Monday. Different locations. Contact: Trail Master 'Castrato': karenish07@gmail.com

ANSWER:

HEART!!! But i luv the way u think

HOW THE OTHER HALF RUNS

Some of these wank-rs may not serve a cold beer but they set a mean trail, and a pace to match. Why not check them out?

Nairobi, Urban Swaras	Runs every Saturday 7.30 am from different locations. Contact Lucy Thuo - lucywthuo@gmail.com
Maggies Pub (Karura forest run)	Runs every Thursday 5.00 pm from Maggies Pub, Gigiri. Contact ATR: 0720765707
Sunday Hash	Runs every Sunday, different locations, starting at 4.00pm. See Sunday Hash Trash o contact the Scribe: sunnhhh@gmail.com
Nairobi Original Hash	Runs every Monday; different locations, usually from the Hare's hole. Contact Scribe: Edwin.wachira@gmail.com
Bad Boys Run	Run every Wednesdays from 5.30pm. Solar Garden Contact Sabina Joy on 0722767215.

Two guys were chewing miraa outside Hilton. One told the other that he will buy Hilton hotel the following day. The other guy looked at him with anger and asked him, "Who told you I am selling it?"

KIBAKI'S PHONEBOOK

Ever wondered how Kibaki's phonebook looks like??-y.. Well here it is;

1. Lucy nyina wa Jimmy (Lucy mama jimmy)
2. Kiraitu wa Maguta; (Kairutu wa mafuta- he heads the energy ministry)
3. Ruto wa Mbembe; (Ruto of the maize saga)
4. Raila Sumbua; (Raila Trouble)
5. Kiraithe wa Maheni; (Kairethi the perpetrator of lies)
6. Nyong'o Materu; (Nyong'o the densely bearded one)
7. Atwoli wa Migomo; (Atwoli perpetrator of strikes)
8. Khalwale Muceneneko; (Khalwale rumour mongerers)
9. Kajwang wa Ibande; (Kajwang the one in charge ID cards- the heads ministry of Immigrations)
10. Wanjiru Muhunjia; (Wanjiru the pastor- Jesus is alive ministries)
11. Kalonzo watermelon; (Kalonzo the sly one)
12. Iteere Muthigari; (Iteere Police Commissioner)
13. Mwau wa ndawa; (Mwau the drug trafficker)
14. Mutunga wa Mindira; (Mutunga the earing dorner- chief Justice)
15. Sonko wa Migathe; (Sonko the necklace dorner- MP for Makadara)
16. Murugi karuti nguo; (Ester Murugi the mad one who likes stripping naked- she heads ministry of Special Programmes)
17. Ngilu wa maae ma ndobori; (Ngilu the borehole driller- she heads water ministry)
18. Karua kaguruki;(Martha karua, the mad woman)

Mismanagement				
	Title	Name	Social Line	E-mail
1	Grand Master	Strungi	0722747712	jkanyarati@yahoo.com
2	GHM 2012 Chair	Father Hen		eminudi@yahoo.com
3	Trail Master	Sabina	0722767215	gatescompany@gmail.com
4	Kitty Keeper	Cobra Squad	0722839515	sabaake@yahoo.com
5	Religious Adviser	Cobra A**	0722839515	orwajol@yahoo.com
7	Recorder	Tourwanker	0722722764	carol.linnet@gmail.com
8	Haberdasher	Serviced Apartment	0724486248	tindike@yahoo.com
9	Flash & Horn	Akuku Danger	0731401401	ekachula@yahoo.com
10	Social Sec	Broiler	0722269292	luchendo.v@gmail.com
12	Scribess	D.E.W	0720709895	_nhhhscribe@gmail.com