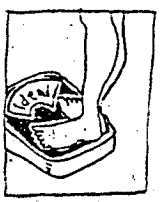
JULY 1992 Issue

ON PAPER

The Organ of the London Hash

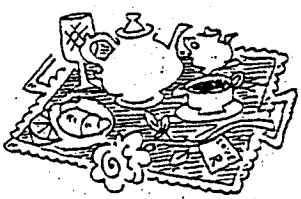
The Perfect Day

Harriettes



8:45 Wake up thin

8:50 Hugs and kisses



9:30 Light breakfast

11:00 Sunbathe

12:00 Lunch with best friend at outdoor café

1:30 Shopping

1:45 Run into boyfriend's ex, notice she's gained thirty pounds

3:00 Facial, massage and nap

7:30 Candlelit dinner a deux and dancing

10:00 Make love

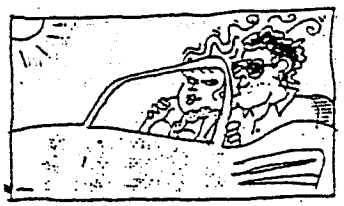
11:00 Pillow talk in his big, strong arms

Hashers

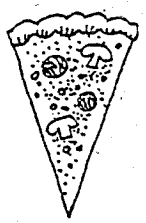
10:00 Wake up

10:02 Oral sex

10:45 Big breakfast

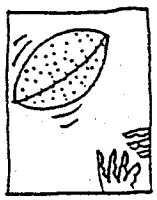


11:30 Drive up coast in Ferrari Testarossa with outrageous blonde



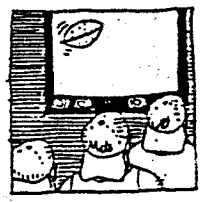
2:15 Enormous lunch

3:00 Oral sex in the sand



3:30 Sports with the guys

3:31 Drink beer

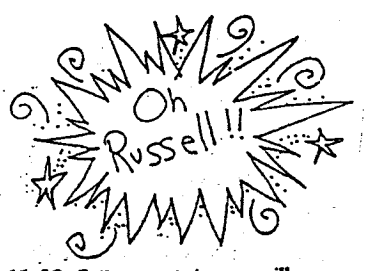


4:30 Hang with the guys at the bar

5:30 Meet Kim Basinger there, get her phone number

5:45 Oral sex

8:00 Huge dinner, more beer



11:00 Full-on, get-down gorilla sex

LONDON HASH NEWS

What Month is This?

No whinging please about the July issue of On Paper hitting the streets in August. When did you last buy a monthly in WH Smiths which had the correct month on the cover? Besides which I have problems publishing anything if you bastards fail to produce your write-ups. Regardless of the cause, I blame the delay on . . .

Interhash - Who Needs It?

If you missed it and are sick to the back dentures of hearing how what a great time was had by all - cheer up!
I can reveal some of the 'fun' items you missed out on.

- Dope - as in you are a dope if you run up hills in temperatures in the 30's.
- Language problems - not with the Thais but at the Interhash registration desk. Viz. one Ratshit, who lined up at the 'K' desk (for Karim) only to be told to queue at the 'R' desk for Rashid. Didn't help him much - after reporting to the 'lost souls' desk he was re-united with himself at the 'A' desk, filed under 'Abdul'.
- Naked Bungy-jump Harness burns - various, predominately found on groin and below breasts.
- Thai Roulcttc - Compctitors pay only 10 baht and try to hang on thc back of a packcd spccding bus. Drivcrs are instructed to pass as many vehicles as possible in the shortest time. (Overtaking manouevres are only permitted on blind bends.)
- Transvesti-naivity. Worm went down with this one in front of hundreds in KL. Careful Kaffir restricted himself to American produce only.
- Daylight robbery, usually by a tuk-tuk driver.
- Durian asphyxiation - they say it's an acquired illness.
- Toe-sucks by over-affectionate leeches.
- Mogul-nausea from running in rubber plantations.
- Henry's Down-Downs Syndrome. Attacks occur every 2 years, but decrease in length by 5 seconds each time.
- Latex-Knee Syndrome - indications being a gash on the thigh after the hasher in front of you has dislodged the latex cup from a rubber tree leaving exposed the sharp ends of the wire for your enjoyment.
- Tom Yam Bum - an anal delicacy followed by a longing to have 'a good solid one'. Difficult to get enough roughage when the milk goes off before it hits the all-bran - (ask Thunderthighs)
- Faecal Foot following loss of balance on Thai toilet.
- Common or Garden Cold - just because you are not in Britain doesn't mean you can't catch one.
- Antipathy - desire to dismember biting ants that have found their way under your clothing.
- Premature Ejection (Greek strain)- just as you are about to crash out for the night, a 'woman of the night' knocks on your hotel room door and tells you to find another room as she has some business to attend to with your room-mate.
- Spunky's Disease - addiction to buying cheap shorts
- Mozziephilia -mobbing by adoring mosquitoes.
- Aircontrachea - sore throat, free at the pricier hotels.
- Monotunitis - overexposure to hash songs.
- Bravo-Whiskey-Foxtrot-Uniform-Hotel - Irresistible urge of drunken, dancing hasher to nudge uniformed, radio-toting security guard into the pool at the Paradise Resort Hotel.
- Enos-on-the-brain - inability find a hash event at which Enos (Aussie neanderthal hasher) is absent.
- GimmeapintofSamSmiths - Too much sterilised water (or Singha beer as they call it in Thailand)

Great British Beer Festival

Due to overwhelming popular demand, as major supporters of the British real ale industry we have been asked to send a delegation to this festival which takes place at Olympia from August 4th to 8th. So we have promised to show up on Friday the 7th. Doors open at 5pm. Be there or be sober!

For lager wimps like Menstrual, there will be a range of continental beers. (This continent Menstrual, you plonker.) Live music will be supplied to help drown out the singing drunks, and you can try some traditional pub games (no Prince, that does not include pinball).

Mystery Special Event

Mystery because I know little about it, except that it will be taking place at Wisbech on September 5th/6th. Will include a run, some camping and a "Barn Party". You know about them - a coachload of townies descend on a rundown British heritage barn, works feverishly all weekend to convert it into a two-bedroom garden cottage with carport and jacuzzi, with profits free of capital gains tax. Either that or it's a straightforward barn dance.

For more details see Kathy. No, not that Kathy, the other one.

Thank You

Contributions (keep them coming) this month from: Little Jon, Forget-Me-Not, Periodical, Rambo, The Interhash Programme, Dicky-Di-Do, IBM, and Adobe Type Manager.

Send articles to:
Andy Millard ("Hedgehog"), 52B Russell Road
Wimbledon, London, SW19 1QL (081-542-5768)

If you can give me your write-ups on IBM PC disks it gives me more options. Call for details.

Next Issue Deadline: August 15th

Snaresbrook - 6 July 1992 - Hares: Anyones and Please Sir

People arriving very early. Thought that it would take ages, being so far out. Wasn't.
Example 1. Bloke from Oslo missed drinks after his conference to get there on time.
Example 2. Bloke from Essex would't/couldn't stop talking. Parked round corner at some mates' place and started running around early.
Example 3. Me.
Example 4. Garbage. Knew all about it. Knew the pub was the George. Knew it was an A to P run.

Dumped bag in Russel's car. Lots of Essex arrive. Lots of London arrive. Some visitors. Anyones made some announcements and the pack set off.

Tricksy little falsie down the main road to start with, then on to Epping Forest. Round Eagle Pond. Weaving about with lots of checks. On to the Whipps Cross roundabout, full of cattle. Back down past Hollow Pond and lots of little boys on mountain bikes. Could have taken a boat across to the 'island' where a regroup was held. Hares looking after the pack very well and making sure they had plenty of rest. Doner, some Essex and myself can't wait and slope off to find the trail. Pack soon follow. Phil, cunning as ever, maintains a position near the front with little effort. Off of the green, over the tube, under another roundabout, cut through the back of some shops and on to a series of checks and false trails off the main road. Lost the main pack whilst checking. Guess they went on down Spratt Hall Road and through the Rec before hitting the High Street and all the way back to Snarebrook. Luckily, Phil and I managed to get to the George by a more leisurely route to enjoy a drink before the rabble arrived. Left early, so no report of the main event.

Forget-Me-Not

GO FORTH AND MULTIPLY
MY SON! TAKE YOUR PICK.

Kewing In The Rain

London H3 - Kew Gardens - 20th July 1992

Noah could tell it was going to be one of those days. He'd only just had lunch and there was an Apparition appearing out of nowhere and going on about how there was going to be a flood for 40 days and how he had to build a super tanker-sized floating zoo. The rest of the day followed on just as badly. His brilliant plan to pick up most of his animals at a knock down price from London Zoo was flawed by the news that most of them had already been assigned homes elsewhere. He spent the day with his limited design skills and a leaky biro, hurriedly sketching out the plans on the back of an envelope. By early evening he was finished. He set off in search of gopher wood.

Meanwhile, I was on my way to Kew. Having waited ages for a train at Clapham Junction, I arrived at Richmond. I asked which would be the best train to catch. "That one there" said the jovial West Indian ticket inspector, laughing shamelessly and pointing to the one which had just pulled out. Unimpressed with his advice, I got on a North London Line train which turned out to be a bad move because the District Line train at the other platform left 5 minutes before it and I ended up getting to Kew 10 minutes late. It was definitely one of those days.

Noah's evening wasn't going well either. His enthusiastic trip to Do It All had been severely marred by the news that they had long since sold out of gopher wood and that he would have to make do with something called Medium Density Fibreboard.

On arriving at Kew I was greeted by Prince and Tricky Dicky. The rest of the pack had already departed and for a moment it seemed that I was doomed to spend an alcoholic evening helping to reacquaint Prince with the taste of English beer. Sadly Smelly Hole turned up just in time and I ended up running off with her while the two miscreants went off with her bike, under the rather flimsy pretext of looking after it.

Noah was halfway home with the first load of Medium Density Fibreboard when the rain started. He wasn't too happy with the organization of this venture - he would have thought that the Boss would at least have given him time to get started before the flood commenced.

Shirley and I had only run 50 yards when it started raining. By the time we'd been running for a few minutes it was hissing down and we caught up with the pack who were singing 'Singing In The Rain' in the rain. The local population was spared excessive nudity (not to mention more terrible singing) by someone shouting 'On On' and we headed back towards the river. The river wasn't too easy to find, being by now almost indistinguishable from the tow path, or even the sky for that matter. At a regroup we shivered for a few minutes in our sodden hash gear before taking the plunge again and diving back out onto the trail. We could have been forgiven for thinking that it was Halloween as we entered the cemetery and the lightning lashed down all around us. Could Phuquem and Spreadsheets have planned this? Where was the RA?

By the time he had reached home, Noah had had enough. His extremely ancient coat was soaked through. But the final straw was the bleak realization that Medium Density Fibreboard isn't very waterproof. As he sat in his misery, the Apparition appeared again, explained that it had all been a joke, and that the severe weather was just a little spectacle to celebrate 2am's 35th birthday. This was all just too much. He headed for the pub, wondering what kind of person would have a name like '2am' anyway.

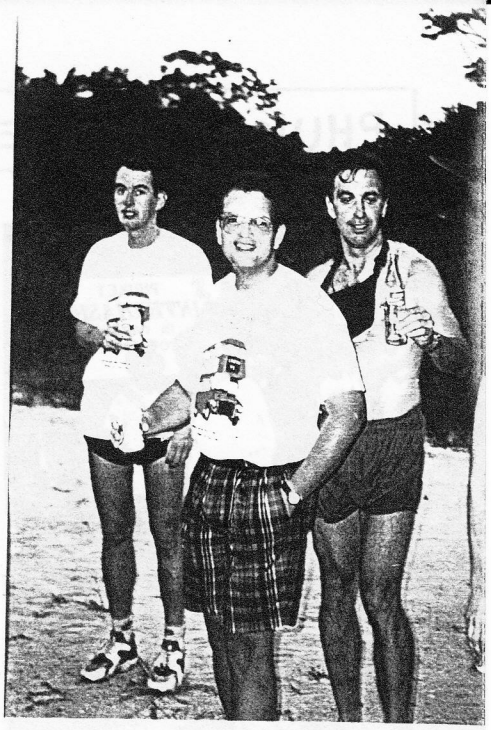
Finally we arrived at the Pig And Parrot (or was it the Frog and Carrot, I can never remember). The bar girl (whoops, I mean barmaid) was not enthusiastic about having a pub full of soggy runners, especially when their money also turned out to be soggy. My slightly damp tenner was exchanged for three pints and a sodden fiver.

Our initial enthusiasm was soon dampened by the news that the toilets were flooded, and drenched by the horrific news that they had run out of beer. The down-downs, containing some lesser liquid, most probably from the antipodes, were dispatched to the hares, the birthday boy and his returning other half, and various other visitors and troublemakers.

Later in the evening a very old man wearing a very wet and extremely ancient coat appeared in the pub. He had obviously had a bad day. "Pint of bitter please" he called with relief as he reached the sanctuary of the bar, only to hear the reply "Sorry love, we've sold out". It's definitely been one of those days, thought Noah.

Little Jon

THE INTREPID EXPLORERS ↑



NOT SO INTREPID PISSHEADS ↑

KL GMP

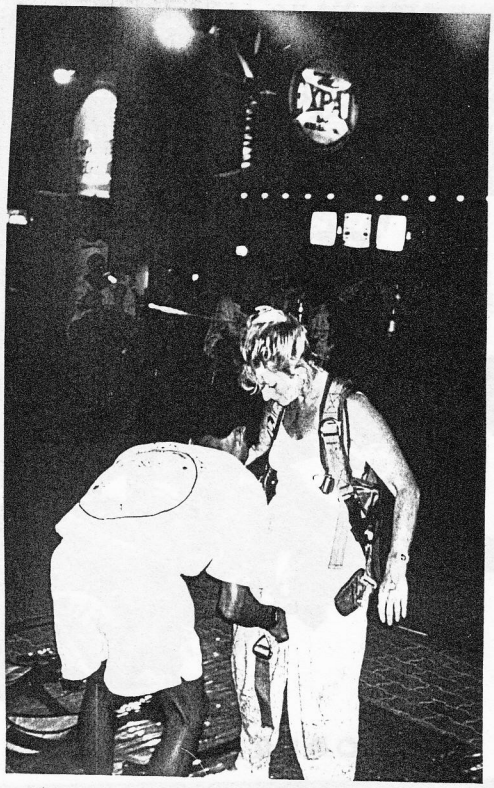
K.C., BOASTING AGAIN ↑

JUMPER FROM JERSEY GETTING HER NIPPLE AUTOGRAPHED (AGAIN) ↓

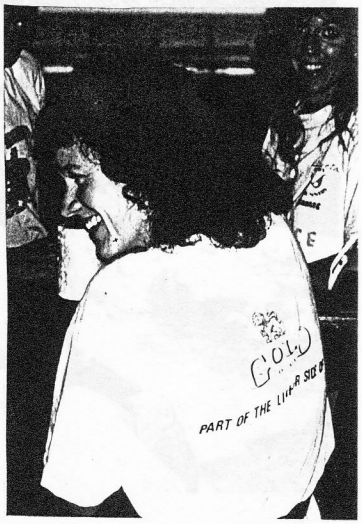
AH, THE BRITISH ABROAD ↓

PHUKET INTERHASH

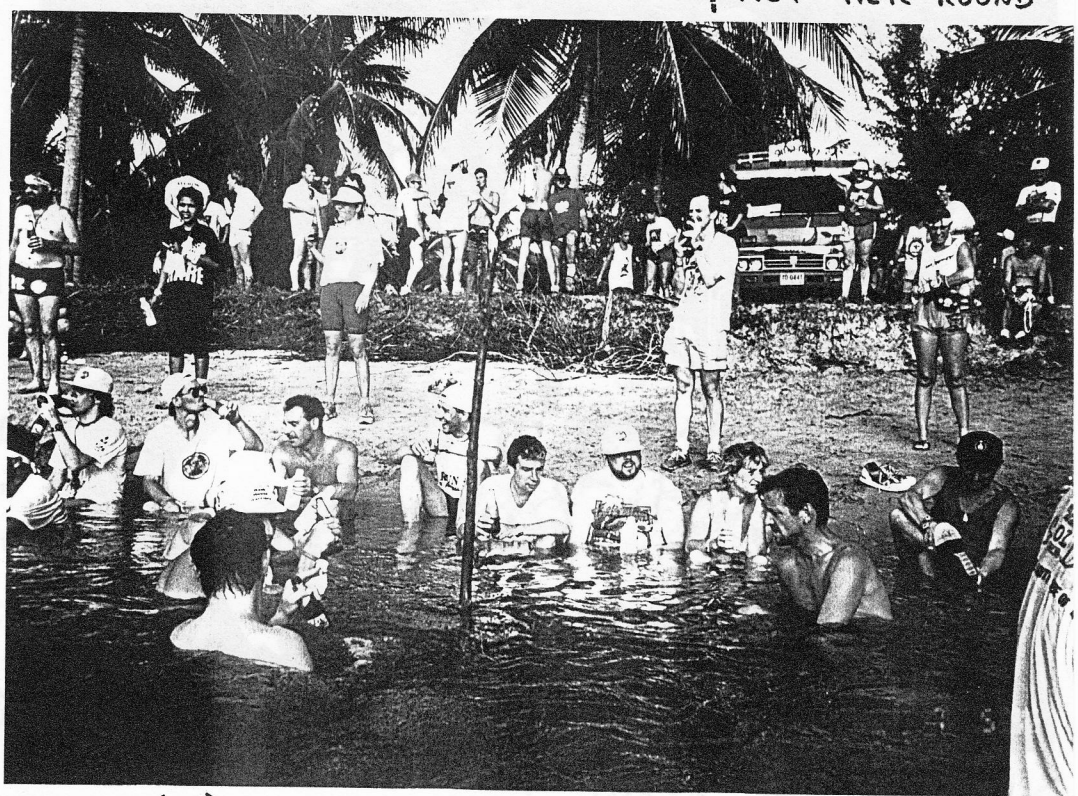
← SPEEDTURD BOPPING (LIVE IT, BABY)



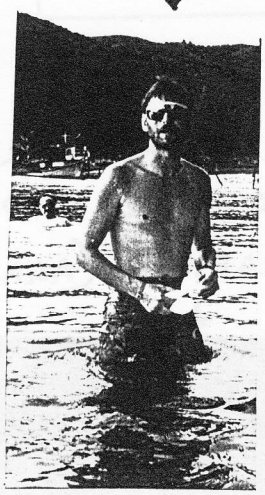
A MAN BEING PAID A LOT OF MONEY TO PU HIS HAND BETWEEN ← SUSAN JANE'S LEGS



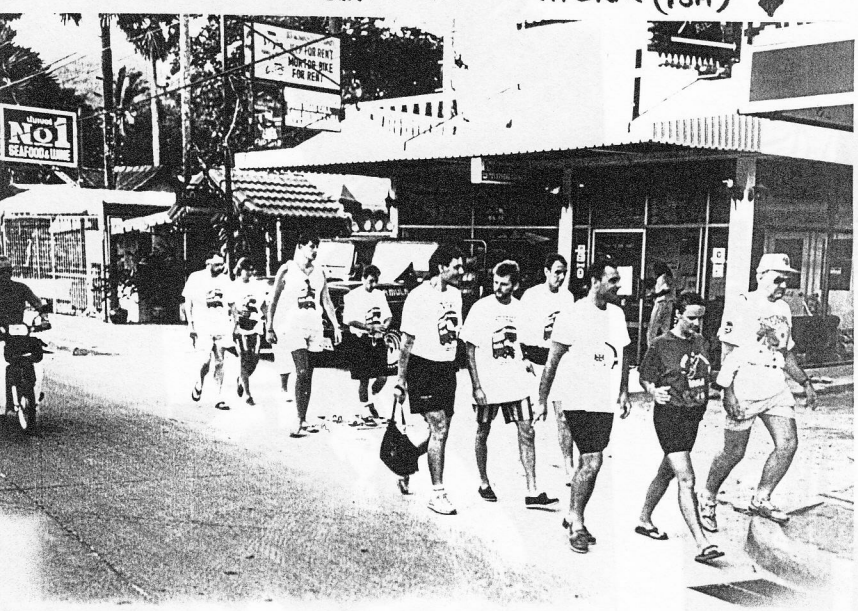
SUE, REALISING IT'S NOT HER ROUND ↑



RAMBO LOOKING DELIRIOUSLY HAPPY ABOUT SOMETHING ↓



LONDON TEAM IN UNIFORM (ISH) ↓



SPUNKY WONDERING WHY EVERYBODY ELSE IS DRINKING WATER ↑

CAPTION COMPETITION

An Interhash glossary compiled by Rambo to help those that missed the event understand the stories.

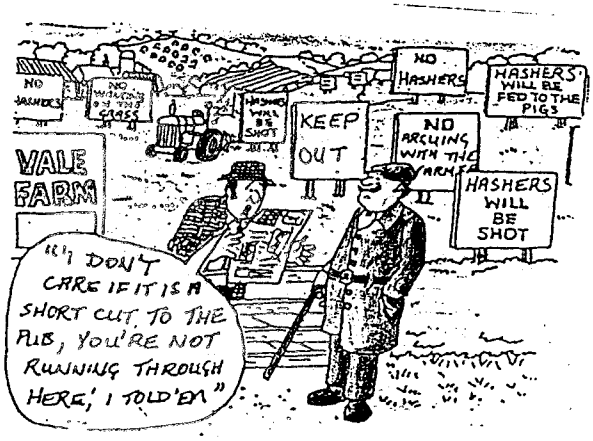
A	Run site picked by most of London for the second Interhash run, 45 to 90 minutes, ending up in the sea. Mike Stevens (Vibrator) set up by five people for an undeserved down down for timing his pace on his fancy watch.
Amarit	Alternative piss.
Bar	Place for piss & bar girls.
Barter	Prolonged negotiation to ensure paying only double a purchases worth rather than the ten times asked.
Bhat Bus	Open mini bus for transporting hashers to a run, breaking down, ridding on top of, & falling off. Best avoided after too much piss.
Bill	Subject of disputes with hotels. Towels, piss, meals etc feature.
Circle	Place, not shape, for down downs but not hats.
Cocktail	100 proof drink dispensed by Guernsey H3 round a pool. Enlivened by fireworks.
Countryside	Mountains covered in rubber & banana trees, swamps with a few paths. Infested with snakes, leeches & rabid dogs.
Crane	Device for catapulting hashers 100 foot into the air using a bungy cord.
D	Run site picked by most of London for the first Interhash run. Set by ex Cambridge hares, 45 to 90 minutes. Mike Stevens (Vibrator) set up by Henry for an undeserved down down for timing his pace on his fancy watch.
Deathwish	(1) Something held by those on the crane. (2) Something not seen since last Interhash now resident in Jeddah.
Expat	Central bar & hotel for Interhash. Famous for it's burgers, hash memorabilia & mobile crane parked outside until two AM.
Fine	Paid to a bar to borrow a girl.
Fireworks	New toy for Rambo & Tricky.
Fishy	(1) The nice cheap seafood easily found in Phuket. (2) The nice cheap girls easily found in Phuket.
FRB	Henry with two litres in 9.6 seconds. Dame Edna only forth, one litre in 8.4 seconds.
Girl	How old are you ?
Hammersley H3	Bunch of Aussie wankers. Best repelled by the ditties "Hammersley take it up the arse, do da, do da" or "Fuck off you bums, fuck off".
Horse	Yes he is.
Hotel	Pool with attached crash space available. Sought out by bar girls.
IBM	Useful device to keep nearby in case of mosquitoes. Attracts them.
Katoy	Boy transformed by drugs & optional surgery into a fake bar girl. Read my throat !

Klosters	Alternative piss.
Nudity	Popular, at least with the onlookers, state of dress on the crane.
Philphy	Yes he is.
Piss	Cold Singha Gold beer. Fine for the first 100 bottles.
Pooying	(1) Lady. (2) The Pooying Picnic Hash. Ran Monday after Interhash chasing katoys to a beach. Nice on on in the sea. Problems with sunglasses due to big waves.
Prostitution	Illegal, as are fireworks & nudity, in Thailand.
Run	See Walk.
Sir Wanda	Phuquet G.M. Distinguishable from a six foot six bald ape on close inspection.
Sleazy	Yes he is.
Spunky	Yes he is.
Sunglasses	Fashion accessory easily lost in the pool or sea.
Suntan	Unpleasant red & white blotches covering the body with peeling patches. Reminiscent of radiation poisoning. Due to unusual weather.
Tinmen	The Phuquet men only full moon hash. Ran Tuesday before Interhash at new moon. Shortish run, unusual apparently, good meal, discovered Hammersley were at Interhash.
Voice	Lost by many after all the piss.
Walk	Average hash running pace in Puket due to weather & countryside.
Weather	Sunny & 35 degrees C plus. Occasional monsoon.

Phuket International Marathon

July (3rd week)
Phuket

This annual event on Thailand's largest island attracts world-class runners and local competitors who compete over one of the most picturesque courses in Southeast Asia. The event comprises both a full and mini-marathon in several different classes.



IT'S ALL A MATTER OF TIMING

Running Problems

A QUICK GUIDE TO INJURIES

BY KENNETH KIERSTEIN/AMBY BURFOOT

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If you run regularly, chances are you'll get injured sometime, someplace. A study completed by researchers at the Centre for Disease Control in Atlanta last year found that 13 per cent of all male runners and 17 per cent of all female runners seek medical attention for running-related injuries during any given year.

That's a depressing statistic. But before you toss away your waffle-soled shoes and take up full-time residence on a waterbed, perhaps you should consider a few other facts about injuries. For instance, if you're like most of us, you probably catch your share of colds. But the majority of these colds aren't that severe; certainly not bad enough to make you want to end it all and pass up the pleasures of chocolate mousse. Running injuries are like the common cold in that respect. Sure, you pick one up from time to time, but they usually don't linger too long, and the annoyance of dealing with them isn't nearly as bad as the angst of not being able to run.

We hate to push the metaphor too far, but there are a couple of other similarities between running injuries and the common cold. First, an ounce of prevention is worth a pound of cure — or, loosely translated, wear good shoes, keep them in good shape and don't do more than you're capable of doing. Second, the best treatment is rest. When you catch a cold, you recover faster if you get more sleep, reduce stress, and take care to eat well and drink a lot of fluids. Similarly, when you develop a running injury, you'll be over it sooner if you take a couple of days off and follow the appropriate therapies (ice, heat, stretching, strengthening and so on).

A few years back, many runners wouldn't even bother to seek medical advice for their injuries. They knew what they'd be told: "Stop running for six weeks." They weren't willing to swallow the bitter pill. Then the science of sportsmedicine leaped to centre stage, and runners began flocking to sportsmedicine specialists (who were often athletes themselves) with the expectation that they'd be treated *and* allowed to continue running.

Now we're not suggesting that you run (or hobble as the case may be) to the nearest sportsmedicine specialist at the slightest sign of pain. You will often be the best judge of whether or not an injury is serious enough to warrant a few days off. Furthermore, many running-related injuries can be treated at home with RICE; which isn't a food but

rather an acronym for Rest, Ice, Compression and Elevation.

Rest is self-explanatory. Don't tax your broken body until you have some reason to believe it has returned to near full strength. Ice should be wrapped in a facecloth, plastic bag or other convenient covering and applied to any swollen area for as long as 48 hours following an injury. Ice the area for 15 to 20 minutes at a time and repeat as often as you can.

Compression means wrapping the injury, and elevation means getting the injured area elevated above the torso. Both of these practices, in addition to icing, are designed to keep swelling to a minimum and will greatly facilitate recovery.

PLANTAR FASCIITIS

Symptoms and Causes:

You'll probably know plantar fasciitis if you've got it. In fact, the pain of plantar fasciitis will be the first thing you notice in the morning when you roll out of bed and onto your feet. You'll feel it in the heel area, radiating out into the midsection of your foot. As you walk around during the day, the plantar fascia muscle will loosen and the pain will diminish. Likewise, when you run, the pain will be worst during the first mile and become progressively more tolerable as your workout continues. An hour or so after your run, it often returns.

Both high-arched runners and runners with flaccid, flat feet are prone to plantar fasciitis, but the major culprit in most cases is our old nemesis, pronation. The motion of the foot pronating inward pulls on the plantar fascia — a broad, fibrous ligament that fans out from the heel toward the ball of the foot — producing pain.

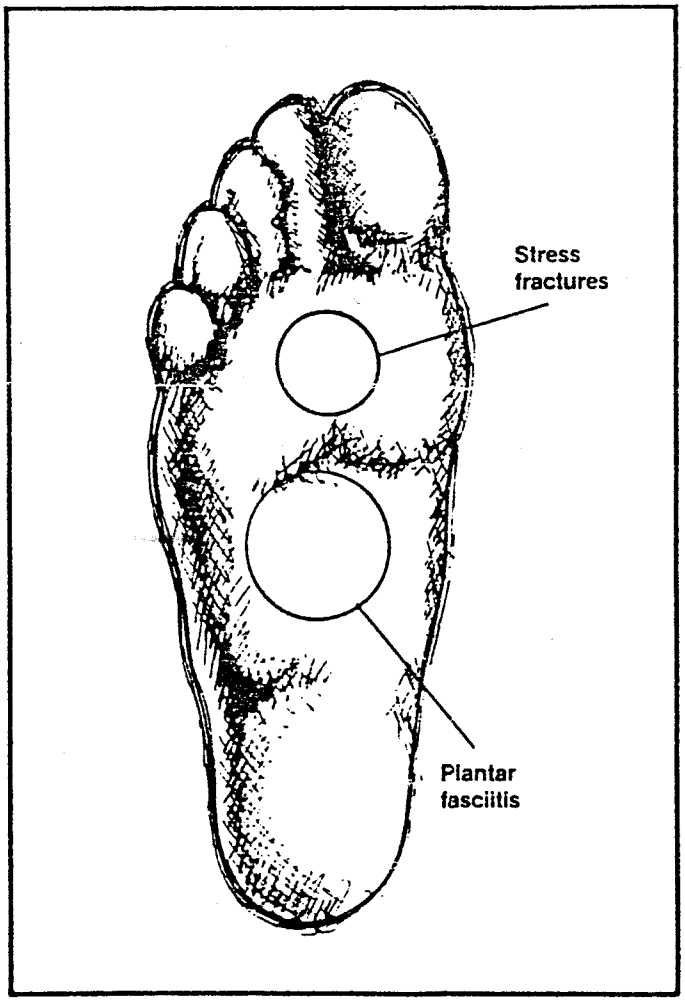
Plantar fasciitis occurs gradually over time and, likewise, treatment and recovery take time. Early

recognition is the key to preventing serious cases. Heel spurs often accompany plantar fasciitis, but are not the cause of the pain.

Treatment:

When you first suspect you have plantar fasciitis, check the running shoes you've been wearing. Make sure they're providing good support for your feet. Look for good fit, firm heel counters and arch supports. Shoes with excessive wear under the heels, or shoes that are terribly misshapen (for example, tilting inward) should be discarded.

Ice massage to the plantar fascia is helpful after running. A good taping job will also contribute to greater stability. Sometimes injections of cortisone can reduce the inflammation and relieve the pain, but this shouldn't be thought of as the ultimate solution. Plantar fasciitis generally responds well to customised orthotics. These will reduce your pronation and support the plantar fascia so it isn't pulled while you run.

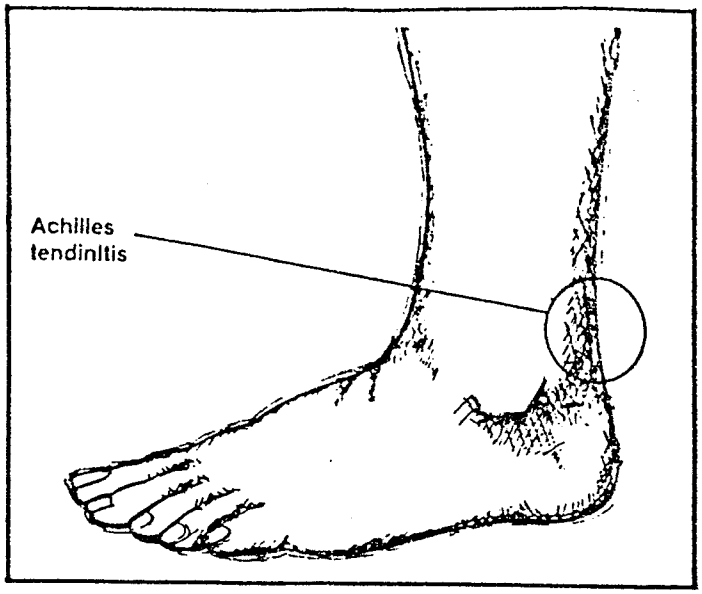


ACHILLES TENDINITIS

Symptoms and Causes:

Perhaps because its history is rooted in mythology, this is one injury most runners know about and can easily identify. Achilles tendinitis usually begins with some soreness in the area around the Achilles tendon, which inserts at the heel. If you run your fingertips along the tendon you might feel some swelling. This inflammation of the tendon within its sheath sometimes causes a grating or clicking sound as you run (called crepitation).

Achilles tendinitis often gets worse if you continue



running, particularly if you insist on training hard. An actual rupture of the tendon may occur if you attempt to do speedwork.

Among the most frequent causes of Achilles tendinitis are hard hill training and speedwork. Both forms of training involve strong pushing-off movements that put a lot of strain on the Achilles tendon. A flat-footed shuffle represents the opposite extreme and is kinder to your Achilles.

Treatment:

Since 90 per cent of Achilles tendinitis conditions fall into the category of "basic inflammation injuries," the best treatment is RICE. Aspirin will also help to keep the inflammation down and is most useful during the 24 hours immediately after the first pain or swelling. Return to running gradually after you've found you can take a brisk walk without any pain.

Another ages-old remedy for Achilles tendinitis is a heel pad under the inflamed foot. This prevents the heel from dropping down and stretching the Achilles tendon. Conversely, shoes that are extremely worn under the heel, or are so soft under the heel that your foot sinks into them, stretch the tendon, producing pain. Remember that the shoe that feels the most comfortable when you walk around the store isn't necessarily the one that will do the best job of supporting your foot and leg when you run.

Achilles tendinitis can also be caused by hyperpronated feet that force the tendon to twist excessively as the foot pronates inward. Arch supports, shoe inserts or custom orthotics are the solution to this form of Achilles tendinitis.

Improper stretching can cause Achilles tendinitis, but done properly, a very moderate stretching programme can prevent recurrence. The wall pushup is a good Achilles stretcher and slant boards work well, too.

PULLED MUSCLE

Symptoms and Causes:

By far the most common muscle pull among runners is the pulled hamstring; an injury that's easy to identify because it will immediately stop you from running. Three conditions are generally present when a runner pulls a hamstring muscle: cold weather, an insufficient warm-up or a sudden burst of speed. Hamstring pulls are rare

among recreational runners who train at a continuous, aerobic pace but are almost a part of life for sprinters.

Incorrect stretching exercises — that is, jerky and bouncy stretching — can also cause a hamstring pull. That's why it's important to ease gently into stretching postures and not to try to stretch beyond the point where you feel your muscles tensing.

Treatment:

Muscle pulls (or strains) are caused by an actual tearing within the muscle group and are usually accompanied by damage to surrounding blood vessels, resulting in swelling. Apply ice to the muscle as soon as possible and repeat icings for the first 48 hours to keep swelling to a minimum.

KNEE INJURIES

Symptoms and Causes:

Pain in, around and under the knee is probably the most common complaint among runners. Generally knee pains develop after a couple of miles of running and grow in intensity as you continue running. Hard downhill running is likely to be extremely painful if you have a bad knee condition.

With a night's rest, your knee might feel a little better when you begin your workout the next day, but the pain is likely to recur at approximately the same point in your run. The same is true of taking time off. When you begin training again, the pain will return when you reach your old level of distance and intensity. In other words, chronic knee problems *don't* respond particularly well to rest because they are due to a biomechanical aberration in your running gait. That biomechanical problem is part of who you are, like your fingerprints. There is very little you can do on your own to change it.

When you run, your knees must absorb a force three to four times greater than your body weight. If you compound this stress by overpronating, your knee is actually being pulled in one direction and pushed in another.

Treatment:

The treatment of knee injuries improved dramatically when it was fully realised that the way to cure the knee was to cure the foot. That is, to alleviate knee pain you reduce the overpronation of the foot. That's the message here: If your knees hurt, look at your feet. And while you're down there, look under your feet at the soles of your running shoes as well. A surprising number of knee injuries can be helped by a new pair of shoes.

Soles that have been worn away produce exactly the kind of hypermobility of the foot that you're trying to avoid. A new pair of shoes can return your foot to a more stable plane. Remember to use some kind of sole replacement kit on the new shoes to keep them from deteriorating, or be prepared to buy new shoes earlier than you did in the past.

Some knee and hip pains are caused by a relatively minor discrepancy in leg length. Putting a felt pad or some other wedge under the heel of the shorter leg could solve the problem and eliminate the pain.

If pronation is the root of your problem, but it's not particularly excessive, a store-bought arch support or shoe insert might be enough to get you back on the roads. If, however, you pronate severely, your best bet is to see a qualified sports podiatrist to determine whether you need an orthotic (a shoe insert customised to your foot). The orthotic will put your foot in a "neutral plane," eliminating the pronation that's been causing the pain.

While no honest practitioner will guarantee that orthotics will cure your knee pains, they have been remarkably successful in the treatment of knee injuries. I'd estimate that more than 90 per cent of our patients have been happy with their orthotics and other podiatrists have reported similar success.

Once you've identified, isolated and treated your knee injury, you can help prevent flare-ups by strengthening your quadriceps. The stronger your quadriceps are, the more stable your knee will be.

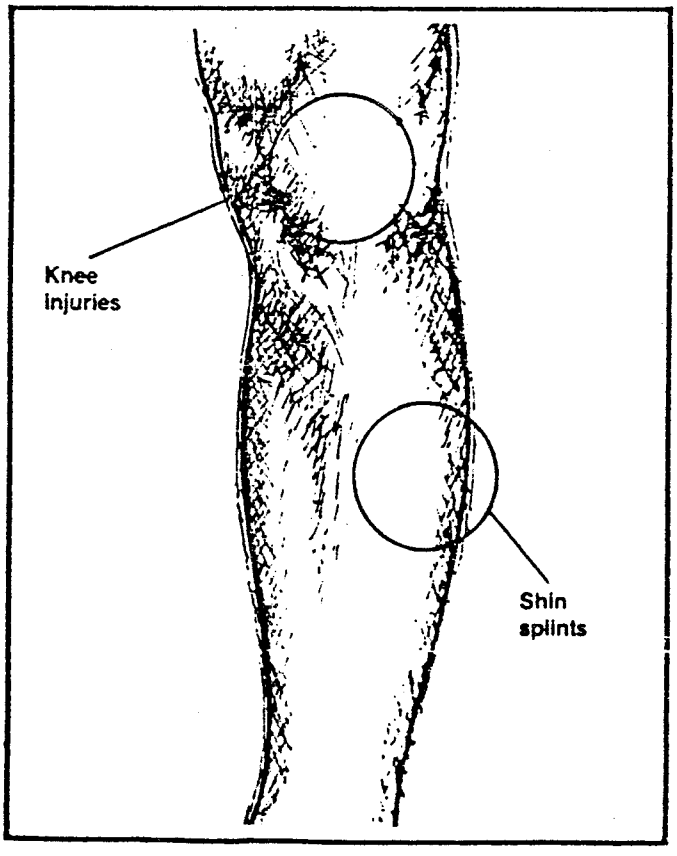
SHINSPLINT

Symptoms and Causes:

Shinsplint is a catch-all term for any number of generally minor aches and pains that occur along the outside of the tibia (the bone at the front inside of your lower leg) or beneath the inside of the tibia, where the pain is often perceived as a deep calf irritation. Some shinsplint sufferers will be able to feel a broken succession of bumps or swellings along the bone.

Shinsplint pains often go away overnight or following brief periods of rest, but beginning to run again will usually bring back the pain. Beginning runners seem particularly susceptible to shinsplints because their leg muscles aren't accustomed to the hard work of running. The result is numerous small tears and inflammations where the muscle fibres have been pulled away from the bone.

Even experienced runners can get shinsplints if they suddenly increase their training programme, or if they change running surfaces. Switching from a soft surface to a hard one, or from cross-country training to indoor-track training on a short, banked track can bring on shinsplints.



Treatment

Icing the afflicted area immediately after running is extremely important for reducing the inflammation, and taking aspirin will also help. Neither of these treatments actually attacks the cause of the injury, of course, but shinsplints usually disappear in a week or two anyway, after the sore muscles have adapted and grown stronger. In the meantime, ice and aspirin can provide temporary relief.

If shinsplit pain persists, check your shoes. Excessive wear might be a contributing factor. Also, try to determine whether your shoes are providing enough shock absorption, particularly if you're running on very hard surfaces. You can also try store-bought arch supports and shoe inserts.

If all of the above fails, consider consulting a podiatrist for an evaluation to see if you need custom orthotics. Shinsplints, like just about everything else, can be caused by excessive pronation. After you've recovered you should strengthen your lower leg. Dangle your lower leg over the edge of a table, being sure to wrap the leg weight (a towel filled with sand and sewn together works well) over your *toes*. Don't lift your whole leg. Instead, flex the foot at the ankle, raising the toes, then letting them drop slowly.

The so-called "wall pushup" is also recommended as a preventive stretch for shinsplint victims. Stand about three feet from a wall and lean forward, placing your palms against the wall. With your heels on the floor and your knees straight, slowly bend your elbows and lean into the wall. Stop when you feel the tightness in your calves. Do the exercise slowly and don't jerk or try to bend too far.

Persistent paint in the shin and/or calf area might also indicate a stress fracture or deep muscle injury. If you suspect either of these problems might be present, consult a doctor.

NEUROMA

Symptoms and Causes:

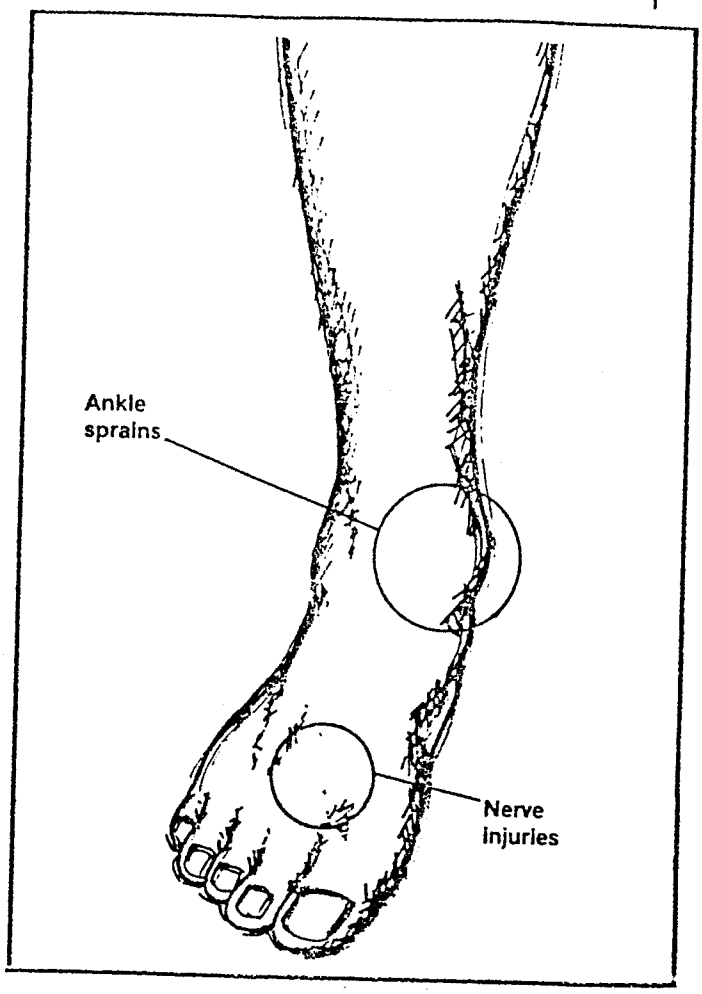
The most common nerve injury among runners is a neuroma, usually between the metatarsal heads at the front of the foot. A neuroma is a fibrous thickening of a nerve sheath caused by irritation to the nerve. When it develops between the metatarsal heads, a neuroma causes a shooting, electric pain from the ball of the foot up into the toes.

Neuromas are often caused by ill-fitting, overly tight shoes. Women who spend a lot of time in high heels may develop neuromas because of the pressure the shoes place on the metatarsal area. Neuromas can also be caused by hypermobility of the foot.

Treatment:

The initial treatment for a neuroma should be the purchase of a new pair of shoes; preferably a pair that provides plenty of forefoot spacing for your feet. If tight shoes were your problem, this might provide immediate relief. Sometimes the pain can be alleviated by placing felt pads behind the metatarsal heads. Cortisone injections can also be effective in reducing neuroma pain and inflammation.

Large, chronically troublesome neuromas can be surgically removed. This is a relatively uncomplicated procedure because no bones are involved. Neuroma surgery almost always results in permanent relief. After surgery, the adjacent toes will develop a numb feeling, but this isn't serious.



ANKLE SPRAINS

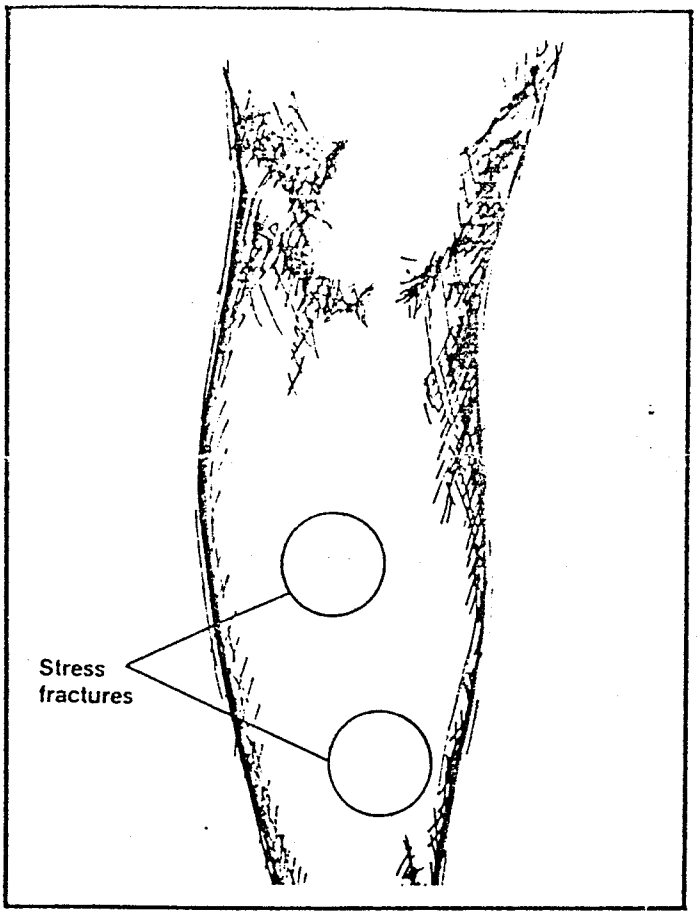
Symptons and Causes:

Unlike the majority of running injuries, ankle sprains usually are not related to overuse or biomechanical abnormalities (hyper-pronation). Almost all ankle sprains are the result of accidents (tripping, twisting, falling). Perhaps because they are so commonplace, ankle sprains are often regarded as minor, even insignificant, injuries. Such is not the case. Untreated, an ankle sprain can develop into a chronically weak ankle, subject to repeated injury in the future. If you can't walk comfortably within a couple of minutes of spraining an ankle, you should consider it a serious injury and seek medical attention immediately.

Treatment:

When you sprain your ankle, get off it as quickly as possible and begin applying ice as soon as you can. Elevating the ankle is another way you can help reduce swelling around the joint. If you don't get off the ankle and ice it, massive swelling can result from the torn ligaments and broken blood vessels. As a result, examination, subsequent treatment and recovery will be that much more difficult.

After 48 hours of treatment with an ice pack, switch to heat therapy such as a whirlpool bath or warm soaks. These should be repeated three to four times daily if possible. When touching and manipulating the joint area is no longer painful, you can massage it gently and begin to coax the ankle into the kinds of movements it is normally capable of. The best way to approach running is with several days of rapid walking.



STRESS FRACTURES

Symptoms and Causes:

Unlike clean "breaks" in a bone, stress fractures are partial cracks. Because fractures don't produce the same acute, overt symptoms as breaks, a runner can continue training on a stress fracture for some time before realising the pain he is experiencing is more serious than a persistent ache. That's the danger of a stress fracture. If you continue running, you just might turn your fracture into a complete break — a much more serious condition.

Consequently, you should consider the possibility of a stress fracture anytime a pain nags you for several days.

Treatment:

The only primary treatment for a stress fracture is rest; the more complete the better. Usually four to six weeks of rest are necessary, depending on the nature and location of the fracture. If you have a stress fracture, you probably won't be put in a cast, but don't let that mislead you into thinking you can run. If you do, you risk turning your fracture into a broken bone that will keep you out of action much longer than a fracture would have.

Concerned about losing fitness and muscle mass? Fine. This is the time to explore alternative routines. Swimming is the best alternative because the water supports your entire body, injury included. Weightlifting will work, too, as long as you're not making the fractured bone support the weights.

Hashword Solution

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		N					V		9N			S	
	10B	R	A	Z	I	L		11P	I	L	O	T	
12B	O	Y					13P		C			E	
	S		14O		15G	R	E	E	K		16A	R	E
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18N	I	G	E	19L		20Z	E	B	E	R	D	21E	E
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Hash House Harriers get ready for Interhash jamboree

KEN SCOTT
The Nation

Phuket

UP TO 2,300 Hash House Harriers will gather in Patong, Phuket, on July 3 for their bi-annual Interhash jamboree — two days of paper trail chasing and socializing.

It will be the largest gathering of Hash House Harriers since the 1990 Interhash in Manila.

Two thousand runners have arrived from overseas, mostly Australasia. About a quarter have travelled from North America and Europe. Three hundred Harriers from Thailand's 10 clubs will also take part.

The three Phuket hash groups have organized 14 different routes of devious paper trails. Some 165 pairs of soiled trainers will cover each route on Saturday and Sunday afternoon. The night before a run a Harrier called a 'hare' lays a discrete paper trail for the Harriers to follow.

The trails, between three and nine kilometres long, cover a variety of terrain and depending on the route-laying skill of the hare, will include dead-ends, loops, and checks.

The aim is to allow the back runners time to catch up. When the trail is found again a cry of "On! On!" will go up. If all goes to plan, 330 runners from two separate trails will converge at about the same time at each of the seven communal finish areas, known affectionately to the Harriers as lager sites.

Consumption of the amber nectar is integral to hashing. At the finish the grand master of the run — the grand mattress if it is a woman — will call to task reprobate runners for offences, real or imagined.

Offenders will have to consume a bottle of beer on the spot in an act of attrition called a down-down.

If hashing has a motto — it has to have something as it has no formal rules — the most likely contender ought to be: "Nothing should be taken seriously, especially me." One thing the Hash House Harriers are adamant about, however, is the fact that hashing is *not* a race. Anyone who admits to actually competing this weekend will face trial by down-downs.

It was Phuket Harrier Paul James' presentation in Manila which sold the grand masters on the idea of Phuket as the best destination for 1992.

"For hash running Phuket is perfect," said James. "It is still undeveloped enough that there is plenty of open space. And there is such a variety of different types of running — the hills, flats, marshes, beaches, and forests. For someone who likes running it is a good place to run per se."

In Manila the grand masters voted 100 to 50 in favour of Phuket over Hobart, Tasmania, and Kushing, Malaysia. The varied landscape of Phuket, the village feel of Patong, the availability of hotel rooms, and the relative affordability of Thailand were all cited by the grand masters as points in its favour.

"Patong is the right size," said Paul. "Wherever you go over the event you'll be bumping into hashers and it'll produce a party kind of atmosphere."

Organizing the event, however, has been no cruise.

"Our biggest headache has been trying to attract sponsors," said Rob Campbell, one of the seven members of the Interhash organizing committee. Three major donors, led by Singha Beer, have given money. The Tourism Authority of Thailand (TAT) decided not to contribute, even though the average runner is likely to spend around Bt40,000.

Many of the overseas entrants will take the opportunity to combine their passion for hashing with a holiday in the region. For hopeless hash cases the the Interhash in Phuket is only one in a sequence of outings.

Earlier this week the Kuala Lumpur Hash — the world's first — held the Great Malaysian Pre-Amble. On Tuesday the Phuket Tin Men held a moonlight run. Yesterday the Hamersley Hash from Western Australia hosted their own warm-up outing in Phuket.

Hash Asia, meanwhile, will take place in Pattaya from July 10 to 12.

"This is where the Interhash committee will be going for our well-earned post-Interhash recuperation," said Campbell.

The social side to the sport, if that's what it is, probably explains its appeal. Since the first hash run in Kuala Lumpur 54 years ago, more than 1,000 hash house clubs have sprung up around the world. In Thailand there are now hash teams in Songkhla, Pattaya, Pitsanulok and Chiang Mai, as well as three in both Bangkok and Phuket.

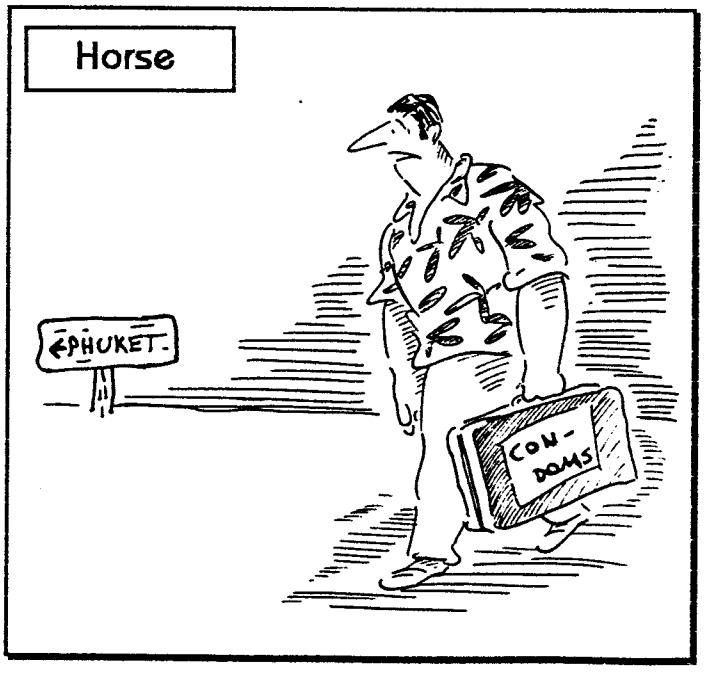
Over a quarter of Interhash runners this weekend will be female.

Limericks from Periodical

A United attendant called **Neill**
For most hashers has great sex appeal
But of all possible beaus,
The one that she chose,
Was Menstrual. My God! How unreal!

Now **Speedturd**'s a jolly nice bloke
He mends BA 'planes when they're broke
But as he's going bald
Shouldn't he be called,
The world's favourite hairline for a joke?

Henry's beer goes down pretty quick.
Two litres he managed to stick
Down his gullet in ten
Seconds - champion again
And what an interesting place to be sick



HASHFLYER PUBLICATIONS PRESENT

HE TNT (EDINBURGH) H3 450TH RUN WEEKEND

TNT H3

EDINBURGH

THE BIG BANG HASH!

13-15TH NOVEMBER 1992

IT'S OFFICIAL!!

THE CALEY BREWERY

HAS BEEN BOOKED :-

YOU HAVE BEEN WARNED!!!

C2 H3 PROUDLY PRESENT
The 7 TON RUN
(incorporating the UK Nash Hash 1993 launch)

YES, that's right a full 12 months before NH93.
Chelt/Cots HHH "Roll out the carpet" and invite you to surport your event from the word ON
AUGUST 21/22 1992

The week-end we hope will comprise a get together for the 'old sweats' and young buck ' hashers alike

The accustomed Hash Nosh and Booze you'd expect + the 700th run.

Your advanced hash party will be privy to 'vital Nash Hash info (& cost) 'Sticker's,NH'93 T-Shirts

Why not register 'on the spot' for a limited edition T- Shirt.

Venue details to follow.....ON ON

MAKE SURE YOUR HASH KNOWS WHAT'S GOING ON—

—NEXT YEAR IS TOO LATE TO STAY AT HOME AND MOAN

)NE MIKE "MINT SAUCE" PASSWAY ON (031) 313 2850 (HOME); 337 2434 X.276 (WORK)
)OLETTE "AL FRESCO" LONGWORTH ON (031) 668 2771 (HOME); (0506) 415355 (WORK)

DETAILS OF VENUE TO FOLLOW
CONTACT: KERBSTONE
4, FIR TREE CLOSE,
PRESTBURY,
CHELTENHAM,
GLOS. GL52 3EU
(0242) 510159,
"answer phone "

COP IT IN THE COTSWOLDS
7th NASH HASH UK
On On
1993
28-30 AUG
Cheltenham & Cotswold
Hash House Harriers

Late, Stop Press Gossip Update !!!!

(This would normally have been entitled "Jolly (Quiet) July")

However, despite holding out well past Hedgehog's "last last" press date, life in London has been so DULL whilst all the rich/ stupid/ drunk bastards went off to Inter Hash in Phuqthat. Now they won't talk about the juicy bits ! Thus, no gossip until next issue. Let us all wait with bated breath ....

EST ZEALAND HASH HOUSE HARRIERS
DENMARK
PRESENT

1 2 3 : RUN FOR FUN
)IARY DATE : 10/11 OCTOBER 1992

DETAILS TO FOLLOW

CONTACT PERSONS:
'MAID MARION' PARKS, TELEPHONE + 45 53635842 (HOME) + 45 58350100 (OFFICE)
E 'HEADLESS' SAVILL, TELEPHONE + 45 53528875 (HOME) + 45 58350100 (OFFICE)
FAX : + 45 58350010

Inter Scandinavian Hash in Copenhagen 1993

The first Inter Scandinavian Hash in Oslo in September 1991 was a success. The next success will be in Copenhagen in May 1993!
The planning has already begun – and the date picked:

28–29–30th of May 1993

Make sure you join this fabulous event and mark it in your calender now!
Make sure you get more information:

InterScandiCoordinator '93
Joergen "Rock-your-socks" Rokkjaer
Moelleaaparken 11, 2.mf.
DK-2800 Lyngby
Denmark
Tel.: +45 45 87 95 36

ON-ON

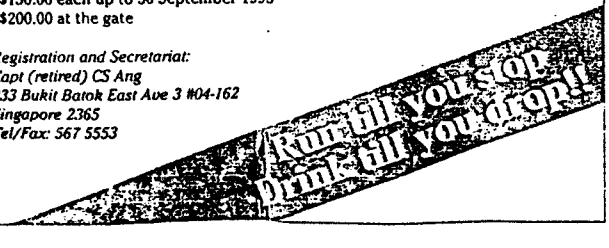
4th Pan-Asia Hash Singapore 8-10 October 1993

PROGRAMME:

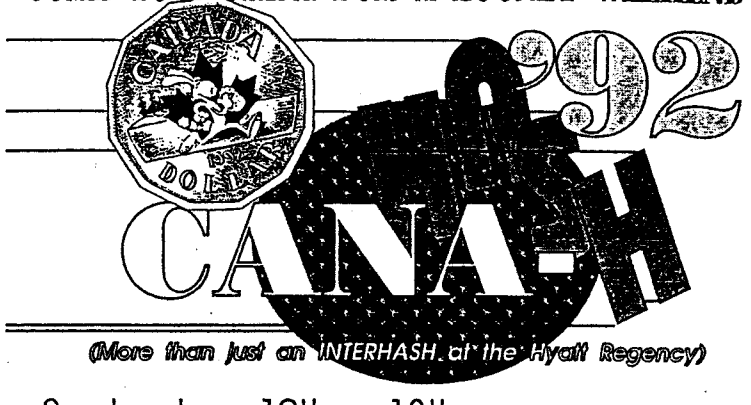
Friday 8 October	Welcome Night Cultural Show followed by Buffet Dinner
Saturday 9 October	Runs, Giant On-On Acts by Hashes Boat Race
Sunday 10 October	Runs & On-On Drink till you drop
Optional for families:	Hash House Horrors Run on Sunday at 2pm for runners below 12 years.

SIGN UP NOW!
Fees:
S$100.00 up to 31 March 1993
S$150.00 each up to 30 September 1993
S$200.00 at the gate

Registration and Secretariat:
Capt (retired) CS Ang
233 Bukit Batok East Ave 3 #04-162
Singapore 2365
Tel/Fax: 567 5553



COME TO CANADA FOR A LOONEY WEEKEND



September 10th - 13th.
SARNIA, Ontario, Canada

Sarnia is across the border of Port Huron Michigan 90 miles from Metro Detroit Airport. Free Camping - at Reece's Corner since 1832, 15 miles East of Sarnia. Motel Nearby.

Thursday Sept 10th.
SARNIA H3 RUN # 99
Start 7:00pm at the Brittany Arms Restaurant in Point Edward at the Bluewater Bridge.

Friday, Sept. 11th.
CANA HASH RUN #1
6:00pm from RayJ's Bar and Restaurant, Downtown. Busses will leave the camp grounds at 4:30 or late arrivals can go directly. A river cruise party on the Duc D'Orleans tour boat follows the run. Theme is 'Cruising with Jimmy Buffet'. Note; Cruise limited to the first 200 early registrations received, the boat is only sooo biiiig. You must register before Aug. 24th or you'll miss the boat.

Sat. Sept. 12th
Busses leaves the camp area at 1:00 pm for two runs; one tough the other one tougher. Runs end on a beach for a swim. You will need it. This is the Reverent's Boot Camp run and the Sarnia H3 Chemical Waste Run #100. Pig Roast follows the run.

Sunday Sept. 13th
The now legend FAT BOYS WALK & ENDLESS BEER STOP.

REGISTRATION
Early Registration. Must be received BEFORE AUGUST 24th.
In Canadian Funds: 99 Looneys, or $80.00 U.S. includes cruise party for the first 200 Registered.

After August 24th. In Canadian Funds: 105 Looneys, or $85.00 U.S. (Does not include the cruise party.)

Early registration will be acknowledged with complete schedule, updated details and maps.

SARNIA HASH HOUSE HARRIERS
P.O. Box 611, Sarnia, Ontario, Canada, N7T 7J4
Fax: 519-336-4194 Phone 519-336-8756

Design by Hash Flls "FRENCHY"
Printed by Sarnia H3 Midnight Press

WORLD HASH POPULATION EXPLODING!

The growth of the Hash worldwide is verging on the exponential, possibly due to expatriate hashers serving in South East Asia, the 'heartland of the Hash' travelling on or returning home, starting new chapters to fill the gaping void left in their lives.

As the 1991 Register of Hash Chapters worldwide below vividly demonstrates, our country coverage nearly rivals that of the United Nations itself, and the actual number of active hashers in existence must be over 100,000.

At this rate, can the millionth hasher be expected to sign his life, health and sobriety away before the year 2000?

1991 REGISTER OF THE HASH - WORLDWIDE

COUNTRY	CHAPTERS	COUNTRY	CHAPTERS	COUNTRY	CHAPTERS
ALGERIA	1	GUYANA	1	PORTUGAL	3
ANDORRA	1	HONDURAS	1	QATAR	2
ANTARTICA	2	HONG KONG	9	ROMANIA	1
ARGENTINA	2	HUNGARY	1	RWANDA	1
AUSTRALIA	191	INDIA	4	SAUDI ARABIA	12
AUSTRIA	1	INDONESIA	50	SENEGAL	1
BAHAMAS	2	IRAQ	3	SEYCHELLES	2
BAHRAIN	2	IRELAND	3	SIERRA LEONE	2
BANGLADESH	5	ISRAEL	1	SINGAPORE	5
BARBADOS	1	ITALY	3	SOLOMON ISLAND	1
BELGIUM	4	IVORY COAST	1	SOMALIA	1
BELIZE	1	JAPAN	9	SOUTH AFRICA	8
BERMUDA	1	JORDAN	2	SOUTH KOREA	6
BOLIVIA	1	KENYA	4	SPAIN	8
BOPHUTHASWANA	1	KUWAIT	2	SRI LANKA	3
BOTSWANA	3	LAOS	1	ST. VICENT	1
BRAZIL	3	LESOTHO	2	SUDAN	1
BRUNEI	9	LIBERIA	1	SWAZILAND	1
BULGARIA	1	LIBYA	1	SWEDEN	4
BURMA	1	LUXEMBOURG	1	SWITZERLAND	2
BURUNDI	1	MACAU	1	SYRIA	2
CAMEROON	3	MADAGASCAR	1	TAIWAN	5
CANADA	12	MALAWI	3	TANZANIA	1
CAYMAN ISLAND	1	MALAYSIA	75	THAILAND	14
CHILE	1	MALI	1	TONGA	1
CHINA	6	MAURETANIA	1	TRINIDAD	1
COOK ISLAND	1	MAURITIUS	1	TURKEY	12
COSTA RICA	1	MEXICO	1	U.A.E.	9
CYPRUS	9	MICRONESIA	4	UGANDA	2
CZECHOSLOVAKIA	1	MOZAMBIQUE	1	U.K.	103
DENMARK	5	NAURU	1	U.S.A.	157
DOMINICAN REPUBLIC	1	NEPAL	3	USSR	1
ECUADOR	1	NETHERLANDS	5	VANUATU	3
EGYPT	3	NETH ANTILLES	1	VENEZUELA	1
EL SALVADOR	1	NEW ZEALAND	54	VIETNAM	2
ETHIOPIA	1	NIGER	1	W. SAMOA	1
FALKLAND ISLAND	1	NIGERIA	12	YEMEN N.	1
FIJI	8	NORWAY	2	YEMEN S.	1
FINLAND	2	OMAN	7	YUGOSLAVIA	2
FRANCE	3	PAKISTAN	3	ZAIRE	1
GAMBIA	1	PALAU	1	ZAMBIA	1
GERMANY	22	PANAMA	1	ZIMBABWE	1
GHANA	3	PAPUA NEW GUINEA	20		
GREECE	2	PERU	1	**WORLD**	
GRENADA	1	PHILIPPINES	10	134	1024
GUATEMALA	1	POLAND	2		

Data taken from: 'The World Hash Handbook - 1991', available from Tim Hughes, GPO Box 1670, Bangkok 10501, Thailand. Fax No: (66.2)236.4974. Tel No: (66.2)236.4973 [O], (66.2)233.0143 [H].

RECEDING HARELINES

UK Events

Aug 21/22 Cheltenham & Cotswold 700th. Contact as for Nash Hash below
Aug 28-31 Aberdeen 500th. Rhona Atkinson (H) 0224 572663 (W) 0224 664224
Sep 5/6 Lundy Island Hash Run #6 Paul Mountford 0272 326480 or Mark Young 0272 521890 (See June On Paper)
Nov 13-15 TNT (Edinburgh) H3 450th. Mike (Mint Sauce) Passway (H) 031-313-2850 (W) 031-337-2434 x276

--1993--

Aug 28-30 UK Nash Hash. Heltenham & Cotswold H3 - Kerbstone, 4 Fir Tree Close, Prestbury, Cheltenham, Glos. GL52 3EU 0242-510159

Coming to a Planet Near You

Aug 28/30 Copenhagen 666th. Susanne Mikkelson (H) 01045 31 83 25 01 Fax 01045 44 44 21 31
Aug 29 Hannover. Jurgen Ruder 01049 5139 6373
Sep 10-13 CanaHash'92 Sarnia, Canada. PO Box 611, Sarnia, Ontario, Canada N7T 7J4. Fax 519-336-4194 Phone 519-336-8756 or see me
Sep 11-13 Arhus H3 Festival Hash '92, Arhus, Denmark
Oct 10-11 West Zealand H3 123rd Run, Denmark. Dave Parks (H) 01045 53635842 (W) 01045 58350100
Nov 20-22 Himalayan Hash Nepal, plus trekking. Contact Harrier International, GPO Box 1670, Bangkok, 10501, Thailand

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Apr 9-11 West Coast Aussie Nash Hash. PO Box 75, Subiaco, WA 6008, Australia
May 28-30 Inter-Scandinavian Hash, Copenhagen. Joergen Rokkjaer, Moelleaaparken 11, 2.mf.,DK-2800 Lyngby, Denmark 01045 4587 9536
Sep 3-6 Americas Interhash '93, Calgary H3, Canada.
Oct 8-10 4th Pan-Asia Hash. Singapore. CS Ang, 233 Bukit Batok East Ave 3 #04-162, Singapore 2365. Tel/Fax 567 5553

London H3

Contact 'Thunderthighs' (Jane Ackroyd) (H) 081 881-4379 or 'Nookie' (Jan Couldry) (H) 081-761-5679

Jul 27 Bromley South, 7pm
Aug 3 Tufnell Park, 7pm
Aug 10 Acton Town, 7pm
Aug 17 Ladywell (BR), 7pm
Aug 24 Hammersmith (Sons of the Thames Club), 7pm
Aug 31 Sloane Square, 7pm
Sep 7 Maida Vale, 7pm
Sep 14 Russell Square, 7pm
Sep 21 Hampstead, 7pm
Sep 28 Temple, 7pm
Oct 3 AGM run- Hornsey Club, 7pm
Oct 11 Clapham South, 11am
Oct 18 Southall (BR) (with curry), 11am
Oct 24 Baker Street, 11am
Oct 31 Halloween and 950th. Acton Town, 4pm (Old Actonians Cricket Club)
Nov 7 Cheam (BR), 11am
Nov 9 Loughton (Joint with FUKFMH3)
Nov 15 Morden, 11am
Nov 21 Arnos Grove, 11am
Nov 29 Bethnal Green, 11am

West London H3

Contact 'Menstrual' Nigel Collins (H) 081-968-6730 (W) 071-486-5544
[From Tube/BR stations on Thursdays at 7pm unless stated]

City H3

(Hotline 081-749-2646)
[From Tube/BR stations on Tuesdays at 7pm unless stated]
Aug 4 Greenwich (BR)

M.A.S.H. Hash House Harriers

(Contact:Russell (H) 081-316-0659)

Details correct at time of typing - if you hear of an alteration, please tell me. Send details of events to Andy Millard ('Hedgehog'), 52B Russell Road, SW19 1QL. If you want further info on a particular event, ask Thunderthighs, Menstrual or myself.

BR often play with their train sets at weekends. Don't miss the run, check the train times by telephone.
(For Victoria, Waterloo, Charing Cross call 071-928-5100)