

SINGAPORE HASH HOUSE HORRORS

HEAD HORROR

MIKE CROFT
41 MIMOSA WALK
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SECRETARY

ROSS MACKENZIE
3D SARKIES ROAD
SINGAPORE 1024
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NEXT RUN #254 07 NOV 4.30 START

WHERE: UPPER PIERCE RESERVOIR, END CAR PARK, OFF UPPER THOMPSON ROAD.
MAP REF NEW 142A3, OLD 305B3.

HARES: LAURA GIBBY & THOMAS SCHWENDENER MENU: FISH & CHIPS

RUN AFTER NEXT #255 21 NOV, 1993 4.30 PM

WHERE: SEMBAWANG PARK, END OF SEMBAWANG RD (1ST CAR PARK YOU COME TO)
MAP REF NEW 80 B3 OLD 76 A3

HARES: RODUSEK FAMILY MENU: BEEF HOT DOGS & CHIPS

HARELINE: RUN # 256 05 DEC 93 HOLDEN/YORK-SMITH

RUN # 257 19 DEC 93 XMAS RUN BROWN/COGELS/HOLLAND-3 MILES, PANGLOSS

RUN #258 09 JAN 94 DALTON + ?

RUN #259 23 JAN 94 GOLDING/EVANS

SUBSCRIPTIONS: FEES FOR OCT TO DEC ARE OVERDUE. THE WAITING LIST IS LONG, SO PAY UP (\$36 PLUS \$5 LATE FEE) TO AVOID LOSING YOUR MEMBERSHIP.

CONGRATULATIONS TO 10TH RUNNERS: NICHOLAS RODUSEK, CASEY RODUSEK, DANIEL STRETTON, AND ERIN STRETTON

NOTES FROM UNCLE ROSS ON WHAT MAKES A GOOD RUN

1) A LOCATION WHERE SPACE FOR CAR PARKING, EATING AND GAMES IS ADEQUATE AND SAFE FROM HIGH SPEED TRAFFIC AND OTHER SERIOUS DANGERS.

2) RUNS WITH VARIETY IN TERRAIN AND NOT TOO SHORT. SOME RECENT SHORT RUNS HAVE BEEN CONQUERED INSIDE 10 MIN. & LONG RUNS INSIDE 15 MIN.

LONG RUNS SHOULD HAVE 2 OR 3 CHECKS AND TAKE 40 MINUTES (MINIMUM 30 MIN. FOR FAST TEENAGE HORRORS) CHECKS ARE MARKED CIRCLES FOLLOWED BY A GAP IN THE TRAIL OF ABOUT 100 METRES. THE TRAIL CAN CONTINUE IN ANY DIRECTION. CHECKS MAKE RUNS MORE CHALLENGING, AS FASTER HORRORS (NOT DADS) CAN EXPLORE THE AREA TO FIND THE CONTINUING TRAIL, WHILE SLOWER HORRORS CAN CATCH UP. RUNNERS FOLLOWING THE TRAIL SHOULD BE CALLING "ON ON" TO LET HORRORS BEHIND AND OUT OF SIGHT KNOW WHERE TO GO.

SHORT RUNS SHOULD TAKE 20 MINUTES AT A SLOW JOG (30 MINUTES WALKING) YOUNGER KIDS LIKE SLIDING DOWN SLOPES, CLIMBING OVER LOGS, ETC. INCLUDE THESE CHALLENGES, BUT WARN PARENTS WITH STROLLERS OR GRANNIES.

3) GAMES NOT BORING LAH! USE SOME IMAGINATION. ASK YOUR OWN KIDS