



Townsville Hash House Harriers INC.

# Hash Trash



Mail: TVH3, PO BOX 1360, Thuringowa Central QLD 4817

## 2024 Mis-Management Committee

Grand Mattress	Hercules	0458 409 224
Joint Mattress	Scissors	0402 322 137
Hash Cash	Wetcheques	0408 592 723
On Secs	Shit Happens	0418 410 394
Trail Master	Wart	0431 032 295
Walk Master	Cuttlefish	0447 788 768
Hare Organiser	Bot Bot	0419 867 823
Runners Horn	Shit Happens	0418 410 694
Walkers Horn	Rektinol	0408 745 447
Rafflers	Sum C#nt	0418 979 894
	G-String	0476 932 245
Hash Haberdash	Catblew	0429 065 075
Brew Organizer	Serenity	0437 126 460



Web Site: <http://www.tvh3.net>

FB: Townsville Hash House Harriers

Townsville Hash House Harriers Inc

BSB: 633000 ACC: 157243379

## RECEDING HARELINE - 6 PM Run Start

Run #	When	Hares	Whare	Scribe
2487	19-Feb-24	Motherduck and Hemroids	12 Clay St, Bohle	Serenity and Scissors
2488	26-Feb-24	Cuttlefish	17 Gladys St Kelso	Motherduck and Hemroids
2489	04-Mar-24	Inbread	9 Water St, Mundingburra	Cuttlefish
2490	11-Mar-24	We need a Hare	TBA	Inbread

Full Moon, Pedlars & Hangover – Check the website for up-to-date information

Runs subject to change – always check <http://www.tvh3.net> & your emails for latest information



### PRICK OF THE WEEK:

Black n Decker ⇒ Slash

### ERECTUS:

Bentabeak ⇒ Booger

### **Interhash – Queenstown – NZ**

8-10 March 2024

### **Cairns H3 2500<sup>th</sup> Run**

**Cardwell Beachcombers Holiday Park**

19-21 April

All Special Events - Click on Link

<https://tvh3.net/contact-2/>

**This weeks Scribe is Serenity and Scissors**

RUN REPORTS – [shappensh3@gmail.com](mailto:shappensh3@gmail.com) Ph: 0418 410 394  
send to Shit Happens– BY THURSDAY NIGHT PLEEZE

## Run Report - 2486 - Serenity and Scissors 14 A Campbell St, Hermit Park

We arrived to see the house had been suitably dressed up for Valentines. Hash Haberdash arrived with pre run snacks.....new format?

The weather forced all of us to get hot and sweaty like a Valentine's embrace. The walk took us along the river and through Hermit Park, of course, drink stop was at Sweet Hearts on Charters Towers road. That was to remind those of us who do not shop online exactly where it is located. Nice touch with a choice of drinks.....then a wander back, passing the usual bemused Townsville locals on route.

Circle had "Prick of the Week" go to Slash for passing on COVID to everyone. **Bentabeak** decided to spread the joy of the first night higher fees to **Booger** and gave him the "Erectus". Then, there was a lot of stuff back and forth about the weekend in Airlie Beach?!? Sorry missed most of that, but I think it had something to do with not wanting to pay for incestuous sex???? **Think Big**, presented a gift from **Gash** and **Tool Squeezer** to the Grand Mattress. They are concerned **Hercules** needed to strengthen her resolve when trying to get things accomplished on committee and carefully packed a pair of "Big Girl Pants" of a discreet burgundy colour, for her to put on when she felt overwhelmed – Go Girl Go!!!

Raffle up and Sweet Hearts donated \$100 gift voucher and lucky winner was **Self abuse**. He was very excited, as he has been saving up for a sex doll for months now. Only thing is they will not let him have an in store pre purchase trail.

Then loads of other raffle prizes ..... penis lollies, lubricant to sorry missed the rest!

**Scissors** and **Serenity** made sure we all had a good feed to finished off the romantic sultry night.

On On **Pick Up & Self Abuse**

### A message for the Trailer Trash, Trotters and Walkers

#### How Running Can Improve Penis Health

Running is a great way to improve your overall health, which includes your penis. One of the biggest benefits of running is improved cardiovascular health, as it gets the blood flowing and strengthens the heart. This improved blood flow can also have positive effects on penis health, as it ensures that important nutrients and oxygen are delivered to the penis

Another benefit of running is that it helps to reduce stress levels, which can also have a positive impact on penis health. Stress can contribute to erectile dysfunction, premature ejaculation, and other sexual problems, so keeping it under control is key. Running releases endorphins in the body, which helps to lower stress levels and improve overall mood. In addition to the physical and mental benefits of running, it can also improve sexual function. Regular exercise, such as running, has been shown to increase testosterone levels in men, which can lead to improved libido and sexual performance. Running can also help to improve stamina and endurance, allowing for longer and more satisfying sexual experiences.

Source: <https://www.allohealthcare.com/healthfeed/sexual-anatomy/running-penis>

