

Townsville Hash House Harriers INC.

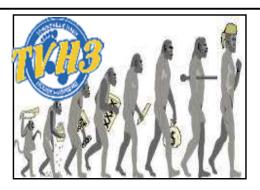
Hash Trash



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

2024 Mis-Management Committee

| Hercules | 0458 409 224 |
|--------------|--|
| Scissors | 0402 322 137 |
| Wetcheques | 0408 592 723 |
| Shit Happens | 0418 410 394 |
| Wart | 0431 032 295 |
| Cuttlefish | 0447 788 768 |
| Bot Bot | 0419 867 823 |
| Shit Happens | 0418 410 694 |
| Rektinol | 0408 745 447 |
| Sum C#nt | 0418 979 894 |
| G-String | 0476 932 245 |
| Catblew | 0429 065 075 |
| Serenity | 0437 126 460 |
| | Scissors Wetcheques Shit Happens Wart Cuttlefish Bot Bot Shit Happens Rektinol Sum C#nt G-String Catblew |



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 | Serinity 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 | ТВА | 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 \Rightarrow Slash

ERECTUS:

Bentabeak \Rightarrow Booger

Interhash – Queenstown – NZ 8-10 March 2024

Cairns H3 2500th Run Cardwell Beachcombers Holiday Park 19-21 April

All Special Events - Click on Link https://tvh3.net/contact-2/

This weeks Scribe is Serinity and Scissors

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

Run Report - 2486 - Serinity 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.allohealth.care/healthfeed/sexualanatomy/running-penis

