



Hhhi there

'You got to have balls', **YGTHB runs**, is a series of proper runs on no-hash FRIDAYS to get you in shape and ready for the ultimate run, the GNH2010 Ball-breaker run. They are unisex runs, no shorter than 10 and no longer than, sue me, 15k. They won't be too fast and not too slow either, but certainly uphill. If you find them too hard or too long, (the runs, of course) complain, and I'll buy you an ice cream. Even if you are not planning to do the Ball-breaker run, these runs will simply take your breath away and, I assure you, be worth your while (even if only for the Italian ice cream, down in 'Unterstadt').

- When: **19:00 FRIDAY**, 16th July 2010
- Where: **Schaffhausen** SBB train station
- Why: because our runs count
- Directions/Meet-up: Look out for serious running gear, even if the content is not that serious.
- Left luggage: lockers are available at the station
- On after: all time favourite, **restaurant Falken**
- Volunteer hare: DureXcell

If you struggle with our schedule, don't worry, you are not alone. But this neat little table surely adds little to the confusion. The data, or the whole table, may, however, be subject to change.

Our next runs/hashs				
JULY			16th [Fri]	31st [Sat]
			85th YGTHB run	86 th reg. hash
AUGUST	6th [Fri]	13th [Fri]	20th [Fri]	27th [Fri]
	87 th reg. hash	88 th YGTHB run	89 th reg. hash	90 th YGTHB run
SEPTEMBER	9th [Thu]	10th [Fri]	11th [Sat]	12th [Sun]
	91 st RDR	92 nd FBC	93 rd & 94 th BBR & Main run	95 th HOR
German Nash Hash runs				

We're all getting ready, as you may be able to tell, for the GNH2010. Friedrichshafen's streets are being swept, the gardens groomed, the venue cleaned, dusted and adorned, the neighbours warned, the police reinforced, and I guess all you need to do is, sign up, turn up, hash furiously and have a riotously good time.

If you haven't signed up already, this is the link to official website:

<http://gnh2010.harrier.ch/>

On behalf of SH3,

DureXcell