

HASH GOES “TRI” AGAIN

Put this event in you HASH Calendar and come along to

Brisbane Hash House Harriers

TRI-BEER-ATHON

TIME & DATE 10.00am Sunday 28 June 2009

(The pubs will be open by then).

THE PLACE: Capt Burke Park – under the Story Bridge.

Its a day guaranteed to be mild and sunny (it IS Brissie, and it did happen to be fine last year.)

Last year the TRI BEER ATHON saw a mixed crew of hashmen and harriettes making up the peloton for an entertaining mostly off road bike ride with plenty of river views. The event is mainly to do with bicycles, however, to maintain a ‘TRI’ association participants are allowed to do a preliminary swim leg (with any flotation aids you choose) and a run leg (also of any distance you think appropriate).

The SWIM Leg: probably too cold – so don’t do it.

The RUN Leg: As long as you did some sort of run some time ‘recently’, or at least lie about having done a run, consider it done!

The BIKE Leg: From Capt Burke Park, follow the bike path beside the river under Kangaroo Point cliffs, cross the river via Goodwill Bridge, then up river on the bike path beside Coronation Drive to the

FIRST BEER STOP at the REGATTA HOTEL.

The route continues round into Sir Fred Schonell Drive thru the University and cross the river via Green (White Elephant) Bridge. Up onto Annerley Road for a coast downhill to

SECOND BEER STOP at the RED BRICK HOTEL.

Carbo loading recommended here – they have a good range of chippies to go with your second beer. Onya bike and head for Southbank via the Institute of Sport for a last effort ON HOME into

THIRD BEER STOP at CAPT. BOURKE Park

The event continues with a BBQ brunch in Capt Bourke Park. After all that effort relax with a BYO everything BBQ lunch / brunch in the Park. Bring along wives, kids whatever.

INFORMATION: Phone Anchovy 04 0513 7070 or Irish Joke 04 0898 7490.