



7th INTERNATIONAL HASH CHALLENGE

Malaysia

Saturday 01 May 2010

This is the 7th edition of the Hash Challenge. A return to basics. What you get is:

- Fabulous run/walk in hard to get to areas (one you could never run on a regular hash run)
- Stunning high jungle trails and clear streams in the Malaysian jungle (talk about green !!)
- Full support during the run with water and replenishment points, (salts, water refill, fruits, etc.)
- Paramedical facilities at check points and end of run (to soothe those sore feet and cramps).
- Transport to/from run site (mainly for outstation runners)
- Food and refreshment after the run
- Bag of goodies/freebies
- Trophy T-shirt (to brag!)
- Enhanced map of run (to brag more!)
- An incredible experience with your team mates (to talk about for years!)

What you need:

- A team of 4 persons (at least one must be of the opposite gender. ie: 3M1F, 4F1M, 2M2F)
- Good shoes, water pouch such as Camelback or similar
- Energy for the day (which you can replenish at the stops)
- Register on line at the address below
- Pay the fees before indicated dates

Location:

- Outstation runners will be picked up at a central KL location
- Local runners being dropped at the run site will be given location of start point at registration, the evening before the run (you cannot leave car at start point)

Run Fee :

- RM 160 per runner (RM640 per team) before 15 December 2009
- RM 200 per runner (RM800 per team) before 15 April 2010
- RM 250 per team (RM 1000 per team) after 15 April 2010 (no guarantee of Tshirt or Freebies)

How to register:

- Download a form on the website [www. PH3.org](http://www.PH3.org)
- Fill the form and email back to: jegavel@streamyx.com
- Or fax to +(60) 03-7956 4469
- Phone: Jega +(60) 012-2340914
- All checks labeled to : Petaling Hash House Harriers
- Postal Address to mail checks/registrations:
PH3 Hash Challenge
c/o V. Jegatheesan
7, Lorong 5/13F
46000, Petaling Jaya, Selangor, Malaysia.

More info:

The Idea:

Hashing is a socializing event and has nothing to do with competitive running. True? Yes.....but for every hasher a run is a challenge of sorts: be it how to shortcut, be it how long to run uphill, be it for a fit guy to follow a girl with better stamina, be it to be the first one to find paper after the check. As energy gets depleted, one must resist that inner voice that tells you to rest and not to go further. But ultimately the running hound inside you pulls you ahead to finally get to the beer wagon and say to yourself: "Wasn't so bad. I DID IT and now I can enjoy my drink."

Very long runs may not be every hasher's mug of beer. But while some do enjoy strolling through the jungle for hours on a recce or on a hike, others like to hack through the bushes to find a new waterfall for a dip. Many more enjoy couching themselves in front of the TV to watch the daredevils of the EcoChallenge and dream of: why not me?

For these true hashers and challenge hungry people Petaling Hash House Harriers organizes every 2 years a very special run and a challenge of sorts: 42 km through the best Malaysian hash terrain and forest, undoubtedly the finest in the world. It takes the average-fit hasher 10 or more hours to finish. Next one will be on Saturday 1st of May 2010.

The Concept:

- The Hash Challenge is a team event of 4 hashers running together. Each team must include at least 1 member of the opposite sex. (say 3 M/1F or 3F/1M or 2M/2F)
- Teams must follow a hash paper trail with checks (= no paper marks for 100 m) which every team has to break on its own.
- There are 6 to 8 control points (CP). Distance between control points is approximately 5 to 8 km. At the control points, the organizers will provide water, salts, some fruits and first aid. Every team must sign in/out complete at the CP.
- AS THIS IS A TEAM EVENT EACH TEAM MEMBER CAN ARRIVE AT EACH CHECK POINT INDIVIDUALLY BUT TEAMS MUST SIGN OUT AS A COMPLETE TEAM AND CAN ONLY LEAVE EACH CHECK POINT TOGETHER AS A TEAM.
- There will be a time frame for closing each CP and thus, for everyone's safety, runners may be not be allowed to start the next section if they are too late or incapacitated.
- The goal is that the team should remain together, hit all the control points within the given time frame and return to the OnOn site as a team.
- The event is limited to 40 teams maximum: First come, first paid, first served! The event is open to hashers and non hashers.

A registration form is available on the PH3 website (www.ph3.org) from 01 November 2009. For any other info, please send your questions to captain.hash@gmail.com