



SO YOU THINK YOU'RE TOUGH?

The Petaling Hash House Harriers Infamous Italian Crew
have prepared an ambitious challenge for you!
Choose between the the newly created **FUN RUN** or **NORMAL RUN**

25
May 2024

Rawang

1.30 PM
onwards

Join us for an unforgettable adventure!

To join the Run and/or the On-On RSVP

 +6018 900 4816
info@italcham.my

INFO

FUN RUN

Long hash* run
~20km, ~1000 mt. elevation
through primary jungle,
pristine streams, stunning views
and much more to surprise you.

TIME

2 PM

registration & briefing at 1:30 PM

PRICE

50 RM

(including beers
and softies until circle close)

**Be ready and be fit,
the fun run will be no joke!**

NORMAL RUN

Normal hash* run
~7km

TIME

4.30 PM

registration at 4.00 PM

PRICE

50 RM

(including beers
and softies until circle close)



ON-ON

+ **25 RM/person**

for food after the run

BYO drinks, cutlery & chairs

SEE NEXT PAGE



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INFO

For those doing the **FUN RUN**, we will provide a water stop with ice, water and oral rehydration solutions.

Please note the following items will be mandatory:

- Trail running shoes
- Hydro pack/ backpack
- 2 liters of water (if a hot day we recommend more)
- Torchlight
- Whistle (will be provided by us if you don't have one)
- Mobile phone fully charged
- Powerbars/gels etc (min. 500 calories)

We recommend also:

- Running cap
- Gloves
- Long running pants
- High socks

**Hash chapters are international groups of non-competitive running social clubs*

SEE PREVIOUS PAGE



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with the support of



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