



WELCOME TO

THE 12TH BORNEO NASH HASH 2009

6TH – 8TH NOVEMBER 2009

KOTA KINABALU, SABAH

Programme

Friday, 6th November – 1st Day

- | | |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00 a.m. to 3:00 p.m. | <ul style="list-style-type: none"> ▪ Registration and collection of freebies at KDCA Cultural Centre in Penampang ▪ Registration for the 5th Annual Red Dress Run organised by K2H2 Bunnies ▪ Registration for the GM's meeting |
| 6:30 p.m. to Midnight | Welcome Dinner at the KDCA Cultural Centre |

Saturday, 7th November – 2nd Day

- | | |
|----------------------|--------------------------------------------------------|
| 9:00 a.m. | Ball Breaker Run (4 -6 hours) |
| 1:00 p.m. | Long Run No. 1 (1 1/2 - 2 hours) |
| 1:15 p.m. | Long Run No. 2 (1 1/2 - 2 hours) |
| 1:30 p.m. | Kuching City Hash Special Long Run |
| 2:00 p.m. | Short Run No. 1 (1 - 1 1/2 hours) |
| 2:15 p.m. | Short Run No. 2 (1 - 1 1/2 hours) |
| 4:00 p.m. | Hash Circle |
| 6:30 p.m. – Midnight | On On Buffet Dinner at Kg. Madsiang with entertainment |

Sunday, 8th November – 3rd Day

- | | |
|------------|---------------------------------------------------------------------|
| 8:30 a.m. | Aerobic Warm-up for Red Dress Charity Run organised by K2H2 Bunnies |
| 9:00 a.m. | Flag-off for Red Dress Charity Run |
| 11:00 a.m. | GM meeting to select host for 13th Borneo Nash Hash |
| 12:00 p.m. | Medium run (1 - 1 1/2 hours) |
| 12:30 p.m. | Short run (40 minutes to 1 hour) |
| 1:30 p.m. | Lunch |

BUS SCHEDULES

Friday, 6th November – 1st Day

- | | |
|------------|-----------------------------------------------------------------------------|
| 10:30 a.m. | Pick-up from pick-up points to KDCA for registration/collection of freebies |
| 1:00 p.m. | Return from KDCA to pick-up points |
| 5:30 p.m. | Pick-up from pick-up points to KDCA for dinner |
| Midnight | Return from KDCA to pick-up points |

Saturday, 7th November – 2nd Day

- | | |
|------------|-------------------------------------------------------|
| 7:30 a.m. | Pick-up from pick-up points for Ball Breaker Run |
| 11:00 a.m. | Pick-up from pick-up points for all other runs |
| Midnight | Return from runsite at Kg. Madsiang to pick-up points |

Sunday, 8th November – 3rd Day

- | | |
|------------|----------------------------------------------------------------------------|
| 7:30 a.m. | Pick up from pick-up points for Red Dress Run |
| 10:00 a.m. | Pick-up from pick-up points for GM Meeting and final Medium and Short Runs |
| 3:00 p.m. | Return to pick-up points and Sayonara, 'til we meet again! |

Bus Pick-up Points

- Marina Court
- Cititel @ Asia City

Additional pick-up points may be added, if required.

******* IMPORTANT*IMPORTANT*IMPORTANT *******

For security reasons and to avoid any inconveniences, **all 12th Borneo Nash Hash 2009 participants are required to wear the WRIST TAG**, which is also your PASSPORT, to all 12th Borneo Nash Hash 2009 events, functions and facilities. **NO WRIST TAG MEANS NO ENTRY!!!**

Notes:

- All runs on Saturday, 7th November will start at Kampung Madsiang.
- All runs on Sunday, 8th November, including the K2H2 Bunnies 5th Annual Red Dress Run will start from the Penampang Sports Complex. The programme for the Red Dress Run will end at 10 a.m. and participants are welcome to go for a swim at the swimming pool at the Penampang Sports Complex so bring your bathing suits.
- Transport to the run sites from pick-up points at Marina Court and Cititel in KK City will be provided for visiting hashers at the times indicated in the bus schedule.