

**Bored on Thursdays ? Want to see the Desert ? Meet new Friends ? Have Fun ?
– Sulaimainayah Hash House Harriers (SH3) is for you !!!**

The Hash is a social running club, with the emphasis very much on social not running, - you do not have to be an Olympic athlete.

The original Hash House Harriers was started in Malaysia in 1938 by somewhat eccentric expatriate members of The Selangor Club in Kuala Lumpur, which due to its lackluster food was commonly referred to as "THE HASH HOUSE". Loosely based on the concept of Hare and Hounds they followed paper trails around the rubber plantations, returning to THE HASH HOUSE for seriously social evenings. It was not a race, with false trails in place to allow the slower runners to keep up with the Front Runners, so that everyone could finish at more or less the same time for the social activities to begin.

This concept of a social gathering loosely based a run spread primarily by the expatriate community such that there are approximately 1500 Hashes spread around the world. SH3 is one of the biggest

Hashes in the world, and we like to think one of the best.

SH3 now in it's 21st year here in Riyadh, meets every Thursday afternoon at different venues in the desert, normally about 35 minutes drive from the city with a weekly attendance of 100 – 200 + depending on the time of the year and the weather !!! Whilst the run (following a flour trail) is the basis of The Hash there is a separate walk organized for those with families who are a key component of SH3 and those who prefer a more social stroll.

Numerous social functions are arranged throughout the year, including camp outs, black tie dinners, bonfires etc, etc, etc – you could almost fill your social diary if you attended all the events !!!

Why not give it a go ? If nothing else you will get to see some parts of Riyadh you never new existed and meet new people



WHAT HAVE YOU GOT TO LOSE ! ! ! !

If Interested call 4530280



Saudi Automatic Laundry

The Laundry Professionals in Saudi Arabia

Riyadh: Tel - 417 6531 Jeddah: Tel & Fax:-664 1111 ext. 1459

Totally new production facility, State-of-the-art computerised technology. Producing the finest quality in the laundry and dry-cleaning profession in Saudi Arabia. Backed up with twenty years experience from a company who takes extra care of you, the customer.

Specialising in Ladies Dresses, Wedding Dresses, Silk Dresses and Blouses, Leather & Suede, Curtains & Carpets. All clothes are hand-finished to the highest quality standards.

Our Services

- Laundry & Dry Cleaning
- Leather & Suede Cleaning
- Alteration & Darning
- Same day service
- Carpet Cleaning
- Curtain Cleaning
- Shoe Repairing

Visit us on www.salaundry.com E-mail: info@salaundry.com