

Pan Asia Hash 2017

Gangwon, Korea

Sokcho City

October 26~29th 2017



주최:  대한해쉬협회
KOREA HASH ASSOCIATION

주관:  대한해쉬협회  텐아시아

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CONGRATULATIONS

HASH HOUSE HARRIERS

(MOTHERHASH) KUALA LUMPUR

CONGRATULATIONS TO
THE ORGANISERS AND THE PARTICIPANTS OF THE



PAN ASIA HASH 2017

HELD IN SOKCHO KOREA

HAVE AN ENJOYABLE AND SUCCESSFUL EVENT!

Mother Hash is the very first Hash chapter and we have been running since 1938. We will be celebrating our 80th Anniversary from September 14th to September 16th 2018. We welcome all of you to join in our celebrations for good challenging runs, delicious Malaysian food and refreshments catering for all the different Hashers. Our registration counter at the Pan Asia Hash 2017 will be open for you. You can also register via our website motherhash.com Register now for USD 90 or Rm 380 only!!!
Look out for Pre-Rambles and Post-Rambles!!

Message from Organising Chairman, Pan Asia Hash 2017



Pan Asia Hash 2017
Gangwon, Korea
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Hashing was started by Western expatriates in Asia and initially spread among Western expatriates to other parts of the world. In Asia, home of hashing, the economic positions of local Asians took some time before breaching the subsistence level that led inevitably to leisure and fun and frolic that hashing is essentially.

In certain Asian countries, political ideologies frowned upon the adoption of so-called decadent Western lifestyle such as running and the building up of a thirst to be quenched by drinking large volume of beer.

Thank goodness for economic progress! Today, we see a resurgent Asia, marching slowly but surely to match, if not surpass, the traditional Western industrialised world. We have also become more confident. We are beginning to enjoy life and the steady growth of hashing activities by Asians is testimony to this.

In Malaysia, Singapore, Indonesia, Taiwan and Thailand, the activities that used to be dominated by expatriates are now firmly established among locals and we see similar promising signs in China. On the other hand, locals in countries like India, Kampuchea, Laos, Sri Lanka, Japan and South Korea are only starting to discover the joys of hashing.

It is with this in mind that a few of us, die-hard hashers from South Korea worked hard to win the bid to host this Pan Asia Hash, not just to show off the economic progress that we have achieved in the last few decades but also to expose and bring more publicity of hashing to the local population.

If, by our action, we see more chapters being formed by locals after this Pan Asia, we would have succeeded but more important is our role as host to make you, the guest-participants of Pan Asia Hash 2017, feel welcome as we show off the advancements South Korea has made in many aspects of human endeavour in recent years when a third-world country can emerge to walk and run among the other leading nations in the world.

Once again, thank you for giving South Korea this opportunity to host Pan Asia Hash and we bid you Hwan-young-ham-ni-da!

Enjoy and have a jolly good time.

Matthew Lee (Makolee)
Organising Chairman

Message From The Governor of Gangwon State



Dear Hashers in Asia !

On behalf of the residents of Gangwon-do, I am delighted to welcome you to the 2017 Pan Asia Hash and to thank you all for your support and encouragement to Gangwon in our effort to hosting the 2017 Pan Asia Hash in Sokcho.

The organizers and I am committed to making the 2017 Pan Asia Hash a terrific success that will be the most remembered and enjoyed by the hashers in Asia.

Hashing in Seorak Mountain in Sokcho, the three star destination designated by the famous "Michelin Green Guide" will remain an unforgettable experience that will last for a long time. Participants will also be able to appreciate the blessed natural environment, beautiful culture and warm hospitality of the people in Gangwon.

With your strong confidence and positive energy extended to us, I am sure that the 2017 Pan Asia Hash will become one of the most impressive and outstanding events in its history.

I look forward to seeing you all in Sokcho, Gangwon in October of 2017.

Choi Moon-Soon
Governor
Gangwon-do



Greetings By The Mayor of Sokcho City



Dear Hashers!

It is indeed a privilege and an honour to host Pan Asia Hash 2017 in Sokcho city of Gangwon province, in which the world-famous mountain Seoraksan is located. Since its dedication at the Korea's first biosphere reserve by UNESCO, Seoraksan has become a must-see attraction on every visitor's list.

My fellow-citizens and I would like to accord a very warm-hearted welcome to all the Hashers from around the world. You will long remember the magnificent sceneries of Seoraksan plus all the other natural attractions found in Sokcho.

We are proud to offer an eco-friendly area where mountain, ocean, lakes and hot springs all blend harmoniously to form the number one green tourist attraction in Korea.

We assure you that every effort will be made for a successful event so that you will be filled with unforgettable memories of friendship, tranquility and enjoyment from your visit.

We look forward eagerly to meeting you in our colourful autumn.

Byungseon Lee
Mayor, Sokcho City



Message from Pan Asia 2017 Advisor



It is always exciting to run the hash in a new place, and as part of the team organising this PAH event, we could feel the palpation from the word GO when we were overwhelmingly chosen to play host.

As promised, Korea will be a refreshing experience, for it represents a wholesale change of scenery – as well as food and beverages - compared to other major events of the past. For these and other reasons, expectations also run high, and it is incumbent upon us to deliver, and we hope our 2 years of preparations will testify to our commitment to ensuring a well-organised and enjoyable weekend for all.

The Pan Asia Hash in Korea is the culmination of a 10-year endeavor for me personally. The seed to this dream was sown when, after 2 years of unrelenting 'preaching', I managed to coax 'Limbo' Lim Geun Jo, then an attache at the Korean Embassy in Kuala Lumpur, Malaysia, to finally come to experience hashing with the MotherHash.

Being an avid outdoorsman himself, Limbo, when he turned up for his hash baptism, immediately took to hashing like a fish to water and, by the end of his tenure, left a Korean legacy within the ranks of the MotherHash that endures to this day. To use Limbo's own words, he managed to 'pass' the Korean baton to Makolee, the latter making an even larger Korean footprint as evidenced by his chairing of this great event.

Hashing has always found easy germination within the English-speaking countries and sections of the English - speaking communities of others.

From experience gleaned from countries such as Indonesia and Malaysia, it could be seen that as soon as the sport jumps the language threshold and adopts the local language as the medium, the growth of the sport leaps exponentially.

Although Korea has a rather long and rich tradition in hashing, the kennels are all English-speaking ones comprising mostly English-speaking expats; there is not a single hash run by Koreans or where circles are conducted in the vernacular. Therefore, the sport found no headway percolating through to the local inhabitants to the extent they become 'localised'.

Bemoaning this fact, and knowing that the sport would be a perfect antidote to the Koreans' work ethics and its accompanying pressure-cooker environment, we took it upon ourselves to

Message from Pan Asia 2017 Advisor

introduce the sport of hashing, initially to Korean acquaintances plus staff and interns of Makolee's Malaysian companies.

As part of this endeavor, we even organised 2 sizeable MotherHash excursions to Korea, which eventually gave rise to the formation of Hanyang Hash, the first truly Korean-run hash chapter.

With the hosting of this Pan Asia Hash – and the huge coverage it will garner from the electronic and print media - it is hoped that hashing will take firm root within the Korean-speaking community, and the hash gospel will extend its tentacles to all corners of the country.

Opera Chong

Advisor
PAH 2017



Message From YBHG
Datuk Seri Mirza Mohammad Taiyab
Director General of Tourism Malaysia



Welcome Hashers, to the Pan Asia Hash 2017

Firstly, I would like to congratulate the Hanyang Hash House Harriers & Harriettes of Korea, for organising this wonderful event.

Korea's debut as a hashing venue is a refreshing change for the global community of hashers, and I am sure that running in the beautiful Sokcho City with Seorak Mountain in the backdrop will be a wonderful experience for all participants.

This year's run is a fitting prelude to next year's major event - the 80th Anniversary of the founding chapter of the Hash House Harriers in Malaysia.

The upcoming **'80th MotherHash Anniversary'** is a momentous one,

Malaysia is proud to welcome all hashers back to its birthplace. With our ancient rainforests, beautiful mountainous trails, and scenic beaches and islands, hashers are sure to have an unforgettable experience as they run in the midst of all of Malaysia's natural beauty.

To that end I would like to invite all of you to come home next year, and rediscover the birthplace of hashing. For now, enjoy your run this year, and see you again next year.

Datuk Seri Mirza Mohammad Taiyab
Director General of Tourism Malaysia



Message Datuk Musa Yusof
Senior Director, International Promotion Division (Asia/Africa),
Tourism Malaysia



Greetings, Hashers of the Pan Asia Hash 2017 !

First of all, congratulations to the Hanyang Hash House Harriers & Harriettes of Korea for organising this year's run.

I am sure that the hashing community is excited to run in Korea for the first time, spurred by the adventurous spirit that is part of the Hash House Harriers.

This will certainly be an unforgettable experience for all the participants, and I am sure many of you will return to Korea after this.

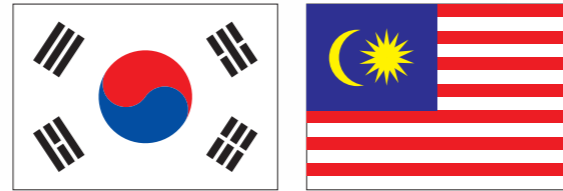
However before you do, it is time to return to the birthplace of hashing - Malaysia. Next year Malaysia is hosting the 'MotherHash' Anniversary run, in conjunction with the 80th Anniversary of the founding chapter of the Hash House Harriers back in December 1938 in Selayang Quarry, Selangor.

We are all excited to have you with us - with our friendly people, spectacular food, and multi-cultural celebrations, there are plenty of tourism attractions to discover. So be sure to bring your family and loved ones with you next year, and discover the beauty of Malaysia. Until then, please have a wonderful run this year in Korea, and we hope to welcome you next year!

Datuk Musa Yusof
Senior Director,
International Promotion Division (Asia/Africa),
Tourism Malaysia



Message from the Advisor of Ministry of Tourism and Culture Malaysia



Welcome to all Hashers to the 16th Pan Asia Hash event

I congratulate Hanyang H4 and all the people working so hard behind the scene to ensure that this event is a huge success.

I take the opportunity to greet all the guests from around the world. It is an honour to welcome you to this lovely city of Sokcho which is situated in one of the most beautiful parts of Korea.

I am confident that the warm reception you will surely get from the people in Gangwon will make your stay here unforgettable and memorable.

Once again, welcome and have a good time.

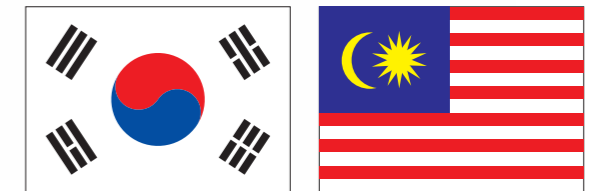
Thank you.

Datuk Lee Jinbok

Advisor of Ministry of Tourism and Culture Malaysia
Deputy Chairman of The World Federation
of Korean Association of Commerce



Message From Honorary Governor of Gangwon-do



Greetings, Hashers of the Pan Asia Hash 2017

I thank and congratulate the Pan Asia Hash committee for everything done to make this event a success in Sokcho and I welcome all of you joining us here where Korea boasts its finest tourist resources. I specially thank Gangwon Provincial Government and Sokcho City Hall for supporting the smooth hosting of the event.

I've enjoyed 10 years of hashing back in Malaysia some 30 years ago when I was fortunate enough to be stationed in Kuala Lumpur as part of our diplomatic corps. I well remember our Saturday runs in Petaling Jaya which fostered my life-long love for hashing and which also fuelled my desire to participate in the Pan Asia Hash 2017.

Honorable Guests, Gangwon-do is geographically the centre of North East Asia and has the distinction of being the finest tourist hotspot whatever the season. Flowers bloom and cover the mountains in Spring; blue sea extends to the end of the horizon in Summer; Autumn sees the ground covered with a variety of colours and Winter greets visitors with its snowy white mountains. The views here cannot be found elsewhere and this heaven-on-earth is just 5 hours away from Southeast Asia and an hour away from Seoul by train.

Pan Asia Hash 2017 in Sokcho is just a couple of months before the Winter Olympics 2018 and will allow us to test the readiness of our facilities and services for the impending invasion by the rest of the world.

I express my sincere gratitude to the many who have worked so hard to make this event a success and here is my fond wish and hope for a truly memorable event in spite of its short schedule.

Thank you.

Dato Kwon BeanGha

Honorary Chairman of The World Federation
of Korean Association of Commerce
Honorary Governor of Gangwon-do
Ambassador of Pyeongchang Olympic Committee



Pan Asia Hash 2017 Organising Committee

Patrons



Choi Moon-Soon
Governor Gangwon-do



Lee Byung-Seon
Mayor Sokcho



Datuk Seri Mirza
Mohammad Taiyab
Director General
Tourism Malaysia



Datuk Musa Yusof
Senior Director
Tourism Malaysia



Datuk Lee Jin Bok
Advisor of Ministry of Tourism
and Culture Malaysia
Deputy Chairman of The World Federation
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10Asia

PanAsia Hash Korea Honorary Ambassadors

We are grateful to the many ambassadors who assisted us in spreading the good word to their respective hash communities; resulting in more than 3000 participants in Sokcho, the highest number EVER in any Pan Asia Hash event.

Honorary Ambassadors



Australia

Roy McManus Adrian Sprigg-Mcmanus



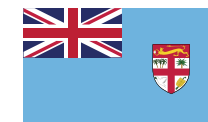
Belgium

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Brunei

Raymond Sng Ang Lip Seng



Fiji

Dr Ram Raju Linda Felicia Supriady Lamsuri Lanny Veronica



Indonesia

Awie



Korea, South

Dodic Master



Japan

Natsuo Oshima Fumi Tanaka



Singapore

Jude Tan Kim Chooi



Taiwan

Li, Yuan Hsing



Thailand

Mike Rikard Philip Duffy



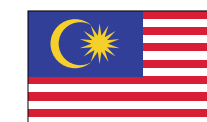
United Kingdom

Robert Leonard



United States

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Malaysia

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Lim Tau Min

Kan Kok Wak

Lee Lee Yun

Evonne Kong

Darshan Singh

Thanaletchumi

A huge thank you to all our supporters, sponsors, well-wishers and friends, without whose help, generosity and encouragement, Pan Asia Hash 2017 would not have been possible.

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Programme of Events

(All events at Sokcho Stadium except Red Dress Run at Sokcho Tower, City Centre)

Thursday 26 October

- 1000 Registration
- 1000 Hash Bazaar
- 1400 Red Dress Run
- 1615 Meet, Greet, Mingle & Drink Party

Friday 27 October

- 1000 Registration
- 1000 Hash Bazaar
- 1600 Music rolls & Beer flows
- 1700 Opening Ceremony
- 1730 Welcome Party, Dinner & Dance

Saturday 28 October

- 0900 Registration
- 0900 Hash Bazaar
- 0900 Ball Breaker Run starts
- 0900 Buses depart for runsites
- 1600 Music Rolls & Beer flows
 - Dinner served
 - Hash Acts
 - 17th Pan Asia Hash Bid Presentations
 - Shows & Performances
 - Party goes on until midnight

Sunday 29 October

- 0900 Hash Bazaar
- 0900 Buses depart for runsites
- 1600 Music rolls & Beer flows
 - Dinner served
 - Farewell Ceremony
 - Announcement of 17th PAH host & passing of baton
- 2000 Skits or Hash Acts
 - Party and dance to live music
 - Dance till you drop
 - Party goes on until midnight

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Hashing from Kuala Lumpur to Sokcho City

By Yap Yok Foo aka Uncle Yap aka Village Elder



Kuala Lumpur in the 1930's was a growing town, the second hub, after Singapore, of the mighty British Empire in the Far East. In addition to the soldiers, sailors, planters and miners, London had to send educationists, health workers, accountants and administrators. Among such were some young professionals including a newly-qualified Chartered Accountant, Alberto Esteban Ignacio Gispert working for Evatt & Co (which later morphed into Price Waterhouse and still later to the present Pricewaterhouse Coopers) and described as "a man of great wit and charm".

The young ex-pat professionals, mostly unmarried, were housed in the Selangor Club Chambers, sited near the Selangor Club. One evening, after dinner, a group of the bored bachelors led by Gispert hit upon the idea of a paper chase every Monday evening which invariably ended at a place where food and drinks, particularly beer, were available. This informal Monday events had to be codified in 1950 when the Societies Ordinance came into effect in Malaya. Mother Hash was constituted with the following noble objectives:

To promote physical fitness among members

To get rid of weekend hangovers

To acquire a good thirst and to satisfy it with beer

To persuade the older members that they are not as old as they feel

Gispert, the founder was killed in Singapore in December 1942, shortly after returning from leave in Australia to rejoin the Volunteers in Malaya. Years later, it was discovered that Gispert had married a lady called Eve, begat a son, Simon who begat Charles and the Gispert family, now domiciled in Australia, had all the while been blissfully unaware of the historical part played by their illustrious forebear until contacted to grace a Hash Celebration in Phuket in 1994.

According to Cecil Lee, another founding member, "the name Hash House was a mock allusion to the institution that housed and fed us" - a reference to the less-than-gourmet food served in the Selangor Club Chambers, although he also added that the food at the RSC was quite good.

The HHH activity was suspended in December 1941, but resumed after the Japanese Occupation in August 1946, and even the Malayan Emergency (1948-1960) did not dampen the spirit. Runs were organised in the outskirts of Kuala Lumpur and there were even reports of sighting of Communist insurgents. That original chapter (now known as Mother Hash) first formalised in December 1938 is continued to this day that still runs every Monday in or around Kuala Lumpur. It has its webpage at <http://motherhash.com/index.html>.

From this first chapter, the movement spread to Singapore in 1962 and by 1965 10 clubs had formed (<http://gotothefhash.net/history/hhhfirst10.html>) and was then brought to Europe and

Australia by ex-members who wanted to continue the camaraderie spawned by common hardship of running and shared liquid enjoyment afterwards. Migrating hashers started chapters wherever they went and soon they were all over the world. According to the World HHH webpage at <http://www.worldharrierorganization.com> there are more than 2000 active chapters in 184 countries with about a million registered Hashers, such is the popularity of hashing.

No-one really remembers nor for that matter, cares whether the formation of HHH was an elaborate excuse to quaff beer in copious quantities, or just plain insanity to want to run long distances over impossible terrain in the hot tropical climate. But hundreds of thousands of masochists all over the world participate in this ritual of first running and then gathering afterwards to drink beer, eat food and sing songs (most of which can only be politely described as boisterous rendition of songs which would make rugby players blush). Hashers sometimes call themselves drinkers with a running problem. In fact, its image of a rowdy boisterous beer-guzzling and loud-singing toughies initially did not endear itself to universal acceptance.

The HHH Movement has spawned many international regional events like the EuroHash, Pan Africa, Pan Asia and the InterHash. Going to one is like attending a United Nations meeting without all the aggravation, the wars, the pestilence and the big brother bullying. Such Hash meetings are famous for their goodwill and care-free fun. Indeed, the tiny movement born of boredom in the heart of Kuala Lumpur 80 years ago has truly progressed into a universal brotherhood that we should all be proud of.

On! On!

The Selangor Club Chambers, where it all began.



A.S. Gispert (1903 - 1942)
Founder of the world-wide
HHH Movement

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A Historical Look at Hashing in Korea

By Ed "Hazukashii" Howell

The concept of the Hash House Harriers first arrived in Korea in 1972, in the capitol city of Seoul. Seoul is located roughly 30 miles south of the DMZ, and 125 miles south-east of Pyongyang, the capitol of North Korea. As far as anyone knows, there has never been a hash in North Korea, but there certainly has been hashing all over the southern half of the Korean Peninsula. There are currently 3 weekly, 3 monthly, and a couple occasional hash clubs running in the greater Seoul area. The hash first took place in Seoul on 11 June 1972, founded by Ian Young who had arrived from Hong Kong. Hashing had only been around Hong Kong since 1970, so it was just beginning to spread out beyond the immediate borders of Malaysia, and out into the World at that time. After a deep scan of the HHH Genealogy, it appears that Seoul is the 46th oldest hash, having a family tree going back through Hong Kong H3, Singapore H3, and Mother Hash.

So, on 11 Jun 1972, aided by Robbie Douglas and Tony Parry, a new hash was born that now has a long and steeped history accumulated through over 2400 weekly trails over the past 45 plus years. When I ran with the Seoul Men's Hash (1997-2000), we ran on Wednesday evenings in the summer and Saturday afternoons in the winter. Due to shifting interests over the past couple of years, and many of the long time hashers retiring and moving away, the numbers have dwindled and they run on Saturday afternoons year round now, but hashing is still vibrant and strong in Seoul.

The Seoul Men's Hash, as it is known today, has given birth to 17 new hash clubs over the years in the UK, US, Canada, Cambodia, and throughout the South Korean Peninsula. It would be another 7 years before another hash formed in S. Korea, when Billy "Tootles" Cornett moved from Seoul to Pusan (now Busan) to start the Pusan H3 on 20 Oct 1979. A couple years later, Dave "Sweet Thing" Garrett also moved from Seoul to Koje Island and founded the Koje-Do H3 on 29 Nov 1981. Over the years that hash moved to expand with the Yongsan Kimchi H3 (1987) the Osan Bulgogi H3 (1988) forming up around military bases, with the ship builders in Ulsan in 1988, the military base at Kunsan in 1994, Daegu in 1999, and then several more in these same locations doubling up on the fun to be had. Included in this mix, was my own contribution having founded the Seoul Southside H3 in Dec 1999, quite possibly the last new hash to form in the 20th century. In the 21st century, there have been at least 10 additional hash clubs founded in South Korea, with the most recent being the HanYang H4, who are the proud hosts of PanAsia Hash 2017.



Ed "Hazukashii" Howell has been running the hash since 1984, where he began with the Okinawa H3. As an avid historian, he has been collecting hash trivia and maintains several hash websites starting with <http://gototheshash.net> which includes links to hash history, worldwide club contacts, hash songs, and a comprehensive list of all the major hash events going on around the world. He still maintains and updates the lineage of hashing in Korea at <http://gotot hash.net/korea/h3insk.html> He used to run regularly with the Seoul Men's H3, Yongsan Kimchi H3, Osan Bulgogi H3 and Southside H3, from 1997-2000, and has continued to travel the world having hashed in 68 different countries with nearly 300 hash clubs. He can currently be found dashing along trails on the island of Oahu in Hawaii.



Hashing in Korea, the Hanyang Story

Due to its genesis in the British colony of Malaya, Hashing was initially very much an activity within the English-speaking community; hence the rapid spread to English-speaking nations like USA, Australian, New Zealand, Canada and Singapore.

In non-English-speaking countries, hashing was very much confined to the English-speaking ex-pat communities as is so evident in most of Europe, Africa, Thailand, People's Republic of China, Taiwan, Indonesia, Vietnam, Laos, Cambodia and Korea. As the nature of ex-pats transient, so was the fate of many a chapter in these countries until the language barrier was broken.

Indonesia is a good case study of Chinese being used in Circles of chapters formed among the Chinese communities. Suddenly, the growth became exponential and chapters with participation by local residents somewhat gain a kind of permanence and durability. It mattered little that GrandMaster Joe Blogg has finished his contract and was about to move to his homeland in Europe; Joint Master Sudarno Leong was there to take over.

In Taiwan, the same phenomenon happened when economic conditions improved to the extent that nobody needed to be apologetic about "running to build up a thirst for beer". As we write this, a chapter from Taiwan is even bidding to be the host for the next Pan Asia Hash.

Attend a Taiwan hash circle and hear familiar hash songs sung in Chinese.

South Korea is a nation that was mired in poverty in the 60's and 70's. By dint of hard work, it pulled itself relentlessly up to become an Asia Dragon. After the millennium, brands such as Hyundai, Kia and LG became household names around the world and almost every other adult on Earth has a Samsung in his hand. Korea has arrived but nobody told the natives how to enjoy. Leisure and leisure activities had to be taught the everage diligent Korean.

The time is ripe for Hashing in a big way in Korea ...

... and in Kuala Lumpur, a seed has been sown. Makolee, a Korean trader has been introduced to hashing and he lamented the fact that there were no local chapters in Korea, only ex-pat chapters. He arranged for his friends at MotherHash to come to Korea a couple of times to introduce the concept of hashing to the locals. This led to the formation of Hanyang, the first Hash chapter with predominantly local Korean membership.

To further the penetration of hashing to Korea, they decided to bid for PanAsiaHash 2017, a move that they reckoned would kick-start the advent of hashing to locals in Korea. With the assistance of sympathisers at the Pondicherry Pan Asia Hash in 2015, they managed the feat.

So here we are at the start of a new page in Hash history when hashing, at its best, is showcased to Koreans and hopefully, after this, there will be a quantum leap to hashing activities.

Pan Asia Hash 2017
Gangwon, Korea &
Sokcho City
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Hashing In Korea, the Hanyang Story



Hashing in Korea, the Hanyang Story



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When Hashers See Red

By Village Elder Uncle Yap

Popular hash legend has it that a lady from Phoenix by name of Donna Rhinehart visited a friend in Longbeach, California in the summer of 1987. She was taken to a hash group and sportingly joined in the run with her red dress and high heels. To commemorate the event, the San Diego Hash House Harriers in 1988 sent her a ticket to attend the inaugural Red Dress Run whose principal objective was to raise funds for local charities. This event was widely reported in the media. Other chapters caught on and as they say, the rest is history.

Most celebratory Hash events will incorporate a fund-raising run where everybody wears a red dress. The run would go through heavy human traffic such as shopping malls and transport terminals to raise awareness of the local charities being supported.

Similarly Pan Asia Hash 2017 will have a Red Dress Run on Thursday 26 October. Interested hashers may register online at <http://www.panasiahashkorea2017.com/red-dress-run.php> or anytime before the run at the Registration centre, Sokcho Stadium or even on the day itself before the run, schedule for 2.00pm.



Pan Asia Hash 2017
Gangwon, Korea
Sokcho City
October 26-29th 2017



Sokcho Red Dress Run

The Red Dress Run will be held on Thursday 27th October with a flag-off at 2pm from the base of the Sokcho Gangwon Expo Tower.

Participants are advised to stay in one large group so as to impress the local residents with our extravagant and lavish red dresses. The walk will take approximately two hours.

The route will first circle Lake Cheongchoho, taking the participants past the busy Dongmyeong Port and Fishermen's Wharf and across the Sinsuro Arched Bridge, crossing the harbour into the City Centre.

After a beer stop at the Sokcho City Hall we will all go into the Jungang Market with lots of opportunities to buy some of the local delicacies such as Monster Opelio Crab and other marine products. Enjoy the famous Sokcho Sweet Fried Chicken (wonder whether this is finger lickin' good?) and loads of other products which you probably have never heard of before.

After the market, the route will take you into the busy shopping mall where you will be able to meet the friendly local people, showing off your red dresses and your singing & dancing skills. You will be greeted by a local band playing popular Korean songs before completing the walk to the Expo Tower. After the run you are encouraged to visit the Cultural Music Festival across the road of the Expo Tower

The Mayor of Sokcho City has agreed to sponsor a K-Pop concert for participants of the Red Dress Run. To encourage greater participation and to allow Hashers to experience this unique Korean music genre which has taken the world by storm, the Committee has decided to reduce the fee from US\$30 to US\$20 or RM80 or 20,000 Won. Hashers may register on-line or at Registration.



Markings on Hash Trails

We will be using a combination of paper and chalk (or flour) to mark the trails. To differentiate between different runs at the same run-site, the following colour code will be used:

LONG runs will be marked by paper printed in **BLUE**

MEDIUM by paper printed in **GREEN** &

SHORT by paper printed in **RED**

In addition, the **BALLBREAKER** run will be marked with **white** chalk or black text on white paper. The **OLD FART**'s run will be marked by paper printed in **YELLOW**. Where routes are shared, you will find both kinds of paper on certain stretches.

We will use chalk/flour where the terrain allows (public roads, rocky outcrops, etc) and we will use paper where it is not possible to use chalk. In areas where there is vegetation, we will endeavour to staple the paper at eye level. Sometimes, where the situation calls for it, we will use a combination of chalk and paper.

On main trails, public roads and where there is only one obvious way forward, we will use chalk and/or paper sparingly, marking the trail every 10 to 20 metres. At junctions and where the trail suddenly changes direction we will mark the trail with several chalk or paper at closer interval. In deep forest we will mark the trail with paper at least every 2 metre, ensuring that you can see at least 2 pieces of paper at all times.

On the trail, we will also highlight hazards such as holes, thorns, barbed wires and ditches to be crossed by putting more pieces of paper.

Checks and False Trails

Our checks are marked by a circle of chalk or a bunch of paper tightly packed together in a circle. Next to the check you will find some pieces of chalk and some pieces of paper (may be hidden under some vegetation to ensure that the general public do not remove them).

Upon reaching a check, front runners are expected to find connecting paper within some 50m to 150m from the check. In thick forest, the connecting paper will be within some 50m of the check while on main roads and open trails, it can be further away. However, our limit is not more than 150m away from the check. Kindly note the trail can resume in any direction; back or forward, left or right.

Once the trail has been found, the check-breaker should shout "ON! ON!" and wait until he receives a response from the other runners. The other front runners should connect using paper torn in two to indicate that a check has been broken.

A False Trail is apparent when the paper or chalk marks fade out (no more found). Alternately, it may be indicated by a cross in the middle of the trail. When a false trail has been identified, the front runners need to collect the paper on the false trail and return to the original check position.

Markings on Hash Trails

A false trail should not be longer than some 200m.

On the Pan Asia Hash 2017, we will not use Circular Checks so we will not elaborate here.

Calls during a Hash run

Hashers should call "**Checking**" when they are looking for chalk/paper after reaching a check point. This is to ensure that other front runners know that a certain direction is being investigated by someone and they can concentrate on looking in other directions for the resumed trail.

Hashers should call "**On! On!**" when they have found the resumed trail following a check. They should continue calling "On! On!" until they get confirmation from other hashers that they are connecting the trail with chalk/paper in their direction.

Hashers should call "**Are you?**" when in doubt as to the direction of the trail or during checking. This to find out how other hashers are doing during a check and to hear from other hashers where the trail is.

There you are, pretty standard practices in most of the hash chapters I run with. Happy hashing and do have fun on the trails.

Wim van Vliet

Chief Trail Master

Acknowledgement

We are gratified that the following chapters have volunteered to assist in laying the trail, managing the run-site, conducting the circle and generally making themselves very helpful:

Bear Hash, Taiwan - Inje

Changsha Hash, China - Sokcho Stadium

Klang H4 - Youngrangho, Sokcho

Korea Unified National Trailmasters H3 - Hanwha, Sokcho

Miri H4, Sarawak - Red Dress Run

Mont Kiara H4 - Goseong

MotherHash - PyeongChang

PJ Animals - Hakmujeong, Sokcho

Introduction to The Run-sites

The Pan Asia Hash runs will start off from several locations as follows:

Sokcho

City Centre for **Red Dress Run** on Thursday
 Stadium for **Hangover Run** on Sunday
 & Finishing Point for **Ballbreaker** on Saturday

Youngrangho (Old Fart's Run on Saturday only +
 Long, Medium & Short on Saturday & Sunday)

Hanwha (Long, Medium & Short on Saturday only)

Hakmujeong (Long, Medium & Short on Saturday & Sunday)

"Out-Stations"

Goseong (Long, Medium & Short on Saturday & Sunday)

Inje (Long, Medium & Short on Saturday & Sunday)

PyeongChang (Long, Medium & Short on Saturday & Sunday)

On the following pages, the hares, under the supervision and direction of Chief Trail Master, Wim van Vliet have given some vivid descriptions of the various runs at each of the sites, together with pictures of their attractions and other information to help you decide which to choose. You can be assured that each run-site has been specially picked to test your endurance and to allow visitors a rare glimpse into the natural attractions of Korea.

Kindly note that each run-site has a limit for the number of runners due to logistics and space constraints. The control over and the enforcement for the physical number will be exercised through the number of buses going to a particular site. As such, privately-arranged transport to any run-site other than Stadium is strictly prohibited and runners arriving in such private transport will be barred from taking part. We would like to remind Hashers that one of the ideals behind Pan Asia Hash is to facilitate the inter-mingling of hashers from around the world; so private groupings are not encouraged.

Do come early to queue for the buses taking you to your preferred site.

On! On!



Gangwon-do Map



Youngrangho, Sokcho

Buses will depart from the Stadium at 10.30 sharp. Upon arrival at the run site, all runners will disembark and take their personal effects off the bus.

The run site is situated on the shores of Sokcho's largest lake YoungRangHo, next to the Beom Bawi (Tiger Rock). The area is a favourite recreation site for Sokcho residents, strolling or jogging alongside the lake and its adjacent forests.

The run will take you past a typical Korean suburban area into a popular hiking forest. In the forest, you will come across several historic graves. After emerging from the forest, the Old Farts and Short runners will return, walking past the lake side back to the runsite. The Short runners will walk past a botanical garden and some Korean art sculptures.

The Long and Medium runners will continue towards another forested area and past more graves. On the way they will climb Jangsadong Hill with its beautiful view of the surrounding area. After returning to the lake side, the Medium runners will return to the run site while the Long runners will take the full route around the lake. Several checks will keep the front runners busy and puzzled.

After the run, all hashers are encouraged to climb Beom Bawi (Tiger Rock) just adjacent to the run site. You will have a fantastic view of the lake and its natural beauty.

Long run is some 12.5km with 225m elevation gain, Medium run around 8.5km with 225m elevation gain. The Short run is 5.3km with 110m elevation gain. The Old Farts run is 3.8km with 90m elevation gain. This run site has a few hills and is great for those who enjoy running.

Run rating (1 Easy - 5 Tough) Old Farts: 1 Short: 1 Medium 2 Long: 3



HanHwa, Sokcho

This run site is only open on Saturday 28th October. Buses will depart from the stadium at 10.30 am sharp. Upon arrival at the run site, all runners will disembark and take their personal effects off the bus.

Located near the foot of Ulsanbawi Rock, the signatory mountain overlooking Sokcho, the resort boasts a championship golf course. Next to the resort you will find the Waterpia recreation park and a re-enactment of the past in the form of an Old Theme Drama Set with fortresses and other old settlements, a must-see for those joining the run.

The run will take you past a small water storage lake into the forest until you emerge pass a historic grave site into a farming area. Some great checking opportunities here. After a while, the long and medium runners will re-enter the forest while the short runners return to the run site crossing the golf course via one of its lakes and link roads. Observe some of the best golfers of the world trying to get a hole-in-one. Please maintain silence so as not to distract them.

The long and medium runners will continue running through the forest on different trails with plenty of checks, after some more bashing eventually emerging from behind the resort hotel and back to the run site.

Long run is around 10km with 320m elevation gain, Medium run is around 7.5km long with 220m elevation gain while the Short run is some 5km long with 100m elevation gain.

Run rating (1 Easy - 5 Tough) Short: 1 Medium: 2 Long: 2



Hakmujeong, Sokcho

Buses will depart from the Stadium at 10.30 sharp. Upon arrival at the run site, all runners will disembark and take their personal effects off the bus.

The short runners will run from A to B. After dropping off their personal effects, they will return to the bus. The bus will then take them to their starting point at the City side entrance to Cheong Dae Hill.

The Short runners will start with a climb to the the 230m high lookout point, the summit of Cheong Dae Hill on a well prepared path with very little shade. At the top, they will marvel at the stunning views of Sokcho City and the surrounding Seorak Mountain National Park. Take a rest and enjoy the sight. From the lookout point, you will walk to a second vista point after which you will walk through a beautiful pine forest. On the way, take the opportunity to fill up your water bottle with fresh mineral water from a natural source, extremely popular with the locals. From there you will walk past some traditional farms and villages. Near the end of the run you will walk through DaePo Dong Village with its beautifully-restored traditional Korean houses.

The Long and Medium runners will start off with some flat running and several checks through the pine forest. Thereafter, they cross a few farms and disappear into the forest. They will pass Cheong Yongsu Buddhist Temple before emerging at the Summit of Cheong Dae Hill. Take a bit of time off to enjoy the panoramic view. From there they will run through a beautiful pine forest. At this point, the Medium runners will follow the Short runners' trail while the Longrunners will enter the forest again for some more hills and vantage points. They will bash through some forest before emerging at DaePo Dong Village with its beautifully-restored traditional Korean houses and returning to the run site. Many checks and hills for those who want to challenge themselves.

Long run is around 11km with 610m elevation gain, Medium run is around 9km long with 390m elevation gain while the Short run is some 5km long with 270m elevation difference.

Run rating (1 Easy - 5 Tough) Short: 4 Medium: 3 Long: 4



Goseong (HwaJinPo Beach)

Goseong is the northern-most county of South Korea and is adjacent to the demilitarized zone. It became part of South Korea after the 1953 Armistice which ended the Korean War.

Transport by bus from Sokcho Stadium to HwaJinPo Beach in Goseong will depart at 0900 hr sharp and take approximately 1 hour. Upon arrival at the run site, all runners will disembark but can leave their personal belongings on the bus. Runners will use the same bus going to and returning from the run site.

All runners will start running along the beach for about 1km before entering the seaside forest. In the forest, they may see military activities (Do not be alarmed! We are, after all, just next to North Korea) until they emerge at a lookout point from which they can see the beautiful seaside lake and the surrounding. From here the Short runners will return via forest tracks to the run site.

The Medium and Long runners will continue their runs through the forest, but will split near the top of the hill at the highest lookout point. Later on, their paths will merge again. Several grave sites will be passed along the way.

The Long runners will be tested with several checks at strategic locations. For both Medium and Long runners, a long run-in on the road and through flat forest completes the run.

If you are brave and hardy enough and the weather permits, enjoy a dip in the beautiful sea (do remember to bring along a towel to dry off). The beach is absolutely stunning.

Long run is around 11km long with 460m elevation difference, Medium run is around 7km long with 350m elevation difference while the Short run is some 5km long with 160m elevation difference.

Run rating (1 Easy - 4 Tough) Short: 3 Medium: 2 Long: 4



PyeongChang Olympics

The trip by bus from Sokcho Stadium to PyeongChang will depart at 0900hr sharp and will take approximately 1 hour. Upon arrival at the run site, all runners will disembark but can leave their personal belongings on the bus. Runners will use the same bus going to and returning from the run site.

PyeongChang is a well established Korean Wintersport Resort Area and will be hosting the Winter Olympics in February 2018. By late October 2017, most of the construction and modifications for the 2018 Olympics would have been completed while local elite winter athletes will be working hard, practising for their greatest ever competition. PyeongChang is also well known for its world-class golf courses and exclusive holiday resorts. The Pan Asia Hashers are fortunate to experience it all as our run site is located in the Cross Country Ski Arena.

Long and Medium runners will start off climbing the stairs alongside one of the Ski Jumping slopes before disappearing into the pine forests. Some hills and checks later, they will emerge near the Bobsleigh Arena. They will continue uphill towards the downhill slope ski lifts. The Medium runners will run down the ski slopes towards the centre of the Olympic resort while the Long runners will continue their run back into the forest. They will eventually emerge from near a golf course in front of the Olympic City. Both Long and Medium runners will then climb up to the bottom of the ski jumping tower from where they descend to the run site. Lots of hills and lots of opportunities for checks. Be prepared for a long, tough but very rewarding run.

Short runners will walk from Cross Country Ski Arena and pass another beautiful golf course, disappearing into the forest. They will emerge near the bottom of the Ski Jumping Tower from which they have a wonderful view across the whole of the Olympic Village. From there, you run down to the run site for the Circle.

Enjoy the beautiful view of the PyeongChang Olympics site from the top of the ski lift and the ski jumping tower. Watch some bobsleigh athletes in action. Spot some deer and racoons if you are lucky (the hares were).

Long run is around 12km long with 710m elevation gain, Medium run is around 7km long with 500m elevation gain while the Short run is some 4km long with 150m elevation difference.

Run rating (1 Easy - 5 Tough) Short: 1 Medium: 5 Long: 6 (Yes six) Medium and Long are both considered very tough runs. Challenge yourself and you will not regret it, especially those from a hot tropical climate to experience this wintry setting for the next Winter mOlympics.



Inje

The journey by bus from Sokcho Stadium to Inje will depart 0900hr sharp and take approximately 1 hour. All the runs will be from B to A, the site for the common Circle. The starting point for the Short run is different from that for the Long and Medium runs.

Upon arrival at the start of the trail, runners will disembark but can leave their personal belongings on the bus. Runners will use the same bus going to and returning from the run site. After dropping the runners at their starting point, the buses will go to the run site.

Inje is located in the middle of Gangwon-Do province and is surrounded by the TaeBaek Mountains which are the natural habitat of the rare Aseatic Black Bear, Musk Deer and many species of racoons. Inje is famous for its stunningly beautiful natural environment and its mineral water springs. It's also the site for outdoor sports like bungee jumping, white-water rafting, mountain-biking and para-gliding. The runs are located adjacent to the beautiful Inje-gun river.

Long and Medium runners will leave the bus at the East side of the river where they follow the river towards a forest trail. After about 1km, Long runners will split from the Medium runners and start their climb of a 400m high hill. At the top of the hill they will be rewarded with a panoramic view of the river valley from a dedicated look-out point. They descend and join the Medium runners again, who effectively follow the river near the base of the mountain.

Towards the end of both Long and Medium runs, runners will pass some farms and emerge on the road for a run in of some 2km. Don't worry, we have found some great opportunities to fool you with checks and false trails.

Short runners leave the bus at the West side of the river where they follow the river and the base of a mountain on a forest trail. Half way they will walk through a small farming village and climb up a hill for some spectacular views of the valley. On the way they will probably encounter some military exercise activities. The last 400m is a gentle walk on a quiet country road.

The run area teems with wild life. See whether you are fortunate to be able to spot some wild forest fowls or racoons like the hares did when we were doing the recce.

Long run is around 9km long with 530m elevation gain, Medium run is around 7km long with 280m elevation gain while the Short run is some 5km long with 280m elevation difference.

Run rating (1 Easy - 5 Tough) Short: 4 Medium: 2 Long: 3



Sokcho Stadium Ballbreaker

The Ballbreaker run will start with a bus ride from the Stadium to an undisclosed location near Sokcho City. Buses will depart 0900hrs sharp. A maximum of 200 participants will be accepted for the ballbreaker so register early. Take only the clothing and items that you need during the run. There will be 3 stops along the route where you will be able to stock up on water and some nutrients. You will also be able to leave the run at these water stops in case you have had enough. Transport will be provided to return you to the Stadium.

If you have not reached the second water stop within 5 hours after the start of the run, you will not be allowed to continue the run and will be transported back to the stadium. You will not receive a Ballbreaker Finisher T-shirt. There will be a team of sweepers to ensure everybody comes out safely and on time.

The Ballbreaker run will have several checks to slow down the front runners. Please ensure that you connect the trail after you have broken the checks.

Description of the Ballbreaker Run

After running through some flat forest paths and some abandoned holiday resorts, you will enter a pine forest reserve. The trail will bring you gradually uphill near a restricted military area.

You will follow a beautiful stream (Natural Water Stop) and eventually emerge near the Hwaamsa Temple where our first water stop will be. From there you will climb the Sinpiom-Ri Mountain. After you have reached the top of the mountain, you will realise why you are lucky to have selected the Ballbreaker run and savour the glorious sights found around here.

Crossing the top of the Sinpiom-Ri Mountain requires you to adopt prudence and great care for your own safety. Stay in the middle of the rock. Stay low in case of strong wind. Use hands and feet in case of strong wind. Do not go too close to the edge of the rocks. At certain stretches, the Sokcho Hash members have installed safety ropes so please do use them for your own safety. Although it is clear that you run at your own risk, we do like you to return to the Stadium in one piece.

After having safely crossed the Sinpiom-Ri Mountain, the trail will bring you down a fairly steep track with some loose gravel where you will be provided with a safety rope to assist you down. Please do use the rope provided. The second water stop is at the bottom of the mountain.

After the second water stop keep on running till you reach the edge of Sokcho City. There will be some more checks but who cares, you are nearly there. After some km's through the streets of Sokcho and passing the third water stop you will enter the Sokcho Botanical Gardens. A few more km and you will emerge triumphantly at the back entrance of the Sokcho Stadium. You will be a finisher of the first ever Ballbreaker held in Korea and be presented with a Ballbreaker Finisher T-shirt which you can wear with pride and prestige.

The Ballbreaker run is about 26 km with 1000m elevation gain. The vertical section shown does not show the complete run.

Run rating (1 Easy - 5 Tough) Pan Asia Ballbreaker 2

Sokcho Stadium Ballbreaker



Hangover Run & Old Farts Run

Hangover Run

The Sokcho Stadium will be the venue for both the Saturday 28th October Ballbreaker Finish and the venue for Sunday 29th October Hangover Run.

The Sunday Hangover Run will start at 1pm (1300hr) from the Stadium and passes some typical Sokcho farmland. Checks will slow down the front runners. You will eventually arrive at the entrance of the Sokcho Botanical Garden from where you run through a forest and past some small streams to eventually emerge near the Stadium again.

The Hangover run will be around 4.5km long with 110m elevation gain.

Run rating (1 Easy - 5 Tough) Hangover run: 2

Old Farts Run

The short run at Sokcho Lake Side (YoungRangHo) will be designated as Old Farts Run for Saturday 28th October without any additional work required. See description for YoungRangHo run site.



Choosing the next Pan Asia Hash Venue

In accordance with tradition, the host and venue for the Pan Asia Hash 2019 shall be decided by the Council of Grand Masters on the morning of Sunday 29 October following a presentation on Saturday night. Only accredited Grand Masters, given a special wrist band during registration, will be allowed entry to the meeting. The result of the voting shall be announced on Sunday night.

Roll of Honour – The Pan Asia Sites

Pan Asia was inaugurated in 1987 in Singapore and continued on each odd-numbered year thereafter; as opposed to Interhash on the even-numbered years.

1987	Singapore
1989	Petaling Jaya, Malaysia
1991	Bandung, Indonesia
1993	Singapore
1995	Kuching, Malaysia
1997	Jakarta, Indonesia
1999	Perth, Australia
2001	Langkawi, Malaysia
2003	Kuala Lumpur, Malaysia
2005	Kuching, Malaysia
2007	Medan, Indonesia
2009	Angeles City, the Philippines
2011	Bandung, Indonesia
2013	Pattaya, Thailand
2015	Pondicherry, India
2017	Sokcho, Gangwon, Korea

Pan Asia Hash 2017
Gangwon, Korea
Sokcho City
October 26-29th 2017



Pan Asia Hash 2019 in Taoyuan Taiwan



台灣熊跑山協會獲得政府的支援，準備為您舉辦一個：偉大與值得回憶的泛亞Hash盛會。
請朋友們全力支持我們的競標活動，美麗的台灣桃園、美麗的寶島熱誠地歡迎您們2019/11/21的到來。
台灣熊跑山協會有足夠的人力、物力、財力，絕對有能力承辦2019年的泛亞Hash盛會。
敬請朋友們拭目以待，給我們機會主辦Pan Asia Hash 2019的活動，ON ON！

Supported by the government, Taiwan Bear Hash House Harriers Association (TBH3A) is ready to host a grand and memorable Pan Asia Hash event.

With sufficient man power, material, and financial resources, there's no doubt that TBH3A will be able to host the 2019 Pan Asia Hash event.

We here in the beautiful Taoyuan Taiwan, the beautiful Formosa sincerely await your arrival.

Please kindly support our bid for the 2019 Pan Asia Hash event, and give us the opportunity for hosting, ON ON！



21st Nov.
Red Dress Run
Participants will pay
USD \$ 30 additionally

23rd Nov.
**Running
Party & Dance**
Music Rolls
Beer Flows

22nd Nov.
**Opening
Ceremony**

24th Nov.
**Running
Party & Dance**
Farewell Ceremony



Early Bird NTD : 2500 (till 30th Sep. 2017)
Freebies : T-shirt One / Backpack One / Cup One

Panasiahashtaiwan2019.com

17th pan asia hash 2019 taiwan

PAN ASIA HASH 2019

ZhangJiaJie 7 - 10 Nov 2019



**WE WANT YOU
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张家界
Zhangjiajie



Rundown:

THURSDAY , 7TH NOV 2019 Entrance Fee to Zhang Jia
Red Dress Jie National Park (\$45)
FRIDAY , 8TH NOV 2019 Goodies Bag
Welcome Party Dinner for 3 Day 3 Times
SATURDAY 9TH NOV 2019 Beeeerrr!!!
Hash Run Entertainment
SUNDAY 10TH NOV 2019 Etc...
Hash Run
Farewell Party

What you get:

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Analysis of 16th Pan Asia Hash Participants

Asia

Bangladesh.....	1
Brunei.....	88
China.....	29
Emirate.....	1
India.....	8
Indonesia.....	819
Japan.....	7
Jordan.....	1
Korea.....	118
Malaysia.....	1733
Philippines.....	8
Singapore.....	73
Taiwan.....	48
Thailand.....	5
Subtotal	2939

Australasia

Australia.....	59
Fiji.....	2
New Zealand.....	4
Solomon Island.....	1
Subtotal	64

Europe

Denmark.....	2
France.....	2
Germany.....	11
Ireland.....	3
Netherlands.....	10
Norway.....	1
Switzerland.....	2
United Kingdom.....	22
Subtotal	53

North America

Canada.....	11
United States.....	46
Subtotal	57

Africa

Kenya.....	1
Unclassified	13

TOTAL 3125

Road To Pan Asia Hash 2017

After winning the bid to host PAH2017, we embarked on a long journey culminating in all of us being here in Sokcho today.

We visited chapter after chapter in many countries. We recruited honorary ambassadors to help in spreading the word. We attended special celebratory runs all over Asia to tell them about PAH 2017.

My committee and I have travelled far and wide and the record number of participants in PAH 2017 is no accident but the result of hard work and perseverance.



Road To Pan Asia Hash 2017



Road To Pan Asia Hash 2017

Flashback From PanAsia Korea 2016/17



Road To Pan Asia Hash 2017



Road To Pan Asia Hash 2017



Road To Pan Asia Hash 2017



Road To Pan Asia Hash 2017



Road To Pan Asia Hash 2017



Road To Pan Asia Hash 2017





Road To Pan Asia Hash 2017



100% 천연암반수로 만든 부드러운 소주

부드

럽게

쭉쭉



광고·자·진·음·주·는·뇌·졸·중·기·억·력·손·상·이·나·지·배·를·유·발·하·니·다·,·임·신·중·음·주·는·기·형·이·출·산·위·험·을·높·일·수·하·니·다.



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맛있으면
배고구나



바나나에
반하나

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부드러운 술과 달콤한 바나나가 한번에, 그래서 바나나에 반하나!
차게해서 싱글하게 한 잔, 잘 흔들어 부드럽게 또 한 잔 ^^

국순당

맛있으면
복숭아



피치로
피치올려

쌀로 빚은 술에 복숭아를 함께, 신개념 술!
부드러운 술과 달콤한 복숭아가 한번에! 피치로 피치올려!
차게해서 싱글하게 한 잔, 잘 흔들어 부드럽게 또 한 잔 ^^

국순당

김치
맛있는
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요리도
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International Limited,
Vitamins and Dietary
Supplement category,
% retail value share,
2005-2014 data

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