

Hashing originated in December **1938** in [Kuala Lumpur, Malaysia](#). when a group of [British](#) colonial officers and expatriates began meeting on Monday evenings to run. Patterned after a British children's game called "**hare and hounds**". One of the members would go lay a paper trail when he returned the rest of the members would go try to follow trail. They met at the **Selangor Club**, known for its bad food , it was commonly called **the Hash House**. The original members included, Albert Stephen (A.S.) Ignatius "G" Gispert, Cecil Lee, Frederick "Horse" Thomson, Ronald "Torch" Bennett and John Woodrow. A. S. Gispert suggested the name "Hash House Harriers" after the [Selangor Club](#).

The philosophy of the original Hash House Harriers from the 1938 charter:

- To promote physical fitness among our members
- To get rid of weekend hangovers
- To acquire a good thirst and to satisfy it in beer
- To persuade the older members that they are not as old as they feel

So how did the Long Beach Hash House Harriers get started?

Sometime late December 1984 at a bar called Legends in Long Beach:

Jock: I sure do miss hashing in Taiwan. Remember the good old days? Running thru jungles, Rubber plantations and rice patties?

Eject: Yeah...Runs were fun, lots of shiggy---The Beer was great and plenty of it! I especially liked the on after were both the Harriett's and the food were HOT!!

Zapata: Women? Where do I sign up?

Jock: Why don't we organize our own group?

Zap: We could start all the runs nearby my house and call it the Torrance Hash House Harriers.

Eject: The Torrance hash just doesn't have the draw to it. I see a lot of runners around the beach, why not the Beach City Hash?

Zapata: That's kinda vague

Eject: Ok—How about the Long Beach Hash House Harriers?

Jock: Long Beach sounds great let's put a flyer together. Now--- what would make these runners want to hash?

Eject: Cheap beer, a good bar for socializing

Zapata: Remember to put my phone number on it so all the hot women will call me

Jock: Let's start at the Great Western Bank in Belmont Shore—it has a big parking lot and it will be empty at 10A Sunday morning.

Zapata: What are they going to need for their first hash? Besides those short stort shorts?

Eject: We can tell them to wear old jogging clothes, bring a whistle and \$3 at the start of the run

Jock: If we charge \$3 we will have enough money for the beer, soft drinks, flour and some left over for a can of peanuts.

Zapata: for the “on on” how about Legends, Panama Joes or Acapulco Inn. I remember the last chick I met at Panama Joes.....

Jock: Why not all 3?

All: Yeah all 3 GREAT!!!!

Toast—ON ON!

Long Beach Hash House Harriers' inaugural hash January 6 1985.