

Guidelines for setting a hash run.

Corkscrew

First time hares (Virgins) should ask for help from an experienced hasher who has set at least a dozen trails already. The hare raiser can advise you who to talk to. Virgin Hares should **never** set a run with another Virgin Hare.

First find your hash site. It's no use having a great trail but nowhere for a decent circle and ample parking for all the vehicles (15/25 depending on the time of the year). A decent hash site goes a long way towards a successful Saturday run. If on private land get permission from the owners to use the site.

It is best if the hash is planned and recce'd before setting, especially if you do not know the area. This means running/walking round the intended route checking to make sure it is possible and the paths are accessible.

A run should be between 45 to 70 minutes long, however during the hot months a run between 45 to 55 minutes is long enough.

To gauge how long a run is, you should be able to walk the run at a brisk pace in about 75 to 85 minutes not including any false trails. 90 minutes at an amble. You should be able to walk the walkers trail at a steady pace in 45 to 50 minutes;

Every run should have a minimum of 6 checks. On at least 4 of these there should be several false trails. After a check the paper for the real trail or a false trail should start approximately 100 meters from the check. Thereafter, each blob of paper should be 15/25 meters apart. The false trail or "on on" should be no further than 175 meters from the check.

A back check can actually be on the trail you have just come along, but once again, the first blob of paper should be approximately 100 meters from the check.

The more false trails on a run, the better.

After a check, a false trail is marked by 3 blobs of paper, the 4th blob having a coconut with paper under or around it.

It's a good idea to have a few spare coconuts in your paper bag as there are times coconuts cannot be found in the check's vicinity.

A check cannot be laid within site of the piss truck.

Laying 6 checks or more allows the pack to close up together and slows down the FRB's. The aim is to keep everyone together as much as possible.

When laying paper along the trail, it is normally placed on the right hand side of the trail. Paper should be laid every 15/25 meters. When running you should be able to see the next paper from your current paper. Do not hide paper behind trees or other objects along the trail, you are meant to see it, not look for it.

If going through long grass or heavy jungle, paper should be laid closer. Once again you do not want to be looking for paper.

When changing direction or crossing a road or track, paper should be laid clearly showing the new direction.

If a run start and finish are close together, delay laying the finish paper until after the hashers have left the circle.

On the walkers trail do not use difficult terrain as the average walker is of greatly advanced age.

A trail can have several runner/walker splits. Make sure a large sign is displayed showing the runner and walker directions.

Other points to remember:-

If you see the HHH sign on the trail leading to the circle, it voids the remainder of the trail.

If you see the vehicles of the circle along the trail, it voids the remainder of the trial.

The trail cannot cross the trail at any stage.

Make sure your paper is environmentally friendly, not plastic coated or so thick it will take months to biodegrade.

Set runs with two hares. It's more fun, easier, safer and much quicker to set the hash.

When to set the paper, false trails & checks. If you set it the day before, which most people do, it's best to re-check the route on the Saturday. Many a time, false trails, checks and sections of paper have been removed by tidy landowners causing untold confusion on the day of the run.