



HARES RESPONSIBILITIES

It's your turn to set a run – **'DON'T PANIC'** - Read on for some helpful tips on how to set a great run. *Remember*, the Trail Mistress can organise an experienced Co-Hare to help you if you ask her, or you can ask around. There are plenty of skilled hares only too happy to share their hard earned knowledge with you. Ask for some gyprock too!

PLANNING THE RUN

1. Select a venue/starting point and give details to the Trail Mistress well in advance so they are included in the weekly newsletter. If you are not running from your home, check for:

- Shelter, particularly in winter
- Toilet facilities (refer to the [National Public Toilet Map](#))
- Good lighting
- Adequate parking
- Distance from the city: preferably no more than 30mins



2. Get a rough idea of where you want to go from your street directory or [whereis.com](#). Drive/walk around the area looking for interesting features: parks, laneways, nasty hills, loops, etc. A combination of road and bush adds interest, but miles of sand and prickly bush are no fun. Winter runs can be all road depending on the weather.

3. Pencil in the planned trail on the street directory to check the distance – aim for 5-7kms.

4. 'Recce' your run for time, distance, false trails and checks. i.e. Walk it out and take a co-hare. As a rough guide, a 1.5 hour walk over the final trail will be about 50 minutes running or 5-7 kilometres. There should be enough false trails and checks to keep the pack together.

SETTING THE RUN

Mark your trail on the footpath where possible but, if it has to be marked on the road, put the arrows on the right hand side of the road, so the pack will be facing oncoming traffic. Try to put your markings under street lights or easy to see places. (In winter or if rain is forecast, markings under trees, bus shelters etc will avoid your trail being completely washed way.)

1. LOOPS:

A loop at the start of the run can allow latecomers to catch up. Loops are very effective when used during the trail to keep the pack together.

2. CHECKS:



Have at least 6 checks. These should be clearly marked under a street light and marked as a 'C' inside a circle (above). Checks are designed to allow back markers to catch up while front runners are looking for trail.

3. FALSE TRAILS:



Have lots of false trails (10 - 20). These are marked 'FT' with 2 arrows pointing back along trail. They are designed to keep the pack together by bringing the front runners back through the pack, so long false trails are more effective. The trail restarts back from the FT (e.g. up a side street or laneway). NEVER mark trail forward from a false trail.

4. TRAIL MARKINGS:

The following markings should be continuous and evenly spaced.

- Use **CHALK** arrows on roads/paths (i.e. gyprock NOT blackboard chalk).



- Use **FLOUR** (in big visible blobs or arrows) through parks or where there are no roads/paths or if rain threatens as it lasts better than chalk arrows.



- Use **TOILET PAPER** in the bush or where you won't be accused of littering

- Place an arrow or blob of flour every 2030 metres so the hounds don't get lost and to keep the pack calling.



- Avoid obvious car parking spots, sprinklers and other obstacles that may obscure view of the arrows.

- Set your 'on home' about 500 metres from the end.



CATERING FOR THE RUN

THE WEEK BEFORE:

- 1. Collection of the Run Equipment:** Attend the run the week prior to yours to collect the Hash:
 - Foot
 - Cutlery
 - Plates and
 - Washing Up Tubs**or** Arrange for someone else to do this for you.
If for some reason you don't require all of the equipment, you should still take them for handover or ask the next hare to take them early. Check that plates and cutlery are clean.
- 2. Meal Subsidy:** Hash Cash will provide you with some money to subsidise the cost of food rations. If your catering costs come in under this budget, Hash Cash will happily accept the balance back. A reminder, that any pre-dinner nibbles are provided at your own expense e.g. dips, chips, fruit etc. These should be kept to a minimum (if at all) as they can cause the start of the circle to be delayed and spoil the hounds' appetites for your scrumptious meal.
- 3. Run Write Up:** Don't be fazed! Our Webmistress will give you a guide sheet to collect the information and you will need to email your write up to her before your run. Every hare should be shown some respect and have their efforts recorded for others to read. It doesn't have to be fancy; just some idea of where the run went and what happened during the evening (run and circle etc). You can check out previous write ups on our Web Site to get the idea. And never, ever let the truth get in the way of a good story!!!

ON THE NIGHT:

1. Put the Hash Foot out about half an hour before the run so the pack can find the run venue.
2. Before the pack is set off you will be called upon to give a brief outline for your run.
3. Ensure bins for the empties are in visible location.
4. Serve dinner after the circle (aim to be ready to serve the hungry horde at 8:30pm).
5. Have the washing up and rinsing water in the tubs, with a wash cloth and tea towels.
6. Place a 'scrap bucket' with the washing tubs for plate scrapings.
7. Bring in the Hash Foot, organize the clean up of the area, particularly if in a public place.
8. Hand over all equipment to next week's hare.
9. Pat yourself on the back for a job well done!!



(Cheers!! You're done for another 12/18 months)



HOUNDS RESPONSIBILITIES

It may seem like disorganised chaos but the hounds play an important part to the success of any run.

Remember to:

1. **CALL 'ON ON' LOUDLY AND FREQUENTLY**

- Every 20 metres or every arrow passed.
- Calling is essential not only in the spirit of hash but also for stragglers who haven't a dog's chance unless they can hear the pack.

2. **CALL 'CHECKING'**

- When you reach a CHECK.
- Front runners should fan out and check out 2-3 visible street lights from the check.
- If you don't find trail, return to the check to find out what's happening or call '**ARE YOU**' to get an update.
- **ALWAYS CHECK IN PAIRS** for safety and ensure all hounds checking hear the call and return to trail – if they don't then tell someone and go back to find them.

3. **CALL 'FALSE TRAIL'**

- When you reach a FT and immediately turn around and check back along trail for the OnOn arrows.
- If you suspect a FT around the next bend don't alert others of your suspicions by dawdling!

4. **CALL 'ARE YOU'**

- If you are either lost or checking and would like to know where the rest of the pack is.
- Anyone who hears this call has the responsibility to respond with **CHECKING or ON ON** to bring the caller back to the pack.

5. **SCB**

- A term of endearment which stands for 'short cutting bastard'.
- Anyone can be a SCB as long as you don't stuff up a carefully set run.
- NEVER shortcut from the front of the pack, the idea is to keep the pack together and this will confuse the back runners.
- If you are short cutting and come across trail ahead of the pack, **DON'T CALL ON ON**. Stay out of sight until the pack reaches you and then continue running and calling.

