

## **1. OBJECTIVE**

The objective of the Hare is to provide all runners in attendance with approximately 60 - 75 minutes of interesting running over varied terrain, with the entire pack finishing within 20 minutes of each other. No one should become lost if they followed the paper trail.

## **2. SITE SELECTION**

Select a site for the run which is varied in terrain, has easy access, good parking for 30 - 40 cars and the beer wagon and is well away (½ km at least) from the nearest human habitation. Try to keep driving time from KL to runsite no more than 1 hour. If possible or necessary, get the owner's permission to use his property for the run. Also please avoid parking along main roads.

### **To avoid**

- Housing areas
- Rubbish dumps
- Highways, streets & alleys
- Construction sites
- Along railway tracks
- City centres & gazetted recreation park
- Squatter villages / homes
- Factories / industrial area
- Steep & dangerous terraces & hills (ensure the terrain is safe for all!)

## **3. SITE CLEARANCE**

Notify the On-Sec as soon as possible of your proposed runsite so that the location can be published in the Hareline. This would ensure that everyone is aware of the location and prevent hares using the same area in successive weeks. Endeavor to find out from the On-Sec if any other hash chapters will be using the same area at about the same time. If so, co-ordinate with the chapter involved and ensure that your trails are quite distinctive from the other paper in the area.

## **4. DIRECTIONS**

Directions to the runsite should be given to the On-Sex no less than 3 weeks before the run. Directions should be clear with no possibility of being misunderstood. Km readings would help. Always give alternative routes if they exist. Do not just say follow HHH signs if major intersections are involved as signs can be blown away, etc. Directions should be with km readings right up to the runsite, but if you intend asking members to follow HHH signs say from the entrance to an

estate, etc., please give an approximate distance to the car park. This will ensure that members give themselves enough time to get to the car park. All **Hash Signs** are to be removed by the Hare when leaving the run-site.

## **5. CO-HARE SELECTION**

Always use a co-hare. Never venture to recce or set a run on your own for safety reasons and to ensure that the co-hare can set the run if you are unable to on the scheduled date. If you are new, select an experienced hasher as a co-hare. The hare however is responsible for all aspects of the run, including the payment of any fines.

## **6. RECCE**

Recce the intended run site / area thoroughly with the co-hare, keeping the comments below in mind. A good run normally requires 4 - 5 recess at least. From the preliminary recce to the final pilot trail, you should try to pick out convenient check points, obvious tracks for back trails, etc. The recce should allow for loops so that slow runners can cut straight across to catch up.

## **7. DISTANCE**

The normal length of the run should be between 5km and 7km. The length should be long enough to give the pack enough distance to perspire and to play around with the checks. When setting a run for this chapter, please remember that this hash chapter is for the average lady runner and your run should be set accordingly....\*Aim for a one hour run, (a rough guide is that walking the course non stop should take you about 2 to 2½ hours), with the first runner (usually a man) coming in within an hour and the first lady soon after. If the first lady on paper (FLOP) comes in after an hour and fifteen minutes, you blew it!

### **Note:**

If it's your first time setting a run, keep it simple, straightforward and remember your route / trail.

## **8. TERRAIN USE**

An ideal run should have stretches of running of about 1 km each between checks and interspersed with the usual hill climb, slog through shiggly or jungle, etc. Hills should be used sparingly, no more

than 2 major hills (a climb of more than 100 meters) or 4 minor hills (not more than 50 meters). The more running, the better as long as checks are employed to keep the pack together (see "CHECKS" below). The final run in should be at least 1½km of relatively flat country, clear underfoot, but if possible avoid sealed roads and definitely busy roads. Vary the direction of your trail so that it is not obvious which general direction your trail is taking and to prevent S.C.B's from hitting your home trail.

## **9. CHECKS**

The purpose of the check is to allow the rear of the pack to catch up with the FROPs. A normal run requires 6 - 9 checks. Vary the direction of the new trails from the check. Do not consistently start the new trails forward of the check. Use more back checks to allow the pack in the rear to catch up. Checks are marked by one dozen or so pieces of paper in a small circle. The new trail should start between 75 meters (jungle) to 150 meters (open country) from the check. Hounds please note, if you do not find any paper forward after 150 meters double back and check in another direction. Do not continue running forward as you might hit the IN trail and screw up the whole run. Do not lay a difficult check towards the end of the run.

## **10. FALSE TRAILS AND LOOP CHECKS**

False trails are not more than 150 meters long and they terminate without a check. A false trail means, "Go back to the check and look again in another direction". The real trail is to be found about 75 - 150 meters from the check, as in para 9. A loop check is designed to get the FROPs to loop for about 400 - 500 meters (usually round a hill) and come back to a check within 20 - 30 meters of the trail they were on where the rear runners can see the FROPs.

## **11. PAPER**

Paper is to be 100mm by 100mm (4" x 4") or slightly larger, glossy paper of good quality if there are no other paper trails in the area. If there are other old paper trails in the area, you may have to use paper of different shape (triangles, etc.) or paper of other bright colors. Poor quality paper curls up with moisture and would not hold the heavy down pour and is invisible when dark. Paper should be laid every 3 or 4 paces in open terrain and every pace in jungle or covered terrain. Also mark logs, holes, fences or barbed wire, etc. with plenty of paper, especially towards the end of the run. More paper should be laid at the end of the run than the start but be conscious of the environment. The paper trail should start from the Hare's car at the nominated parking area. It has been customary to display paper to be used on the windscreen of the hare's car.

## **12. LAYING THE TRAIL**

Start laying the trail at least 2 to 3 hours before the run. This should give you enough time to lay the checks carefully, which is important. Wait at the last check at least 15 minutes after the run has started before laying the final OUT trail from the last check back to the car park. Try and avoid running through kampongs or human habitation to avoid kampong kids re-laying or removing the paper, etc. Keep your IN and OUT trails well separated to avoid over eager achievers stumbling on your OUT trail.

## **13. HARES OUT OF START AREA**

It is strictly forbidden for the hare or co-hare to be at the starting area prior to the beginning of the run. Only return to the beer wagon after 6:00, when the pack has left.

Also the hare and co-hare should make sure that they are not caught by the pack during the run. Either of the above occurrences results in a fine.

## **14. FINISH OF THE RUN**

The hare and co-hare must remain at the finish until all runners have returned. If any runners have not returned with 3½ hours of the start of the run, then the hare and co-hare with the help of available committee members must organise search parties.

## **15. ON ON AND TRIPLE ON ON**

An integral part of the run is the ON ON. Double ON ON's are normally arranged by the hare at some convenient restaurant close to the runsite, scheduled for 8:30 but they usually start at 9:00. A reservation should be made with the restaurant of the hare's choice prior to the day. Hare is to negotiate and pre-order the menu (5 to 6 dishes including Chinese tea & steam rice) to a per table basis (sits 10 to a table). The Hare should make sure the restaurant serves beer (especially Tiger!) and also negotiate the price per bottle. The name & location of restaurant is announced by the hare when all runners are back from the run.

The hare can of course vary this by arranging for the ON ON at the site or organise something special. The hare as the host of the day must attend the ON ON to complete his/her responsibility. The object of having an ON ON is to get members to know each other better and

socialise. The hare can at his/her convenience organise the Triple ON ON at either a pub or their home or whatever.

### **16. Freebie**

If you want to give a “freebie” to the runners, you should pay for this yourself or get a sponsor. Do not ask the members to pay for **your** gift.

### **17. Drinks Token**

Upon returning from setting the run, collect the tokens and signing-in sheets from the beer wagon. As runners comes in, sign them in and give them tokens accordingly,

(2) Two Blue for beer drinkers and guests.

(1) One (other than blue) f or non beer drinkers.

### **18. Litter**

No litter should be left at the run site after the run.

### **19. Scribe**

The week after your run, you are the Scribe. This can be a simple write-up but should be given to the On Sec (best by e-mail) as soon as possible. Your duty is now done. You can relax for 12 months until your next one.

## **COMMON HASH TERMINOLOGY**

**On On** - Before the start of the run, indicates the start of the run. During the run, paper has been found and the runner is on paper.

**Are you?** - Short for are you on paper and have you found paper? Usually used during a check.

**Checking** - When the runners are checking for the continuation of a trail.

**FROP** - Front Runner On Paper

**Hare** - Person who sets the run

**Co-Hare** - Person who assists the Hare

**Hounds/pack** - The runners following the trail set by the Hare

**SCB** - Short Cutting Bastards!

**On Downs** - A toast normally presented to the Hare of the day, guests, or any other reasons the Grand Master or Religious Advisor deems fit.

This article has been copied unashamedly, but with permission, from Sim Campbell @ [www.geocities.com/malaysiahhh](http://www.geocities.com/malaysiahhh). However parts of the article had been unceremoniously altered and where appropriate, some additional bull shit had been laid.

**On On!**