



Original Guidelines for Hares Setting a Hash

Updated June 2009

For contact details of the current Mismanagement, who may or may not be able to shed further light upon the mysteries of setting of a Hash, go to:

www.originalnairobihash.com

or e-mail:

onh3-owner@yahogroups.com

Original Guidelines for Hares Setting a Hash

1. **Reconnoitre:** First and most important, you can't set a good Hash on the day of the run. You must take time to recce the route properly with your co-Hares, ideally two or three weeks before you actually set the run.
2. **Ask for help:** If you need help or are not certain, ask the Trailmasters for assistance. Our current Trailmasters are Bumfluff (Pankaj Patel, 0722 519982) and Dik Dik (Dickson Mwangi, 0720 367229), either of whom can help you out on a Sunday if you feel daunted by the prospect of setting a run alone. Or ask a fellow Hasher to help.
3. **Inform Hashers:** Write clear instructions on how to get to the Hash location. This information should be passed to the person in charge of the Hareline - currently Red Hot (Diana Wanjiku: diwanjiku@yahoo.com) at least a week beforehand so that it can be e-mailed to everyone on the Friday before the Hash.
4. **The Run Design:** Ideally, all Hashers should run together on the same run (i.e. no separate long and short). You should try to make all fit and fast runners run false trails and loops to stop them from running too far ahead. The normal Hasher should be able to jog along and continuously catch up with the fast runners at checkpoints. You are encouraged to keep the runners off busy roads and to try and stick to footpaths rather than pavements.
5. **Run Length:** The basic Hash run without false trails or loops should be 4-5 km. This is 35-40 minutes of slow jogging. Remember that if you are traversing bush, swamp and fencing, what might take you 5 minutes to run will take the Hash much longer to traverse. Hashers will also be checking out the trail and this takes time. With good false trails and loops the fast runners should be running 6-7 km. Most importantly, no run should end in the dark. Remember, people rarely complain if a Hash is too short!
6. **Marking the trail:** Use lime/chalk to mark your trail. This can be bought cheaply at hardware stores and 4-5 kg is usually enough to mark a trail, including false trails and loops. Properly placed, a pile of chalk powder will survive a medium downpour. Flour will not and it's also likely to be eaten by ants and goats - and using food to mark a trail is not cool. If you're running on roads, try to make sure that the Hashers are facing oncoming traffic (i.e. marks on the **right-hand side**). Chalk marks should be placed every 20-30 paces. The distance between marks can be increased after a check so as to confuse the Hashers.

Checks are indicated with a large circle. At a check the Hashers should shout "check it out" and look for the right trail on which to continue. The real trail should be indicated with 3 marks in a row. You can mislead the Hashers by placing one or two chalk marks and then no others. But as soon as you place a **third** mark the Hashers are on the right trail and will shout "On On". At a check you also have the option of setting a **false trail** by putting three or more marks along a certain path that is not actually the correct route. A false trail can be as long as you like and may be well marked with several chalk blobs. However, you must indicate the end of the false trail with **two parallel lines** across the trail. This means that the runners should shout "check back" and go back to the check to find the correct trail. Remember, any "on trail" can be turned into a false trail with two lines across the path.

A loop will make the front running bastards (FRBs) run along the trail and bring them back close to the normal Hashers after a relatively short time. One example of a loop would be to have the fast runners run 300 metres up one side of a hedge and back down the other, making it unnecessary for the normal Hasher to make the 600 metre journey up and down.

7. **Hold:** Hashing is about running together and the purpose of a hold is to gather everyone together. The best time for a hold is usually after 2/3rds of the run. A good run will see most of the fast runners coming to the hold last and not first. It is nice - but not necessary - to provide watermelon / pineapple / water / beer / cherry liqueur at the hold.
8. **Sweeping the trail:** The Hare should arrange for a sweeper of the trail. If there is a long and short split you will need a long and short sweeper. If the Hare runs the trail she/he can do the sweeping. Unless the Hashers get truly lost, the Hare should not show the way. However, the sweeper should carry some chalk to place an arrow on the check circles to indicate the correct direction - *after* the main Hash has passed the checks. This will help latecomers and lost runners catch up with the rest of the Hash without spending too much time finding the correct trail.
9. **The Food:** You are expected to provide food after the run. The Original Nairobi Hash has an average of 25-30 runners, but ask one of the Mismanagement how many people have been Hashing for the last couple of weeks, as you may be expected to cater for as many as 45 if attendances have been high. Also check the numbers at the beginning of the run in case you need to increase the volume of food at the last minute. You can make whatever you like but ensure that you **include some veggie food**. A stew, chilli or curry are easy to stretch with a bit of rice, bread or potatoes. Allow 75 gms of rice or pasta per person. Individual portions of chicken, fish, etc are not easy to stretch and should be avoided.

If you organise the run from your house then you will be reimbursed for a minimum of **20 people @ Sh 250**, even if fewer people turn up. That way you're covered against low attendance. So if 10 people turn up you'll receive Sh 5,000. If 22 people turn up you will receive Sh 5,500. There is a Hash box with plates, knives, spoons, etc. for 50 Hashers. It is passed on from one Hare to the so contact last week's Hare to get hold of the box.

The Hash will on occasion use a restaurant - try to find a cheap and clean venue. If necessary, the amount paid to the restaurant for food can be increased from Sh 250 to Sh 300 or Sh 350 per person, but this should be avoided and Hashers must be informed by e-mail as it may mean they pay more for the run. Note that fewer Hashers tend to turn up at restaurant-based runs. **If you organise a run from a restaurant, do not guarantee them more than 20 runners.**

10. **The Drink:** Cold beer and sodas must be provided after the run. The Hare is expected to provide someone to help with the collection of beer and soda vouchers. At the end of the evening the Hare can redeem these vouchers for cash from the Hash Brewmeister. Each voucher is worth Sh 50. The Hare will also be reimbursed for all Down-Down beers that are used after the run (Sh 100 per beer). This reimbursement will be made in cash by the Hash Recorder. If beer is provided at the hold during the run this should be covered by the Hare.
11. **The etc.** Organising a Hash requires a bit of work and the Mismanagement is always very grateful when someone volunteers. It's a win-win situation where you will hopefully enjoy other Hash runs and On-On events. It's supposed to be fun, and always remember that the Original Hash House Harriers is not a running club. It's not necessary to set very long and fast runs. Hashing is about finding the trail, getting lost, taking false trails, eating decent and inexpensive food, drinking a few cold ones, meeting friends and having a good time. The Hash is not politically correct: the Down-Downs, singing and jokes after the run are directed at an immature (over-18) audience. If you have a problem with this then talk to the GM, who will probably suggest you join some other type of club.

On On!

Some Basic Hash Signs

Hash Jargon: *The Hare*: the person setting the run; *On-On*: "I am on the right trail"; *Home*: where the beer is (end of run); *FRB*: Front-Running Bastard; *SCB*: Short-Cutting Bastard; *Sweeper*: stays at the back, ensuring that everyone gets home safely



Patches of white chalk mark the trail. If you see patches and you're not on a false trail, shout "On-On". If you don't see marks for a long time, you may be on a false trail.



Check mark (empty circle). Runners go in all directions and shout when they find chalk marks ("On One", "On Two", "On-On"). Unless you find three marks or another check mark you may be on a false trail! Designed to keep the pack together.



Titty Check (circle with boobs inside). Only female runners can check out the route. Gives the fat old men a chance to rest.



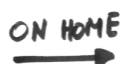
Hold (circle with the letter H). Wait until all runners are present. Courtesy of the Hare, there may be drinks and watermelons. But at any decent Hold, there should be beer.



Check back (two parallel lines across track). You are definitely on the wrong track. Overrides all other marks. Run back to the last check mark and try a different direction.



Splits (arrows pointing in different directions). Route splits, follow any. In this case the long route is straight on; the short option is to the right.



On Home. This is a straight run to the end, usually less than 500 m away (beware: Hares usually cannot judge distances). Follow the arrow and start thinking of beer.