

Bend Hash House Harriers

Guidelines for Haring a Hash

Updated 5/6/09

If you are new to Hashing and considering laying a trail, it is important to know that hashing is about camaraderie, and the beer of course. So try to keep the pack together. Slow down the FRB's (front running bastards) with deception. Checks, check backs, long false trails, YBF's (you've been f*cked) are all ways to keep the back of the pack close to the front.


So, laying a trail can be done by anyone, young, old, fast or slow, drunk or sober....please put some thought into it and think safe!

Start with an area in town that you kind of know...drive a potential course in a car or print a "map quest" to get a feel of a course. Course length (true trail) can be between 3.5 miles and 5miles. 4.28 miles is a certified course but we have seen some as long as 7 miles which gets a lot of complaints from the hounds. Run the course a few times to get a feel of strategy and false trails. Utilize your co-hare to set false trails and meet up periodically on the course. You may want to make last minute changes "on-the-fly" the day of the hash...(makes it more interesting).

With a "live" hare, we like to use a 12 minute and 11 second delay between the time the hare leaves and the time the hounds are released....you may want to consider 9 minutes or even 5 minutes to make it more appealing to the hounds.

Some may want to set a "Dead Trail" whereby the entire trail is preset several hours prior to the hash and the hare simply follows the pack and stops at checks until the pack finds true trail.....not as exhilarating as a live hare and you'll probably take some "smack" if you choose this route but it is an option for you if your over 75.

Below is typical symbols used. Use flour for marking but in the winter, you may want to use birdseed, carpenter's chalk or cherry jello/coolaid mixed in with flour.

 This is a mark that you are on trail. Three (3) marks is a true trail unless otherwise stated.

X This is a check which means the trail can now go in any direction (360 deg) from here....start looking!

→ An arrow indicates a "true trail" and hare wants to make sure the pack does not get lost.

T This indicates a false trail. Go back to the last "check" and try to find the true trail.

CB5 This is a "check back"...means go back 5 marks and the 5th mark now becomes a "check"

YBF Same as a false trail....go back to the last check.

HH Used to stop the pack usually for a special view (hash halt)

BN The most important symbol...."Beer Near"

BH "Beer Here"...self explanatory!

On Home...tells the pack to go to the finish

Hare Tips

You will hear from some that "there are no rules in Hashing"....while this reflects the irreverence of hashing, it can lead into a chaotic trail. All hashers want to have fun, drink beer, make friends, drink some beer and do some running....so be creative, those are the best trail...lay a trail that can be followed by half minds, better to use too many marks than to have lost hashers. Explain all the marks that will be used in the "Chalk Talk "or "destructions" before the trail.

Further Guidelines for HA\$H CA\$H and logistics of the Hash

1. Get hash cash from everyone as they sign in....get late cummers to cough it up! You may want to designate someone from Mis-management to take over this duty as your about to set trail.

2. You never know how many wankers will show up for a hash....buy enough beer for extra and hey!....you always need it at home anyway if you over- buy
3. Hare decides what the hash cash will be....\$5, \$7 or maybe \$10 for a pub crawl.
4. If the Beer checks and On-In's are at bars, first make sure they sell pitchers (due to cost)....tell the bartender that 20 people are coming, they may come down on cost per pitcher. Tell the bartender what your limit is and when you use your money up, tell the pack to cough up for any additional beer.....if beer checks are on-trail, stash your beer in a garbage bag with ice....have a plan to pick up the dead bottles after. If the hash cash is more than \$5, make sure you tell the webmaster to post on the board.
5. Get your date, title and any information early to the webmaster early so folks can make plans
 - a. Date
 - b. Day of week
 - c. Time
 - d. Cost
 - e. Location and directions if need be
 - f. Names of hares
6. Mis-Directors and veterans are always willing to help or co-hare
7. Pick a date and time that does not conflict with a running race or running club events.
8. Check questionable folks on if their 21 years of age or older
9. Don't be scared to try something new on trail as to provide entertainment.
10. Switch to weekends in the winter months when daylight saving time changes.
11. Remember....there are no rules...these are only guidelines
12. All trails are shitty....but there is never a bad hash...have fun and drink responsibility

On-On.....