

◆ If possible, decide early where the run venue is going to be, so that it can be noted in advance on the Addis Hash website. ◆ If it is your first time as a Hare, it is advisable to take along an experienced Hasher.

◆ A good run needs advance planning. ◆ Visit in advance and take a good look at the area you plan to use. Walk round the area. ◆ Envisage a possible route, locating potential checks, false trails and check-backs, so you have a good idea of the route before you start laying the trail. ◆ Be careful not to lay a route that might cross the route when returning to the start!

◆ Set the run early Saturday morning, using shredded paper to mark the trail. Make sure you have enough shreddy to be able to provide enough marks. Generally trail marks should be at about every 10 to 20 metres.

◆ The actual run should take between 45 and 60 minutes. A good guide for determining the run duration is that if you walk the course while setting the run, it should take you about two hours to set it, which will result in a run of around 45 minutes.

◆ A good run should have at least four or five checks. Each check should have 1-3 false trails and the real trail. False trails should run for 100-300 meters and then an X. ◆ Marks for both real and false trails at a check point should be neither too close together (trails found too quickly), nor too far apart (the poor buggers who run the false trails have too far to run to get back on trail). As a guide, from the check marks should start to be placed about 50 walking paces away.

◆ If the run is set properly, with enough opportunities for the slow-runners to short-cut, then the pack will stay together, which is the object of the exercise ◆ this is a social event ◆ not a race. If a run is set well, there is no reason why the front runners shouldn't be able to run as much as they want without leaving the rest too far behind.

◆ A good way to keep everyone together is to introduce several check-backs in the run. This is achieved by putting an X on the trail. When Hashers see this mark, they should immediately turn back and search for where the trail picks up again. Hashers are back on trail when they find the first mark. If using this ploy, make sure that you put the check-back far enough up the trail to make sure the FRBs (Front Running Bastards) have to run sufficient distance the wrong way to enable the slow-runners to catch up (around 200 meters, as a guide).

◆ Loops are also an excellent way to keep the pack together. These are achieved by laying the trail either around a hill or valley, so that the slow-runners catch sight of the front runners and can short-cut through to them, or laying the trail around a field, so that by the time the front runners are well around the field, the slow-runners can short-cut to catch up. ◆ However, remember never to set a trail across a planted field or growing field of grain!

◆ If your trail runs along narrow paths, this will tend to spread the pack out. In this event, make up for it by having a fairly long check back immediately the trail opens out into a wider area, or even by making a check at that point.

◆ All the foregoing may sound complicated, but it really isn't. Just remember ◆ Hashing is supposed to be fun and it is fun!! ◆ For more on Hashing check out the wikipedia site that some people with way too much time on their hands made! [http://en.wikipedia.org/wiki/Hash\\_House\\_Harriers](http://en.wikipedia.org/wiki/Hash_House_Harriers)

**ON ON!!**