

Greater Lansing Hash House Harriers

Hare Checklist

Post your hash to the website and Google Group as soon as possible. The longer you wait, the less half minds you'll have there.

Incomplete information is OK as long as a date, approximate time and approximate location are given. Make sure to get the rest of the specifics published as soon as you have them. This will give those of us that need it the proper amount of time to plan.

Hares are responsible for supplying all required materials for the hash, including marking utilities and beer.

The following information is provided to assist new hares in setting trail, and as a reminder for the old ones.

- If you are a virgin hare, make sure you have an experienced co-hare.
- Become familiar with the route and area to make sure you do not cross private property, or get lost
- Verify the actual route distance using Google Maps, a pedometer, MapMyRun.com, etc. There are tools to assist in distance calculations WITHOUT making you run the entire route.
- If pre-laying trail (dead trail), make sure that sections of the trail are not too close and do not cross.
- For pre-laid trail (dead trail), act as a sweeper. Follow the pack to ensure (Motown Ann Arbor HHH has this word spelled wrong in their document!) that nobody gets lost.
- Plan for walkers. If possible, have an alternate route that will allow walkers to get to beer checks and finish close to the same time as runners. For planning, assume a 3mph walker pace. (That's 20 minutes per mile.)
- Use flour or chalk to leave marks for the pack to follow. Make sure you have enough material to mark trail clearly. In the winter you may have to add coloring to flour, to contrast with the snow. (Kool Aid mix, carpenters chalk and tempura paint work well.) Trail marks should be environmentally safe to "Leave No Trace".
- Maintain a relatively consistent distance between marks. Usually no more than about half a block, depending on the terrain. Marks should be visible from the direction the pack is running.
- For live trail, a tennis ball dipped in flour works well to leave marks on most surfaces.
- Place marks where they can be seen clearly, ie trees, manhole covers or sidewalks. Use discretion when placing marks on vertical surfaces. Avoid leaving marks on the edge of streets where cars can park or block them, or traffic can remove them. If changing direction, such as crossing a street, leave an arrow or a check.
- Be consistent. Marks should follow a general path or direction. Any direction changes should be marked with a check or an arrow.
- Use back checks and falses in moderation. The more you lay, the easier it will be to get the pack lost. (Your trail is already shitty...)
- A minimum of three (3) marks should be used between checks.
- Beer checks: Have water available. Not everyone drinks beer, and even those that do need to stay hydrated. Try to locate a secluded area. If you are leaving beer, make sure it is not visible and that you are not being watched, so that it is still there when the pack arrives.
- Leave an indication at the start location, so that early arrivals don't wander off.
- Recommendations: Approximately 3-4 mile trails. Use falses to make longer trail options for FRB's. Shorter (Fat Boy) and longer (death march) trails are ok, but include this in broadcast information. Allow yourself time to finish trail before dark. If you think it may be dark before the finish, advise the pack to bring flashlights and wear light colored clothing.

Revised 9/12/12 by ar