

HARE MANUAL

EVERYDAY IS WEDNESDAY

HASH HOUSE HARRIERS



Revised June 2016

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EWH3 HARE CHECKLIST

- Select a Metro stop location / neighborhood
- Find a Beer Check and End Circle location
- Draw a preliminary map
- Email the Hare Razor with your preferred date and a backup or two
- Recruit your co-hares and decide on your theme
- Scout, scout, and scout again
- Finalize route for runners and walkers trail
- Purchase flour and paint / chalk
- Confirm a nearby bar for the On After
- Make arrangements for a shot check
- Confirm final trail details with the Hare Razor

INTRODUCTION

Thank you for volunteering (or just being curious) to hare a trail for Everyday is Wednesday Hash House Harriers (EWH3). This hare manual presents some of the basic guidelines for laying a successful trail with EWH3. It clarifies your role as a hare, and offers some advice on the logistics of laying a trail; however, there's no substitution for experience.

We hope that this manual will allow you to spend less time sweating the details. If you have any questions about this manual or about haring in general, finding a co-hare, particular issues relating to your trail, or if you'd like some help of any kind whatsoever with your trail, the Hare Razor and other members of Mismanagement are ALWAYS available to assist you. We want your trail to be great, so please do not hesitate to contact us at any time.

HARE RESPONSIBILITIES

Haring is damn fun, and it's at the heart of what hashing is all about. If your hashes with us have made their way into the double digits, it's about time you get out there, step up, and hare as a way to give back to the hash. We all remember an amazing lay! And tell embarrassing stories about the bad ones.

If this is your virgin trail, you need to find someone who has hared before, especially if you want to be the Alpha Hare. If you have no idea who might help you, e-mail the Hare Razor, who can provide some names.

Each EWH3 trail is led by an Alpha Hare who is responsible for:

- Communicating with the Hare Razor about the trail
- Coordinating the co-hares
- Planning and laying a runners and walkers trail, including beer check, end circle, and any shot checks
- Creating maps for the walkers and runners trails and the brew crew
- Writing the trail announcement
- Finding an on-after

MAPPING TOOLS

- <https://www.google.com/maps> to pre-scout (satellite view is helpful for finding dark alleys and empty parking lots)
- <https://www.gmap-pedometer.com> to draw distances and quickly measure a potential route
- <http://bing.com/maps> in bird's-eye view is a great visual scouting tool for being able to see satellite images from multiple directions

TYPES OF TRAILS

- A to A – Trail starts and ends same Metro stop
- A to A' – Trail ends within walking distance from the starting Metro stop. This is usually under 1/2 mile.
- A to B – Trail ends a metro stop away. The Hare Razor may approve trails that are "A to B," so long as they remain on the same Metro line (i.e. start at Potomac Avenue and end at Eastern Market).
- A to Z – Trail ends several Metro stops from the start and may not be on the same Metro line.

haring near your domicile could ruin any efforts at good neighborly relations! You do, however, need to know something about the area you selected.

While not mandatory, feel free to get creative and have your trail be set around a particular theme.

SCOUTING THE TRAIL

Think about what has made past trails interesting and enjoyable for you, and try to incorporate some of those things into your trail. A hash is not supposed to be a long, fast, wide-open asphalt covered road race. If you can't figure out how to get us off the street and into alleyways and parking garages, access a park or trail, or scramble through a storm sewer, you need to pick a different spot!

A good way to look for shiggy is to use Google Maps in satellite mode or Bing Maps in bird's-eye view. The map will show you streets as well as satellite photos of the area. Look for streams and brush-colored areas. Anywhere a stream goes under a major road, there is probably a tunnel.

As your trail comes together you will send updates to the Hare Razor. The write-up announcing your trail, On After information, and an electronic map of trail with beer check and end circle locations noted are due by Monday at 5:00 pm on the week you will hare.

A sweeper hare is required for each trail. They are a hare that runs with the slowest runner at the rear of the pack to ensure they don't stray too far off course. Your co-hares can help you scout trail, serve as flour mules or a sweeper on trail, handle shot checks, or lead the walkers trail.

EWH3 will cover the hash cash for each hare and all hares will receive a run credit. The intent is that haring a basic trail shouldn't cost you any more money than if you had joined trail as part of pack.

SELECTING A DATE

Visit the [Hare Line calendar](#) to see which Thursdays are open, as well as locations EWH3 has hashed recently or are upcoming. (We don't want to keep visiting the same places!) It's best to know the general area of your trail before you reserve a date to hare.

E-mail the Hare Razor at ewh3HareRazor@gmail.com with your preferred dates and location, as well as a backup or two.

Please keep in mind things like planned Metro repair work, sports games, concerts and public events, and other things that may snarl hashing plans and inconvenience trail.

PLANNING A TRAIL

EWH3 trails always start within a short walking distance from a Metro stop. Due to our kennel size, EWH3 trails are usually "A to A," meaning it starts and ends same Metro stop, and typically 3-5 miles long.

Some hashers feel compelled to set trail near their homes, office, ex-apartments, whatever. Feel no obligation to do any of these. In fact,

TRAIL LENGTHS & TIME

- Trail should take approximately 45 minutes to complete with checks.
- For planning purposes, you can assume that the pack runs about 9 minute miles with checks and the walkers walk about 20 minute miles.
- Runners trail should be 3-5 miles.
- If any leg of trail is longer than 4 miles, consider doing a Turkey/Eagle split.
- Walkers trail should be timed to get the walkers to beer check and end circle at the same time as the runners. Try to minimize having to give walkers a head start from BC; they get cranky otherwise.

DOS AND DON'TS

- **DO** lay down a check or a true trail arrow when the trail changes direction
- **DO** lay flour on the same side of the trail so people's eyes follow naturally. People lose trail if you alternate back and forth between sides.
- **DON'T** lay trail on private property without the landowner's permission.
- **DON'T** lay blind turns. There needs to be a mark of some kind at each corner of the trail.
- **DON'T** lay trail across railroad tracks.
- **DON'T** go straight! You stand a better chance of eluding the pack, and creating an interesting trail if you don't lay a bunch of straight sections. 2-3 blocks is plenty.
- **DON'T** throw flour around sensitive federal buildings, this includes the White House, the Capitol and congressional offices, DC monuments, etc. Use chalk to mark trail instead. Likewise, use post-it notes inside buildings.

You have to get out (hopefully with all the hares) and run the trail in its entirety at least once, that is the only way you will know you haven't set a ball-busting death march. You also need to scout thoroughly. That means not just going over your planned route several times, but also finding out where the other forks take you, where the other trails go, or what's over that next hill. Not only will you avoid setting a check that inadvertently invites the pack to find a major short cut around the best part of your trail, but you're almost certain to stumble onto some interesting surprises that you'll want to incorporate into your trail to make it that much better.

"I hash for the puzzle of trail. So, if I am running in a straight line for more than a half mile, I am going to feel let down by your trail. If I have to stop multiple times for a themed check that I'm not allowed to solve, I'm also going to feel let down."

Top secret golden rule of hashing: if you walk your trail, including checks, BTs, etc., it will take exactly twice the time the pack will take. Since your trail should be about 45 minutes total, it should take no more than 90 minutes to walk.

Experienced Alpha Hares recommend scouting trail at least three times, so build that time in before your trail. An average scouting plan looks like: 1) Run or walk the proposed route from the Alpha Hare's draft map. 2) Identify best spots for checks, BTs, SNs during that first scout. 3) Revise the map and scout again. 4) Plan the walkers trail and make sure you visit beer check and end circle locations at the time of day the hash is expected to stop by during the next scout.

"Pay attention to how trails are laid while you are running them as a member of the pack; you need to know what it is like to try to follow a trail as a hound to know what makes a well-laid trail. Pay attention to the marks on the ground and think about if you could have followed that trail had it been just you."

Always have a backup plan, and a backup plan for your backup plan. Then expect all backup plans to fail.

SAFETY

Here is where "safety third" does not apply. Hares are responsible for reasonable safety considerations on trail. That means clearly marking or otherwise warning the pack of such hazards as barbed wire or

FLOUR 101

- Each runner's hare should have at least 5 lbs. of flour for laying trail.
- Carpenter's chalk and tempera paint are the best ways to color flour. You can find both on Amazon or can purchase chalk at hardware stores.
- All hares should also have colored sidewalk chalk to mark trail.
- Blue, orange, green, purple are the best colors to use on urban trails. Red is OK, so long as you don't lay it on brick.
- For shiggy-licious trails, be aware of the terrain and ground cover. If there is a lot of grassy and wooded areas, avoid green flour. Lots of mud means no red. Bright, lighter colors work best in contrast to nature.
- If it is raining, use more flour than chalk and make piles to mark trail. Look to use trees or utility poles, and also aim for spots under any sort of overhang but still visible (fire hydrants, logs, some kinds of fences).
- Using fruit loops in the rain or snow can be helpful markers, too. As is toilet paper in wooded or shiggy areas.
- A good way to carry flour on trail is to place at least one plastic shopping bag within a reusable grocery bag.

similar hazards in the woods or on trails, and debris or jagged metal in creek beds or tunnels. Splitting some wanker's head open on a piece of angle iron protruding from the roof of a dark tunnel would put a damper on your hash, to say the least. That means you may need to shorten or change your trail on the day of your hash if a stream has risen to a level that cannot be safely crossed.

The most dangerous hashing areas are major roadways and highways, active railroad tracks, and cliffs. If you have to cross a big road, do it at a light/crosswalk and mark it clearly; avoid blind curves, hills, etc. Do not have the pack blindly running around or across high-speed railroad tracks trying to solve some stupid check or cross the GW or Rock Creek Parkway!

Please note: Hare Razor reserves the right to remove any hare who lays a blatantly unsafe trail.

WALKERS TRAIL

EWH3 is graced with the presence of a substantial walking crowd each trail. So don't piss' em off! They are a spiteful cantankerous bunch who will bitch you out if given the opportunity. You should plan a walker's trail that will have the walkers and runners arriving at the beer check and end at approximately the same time. A good rule of thumb is to make each leg of walker's trail (start to beer check, beer check to end) half the distance of each leg of runner's trail. DO make sure they get to the beer; DON'T detour them around all the shiggy.

MARKING TRAIL PROPERLY

Trails are laid with colored flour and sidewalk chalk. Color your flour with chalk or tempera paint! Trails with white or off-white flour will be cancelled and we'll go straight to the bar. Even if you're too young to remember the anthrax scares, capitol police aren't.

Flour marks should be about every 30-40 feet **on the same side of the trail so people's eyes follow naturally**. There should be more than one blob of flour for every block and marks should be closer in tall grass or nasty shaggy and use walls, trees, signs, etc. to FULLY mark the trail.

Mark the trail cleverly, but not impossibly. Do not attempt to HIDE the trail from the hash and do not put hare's arrows or checks on BTs.

"When deciding on what checks to use and where to put FRB loops, use some logic. Don't put an FRB loop and then a tit check immediately after as each has a purpose to bring the pack back together. If the pack is already together you have wasted a special check and made your trail more gimmicky."

True trail should pick up somewhere within about 100 feet of a check. Three marks of flour means the pack should assume it is on trail. Your fourth mark means the pack is on the true trail and will continue as such until the next check/mark. Letting trails die out after laying three or more hash marks is unacceptable.

If the trail is changing direction YOU MUST LAY A CHECK! The pack will not know to look for trail in another direction without a check being present. This means no blind turns. A true trail arrow or kick of flour, in a long mark or arc, should be used when making turns or changing direction.

If it's pouring rain when you set trail, drop back to plan B, whatever that is. It may mean setting the trail live, or just putting down tons of marks and sweeping right along with the pack to keep them on trail. Flour will endure rain OK, but chalk evaporates in seconds. You can also add fruit loops or toilet paper to the flour to make it last longer.

EWH3 TRAIL MARKS

These markers not only provide direction but help slow down the FRBs and ultimately keep the pack together to ensure we can arrive at Beer Check and End Circle as a group. A check is solved when the pack can find another check, a hare's arrow, a beer near or another mark indicating true trail.

 **Hash Mark** – Flour dollops mark the trail between checks.

 **Check** – A check means that the trail can go in any of 360° directions from there (except the one from which it came). Although usually, trail options proceed in any of the three 90-degree angles, or 45-degree angles, or other obvious angles from the check. You will know you are going the right way when you see three or more marks along the route. If you see one, or two, then nothing, then you went down a dead end. If you see a false trail, go back to check and look again. There are several variations on the basic check. **HINT:** Be creative in how you use them, and vary what you use. If you have had a long stretch where the FRBs might have gotten ahead, use a tit check or a just check to allow more of the pack to catch the FRBs, and so forth. Or with this group, use a 30+ or 35+ check to make the FRBs wait until most of the pack has caught up.

X **Bad Trail** – Also known as a false trail. The X indicates that the trail is false and the pack should return to the last check to look for the true trail.

BC# **Back Check** – When you cum to this mark, it is a dead end, but not any dead end. You need to go back and count however many marks that the number says and treat that last mark as the check. Use the hash mark immediately prior to the BC to begin counting back to the new checkpoint. Don't count the BC as a mark. That last mark would not necessarily have to be a check when you pass it initially, but the back check makes it a check afterwards. **HINT:** Use after long straightaways or hills. Make the mark hard for the FRBs to see as they approach, but impossible to miss once they hit it. Every mark leading up to the back check should be clearly visible. Don't do more than one per half.

 **Tit Check** – These marks are interactive. At a tit check, the standard rule is that the pack cannot pass until either a harriette solves the check or the harriette shows the pack who is with her, (not behind her), her boobs. If a harriette shows up alone, she can keep going, because there is no one else waiting. The Dick Check is the same thing but a harrier must show his package before solving.

 **Song Check** – A circle with a music note in it. It's essentially a spot where everyone must stop and wait for other hashers, sing a song, then treat it as a check.

 **Just Check** – A circle with a "J" in it. It's like a check except it must be solved by a just. Each just should be accompanied by a named hasher who teaches them how to solve checks.

 **Fish Hook** – A circle with a Fish hook in it. It's like a check except the FRB must run back to the sweeper before he/she can solve the check. We may also use a variation of this mark with a number following it. For example "Fish Hook 5" means 5 FRBs must run back to the sweeper.



FRB Loop – The FRB Trap, is easier shown from above than anything. One should envision a complete loop back to where you came from. This is usually done by running around a building, around back, and coming to or near the beginning. You should be able to see where it comes out from where you enter. **HINT:** Back of the pack should see the FRBs exiting the loop and be able to shortcut to catch up. The FRB loop should be short enough so that only about 25% of the pack

takes the loop. If everyone takes the loop, it's not an FRB loop. They should be done at locations where pack could get spread out, so slow people can see people coming out of the loop and shortcut.

Arrows – Arrows are used by the hares and pack to mark trail. There are several types of arrows.



Hare's Arrow – The hare's arrow is an arrow with three lines drawn on the tail. You need to use an arrow or check any time the trail varies more than a few degrees off a straight line. Do not make sharp turns of true trail without an arrow or check.



Pack Arrow – An arrow with no lines. The pack uses these to mark which way they think the trail goes and to help runners further back in the pack. Also, mark the bad trails at the check with an X beside the direction to let those behind you know not to follow a bad path.



Walkers' Arrow – An arrow that has a W as the tail and is used to mark walker's trail.

Splits – There are times when it you may want to split a trail. A few marks are commonly used to accomplish this.



Whichy-Way – This mark is used to divide the trail in two and also acts as a check in case one of the trails leading from it is False. Both trails can be true, meaning they would eventually rejoin at some point.



Runner/Walker Split - Two double-headed arrows labeled with an R (Runners) or a W (Walkers) designate the Runners-Walkers split. This mark is used to divide the trail into a shorter (Walkers) and a longer (Runners) trail. It allows the two groups rejoin each other at a similar time.



Turkey / Eagle Split – A split with one arrow marked “E” for eagle and one marked “T” for turkey. The turkey trail is generally for walkers or slower runners and is shorter, features less rough terrain, or has less elevation changes. The eagle is the more challenging of the trails. A regroup/rejoin mark, or hare's arrow, or check, usually indicates the merging of the turkey and eagle trails.



Regroup/Rejoin – Two tails merging into one arrow head. Use this mark or another indication when trails rejoin.

BVC Be Very Careful – This indicates that the pack should be extra aware of hazards. This may include crossing a busy street or deep water.

BN Beer Near – Indicates that beer check is close by.

SN Shot Near – Indicates that a shot check is close by.

On-In On-In – Indicates that the end circle is close by.

WHAT MAKES A GOOD BEER CHECK OR END CIRCLE LOCATION?

- No residential neighborhoods nor near hotels, schools, or open businesses, if possible
- Shielded from high-traffic area and from casual observers and major streets. Keep away from residential areas with neighbors who will promptly call the police at the first song.
- Large enough for the pack to have an active, entertaining circle and can accommodate the beer van
- Look for cul-de-sacs without houses, trailheads, alleys, parking lots for parks (not national parks!), or parking lots / decks / garages for businesses that are closed at night.

ADVANCED HARE TRICKS AND ADVICE

Lay lots of flour, do not hide the trail, but make the trail difficult to figure where it is going.

Keep the entire pack together. A long strung out, mile long line of hashers does not equal a good trail. Same goes for bottlenecks. (If you can't avoid them, put a check close after so people can catch up.) The purpose of checks, tricks, FRB loops, obstacles, beer checks, etc., is to keep those fast as hell runners from leaving the "joggers" and ordinary runners behind. If you keep the pack in a "gaggle" together, with those FRB's exhausted from solving all of those perfectly laid checks, then you did a good job.

Flesh out a check. You just laid a big round check, but you decided to not lay any false trails down on the left and right while the true trail it straight ahead. Guess what, those FRB's will blaze right through your check and you wasted a perfectly good opportunity to slow them down. Go ahead down each way and put three globs of flour a good 25-40 feet apart and nice big X hidden only until you come right up to it, and go all the way to the end of that block. Sure it's tiring, your fellow hares will be exhausted, but that's how good hares roll.

BEER, END CIRCLE AND SHOT CHECKS

You are entitled to one Beer Check hosted by the brew crew. It should be in a discrete location. If your trail is long enough to need two beer checks, you and your co-hares must plan on providing beverages yourself.

EW3 will subsidize one shot check per month. In order to reserve your subsidized shot check you must contact the On-Sec a minimum of two weeks prior to your hash. The On-Sec will tell you the amount for which you are authorized to be reimbursed. In order to receive reimbursement, you need to provide the On-Sec with your receipts. It is best to reserve as soon as possible, as subsidized shot checks tend to be picked up months in advance.

Of course, you and your co-hares may always pay for a shot check or two out of your own pockets. The hash thanks you in advance.

End Circle should be a discreet location that is not too far from the start and on-after bar. Your Hare Razor can provide guidance on suggested beer check end circle locations.

ON AFTER BAR

It is the hare's responsibility to find the On After. The bar should be within a short walk -- less than a quarter mile -- from the ending circle. When selecting the best bar, be aware of sporting events and other gatherings (such as kickball leagues or trivia nights) that may be happening there that evening.

Talk to the bar ahead of time, to make sure they know we're coming. Most bars, at a minimum, will offer happy hour prices on beer, rail and appetizers. Remember to include nonalcoholic drinks in your negotiations for those of us who go to

CHECKLIST FOR HARES FOR THE DAY OF TRAIL

- Bring a print out of the trail map for the GM.
- Bring a print out of the brew crew directions for the Brew Crew.
- Bring chalk for the walker hare (to mark walkers' trail).
- Bring chalk for the sweeper (to mark trail including checks/back checks/shortcuts/etc).
- Bring 4 pieces of chalk for the pack (to mark trail).
- When hares are away, mark the direction of walkers and runners with true trail arrows. So late comers know which direction we went from start.
- Don't forget to include every mark you plan on doing on trail in chalk talk. Explain to the GM any non-traditional ones.
- Don't use flour around the federal buildings, if applicable. Use chalk stars, instead.
- Call the bar today. Sometimes the person you spoke to didn't relay the message we're coming or isn't there on Thursdays. Give them a reminder to verify the specials and that they'll have enough wait staff to accommodate the group size (usually telling them about 50-60 people is enough to make sure they have enough bartenders).

the On After to sober up before driving home. Other bars may reserve a section or floor just for us, bring on extra staff for the night, or warn you about why they aren't the right choice for the hash (will be closed that night, capacity issues, etc).

Always visit the spot more than once to establish the credibility of the person you spoke to. It's good to go around the same time the hash will be there just to get a feel for what it's going to be like that time of night.

Emphasize to the manager that there will be a large group of people -- about 50-80 -- arriving at the same time, and they will all want to drink and eat simultaneously. A good bet is to tell them that we will be there between 9:00 and 9:30 pm. Reconfirm this with the bar the day before. Calling the bar about 15 minutes before the circle breaks up to tell them we are on our way is also good to do.

THE DAY OF YOUR HASH

Due to the enormous size of EWH3, don't be afraid to pre-lay your trail or start live haring extra early.

Don't be late to the start of your own trail! It's best to have all the hares arrive at start at least 45 minutes before pack is away. (That is 6:30 pm for those who can't do math.) Mix your flour, review maps, and then hares are away.

The Alpha Hare must provide maps for all hares (especially for the walker and sweeper), the GM, and the brew crew. The maps should mark the Start, Beer Check, Shot Check if applicable, and End Circle. (The alpha must make the maps. You can decide collectively who is actually printing them.)

Before you leave start, draw all the trail marks that will be on your trail -- an example blob of flour, X, BC#, any special checks, (tit, song, just, under 25, etc.) - for the GM to use during their Virgin/Visitor chalk talk. Provide any special instructions to the GM as the pack circles up, including special checks for that day's trail.

Your sweeper or walker hare should be responsible for making sure the Alpha Hare's and flour mules' bags get in the bag van. They will also be the hare representatives in circle and tell us about trail: how

many beer checks, shot checks, special marks, etc. and lead us in a round of "Hello, my name is Joe."

When laying trail, it is a good idea for the running hares to each take a direction at a check and meet back up. Usually, one hare (the alpha) will lay the true trail and the others will lay the falses. Avoid splitting up to lay the trail in sections. This rarely turns out well.

When you get to the beer check and it's just you and the brew crew, don't forget to enjoy one!

At the end, check with your sweeping hare to make reasonably sure all made it in. If anyone is conspicuously absent, you are responsible for sending out a search party to try and bring them in. Have a great time, direct the wankers to the On After and hope you don't get iced.

THE END! ON-ON

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