

# THE TEN COMMANDMENTS FOR HARES



Thanks for volunteering to Hare. Your efforts are greatly appreciated and you will soon be part of the long and glorious history of NCH3. The North County Hash House Harriers™ have been running trails throughout San Diego County every Saturday morning for over 30 years. This document should contain all the information necessary to organize a trail, beer, and food for the NCH3 pack. If you are new to haring a trail, PLEASE speak with your Hare Raiser and ask for help. The following Ten Commandments of NCH3 haring are provided for your assistance. Ignore them at your own peril. Should you have any questions, please speak with your Hare Raiser

## I. SELECT AN APPROPRIATE RUN START AND ON-IN

There are many many Run Starts and On-Ins in San Diego your Hare Raiser can recommend. It's very important that your run start has plenty of parking. Be cognizant of, and courteous to, any neighbors. No one likes to wake up early on Saturday morning to fifty loud hashers on their front lawn. If you pick a new park or event space please make sure alcohol is allowed. Many parks, fields and schools have "no alcohol" signs posted. Avoid playgrounds and areas frequented by children and families. If you choose private property, make sure the owner is on board. **The Hare must manage police and park ranger inquiries, and pay any hash related fines (noise, trespassing, alcohol, illegal gathering, etc.)** So it's a great idea to visit your on-in on a Saturday morning, rather than assume it will be appropriate.

## II. PLAN A TRAIL WORTHY OF HASH LEGEND

NCH3 values trail over pavement. The pack prefers rugged terrain, off road and off the beaten path. When you plan your trail, do your best to make it scenic, challenging and include as much trail (dirt trails, fire roads, shiggy, swamp, gullies, etc.) as possible. Eagle trails are typically 6-8 miles, and turkey trails are usually 3-5 miles. A shorter walker trail is always appreciated by timeworn veterans and injured reservists. That said, it's also important that your trail can be navigated by the pack in about two hours or so. The pack needs ample time to eat and drink.

If you are new, don't attempt to Hare alone. It takes several people and a lot of coordination to organize a trail. If you plan to lay live trails, you will likely need a Co-Hare. You'll need someone to remain at the run start to watch the keg and coolers. You probably want a Food Hare or someone to man beer checks. Fortunately, it's fairly easy to find volunteers. Our Facebook Group is a good vehicle for this.

## III. ORGANIZE BEER CHECKS

Beer and beverage checks are expected on most trails. Hash cash will reimburse you for the beer and ice as part of your budget so plan one or two beer checks. Stock your checks with at least a case of cold beer but a twelve pack is usually sufficient for an eagle beer check. Beer is mandatory, water and sodas are optional. History tells us that stashed unmanned beer checks are often pilfered by the indigenous peoples.

## IV. PLAN FOOD AND BEVERAGES FOR THE PACK

You need to feed the pack, too. This can be challenging when 75 people show up. Luckily there is now a must-read document available from your Hare Raiser called **Guidelines for New Food Hares** which explains everything in great detail. Please read that next. Or better yet, just recruit an experienced Food Hare.

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## V. ATTEND NCH3 THE WEEK PRIOR TO YOUR RUN

It's important that you show up to NCH3 on the Saturday before your run. First off, you need to pick up the food supply bins and any leftovers. This is an excellent opportunity to speak with the Hare Raiser, socialize your On-In location with the Beermeister, find volunteers for your beer checks, and nail down your budget with the hash cash. (Hint: the best way to estimate attendance for your run is to use the headcount from the previous week.)

## VI. POST YOUR RUN BY TUESDAY MORNING

It is the Hare's responsibility to post run information on the SDH3 website ([www.sdh3.com](http://www.sdh3.com)) by Tuesday morning. Posting instructions are on the SDH3 site and relatively easy to navigate. Your post should include helpful information such as run theme, approximate distances, terrain type, run fee (usually \$8), driving directions to the run start, a Google Maps link. Does the trail start and end in the same place (A-to-A), or in different places (A- to-B)? Or, you can start and end in one place and drive to another for circle: A-to A, drive to B. Other possible topics: a reminder to bring and carry water, whether the trail is dog friendly, and the location of the On After (The On After is usually the closest brewery for those hashers that want to continue the party after the keg blows). If you plan to inflict a pavement trail upon us be sure to specify in your posted run description (so we can choose not to come). Once your run is posted, the Hare Raiser will to create an event on the NCH3 Facebook Group.

## VII. SUBMIT WRITTEN HARE LIES

Provide a short written pre-run brief to a GM before the run. He/she will read it to the pack after you are away laying trail. You should include the length of the trails, recommendations about carrying water, running with a companion, etc., whether there are water or beer checks on trail, whether the trail is dog friendly or not, what hazards can be expected (poison oak, horses, rattlers, cactus, cliffs, etc.) and any unique trail markings (flour, chalk, toilet paper, blood, etc.) If at all possible, include some humor with your description

## VIII. START ON TIME

We cannot stress this enough. This is a Saturday morning hash. Many people have plans in the afternoon (family commitments, little league games, Matlock reruns, etc.) **The GMs will blow the "Hares Away" whistle promptly at 10:00 am, Hare Lies will be read at exactly 10:12, and the pack will leave by 10:15... whether you are ready or not.** Optimally you have about 13-15 minutes head start. So use your time wisely. The pack reconvenes for beer food and circle at 12:00 pm. So please make sure your trail can be navigated in about two hours or so.

## IX. MARK YOUR TRAIL USING NCH3 TRAIL MARKS

In order to avoid confusion, mark your trails using the NCH3 marks described in this document. Flour chalk and toilet paper are the Hare's weapons of choice. Here are some additional guidelines: Mark your trail clearly and be sure to mark your turns. False trails should be terminated with a backtrack mark (three parallel lines) or YBF across the trail. Write "BEER NEAR" or BN about a quarter mile from your beer checks and the On In. At the end of the trail, chalk the numbers 1 through 10 in list form for the finishers to enter their names or initials. Always chalk "MFI" (for Miss Fire Island) in the number 1 slot. This is a tradition that no one really understands anymore.









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## X. LEAVE ONLY FOOTPRINTS

After the hash, it is the Hare's responsibility to make sure the On-In is free of garbage and leftovers. That might mean you'll need to cart off the packs garbage in your car, and dispose of it properly. If you used any non-biodegradable trail markers you'll need to sweep your trail and retrieve them.

### OFFICIAL NCH3 TRAIL MARKS

	<p><b>HARE ARROWS</b></p> <p>Single headed arrows in chalk or flour are used to indicate trail direction.</p>		<p><b>TRUE TRAIL ARROWS</b></p> <p>A hare arrow with three cross marks indicates true trail. Following a check this tells the pack the trail has been found.</p>
	<p><b>NCH3 CHECK (#1)</b></p> <p>On pavement, draw a circle with an X with chalk. Note the three Hs are optional.</p>		<p><b>NCH3 CHECK (#2)</b></p> <p>On dirt, draw a circle with flour, and place a pile of flour in the middle. FRBs will kick this pile to show trail direction.</p>
	<p><b>TURKEY EAGLE SPLIT</b></p> <p>A split arrow indicating T and E shows the pack where turkey and eagle trails diverge.</p>		<p><b>URNS</b></p> <p>Mark any tricky turns with two parallel curved arrows.</p>
	<p><b>BACKTRACK</b></p> <p>Three parallel lines mark the end of a false trail.</p>	<b>YBF!</b>	<p><b>YOU'VE BEEN FUCKED</b></p> <p>YBF at the end of any particularly egregious false trail tells the pack they have been fucked.</p>
<b>B✓</b>	<p><b>BEER CHECK</b></p> <p>A B with a checkmark identifies a beer check.</p>		<p><b>PACK ARROW</b></p> <p>A line with the arrowhead in the middle is drawn by pack members to help clarify the trail. This mark comes with no guarantees.</p>
<b>B/N</b>	<p><b>BEER NEAR</b></p> <p>B/N indicates that a beer check or the end of the trail is near.</p>	<b>ON IN</b>	<p><b>ON IN</b></p> <p>ON IN tells the pack that the keg is about a quarter mile away.</p>