



PH3 RUN GUIDELINES / USEFUL INFORMATIONS

1. OBJECTIVE

- The objective of the Hare is to provide all runners in attendance with an experience of approximately 1½-2½ hours of interesting running over varied terrain, with the entire pack finishing within 40/45 minutes of each other. It should foster camaraderie and good time with your friends while immersing in the nature.

2. SITE SELECTION

- Select a site for the run, which can be varied in terrain, with easy access, good parking for 30-40 cars and the beer wagon and is well away (500m at least) from the nearest kampong, possibly in an isolated location. - Respect local sensitivities to dogs; alcohol consumption; and showering in public.
- Try to keep **driving time from KL to the run site to no more than 1¼ hours**. If possible or necessary, get the owner's permission to use his property for the run.
- **Avoid parking along main roads.**
- **Avoid common hiking areas as TTDI, Bukit Kiara, Sri Bintang, Gasing.**

3. SITE CLEARANCE

- Notify the On Sec as soon as possible of your proposed run site so that the location can be published in the Hareline. This would ensure that everyone is aware of the location and prevent hares using the same area in successive weeks. Endeavour to find out if any other hash chapters will be using the same area at about the same time. If so, co-ordinate with the chapter involved and ensure that your trails are quite distinctive from other paper in the area.
- **Do not lay the run where there is paper from another hash chapter.**



4. DIRECTIONS:

- Directions to the run site should be given to the On Sec no less than 3 weeks before the run.
- Directions should be clear with no possibility of being misunderstood. Km readings would help. Always give alternative routes if they exist.

Directions should be with km readings right up to the run site but if you intend asking members to follow HHH signs, say from the entrance to an estate etc., please give an approximate distance to the car park, This will ensure that members give themselves enough time to get to the car park, especially if it's a long drive.

- Provide also the **GPS coordinates** so that the trail master can upload google maps and waze link in the website. *If google maps/waze do not have the road arriving exactly at the run site, send the coordinates of its 'entrance road', or nearest reachable by the websites.*

5. CO-HARE SELECTION

- **Always use a co-hare.** Never venture to recce or set a run on your own for safety reasons and to ensure that the co-hare can set the run if you are unable to on the scheduled date. If you are new, select an experienced hasher as a co-hare, *you can ask the committee for help.*
- The hare however, is responsible for all aspects of the run, including the payment of any fines or parking charges etc.

6. RECCE

- Recce the intended run thoroughly with the co-hare, keeping in mind the Run Chart. We suggest a good run normally would require up to 5 recces, depends from terrain and how intense the recces will be. A tool to help could be using a GPS/Google Earth or other related apps.
- From the preliminary recce to the final pilot trail, you should try to pick out convenient check points, cross-roads, obvious tracks for back trails etc. The recce should consider and allow for, checks, loops and potential circular (encouraged), which are a great tool to keep the pack together allowing the slower runners to catch up.



7. CHECKS

- The purpose of the check is to allow the rear of the pack to catch up with the FROPs. A normal run requires 6-9 checks.
- We suggest to vary the direction of the new trails from the check. Do not consistently start the new trails forward of the check. Use more back checks to allow the pack in the rear to catch up.
- Checks are marked by a dozen or so pieces of paper in a small pile, with part of the paper possibly inside a plastic bag/ziplock.
- **The new trail should start within 150 metres**, from the check, **in a straight line**. (we recommend less than 100 meters if the check is in a dense jungle) (Note to the Hounds: *if you do not find any paper forward after 150 metres double back and check in another direction* - do not continue running forward as you might hit the 'IN' trail and screw up the whole run) (see “Appendix: Check types”).
- **Do not have the home trail** or another subsequent part of the run **closer than 300 mt from the check** (see “Appendix: Check Types” - Lousy Check), in order to avoid incurring the chance of runners to mistakenly break it the wrong way.

8. FALSE TRAILS AND CIRCULAR CHECKS

- False trails are not more than 150 metres long and they terminate without a check. A false trail means "Go back to the check and look again in another direction". The real trail is to be found about within 150 metres from the check, as in the ‘CHECK’ section above.
- A circular, or loop, is designed to get the FROP's to loop the trail for about 1 km/500 metres and come back to a check within 20-30 metres of the original trail were on. Here where the slower runners can see the FROP's.

9. PAPER

- **Paper to be used for PH3 runs** will be provided by the trail master and **will have a clear PH3 logo**.
- **Do not lay in a trail where there is old paper from other hash chapters**, if so, pls be sure to pick that up.



- **Paper should be laid on the same side (right, preferably, or left) for the whole run or at least most of it, every 10 to 15 paces in open terrain and every 3 or 4 paces in jungle or covered terrain.**

- In a dirt/palm road, make sure to not put the paper in the middle or at the sided water lines, because if it rain it will be easily washed away.

- Try to avoid going through kampongs or other residential areas to avoid kampong kids relaying or removing the paper.

- **Mark well any turn/junction, especially when they do not follow the obvious trail.**
- Mark logs, holes, fences or barbed wire etc. with plenty of paper, especially towards the end of the run.
- **More paper should be laid at the end of the run than at the start.**
- The paper trail should start from the Hare's car at the nominated parking area. It has been customary to display the actual paper used on the windscreen of the hare's car.

10. LAYING THE TRAIL

- Start laying the trail at least 2 to 3 hours before the run. This should give you enough time to lay the checks carefully, which is important.
- Wait at the last check until at least 15 minutes after the run has started before laying the final 'IN' trail from the last check back to the car park. It is strictly forbidden for the hare or co-hare to be at the starting area prior to the beginning of the run.
- **Keep your 'IN' and 'OUT' trails well separated** to avoid eager over achievers stumbling on your 'IN' trail. (see “Appendix: Check Types” - Lousy Check)
- If you are laying two runs (eg: normal and short), please make sure to mark very well the split with the printable sign in the link below. Make sure to mark well the ‘Home’ trail (with the respective printable sign in the link below), when the two runs will join again for the final stretch home.
- The hare and co-hares should make sure that they are not caught by the pack during the run.



11. FINISH OF THE RUN

- The hare and co-hare must remain at the finish until all runners have returned. **If any runners have not returned within 3½ hours** of the start of the run, then the **hare and co-hare** with the help of available committee members, **must plan and organise search parties**.
- If any runners have not returned by the time the hare has to proceed to the ON-ON to organise the food, the co-hare should remain at the run site together with a committee member and any other volunteers. Sufficient cold drinks (and snacks, if available) should be kept at the run site for any runners returning late.
- If any runners have not returned by the time the ON-ON finishes, the hare together with the help of available committee members and other volunteers must return to the run site to implement a search and rescue mission. Food and drink should also be taken for those remaining on site, and for the missing runners.

12. VERDICT

- Your run will be evaluated by the committee according to the standard parameter you can find in the Run Chart (please read it before you start planning your run and recces).
- Grading of runs will be divided into:
 - A. **'Outstanding' run**: when a run check all the boxes and clearly shows lot of effort from hare and cohares (eg: new run site and new trails, 2 runs - long and short - and so on). This will be awarded with the newly 'outstanding run' T shirt
 - B. **'On Down'** - good run: this is what PH3 normally expect
 - C. **'Toilet Seat'** run: when the run ends up in a fuck-up, whether because of the hares fault or because of environmental factors
 - D. **'10 Weeker'** run: when the hare fail to put an effort resulting with a "lazy" run or a too short run.

13. ON-ON & TRIPLE-ON

- An integral part of the run is the **ON-ON** which is **mandatory for the hares to organise**.



- ON-ON's are normally arranged at some convenient restaurant close to the run site. The hare can of course vary this by arranging for the ON-ON at site or organise something special.

- The hare and co-hare as hosts for the day must attend the ON ON to complete their responsibility.

- The object of having an ON ON is to get members to know each other better and socialise.

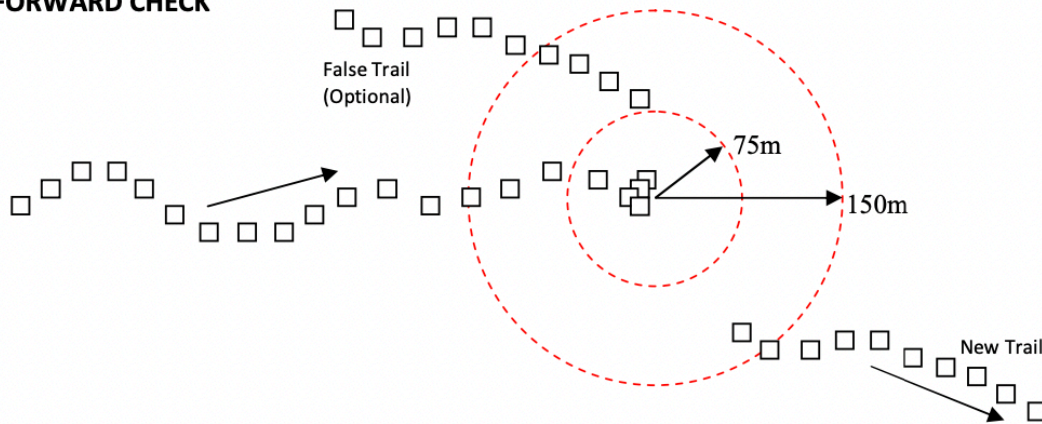
- As we run early on a Saturday, there is plenty of time for continued merrymaking after the ON-ON. Hares can, at their convenience, organise a TRIPLE-ON's at either a pub or their home or wherever.

14. HASH TERMINOLOGY

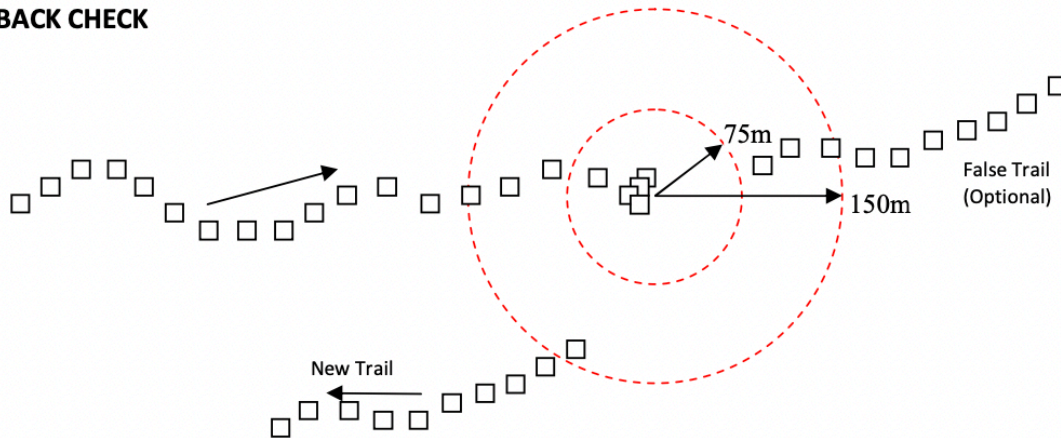
- FROP Front Runner On Paper
- Hare Person who sets the run
- Co-hare(s) Person(s) who assists the hare
- Pack / Hounds Runners following the trail set by the hare
- SCB Short Cutting Bastard

APPENDIX: CHECK TYPES

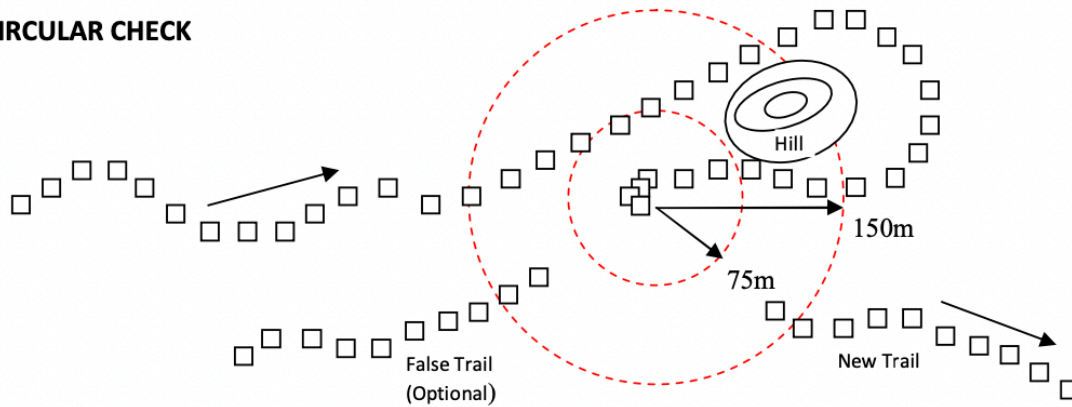
FORWARD CHECK



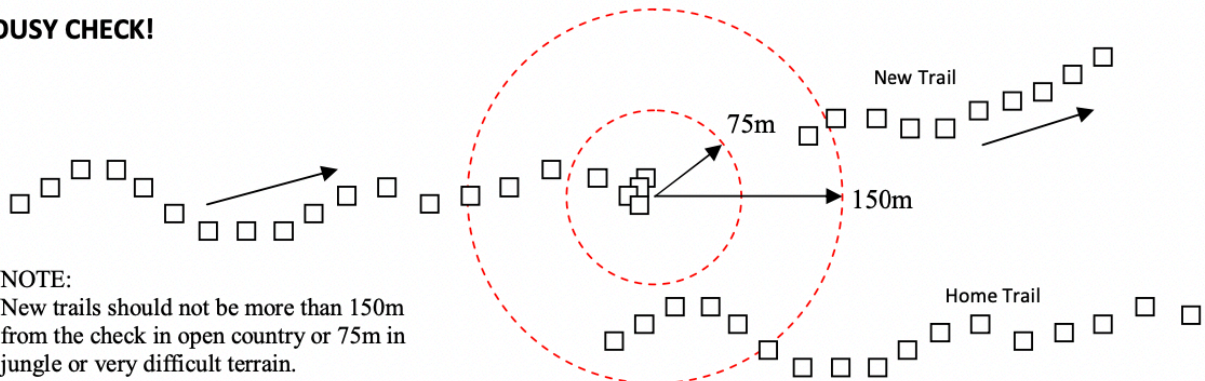
BACK CHECK



CIRCULAR CHECK



LOUSY CHECK!



NOTE:

New trails should not be more than 150m from the check in open country or 75m in jungle or very difficult terrain.