



PETALING HASH HOUSE HARRIERS

HOW TO SET A GOOD RUN (brief version)

1. OBJECTIVE

To provide 1¼ – 1¾ hours of interesting running over varied terrain, with the entire pack finishing within 20 minutes of each other.

2. DIRECTIONS

Should be given to the On Sec no less than 3 weeks before the run. These must include GPS coordinates in Degrees. Decimal Degrees (ie 3.12345, 101.12345) and MUST be checked for accuracy by the hare before submission.

3. CO-HARE SELECTION

Always use a co-hare.

4. DISTANCE

Will depend on time but should be between approximately 7km and 11km. A rough guide is that walking the course non-stop should take you about 2 to 3 hours.

5. HILLS

No more than 2 major hills (a climb of more than 100m) or 4 minor hills (not more than 50m).

6. CHECKS

A normal run requires more or less 6 checks. Vary the direction of the new trails from the check. The new trail should start within 75 metres in jungle and 150 metres in open country, from the check.

7. FALSE TRAILS AND CIRCULAR CHECKS

False trails should not be more than 150 metres long and terminate without a check. A circular check (loop) is designed to get the front runners to run an extra 500metres or more (usually around a hill) and come back to the check within 20-30 metres of the trail they were on, and where the slower runners can see the front runners.

8. PAPER

Paper should be laid every 10 to 15 paces in open terrain and every 3 or 4 paces in jungle or covered terrain. Also mark logs, holes, fences or barbed wire etc. with plenty of paper, especially towards the end of the run.

9. SITE

The following run sites have always been the cause of complaints from the general public and have attracted unwelcome attention from the authorities:

- Kota Damansara Community Forest Reserve
- Bukit Gasing
- Bukit Kiara
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... and should NOT be used except in exceptional circumstances, when ALL paper MUST be collected immediately after the run.

10. RESPONSIBILITY OF THE HARES

Heineken Brewery and their agent, Kum Wah, do not allow the beer truck to travel beyond the Selangor State border so if hares set runs outside Selangor, they must pay for any toll fees incurred by Ramli. Furthermore, they must assume personal responsibility for any uninsurable claims arising from accidents / mishaps due to the beer truck travelling to and from locations outside the Selangor State border.

11. On-site On-On:

If the hares choose to have an on-site On-On, they must inform the committee at least 2 weeks before in order to ensure that sufficient beer and softies are ordered. The hare is also responsible for the distribution of drinks after the circle finishes. It is also optional to ask Ramli to stay longer but in that case, his overtime must be paid by the hares.