

The Sydney Thirsty Hash House Harriers

“A Drinking Club with a Running Problem”

R*ns every Thursday at 6:30pm Visitors are most welcome

Hareline

Committee

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Logistics

- ▶ Choose a “Hare Needed” date from the Hareline page and email the [Trailmaster](#) with your choice of date and location; await confirmation
- ▶ Choose a circle/bucket location within 30 minutes of the CBD via public transport, close to ready parking for handling the bucket but far enough from residences so that we don't attract complaints.
- ▶ Check public transport times (buses, trains, ferries) on <http://www.131500.com.au/> and let the Trailmaster know for publication on the Thirsty website.
- ▶ Select a pub within a few minutes' walk of the bucket and that has a kitchen open until at least 9 PM. Notify the pub; book tables ahead if you can, usually for 20 people and 8:45PM. Alternatively, if you are hosting at your place or having a picnic, you will need to source food accordingly.
- ▶ Get ahold of a piece of gyprock (30x20cm is large enough) a box of light-coloured sidewalk chalk, and/or 4 kg of flour.
- ▶ If you are a virgin hare, try to set your first run with an experienced hare.

Your Trail

- ▶ “Desk reccie” your run. This can be done via making a copy of a printed map and drawing your approximate route on it, or using www.mapmyrun.com (gives you distance measurements) or screen-printing a map from www.whereis.com.au or www.streetdirectory.com.au into Word or PowerPoint then scrawling a route on it with drawing tools. Print at least two copies (runners' and walkers'). Thursday runs are between 6K and 10K long, depending on the number of checks & on-backs. Saturday runs can be 1-2K longer. Walkers should have a shortcut, generally less than 4K. An ideal run has an initial loop that nearly revisits the start location to pick up latecomers
- ▶ Go out at least day before with your map and reccie your run. This is the best way to discover hidden pathways and diabolical on-backs. You may also discover in good time that part of your route has been built over or is blocked by construction work.
- ▶ Go out with your map and chalk/flour to set your run < 24 hours beforehand, preferably day of the run. The fresher the trail, the better chance the pack will be able to follow it. Draw large bold arrows. If using flour (wise choice if wet weather), a nice trick is to fill a bicycle water bottle with flour and draw arrows by squeezing the bottle (each bottle does about 3K so you'll have to re-fill). Allow 2 hours to set trail, 3 if you're reccying at the same time as setting.
- ▶ If rain is likely, set arrows in sheltered places and shorten the run distance.
- ▶ If you have a “halfway bucket”, put it near the finish. Easier on you, and the pack.
- ▶ Creativity is appreciated. Trail through shopping centres, cemeteries, tunnels, festivals & stations, stairs, sucker loops, shiggy and bustracks are all fair game. So are chicken & eagle (short & long) options, ugly areas and good scenery. Just consider the safety of the slowest or least confident hashers. If in doubt whether a piece of your route is trailworthy, ask another hasher.
- ▶ In laying down arrows, good rules of thumb are a) 50m in between arrows, b) 50-200m between a check/on-back and commencing trail, c) placing an on-back near a place for FRBs to hide so as to sucker the pack in, and d) not placing any part of your trail so close to another part of your trail so that the pack short-cuts it or gets too confused e) always put arrows where the trail crosses a road and where there is a choice of direction (unless there is a check) .
- ▶ While setting or after you have finished setting your run, amend your map, both copies of it, with a marker. The Trailmaster will appreciate it if checks, on-backs, and trail are in the locations the map says they are.

The Bucket

Each week's hare needs to provide the refreshments for the circle. It's not hard, it just requires that you bring what's needed to drink, and coordinate with the hares for the previous and following week's runs.

- ▶ You will need to pick up the bucket beforehand (preferably from the prior run) and re-fill what's needed, plus ice. Ask for assistance well ahead of time if you don't have a car or face other logistical challenges. Other hashers are usually willing and able to help with this and other tasks if you ask them.
- ▶ Before shopping for grog, check current stock. For a typical hash of approx. 35 people you'll need at least:
 - 2 slabs of full-strength beer
 - 1 slab of light beer
 - 1 bottle of red (two in winter)
 - 1 bottle of white (two in summer)
 - 6 bottles of sparkling (bubbly)
 - 16 small bottles of ginger beer, half of them Sugar-free/Diet
 - 2 large bottles of water (4 in summer)
 - 3 bags of ice (4 in summer)
 - 50 plastic cups
 - 2 Bin bags
- ▶ Price guidelines: We love good grog but please keep the average below \$40 per slab and \$12 per bottle of wine/bubbly. Some hares in the past have generously contributed out of their own pocket to buy premium brands. This is fantastic but can't be reimbursed; same with snack food and halfway buckets. Look for deals at your local bottle-o or Dan Murphy's.
- ▶ Buy the ice on the way to your run. Vintage Cellars and other bottle shops tend to charge less; drive-ins and servos tend to charge more.
- ▶ Arriving at your run: call out for Hashers to help you carry the drinks buckets from your car to the circle before the run start circle-up.
- ▶ At your run: Give itemized receipts to Hash Cash for reimbursement on the day of your run, or if you have the tech, scan and email them. No receipts, no reimbursement. Don't hang onto them and produce them at some future date. And if you are planning a BBQ or picnic on-inn, talk to Hash Cash before spending anything, as our treasury is limited and events need to be fully-cost-recoverable.
- ▶ After your run: The following week's hare should collect the buckets and leftovers from you. If not, someone else may be willing to take them off you. Otherwise, take it home and send the new hare a rude email (sydneythirstyhhhnews@yahoo.com for maximum exposure).
- ▶ As a token reward for their efforts, the hare (and maximum of one co-hare) do not have to pay the weekly bucket fee for that run. If on a sub, the expiry date will be moved later by one week.

At the Run

- ▶ At the circle, the GM will ask you to provide a quick run down on the run and details on the On Inn. Alert the hash to kitchen closing time especially if it's as early as 9 PM.
- ▶ Hand over your precious map to the TM with any special instructions etc. and the other copy to a walker. Great if you can provide the map in an A4 clear plastic sleeve.
- ▶ You can choose how to spend the run...some hares spend it at the bucket, go to set up a halfway bucket, and others run the trail again to provide assistance as required. Somebody needs to stay back and guard the bucket and hashers' gear.
- ▶ For the circle afterwards, the committee will have taken care of organising scribes etc., so all you have to do is take your down-down for being the hare.