

## Motown Ann Arbor Hash House Harriers / Hare Checklist

Have information to Hare Raiser and Webmaster as early as possible. No later than Wednesday of the week of the hash or earlier. Less people may show up if you delay. Hare Raiser will add the link to the Online Sign-In Book with the announcement.

Preliminary information is OK as long as it indicates day, start time and approximate start location. This is very important especially for visitors trying to plan ahead.

Have final information in no later than Thursday so the website and hotline can be updated. The information below is provided mainly to help new hares in setting trail, and as a guideline.

### Planning:

- If you are a virgin hare you it is suggested that you ask someone else to help you.
- Verify the actual route distance using GMaps Pedometer, the USATF website, or MapMyRun.com. These all have map tools to help check routes and distances.
- Become familiar with the route to make sure that you do not cross private property, or get lost.
- If pre-laying trail, make sure that sections of the trail are not too close to each other.
- For pre-laid trail act as a sweeper following the pack to insure that nobody gets lost.
- Plan for walkers. Have an alternate shortcut route to allow them to get to checks and finish close to the same time as runners. For planning assume a 20 minute per mile walker pace.
- Use flour, chalk, or pieces of drywall to leave marks for the pack to follow. Make sure that you have enough material to clearly mark trail. ***In winter you may have to add coloring to contrast with snow.*** Carpenter chalk and tempura paint are options for this. Trail marks should be environmentally safe to 'Leave No Trace'. Test prior to start to make sure marks will be visible.
- Marks should be a relatively constant distance apart. Usually not more than about half a block, depending on the terrain. Marks should be visible from the direction the pack is running.
- A tennis ball dipped in flour also leaves a nice mark when used on pavement or sidewalks.
- Leave marks where they can be seen clearly, such as on trees, manhole covers, sidewalks. Avoid leaving marks on the edge of streets where cars can park on block them, or traffic can remove them. If changing direction, such as crossing a street, leave an arrow, or a check.
- Marks should follow a general path or direction and be consistent. Any direction changes should be marked with a check or hare arrow.
- Do not use too many back checks or you may confuse the pack, and yourself. Short back checks are a useful tool in gaining time on a live trail.
- Always make sure that you have a minimum of 3 marks between checks. Do not have a check on a False trail.
- For beer checks always have some water available. Try to locate in secluded areas. Consider getting an assistant to drive a beer wagon for you, or park a car that a walker could then drive to the end. If leaving a cooler of beer make sure that you are not being watched so that it is still there when the pack arrives. Don't forget your keys !!
- In cold weather try to keep the final beer check within 1/2 mile of the end.
- Hares are responsible for providing all supplies for the hash trail, including flour for marking trail, and beverages for the beer check.
- Leave marks at the start location so that if anyone arrives early they will know that the hash will be there. Be at the start location a few minutes before the hash is supposed to start.
- As a guideline try to set a trail of approximately 3-4 miles of true trail. Use falses to make longer trail options for FRB's. Shorter (Fat Boy) and longer (death march) trails are OK also, but notify the pack prior to starting. Make sure that everyone can finish the trail before it gets dark. This is especially important in the winter when it gets dark earlier. If you think it may get dark before everyone can finish (such as a Full Moon hash) advise the group to bring flashlights in the information