

Gold Coast Men's Hash House Harriers

Run Guidance

| Steps | How / Why |
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| <u>Finding a run location</u> | Ask other hashers, check previous runs. Use google maps. Use local knowledge. If you first run, ask an experienced hasher to help. |
| <u>Receiving the run</u> – Length wise you want around 3k to 4k walk and a 5k to 7K run. | Can use google maps for initial investigation/recce. Physically check via walk/run/ bike so you know the length, and that the location is suitable. |
| In <u>Setting the run</u> you should try to keep the pack together. | <i>Use International Hash Trail Markings consistency. (see separate document)</i> |
| | Have enough checks – 6 to 8 is good. Set arrows a minimum 60m from the check to keep the pack together. |
| | Use Check Backs(CBs) and False Trails (FTs) |
| | Have a minimum 2/3 regroup (RGs). Safety in numbers particularly if in bush. |
| <u>Placement of marks</u> (arrows) on footpaths and roads. –Using gyprock. Remember what is clear during the day is less visible at night so you will need more marks than you think. | Be consistent, don't swap sides too often. If necessary make it very clear. |
| | Try not to put marks where cars park. Near driveways if on gutter is good. Under streetlights where possible. |
| | Use Right Hand of road if no footpath, for safety – that is facing oncoming traffic. |
| | Put down repeat arrows every 40/60 meters. |
| <u>Placement of marks</u> - Open ground marks / bush – flour /paper | Flour / paper marks should be visible one to the other. |
| <u>At the run</u>brief walkers/runners. | Have the true trail marked at all checks. Do it yourself or get the Trailmaster or a mate to do it...Give them a map, that is marked up. |
| Ensuring no one gets lost. | |
| <u>Conclusion</u> | If you have followed the above guidance and used standard markings you'll be a Hash Hero! |

Authored by Exelpet