



How to set a Trail

Choose a co-Hare.

It's more sociable and it shares the job, from planning, to setting and guiding the pack during the run. Also, there is a contingency should one of the Hares have to pull out.

Choose a Pub.

An ideal pub would be one that sells Real Ales at a reasonable price, is large enough to accommodate some 40-50 Hashers, preferably in a separate room, has somewhere secure to store Hashers' kitbags, is prepared to provide some free food and beer for the Down-Downs and is dog friendly. However as we don't live in an ideal world, compromises inevitably will be required.

Priorities are:-

- 1) Pub is big enough.
- 2) Storage for kit bags, preferably somewhere secure.
- 3) Plenty Real Ale.
- 4) Complimentary food.
- 5) 2-3 complimentary pints for the Down-Downs.
- 6) Dog friendly.

A list of recent Hash friendly pubs is available from the Document section on the TNTH3 TeamApp website. <https://tnth3.teamapp.com/documents>

Speak to the Bar Manager.

Don't leave this too late, some pubs need 3 weeks' notice and you don't want to be disappointed.

1. This can be done over the phone for pubs that are familiar with the Hash. The manager will know what to expect, and what we would desire from them. In this situation all that would be required would be confirmation that the chosen Wednesday would be suitable and complimentary food and Down-Down beers would be available.
Make sure you leave your contact details.
2. For pubs that have not hosted the Hash for some time, or one that you are not that familiar with, it would be better to visit the pub and speak to the manager face to face.
Explain who *The New Town Hash House Harriers* are; a group of men and women, of all ages, who have met in a different pub each Wednesday since 1984 to go for a run and then have a few beers. They will start to arrive from 6 o'clock onwards and at 6.30 set off to run on a trail

set by you. The run will take about an hour, so at about 7.30 Hashers will start to arrive back at the pub and the bar will get busy. Recent attendance has been around the 50 mark. Explain what happens at the Down-Downs. Announcements are made and stories are told about Hashers' misdemeanours and the Hashers are 'rewarded' with a small glass of beer which they drink in front of everyone else, accompanied by various Down-Down songs. Ask about storage space for bags, the provision of complimentary food and 2-3 pints for the Down-Downs. Explain that many Hashers will have arrived straight from work and will not have had a meal since lunch and are likely to stay longer if food is provided. Explain what other pubs provide. Ask for some vegetarian options to be provided and for the food to be served after the Down-Downs. Leave a copy of the 'Guide for Pubs'ⁱ with your contact details.

Plan the Trail.

The trail should be about 4 miles in length not including any false trails. It should start with a loop so that latecomers can see a shortcut and allow them to catch up. It should have Checks every half mile or so. These are ideally placed at junctions with false trails as well as the real trail leading away from the check. These are to slow down the FRBsⁱⁱ and let the others catch up. Keep in mind the option of short cuts to allow the Hares to get quickly from one check to the next and also be able to offer shortcuts to the slower Hashers. It is best to avoid busy roads and make sure any road crossings are done where it is safe to do so.

Refreshments can be provided during the run in the form of beer, whisky mac etc, being made available at some point during the trail. This is usually at a check near the end of the trail. The cost can be subsidised by Hash Cash. It is best to discuss this beforehand with the Mismanagement. If time permits, it is advantageous to do a 'reccy' of the chosen trail; you may find little paths that are not obvious from a map. Check for road/path closures and also park closing times. Make sure that your trail does not overlap a previous week's trail if your chosen On Inn is near a previous week's. Liaise with the Hare Raiser and previous week's Hares. If need be the flour can be coloured with poster paint to differentiate. Also bear in mind that a trail can look very different in the dark.

Setting the Trail.

Materials:

Flour is the traditional material for setting a trail for TNTH3. This can be dispensed by hand from a carrier bag or from a plastic milk bottle with a hole cut in the lid. A hole the size of a one pence piece is about right. The milk bottle method is less messy and more economical. Expect to use about 4 bags of flour. There is anecdotal evidence that self raising flour is better in wet weather. Other materials such as saw dust/wood shavings can be used and this has the advantage in parkland or rural areas of not being eaten by slugs. Tesco sell wood shavings as animal bedding. Street chalk or strips of plasterboard can also be used to mark arrows etc on pavements. Plasterboard is available free from builders' skips.

Laying the Trail:

This is best done on Wednesday afternoon so the materials used will be fresh but beware that a trail that looks easy to follow in daylight may not be so easy to see in the dark. The alternative is to lay the trail on the Tuesday evening though this leaves it vulnerable to the weather, slugs eating flour and property owners sweeping it away.

The trail should be marked with flour etc every 20 paces or so and road crossings, corners and junctions should be clearly marked. Checks are marked with a circle of flour etc and a gap left until the start of the true trail. The flour on the true trail should initially be more difficult to see; put the flour on the 'back' of lamp posts etc. After about 100 yards, the trail can be marked so it is easy to

see. False trails should be fairly easy to find but not too obvious. Remember these are to slow down the FRBs who have to try to find the true trail. The FRBs should be encouraged to check out all the false trails before finding the true trail.

After the last check and no more than half a mile from the pub, the words 'On Inn' should be marked on the ground.

It should take about two hours to set a trail.

Running the Trail with the Pack

The GM will make the introductions to the assembled pack outside the pub before handing over to the Hares to announce any special instructions, e.g. whether shortcuts are available, how the trail is marked, (flour, chalk etc), whether there is a beer stop or a torch is recommended. Then tell the pack which way is 'On' and start them off. The last thing to do is to mark the direction for latecomers to follow. This can be to follow the main trail or a shortcut to catch up with the pack.

Be prepared to get to the check points along with the majority of the pack. This can be shared between the two Hares, with one leapfrogging the other. At the check, encourage the FRBs to 'check it out' and find the true trail. Once the call of 'On On' is heard from the true trail, mark the check with an arrow and then fill in the gap in the true trail for the slower Hashers to follow.

ⁱ Guide for Pubs is available from the TeamApp TNTH3 website

ⁱⁱ Front Running Bastards