

SAMURAI Hash House Harriers

HASHING HANDBOOK



August 2004



TABLE OF CONTENTS

SECTION I: TERMINOLOGY 3 of 14

SECTION II: HARE TRAIL MARKING INSTRUCTIONS..... 6 of 14

SECTION III: SWEEP INSTRUCTIONS 8 of 14

SECTION IV: PACK INSTRUCTIONS 10 of 14

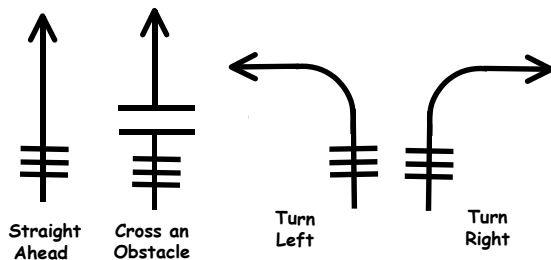
SECTION V: HARE CHECK LIST 12 of 14

SECTION VI: SAMURAI HASH SONG 13 of 14

SECTION VII - EXAMPLE OF A TRADITIONAL
SAMURAI TRAIL 14 of 14

SECTION I - TERMINOLOGY:

1. **HASH:** A mixture of flour and sawdust and/or shredded paper. Used by the Hares to mark the trail.
2. **HARE(S):** The Hasher(s) marking the trail.
3. **SWEEP:** A Hashers that knows the route the trail will take and will ensure that the trail is unbroken from start to finish.
4. **PACK:** The Hashers that will follow the trail marked by the Hares and attempt to catch them.
5. **TRUE-TRAIL:** The trail the Pack is supposed to find and follow from start to finish. Along the trail there are Check-Points and Check-Backs (CB).
6. **HARE-ARROWS:** An arrow with three tails used by the Hares to Mark the trail. See Figure - 1.
7. **SWEEP-ARROWS:** An arrow the letter "S", used by the Sweep to indicate the direction of the True-Trail. Usually made with a different colored chalk than the Hares are using. See Figure - 2.
8. **SHORT-CUT-ARROW:** An arrow with the letters "SC" superimposed on the tail. See Figure - 2. This arrow is sometimes used by the Sweep to indicate a Short-Cut that reduces the length of the trail. See Figure - 2.



HARE-ARROWS

Figure - 1



SWEEP-ARROWS

Figure - 2

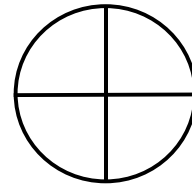
9. **PACK-ARROWS:** An arrow with no tail used by the Pack to assist other members in the pack indicates the direction of the True-Trail especially, at Check-Points or Check-Backs. See Figure 3.



PACK-ARROW

Figure - 3

10. CHECK-POINTS: Intersection placed along the trail by the Hares at any point that offers two or more possible directions the trail could follow. They indicate that the True-Trail has stopped and will begin again not more than 120 meters from it in any direction with the words "ON ON". See Figure 7. The first Hash or Hare-Arrow should not be more than 60 meters from the Check-Point. Check-Points should be placed on the average of one every kilometer of trail, but should not be within less than 800 meters of each other. See Figure 4.



CHECK-POINT

Figure - 4

11. BAD-TRAIL or BAD-TRAIL (BT): A false trail coming away from a Check-Point. A Bad-Trail may begin anywhere and in any direction from a Check-Point, but must be no more than 120 meters from the Check-Point. The Bad-Trail is terminated with the letters "BT" or three parallel lines. See Figure 5.



BAD-TRAIL

Figure - 5

12. CHECK-BACKS (CB): A sudden interruption of the True-Trail indicated by the letters "CB" or three parallel lines. A Check-Back may be placed anywhere along the True-Trail. The True-Trail must begin again within 60 meters of the last intersection. An intersection is defined as the junction of two or more roads, streets or trails. See Figure 6. Go back to the last intersection and look for the true trail in another direction.



CHECK-BACKS

Figure - 6

13. ON ON: Used to indicate that the Pack is back on the True-Trail after encountering a Check-Point or Check-Back (CB). Also, a signal shouted by members of the Pack when they have located the True-Trail. See Figure 7.

14. BEER NEAR: Indicated that the end of the trail is near. Should be no more than 200 meters from the trail the end. See Figure 8. ("JUICE NEAR" is used for the Family Hash for the same purpose)



Figure - 7



Figure - 8

15. FRONT-RUNNING-BASTARDS (FRB): Members of the Pack that like to get to the finish first. These unfortunate individuals have an incurable competitive streak that prevents them from enjoying the trail.

16. SHORT-CUTTING-BASTARDS (SCB): Members of the Pack who like to go off-trail in a usually vain attempt to "Snare" the Hare(s). These individuals usually see a lot of interesting places and miss Down-Down's quite often.

17. HARE-SNARE: Occurs when one of the SCB's mentioned above actually gets lucky and catches one or both of the Hares. To be official, physical contact must be made with the Hare.

18. DOWN-DOWNS: Ceremony held at the end of run.

19. ON-ON-ON: Usually held at a local pub / restaurant / IZAKAYA where food and beer (Especially beer) are served and they don't mind having their establishment trashed-out.

SECTION II - HARE TRAIL MARKING INSTRUCTIONS:

GOAL: To lay a well marked trail which will provide challenges to the pack without causing confusion, frustration or animosity toward the Hares.

METHODOLOGY:

1. Always use "LIVE" Hares and no more than two. Live Hares add excitement to the run with the possibility of catching the hares.
2. The trail should be interesting in that it leads the Pack over different types of terrain, obstacles and environments. Long boring stretches should be avoided. In short, the trail should challenge the Pack.
3. The length should be based on not faster than an eight minute mile and should not take more than one hour for the Hares to complete. The Hares should run the trail together not stopping for Check-Points or Check-Backs to determine the actual running time. During the Summer months, the length and/or running time should be reduced.
4. Hash or Hare-Arrows should be placed every 25 - 30 meters on the True-Trail when it is on open roads or well-defined trails. The interval should be shorter when going through heavy vegetation or when the trail is run at night. In heavy vegetation, toilet paper or strips of colored paper may be substituted for Hash. See figure 9.
5. When marking a turn at the junction of two or more roads, streets or trails, two Hash marks should be used. One at the intersection and another on the trail that can be seen from the intersection. If a Hare-arrow is used, it should curve in the direction the trail goes. See figure 9.
6. When the trail goes through on intersection of two roads or streets, Hash or a Hare-Arrow should be placed on the far side of the intersection relative to the direction of travel. See figure 9.
7. When the trail crosses heavenly trafficked streets, attempt to make the crossing at an overhead crosswalk or a traffic light.
8. When marking the True-Trail, never try to hide the Hash or Hare-Arrows. This only leads to the frustration of and breaking up of the Pack.
The exception to this is when laying the True-Trail coming off a Check-Point or Check-Back. The first few Hash or Hare-Arrows may be hidden from easy view until the "ON-ON". After that, the markings should be in plain view.
9. To ensure that there is sufficient Hash to mark the trail, the Hares are encouraged to "stash" extra bags of hash along the trail.

10. It is not prohibited, but is considered poor "Hare-manship" for one Hare to run half of the trail and the other Hare to run the other half. A trail run in this manner is considered a "Wimp-trail" and defeats the purpose of having live hares.

11. It is absolutely forbidden to mark any part of the trail before the start time. This practice is referred to as "pre-marking". Pre-marked trails are not condoned in the Samurai HHH as they detract from the excitement of the possibility of the Hares getting caught.

12. Do not worry about being caught or "SNARED" by Short Cut Busters (SCB's) or FRB's to the point you lay a poorly marked and confusing trail. The clever use of Check-Points and Check-Backs can slow the FRB's sufficiently to prevent a Snare and will also serve to keep the Pack together.

13. Hares may use words or phrases to encourage, discourage, give directions or just insult the Pack as a whole or individual members of the Pack.

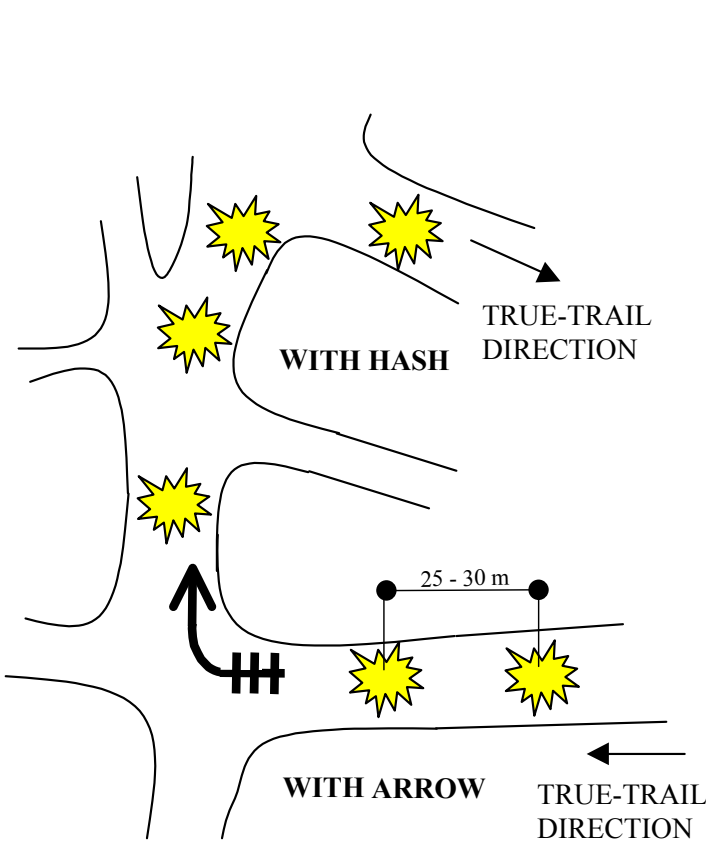


Figure - 9

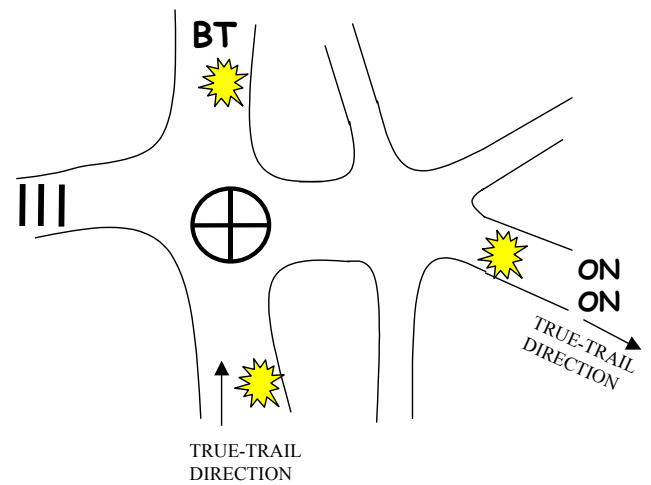


Figure - 10

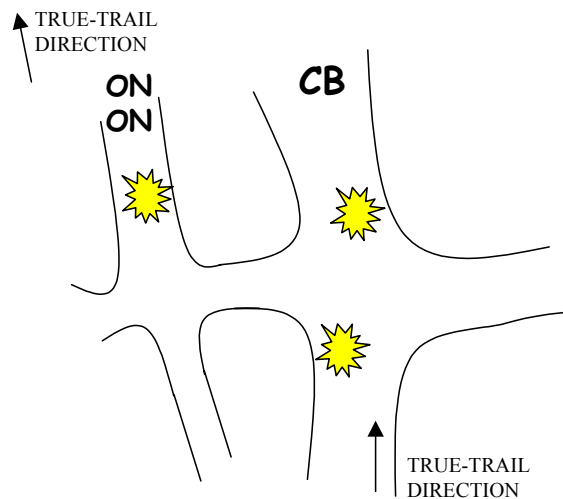


Figure - 11

SECTION III - SWEEP INSTRUCTIONS:

GOAL: To ensure that the True-Trail is un-broken from start to finish and that all find the finish.

METHODOLOGY:

1. The Sweep must be thoroughly familiar with the True-Trail to include all Check-Points and Check-Backs.
2. The Sweep must pass through every Check-Point and Check-Back to ensure that the Pack has re-connected the True-trail after the Check-Points and Check-Backs. If the Pack has failed to mark the Check-Points and Check-Backs the sweep must accomplish this task.
3. The Sweep must have run the True-Trail at least once with the hares and all Check-Points and have all Check-Backs explained him/her. See figure-12.
4. It is recommended that the Sweep obtain a map of the entire trail from the Hares and have a diagram of each Check-Point and Check-Back. The diagram should show the direction of the True-trail entering the Check-Point or Check-Back, the direction of the True-Trail and the direction of any Bad-Trail or Check-Backs. See figure-9 - 11 in SECTION II.
5. The Sweep may also mark Short-Cuts using the Short-Cut-Arrow shown at Figure-11. However, the Sweep must still pass through every Check-Point and Check-Back. If there are Short-Cuts that will interfere with this, the Sweep should enlist the help of another member of the Pack. See figure-12.
6. If the Sweep enlists an assistant to mark the Short-Cuts, the assistant should also be familiarized with the True-Trail and the Short-Cuts by running the trail at least once.
7. The Sweep and any assistants should use a different color chalk than the Hares and Pack. See figure-12.

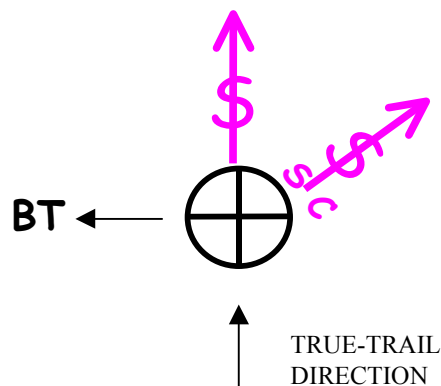


Figure - 12

8. The Sweep may also use Hash or toilet paper if he/she desires. This practice is encouraged when the trail is run at night or through thickly wooded areas.

9. The Hare and the Sweep are responsible to make sure all members of the Pack get to the finish. SCBs however, are on their own.

SECTION IV - PACK INSTRUCTIONS:

GOAL: To keep as much of the Pack in one group as possible, assisting each other, and prevent slower or first time runners from becoming lost.

METHODOLOGY:

The members of the Pack have the following obligations:

1. When on the "True-Trail", each time Hash or a Hare-Arrow is passed, the members of the Pack will shout "HASH" or blow their whistles. This will alert the Hashers behind them that they are still on trail.
2. The front runners in the Pack should carry chalk and draw "Pack-Arrows" (See Figure-4) wherever the Hare markings are not clear thereby assisting other members in the Pack.
3. Whenever a member in the Pack is not sure of the direction of the "True-Trail", they may call out to others in front of them by shouting, "Are you? (R-U?)". Those in front should shout back with the appropriate answer which may be "Looking", "Checking" or "ON ON".
4. The first member of the Pack passing through an intersection or place where the trail changes direction should check to see that the change in direction is clearly marked. If it is not he or she should mark the direction of the trail with a Pack-Arrow.
5. If the leaders of the Pack notice that they are no longer finding Hash or Hare-Arrows, they will shout "Last-Hash". This will alert the rest of the Pack to begin looking for an undetected change in the trail's direction
6. The first member of the Pack to encounter a Check-Point should shout "Check-Point". This will alert the rest of the Pack to begin searching for the True-Trail.
7. While searching for the True-Trail off a Check-Point, those members of the Pack remaining in the vicinity of the Check-Point should indicate Bad-Trails and, when it is found mark the direction of the True-Trail with a pack arrow and wards "ON ON". See figure 12.
8. The first member of the Pack to encounter a Check-Back should shout "Check-Back" or "CB". This will alert the rest of the Pack to return to the last intersection and begin searching for the True-Trail.
9. Any member of the Pack finding Hash or a Hare-Arrow coming off a Check-Point or Check-Back will alert the rest of the Pack by shouting "Hash".
10. If after finding Hash coming off a Check-Point, a Bad-Trail symbol is found, the Pack member finding it will shout "Bad-Trail" or "BT".

11. If, after finding Hash coming off a Check-Point or Check-Back, an ON ON is found, the Pack member finding it will shout "ON ON" or if they have a whistle, blow it loudly to alert the rest of the Pack that the True-Trail has been found.

SECTION V - HARE CHECK LIST

Hares are responsible for the following:

1. Plan an interesting trail (10km max please). Plan for pack running time of 45 - 75 min (shorter when it's hot or the weather is nasty).
2. Remember the Hash is supposed to be fun and relaxing, not a competitive racing event. Team up with an experienced hare to ensure proper trail making. Don't lose the pack!
3. This is an option; plan an ON-ON party for after your run. If you cannot do it on your own, ask an experienced hasher for assistance.
4. Find someone to be your sweep. Practice the trail with your sweep to ensure he/she is familiar with the trail. You must have a sweep! The sweep should have a brain.
5. The Samurai has a hash van to carry the beer and people's bags from the start to the finish. The hare must also have a van driver along with a sweep (it can't be the same person!). The van driver must know where is the start and the end point. The driver is responsible for getting the van to the start, the van to the finish, and then getting the van back to Camp Zama/SHA after the hash. There must a parking place for the van at the start and at the finish points. If the van gets a parking ticket you will die. The van is supposed to arrive at the end point before the FRB gets there, so plan your trail accordingly.
6. Any additional expenses, such as train fares, must be approved by the Grandmaster (preferably in advance - if you expect the hash to pay for them)
7. "Ball buster" trails: If you want to do a trail that is longer than 10km, that may be OK, but you must get the GM's approval at least 3 weeks in advance (this allows for a couple of weeks warning to the pack during the circle so they can plan to dress accordingly and so that warnings can be placed on the Samurai web page). If you have a "Ball buster" trail approved by the GM, you must also have a trail (a "wimp" trail) so that "wimps" and the walking wounded can take an easy short cut path and get to the finish at the same time as the runners.
8. Mechanical conveyance: Using any public transportation (bus/taxi/train) during your trail, either by the hares (to get ahead) or the hares and the pack is considered poor hashmanship. Once in a great while, it may be necessary to put a train ride in the middle of the trail. If you really need to do this, see the Grandmaster at least 3 weeks in advance. Get approval to use the train. You must have a "helper" at the train station to hand out tickets to the pack and give them directions to the station where they get off. The helper must remain at the train station until the DFL hasher gets there.
9. Inform the Mismanagement of any problem at least 2 days prior to your run.
8. Have Fun!

SECTION VI - SAMURAI HASH SONG

Drink it down you samurai warrior
Drink it down you samurai chief, chief, chief
Hi (au) Zama, Zama, Zama. Hi (au) Zama, Zama, Zama
Why are we waiting, why are we waiting
Oh why are we waiting, oh why, why, why?
Why was he/she born so beautiful, why was he/she born at all?
He's/She's no fucking use to anyone,
He's/She's no fucking use at all.
Drink it down, down, down, ----- down.

SECTION VII – EXAMPLE OF A TRADITIONAL SAMURAI TRAIL

