



The Official LAH3 Hare Restoration Clinic Guide

Congratulations on being selected to hare the LAHash! We at the Mismanagement Committee can attest that Hash Harlot has an excellent track record of releasing any hostages taken during the recruitment process as long as her volunteers perform to her satisfaction. Below are a few simple tips for LAH3 :

Marking Trail

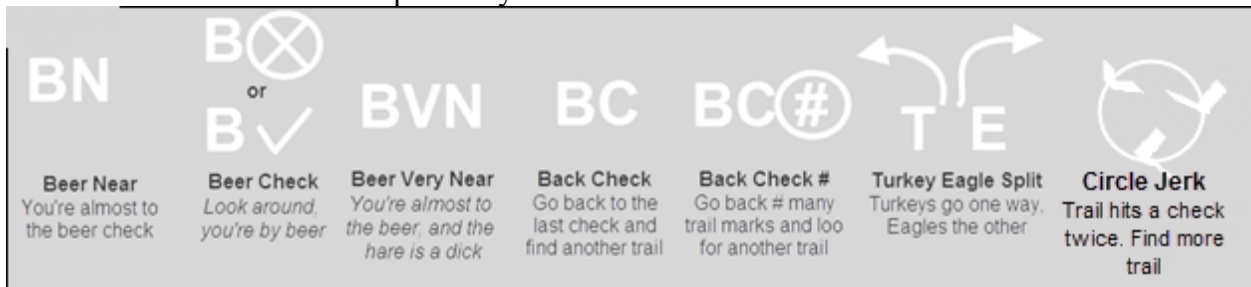
The LA Hash recognizes the following trail marks:



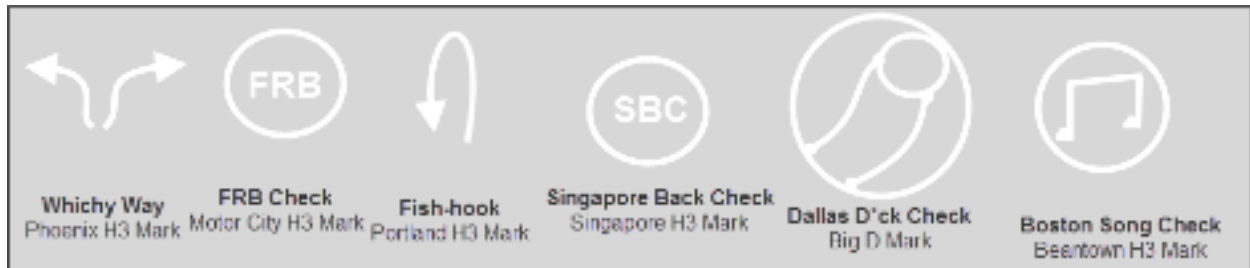
(Yes, we also recognize Pack Arrows, but as the hare you will never leave those.)

After a check mark the FRBs will check to the end of each 100 yards. If there is a single trail mark on the first 100 yards, the FRBs will continue in that direction. The third mark means they're on true trail. If there is no mark in the first 100 yards then they're off trail and they'll go back and check a different direction.

The pack will usually miss about half of whatever you lay — more through public areas; so there should be at least three marks per 100 yards or one true trail arrow.



You can use any other trail marks you like, but if you use anything other than the marks shown above, you **MUST** announce it during hare lies and explain what the new marks mean. This shouldn't discourage you from using other marks; if you're a transplant or would like to spice up your trail then by all means use other marks - but you must announce and explain them. If you don't know any other marks, ask you Trailmaster what these mean:



Definitely Do

Remember the 4 Ps:

- **Preparation:** Scout your trail by running it at the same time of day that the hash will run it. This is the only way to know what construction sites will be active or vacant; what roads will be clogged or open; and where parking will be easy to find or impossible.
- **Parking:** There has to be enough of it and it has to be free or very cheap. Avoid choosing start locations that require neighborhood-specific permits. If you choose a start location where there is street parking only after 6PM, remember to visit and scout the area around 7:00 PM to confirm that every spot hasn't been seized by 6:05 PM.
- **Post it!:** Lots of people check the hash calendar a few weeks ahead of time to see if there are upcoming runs on their side of town. If nothing is posted these people will make other plans and not show up for your trail. Many hashers and harriettes like to carpool; if nothing is posted a week or two ahead of time they won't know who is going or who is available to carpool and they won't show up for your trail. Lots of hashers and harriettes check the calendar every time they're expecting a visitor from an out-of-town hash. If nothing is posted they will make other plans for them and their guest(s) and will not show up for your trail. Post your run ASAP.

If you know the location but haven't chosen a theme or don't yet know if it's going to be stroller friendly, post the location and add details later. If you have any trouble using the Hash Calendar (www.hash.org) just email the HareRaiser at thehareraiser@gmail.com and it'll be done for you.

Publicize it: If you have a costume theme, or you've arranged a special drink check or whatever - announce it ahead of time. Announce it at circle at the LAH3; announce it at any other hashes you attend too. If you don't actively get the word out about your costume idea or the run's theme,

some lazy hashers won't find out about it until they check the calendar on the day of the trail and will thus have nothing indecent to wear.

Definitely Don't

Here is a (partial) list of mistakes made by your hare predecessors. Since the pack has already been scr*wed each of these ways at least once, it won't be funny if you do it too.

- Pre-laying trail at 5 PM on a street with No Parking from 4-6 PM. Cars will come and park over the trail marks at 6, the pack will run through at 7:30 and find absolutely no trail.
- Pre-laying trail along the beach thinking that it will be the most beautiful run the hash has ever had. Remember - the tide comes in before the pack takes off.
- Choosing a fabulous local restaurant/bar/gastro-brothel for the On-After but not calling ahead to be sure their kitchen is open after 9:30.
- Making a 9:30 reservation at a fabulous local restaurant/bar/gastro - brothel for the On-on. After then laying a 9-mile ball buster that no one finishes until 10 PM.
- Laying an A to B or A to A prime trail and not telling the Beermeister and Munchmeister where the trail finishes. (Hint's they'll get there. . .food and beer won't).
- Scouting trail on a bike and assuming that because you can ride it in a reasonable time it must not be too long for the hash.

If you have any questions, remember to email thehareraiser@gmail.com. On-on

