

OSLO HASH HOUSE HARRIERS

SETTING A HASH RUN (or *How to organise a run without screwing up completely*)

1. **ARRANGE** a mutually convenient date and time with the HARE RAISER
2. **SET** your run with an experienced co-hare if you are unsure
3. **PLAN** and recce the run in advance, this will make setting the run and laying the trail quick and easy. There should be one main trail but look for short cut possibilities and mark them to offer the slower runners a shorter trail.
4. **AVOID** sensitive areas, use common sense and avoid running us into trouble.
5. **SUMMER** runs are preferred in the forest
6. **WINTER** runs should preferably provide an indoor location for after the run.
7. **DISTANCE** and duration. A one hour run is ideal, this could be 5-7 km depending on the terrain and complexity of the trail. Allow at least 10 minutes extra for each beer stop.
8. **CHECKS** help to keep the pack together, as do false trails and re-groups. Try to avoid long stretches without checks as this separates the sporty runners from the fat bastards. A properly laid trail should have the pack cummin' to the finish together.
9. **ORIGINALITY** is always appreciated, use your imagination and make your run unique and one to be remembered. You can utilise e.g. a birthday, visit somewhere special, run in a new area, traditional celebrations like Halloween, Aussie Barbeque day, Save the whale day etc.
10. **DARKNESS** should be avoided, try to start early enough and have the run finished before it's too dark. Remember a beer stop will take over 10 minutes so adjust the run length to accommodate.
11. **BEER STOPS** are appreciated more towards the end of the run. Utilise any nice location, view point, maybe another Hasher's house in the winter.
12. **MARKING** the trail can be done with sawdust (obtainable from timberyards "trelast" /supermarkets/pet shops) or flour (cheaper than sawdust from pet shops). Three dots and you are ON, checks are marked with a circle, backchecks can be a back pointing arrow or a cross. Open checks (two dots and then nothing) can be used to slow down the front-runners even more. Use extra arrows if necessary to show the correct direction.
13. **BEER:** as Hare, it is your responsibility to purchase the beer and other drinks for the run. You should buy pilsner beer and some non-alcoholic beer for the drivers and maybe some lettøl, the ratio in summer Monday runs is normally 60/40 pilsner/other drinks, in winter Saturday runs more like 70/30 pilsner/other drinks. It's up to you where to buy it but cheap beer means we can continue to keep the run prices down. You will be repaid in full for beers consumed on the run. Cater for 4 bottles per runner plus one extra bottle per beer stop. It's better to have too much than too little, and you can always sell the excess to the next hare (if you can't drink it yourself). Numbers attending can vary from 12 to 40 depending on location, weather, holidays etc. If unsure, ask Ha\$h Ca\$h how many runners have attended recent runs.
14. **FOOD:** it is not compulsory to provide food but it is appreciated if you do so. This in the past has ranged from simple crisps to the standard soup and bread, to full meals. Kr 15 per person is the recommended budget but claims above this amount will be honoured as good food is always appreciated.
15. **HHH** signs, down-down mugs, Hashit, large cool boxes and cooking pots are available if you need them. Some items are in the mug bag, for others, contact the committee.
16. **IMPORTANT:** The following information has to be communicated to the On-Sec in time for the next Trash. Please send the information as soon as possible. The absolute deadline for publishing is shown on the front page of the current edition.
 - Run number, Date and Starting Time (18:30 is standard on Mondays, 14:30 on Saturdays)
 - Hares' names, telephone number and E-mail address
 - Run location/address
 - Details of how to get there by public transport and by driving.
 - Any other info which may be useful e.g. showers, sauna, special features, what to bring etc.

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HOW TO SETTLE A RUN

We would appreciate if you could send your repayment sheet in to Hash Cash in the week following the run. The Hare(s) are responsible for counting how many beers have been consumed. You should claim only for the beers that have actually been consumed. This repayment form can also be downloaded as an excel sheet from www.oslohash.com you'll find it on the "mismanagement" page.

DRINKS: The run fees are presently:

Kr. 70,- for real beer

Kr. 50,- for other poofteh drinks Lettøl, Munkholm etc.

For this fee, everyone is entitled to **4 drinks** (in addition to any down-downs they may have been awarded). Any drinks over this limit have to be paid for at kr. 10,- per bottle. A container for this purpose should be provided by the Hare(s) e.g. hat, cup, bucket, bottomless pit etc.

FOOD will be refunded at cost. The recommended amount is Kr 15,- per person but this is not an absolute limit, your expenses will be covered if they exceed this amount.

HARES REPAYMENT SHEET

To be completed by Ha\$h Ca\$h

Hares: _____

Run number: _____

Run date: _____

Paid for Beer (kr. 70,-):	_____
Paid for other drinks (kr. 50,-):	_____
Virgins:	_____
Hares:	_____
Total Runners:	_____

DRINK EXPENSES: Claim for number of drinks consumed:

No. consumed	Item	* Unit	Kr.	Total
1. _____	Pilsner Beers	_____	=	_____
2. _____	Non alco. Beers	_____	=	_____
3. _____	-----	_____	=	_____
4. _____	-----	_____	=	_____
5. _____	-----	_____	=	_____
	Sub total		=	_____

FOOD EXPENSES: Claim for food provided and other miscellaneous expenses.

Food/other (Specify)	Total
1. _____	= _____
2. _____	= _____
3. _____	= _____
4. _____	= _____
Sub total	= _____

TOTAL EXPENSES = _____

SALES: Enter any money you have taken in for sale of beer etc = _____

SETTLEMENT (= TOTAL EXPENSES minus SALES) = _____

Received (sign) _____

* The Unit Rate is for the beer only and should **not include the deposit** (pant) which you will get back from the shop when you return the crate and bottles.