

## Planning

Start from a friendly pub or if summer a picnic can be arranged. Try to keep on-down costs below the run sub per person – or less. Before setting a run have some ideas about where you want to go. This may seem obvious but familiarity with the ground is very helpful. Take a walk or drive around the area to check out where you might need to get permissions. Look out for footpaths.

## Permissions

It is *always* necessary to get permissions before you run over any piece of private land, it is good manners and will enable us to use the ground again if we don't hack off the owner! If you don't know who the owner is ask around the area. People are surprisingly helpful and there will always be somebody who knows the owner or which farmer is the tenant. It is the tenant's permission which is needed if the land is being farmed. Sometimes land doesn't look as if it is owned by anybody. Be cautious! It may belong to the Waterworks and they like to be asked in most cases. Queen's Valley is out of bounds for runners.

## Survey the run

Before laying the trail survey the run first. This will give you a good idea of how to set the route

and lay the false trails. It will also show up any snags that may arise, such as fields with bulls in! Look out for any signs of a trail laid by somebody else recently and this includes the JH3. Once you are satisfied that it is all OK and you have the necessary permissions you can start laying the trail.

## Laying the trail

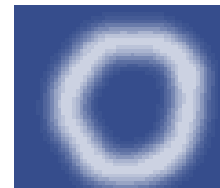
The trail can be laid in a variety of materials including sawdust, flour chalk and paper. Sawdust can be obtained for a small fee (non-refundable) from builder's merchants or a friendly carpenter may let you have some for nothing. If you use flour beware of the bunnies! They will eat it up very quickly. They can be deterred by adding pepper and/or food colouring but it will also disappear quickly if there is overnight rain. If you are using chalk *don't* use yellow builders chalk, someone may dig up the wrong road! Chalk is obtained cheaply and Woolworth's sell some chunky chalk which is ideal. Any paper used should be rapidly biodegradable such as soft toilet paper. Hang it in trees to mark trails through woods.

## Length / Timing

A run should be between 6km and 10km or last between an hour to an hour and a half. Longer than that and you could be in trouble with the RA!

## Trail marks

The check is marked on the ground with a circle at the start:




Checks should be also placed about every 1-1½ km on average in order to hold the pack together.


The circle can contain special instructions such as *Harriett's Check*, alternatively:



or *Over 50's* for example.


## On-marks

The basic on-mark is the  and marks the route of the run.

In order to be sure of the trail the pack must find at least three marks  before the trail is definitely "on". The leader or Front Running Bastard (FRB) should shout "ON-ON" when he is sure.

This number of marks can be used to lay a partial

False Trail (FT)  and can be used effectively to confuse the pack.

A genuine FT is marked thus:  and means go back to the previous check.

### The Arrow



Is used to direct the pack down a particular direction.

### The Double Arrow



Is used to slow down the pack and can be accompanied with a number to indicate the number of FRB's who must run around the back markers.

Other instructions include those that give instructions to the pack. This one indicates a



**Drink Stop.**

The Drink Stop is *expected* to be applied on long runs. It is up to the hares to provide the drinks - free. And while on the subject, if setting a long, or "bastard", run, beware not to pass by an open pub. The hares are *required* to buy *all* the pack drinks on such occasions. You have been warned!

### Finally



This is used to indicate that the trail has ended and the end is (hopefully) in sight or at least the trail in is obvious.

### Other Rules:

1. The hare is always right.
2. The Religious Adviser (Hash Rev) is never wrong.
3. The GM is even righter.
4. There are no rules.



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## Setting A Run

### General guidelines for setting a run in Jersey



### Crapaud Hash House Harriers