

## A guide to setting a BOGS Hash (haring)

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### Intro: BOGS Hashes

Different groups all set hashes differently, use different marking and include different features, here is a guideline of how a BOGS hash can be done.

Remember with BOGS all hares get the run free and up to two hares get complementary food on their hash if they wish.

#### **Timings:**

(The Saturday hash normally is the last Saturday of the month. It was introduced in January 2010, so we could also have some hashes in the light when the evenings were dark. There is not always a Saturday hash each month)

<b>Day</b>	<b>Wednesday</b>	<b>Saturday</b>
<b>Meet</b>	About 7:20 pm	About 1:50 pm
<b>Start Hash</b>	By 7:30 pm	By 2:05 pm
<b>Get Back</b>	About 9:00 pm	About 3:30 pm
<b>Food</b>	About 9:15 pm	About 3:45 pm (if you choose to have food)
<b>Notes</b>	We try to keep the Wednesday hash as close to these timings as possible.	The start time can vary, but if it does this should be publicised well in advance.

#### **Key Points for Haring:**

A good trail is one that everyone enjoys: the hare; the group; everyone. It is also a battle of wits between the hare (who sets the trail as a puzzle to be solved) and the group (who try to solve the puzzle while covering as little distance as possible).

- Leave lots of marks (one every 20 paces) [so hashers know when they are on trail](#).
- Time: Hash should be roughly 1 hour 30 minutes plus or minus 10 minutes including a 'beer stop'. [If in doubt, make it shorter](#).
- Distance: Basic trail of about 3 miles so walkers can complete the distance. Add extra distance for runners ('false trails', 'turn backs', 'runners routes', 'fish hooks' etc) to make around 4 miles.
- The 'Beer Stop' should be about 2/3 of the way through the run.
- Two people setting the hash at a brisk walk should take roughly 2 hours.
- Back Mark your trail [with an arrow](#) at the start and at every 'check point' and change of direction.
- Have 2 or 3 'regroups' before the beer stop.

### Before Setting the Hash Trail

Check that there would be no other hashes set in the area up to a week before your hash (use [www.bristolhash.org.uk](http://www.bristolhash.org.uk), Bristol & Bristol Greyhound are the most likely). If there is another hash, consider how to make the marks different (using different coloured chalk/flour) or check out the previous trail to make sure there is no cross over and warn hashers there may still be marks from a previous trail around.

Hares! Please report any poorly-maintained footpaths to Travelog at 'The Open Spaces Society' ([chris.bloor@oss.org.uk](mailto:chris.bloor@oss.org.uk)).

### Planning your hash route:

- Do not rely on maps, check the area out, as paths might not be where they are on the map or you may not be able to find them. Also you may find other paths, especially potential short cuts for walkers.
- Use a map to draw your intended trail or make notes, marking on 'check points', 'turn backs', 'walkers & runners routes' and 'fish hooks' so you do not forget to lay them when setting the trail.
- For hashes in the light try not to have too much residential/town areas. For hashes in the dark try and stick to more roads and even ground, remember the trail will look so much different in the dark than [in](#) the light.
- You can find an online OS Maps for the area at [www.ordnancesurvey.co.uk/oswebsite/getamap](http://www.ordnancesurvey.co.uk/oswebsite/getamap).
- A way to measure the distance of your planned route is to roughly plot it on-line using [www.gmap-pedometer.com](http://www.gmap-pedometer.com), [www.bikehike.co.uk/mapview.php](http://www.bikehike.co.uk/mapview.php) etc.

### Hash Length:

- The hash should be about 1 hour 30 minutes, the route should be roughly 3 miles for walkers and 4 miles for runners, aim to be back at the venue for 9pm.
- The hash distance should be less in the dark as visibility is reduced, or if there are steep climbs as it slows everyone down. Also remember that stiles [will](#) slow hashers down more than gates, [especially with a big pack](#). [If your trail has many stiles, consider shortening the distance to compensate.](#)

### Keeping the group together:

There are a few different ways to do this, not all need to be used each hash;

- Use two to three 'regroups' (including variants) and a 'beer stop', these are useful for stopping the group getting too spread out and can be practical to allow crossing a busy road or a field with animals as a group. **\*\*Remember to make sure there is enough space for the hashers to gather without being in anybody's way and that the first people to the 'regroup' may get cold waiting for everybody.\*\***
- Have plenty of 'check points' (possibly with 'blobs' slightly further apart/partially hidden to make the hashers look harder).
- If there is a long section (about 400 meters or more) with no options for 'check points', use a 'fish hook' or two to make sure the front runners do not get too far ahead. **\*\*Try not to overuse 'fish hooks' or have too higher value, as hashers get fed-up doing them and we never know how many hashers we will have.\*\***
- Have 'walkers and 'runners routes'; provide a few short cuts for walkers, these can be marked or you can just tell them which way to go (marking the walker trail is optional as long as it is simple to follow or there will be a hare with them to guide them).
- Use 'turn backs', with the correct trail hidden, so the front hashers do not find it before they find the 'T'. **\*\*Do not make the 'turn back' too long, and try to make sure that the walkers won't be the last to get to the correct hidden trail.\*\***

### Near Misses or crossover:

It is not good if hashers miss out parts of the trail, especially if it means they miss the beer stop.

- If your trail turns a corner, mark it very clearly with several blobs or big arrows.
- If you trail uses the same section twice clearly mark one arrow OUT and the other IN so hashers know which arrow to use at the time (the IN arrow can be used from a 'check point' so the hashers know not to go down that trail yet). [see appendix 2 for more details]
- If 'walkers & runners routes' join at a 'check point', use an 'arrow' to make sure no-one follows the route the other hashers have just come from. [see appendix 2 for more details]
- Try to avoid 'check points' if two different parts of the trail are near to each other. If you do have a 'check point' put a very clear 'F' (or two) on any route which could lead to missing part of the trail. Alternatively use a 'check point with options' to stop the hashers checking the route leading to another part of the trail [see appendix 2]
- Alternatively use a 'check point with options' so if it is approached from one of the options the hasher knows they have gone wrong and retrace their steps to find the correct trail. [see appendix 2 for more details]

### **'Beer Stop':**

- The 'beer stop' should be about  $\frac{2}{3}$ 's of the way round the trail (about an hour after starting).
- We have a 'beer stop' bag that the 'Beer Masters' can provide supplies for (you can get it on the hash before yours or arrange to pick it up) alternatively you can provide your own drinks and 'Hash Cash' can reimburse you.
- Most hares also provide some sort of nibbles, normally fruit cut into bite sizes (this is popular but not essential), which can also be claimed on expenses.
- Remember you will need to have the beer at or near the 'beer stop', if possible plan leave the 'beer stop bag' in a car or hide it well in vegetation near the 'beer stop'.
- After the 'beer stop' continue to use 'check points', 'turn backs' and 'walker & runners routes'. Try not to use 'fish hooks' or 'regroups' unless essential.

### **Pub/Venue:**

- Speak to the venue, at least a fortnight before the hash to check that they can accommodate the hash and warn them that we will be parking in their car park at 7:15 pm then returning to the venue about 9pm.
- Arrange the date of you hash with Hare Raiser (Deep Throat) in advance, checking it is available.
- Confirm your venue and any instructions at least two weeks in advance so it can be publicised and everyone knows where to go.
- Also arrange food for after the hash (9:10pm ish) providing a rough number of people and agreeing a suitable selection of food (inc. vegetarian) and price. If you need advice on arranging the food speak to Deep Throat, Kerb Crawler etc. On a Saturday hash it is not essential to arrange food, if you do, arrange it for 3:40pm ish

Make sure you have enough resources to lay your trail (see 'Setting the Hash Trail' – 'How to make the marks' for detail of what you will need)

### **Setting the Hash Trail**

Use your map/notes to draw your trail, making sure you have not forgotten to mark on 'check points', 'turn backs', 'walkers & runners routes' and 'fish hooks' so you do not forget to lay them when setting the trail.

Ideally set the hash trail the day of the hash, if this is not practical you can set it the previous day, just bear in mind the longer it is left the more chance the marks will be less clear. If setting the trail just before the hash, allow extra time in case you have any problems and so you can have a breather before setting off round the hash with the group.

It should take one person jogging about 2 ½ hours to set the trail including 'false trails' and 'turn backs', this will be longer if there are marked 'walkers routes'. Having a second person makes it easier; setting the trail at a brisk walk should take about 2 hours. If it takes over 3 hours to set it is likely that the trail is too long, consider shortening it if possible or giving more hints to hashers when on the hash.

### **How to make the marks:**

- Use non-permanent, environmentally friendly materials like white chalk or white flour (if you are using anything different let the hashers know in the circle and keep colours consistent).
- How much flour and chalk you need depends on where you are setting the trail, but you could use up to 4 bags of flour. Always make sure you have extra and some for on the hash itself;

Chalk	For drawing any markings (or 'arrows' instead of 'blobs') on hard surfaces; roads, pavements etc.
A bag of flour and a tennis ball (bounce the ball on the surface/or hold the ball in your hand and knock it on the surface)	For marking 'blobs' on generally hard surfaces. Bounce it on; roads, pavements, hard ground etc (remember the ball might bounce off in the wrong direction). Knock it; on fence posts, trees, styles etc.
Flour in a bottle with a hole in the top	For drawing any markings and for making 'blobs' anywhere.

Drop a handful of flour	For making 'blobs' and markings anywhere.
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\*Making 'blobs' with the ball uses [less](#) flour than from the bottle and both use less than handfuls\*

### Marking the trail:

- The basic trail mark is a 'blob' or an 'arrow'. Marks should be big enough to be easily identified.
- When setting the trail place the 'blobs' and markings roughly 20-30 paces apart (roughly 10 paces apart in the dark).
- For a 'turn back' the first 'blob' on the correct hidden trail can be up to 50 paces from the 'turn back' 'blob'. Make sure it is at least out of site from the 'turn back' 'blob'.
- Where the trail route is hard to follow (i.e. in woods where the path is not very defined) place the 'blobs' more regularly and in clear sight of the previous 'blob' (about 5 paces apart or every other tree).
- Place marks so that they will be easy for the hashers to see, even if they don't know in advance where they are (remember which direction the hashers will be coming from & that you know where the marks are). The first marks after a 'check point' or 'turn back' may be partly hidden by lamp-posts, bins, trees and so on, so that the hashers need to get close to see them.
- The placing of marks should be reasonably consistent, keep marking on one side of the road/path rather than jumping about from left to right and back.
- Make sure your marks will be visible and last as long as possible by placing them on patches of bare earth, molehills and cow pats. Also marking vertical surfaces such as fence posts, trees and walls can reduce them being erased (as long as hashers spot them). Remember that some marks can be erased by wind or weather, eaten by natural forces or cleaned away by people. Other marks can be disappear due to horses, bikes, cars, people and dogs using the area (some cars may even park over a mark). For example on a narrow [road](#) put them in the middle, so tyres marks do not destroy them.
- If you want to lead hashers round a corner without using a 'check point'; place 'blobs' in close succession leading round the corner, or an arrow.
- In open fields or woodland (not at a 'check point') to help the hashers find the trail, use arrows instead of 'blobs'. Alternatively a 'check point with options' can be used marking two or more possible lines to find blobs from (all except the correct route ending with a false).
- Remember you can never have too many marks; you can easily have too few, especially if some have been erased.

### 'Beer Stop' and after:

- About 50 meters before the 'beer stop' draw a 'beer near sign' (BN).
- Don't forget you will need to get the beer to the 'beer stop' just before the hash. If possible leave the 'beer stop bag' in a car, at or near the 'beer stop' or it can be well hidden in the vegetation near the 'beer stop'.
- If you are short on time, set the trail up to the 'beer stop' in advance and then when you leave the car for the beer stop (or drop off the bag) set the rest of the trail back to the venue and meet the hashers ready to start.
- Do not forget to mark an 'On In' roughly 50 meters before the end ([this should stop latecomers running the trail backwards](#)).

## On the Hash

### Circle before the Hash:

- Be prepared to explain the hash markings to any newcomers (make sure you have flour/chalk to do this).
- You will also need to explain your trail, advising of any [unusual](#) hazards (busy roads/animals/steep drops etc). [Briefly mention](#) which markings you have used ('walkers/runner routes', 'fish hooks', 'turn backs', 'view points' etc) and anything else the hashers need to know.
- If there are any dogs advise their owners of anything of note.

### Back Marking:

- The hare MUST mark the correct trail throughout the hash (especially the direction from the start, at 'check points', 'walker & runners routes', the correct trail after a 'turn back', any unclear change of direction etc), if the





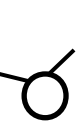




front hashers have not already marked them.

- The hare needs some chalk and/or flour to do this, if there are two hares they should both have some chalk and/or flour.
- At 'check points' where walkers check out before the runners it is up to the hares/walkers discretion if to mark it or leave it for the runners to check out. If the runners get to the checkpoint first they should mark it.
- If due to timing/other issues the walkers/runners decide not to wait at a 'regroup' etc. mark it so the others know that you are ahead.
- Back-marking is essential to help anyone who started late (we have a few regulars that may do this), went for a pee, got lost checking out a false trail or slower hashers, to catch up with the group.
- If possible put a line through the 'fish hook' to show that it has been done.

### **Keeping the momentum of the hash going:**

- Try and keep in the middle of the group, so you are not leading but can check everyone has gone the correct way.
- If there are 2 hares it is preferable to have 1 hare with the runners and 1 hare with the walkers (both with flour and/or chalk).
- Keep the slower hashers moving by discretely telling them walkers short cuts or which way to go at a 'check point'.
- On 'turn backs', once the runners have run past the hidden trail, point the walkers (and slow runners) down the correct direction either; by laying an arrow and following the runners to make sure they come back OR waiting at the 'blob' and pointing the hashers to the correct trail (don't forget to leave an arrow as well).
- If you think an important mark may not be there or spotted (like a 'T', an 'F' or an 'arrow') or other parts of the trail are close, follow the group to ensure they come back).
- Do not to let the 'beer stop' drag on, make sure the first hare to the beer stop will have access to it and start dishing it out, again people will get cold if waiting around too long. [Five minutes should be plenty.](#)
- From the 'beer stop' the car can be then driven back to the venue, but remember the hash may not have a hare for the final bit of the hash, or the car can be picked up after the hash. Alternatively if the hash bag has been hidden in the vegetation near the beer stop it can be carried back by the hashers.
- If you think the hash is [moving too slowly or taking too](#) long, you should consider [giving](#) more hints to hashers or taking shortcuts.

## Appendix 1: Hash Signs (usually made in chalk or flour)

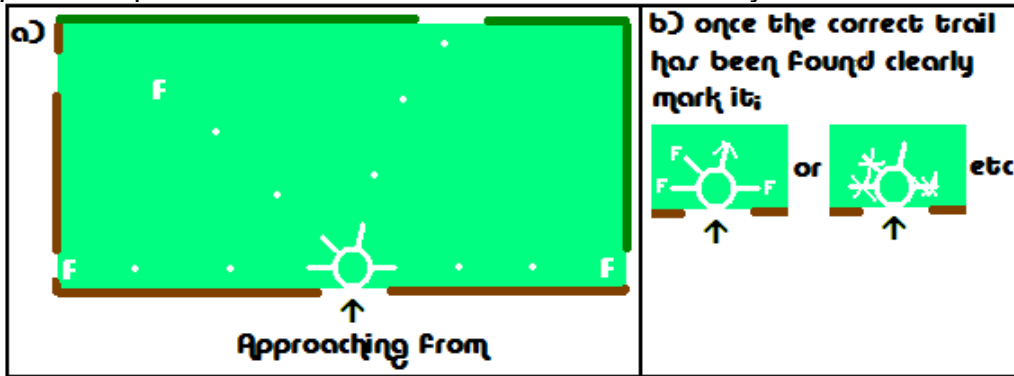
	'Arrows' show direction especially; out of the venue, the correct route after a turn back, and in unclear/open areas. They can also be treated like a 'false' (see below).
	'Blobs' to mark the trail, 3 and you are on trail (can be on the ground, trees or walls, fence posts, cow pats etc).
	'Check Point' there is a choice of routes; find the correct one, with 3 'blobs'. Not all possible routes will necessarily be marked with 'blobs'.
	To show the direction of the trail from the 'check point', marked once the correct trail has been called (3 'blobs'). Hashers will also kick it out in the direction they have gone
	A 'Check Point with Options' (number of options can vary) is not used very often, but has three uses. 1) In an open area/wooded it provides choices of where the trail can go. 2) It can guide hashers down a limited number of routes. 3) It stops hashers approaching a 'check point' from the wrong direction. [See appendix 2 for more details on all 3 uses] Make sure it is correctly marked after it has been called.
<b>F</b>	'False Trail' (in Bogs H3 it is our custom to mark the end of every false trail. Some other hashes don't) To mark a false route from the 'check point', placed after a maximum of 2 'blobs'. If after up to 2 'blobs' there is an arrow facing you this can also be treated as a 'false'. **Not all possible trails need to be marked with 'blobs', but when 'blobs' are set on a 'false trail' an F should be placed at the end.**
<b>T<sub>6</sub></b>	'Turn Back 6' turn <u>round and count</u> back 6 (or however many required) 'blobs' and there will be an alternative route (often hidden). From the sixth 'blob' the next 'blob' you find not on the original trail will be the correct trail (there are no 'false trails'). **If there is no number next to the 'turn back' go back to the last 'check point'.**
<b>W↑</b>	'Walkers route' (usually after two 'blobs' following a 'check point'), there will also be a 'Runners route' marked (once called this should be marked from the 'check point').
<b>R↑</b>	'Runners route' (usually after two 'blobs' following a 'check point'), there will also be a 'Walkers route' marked (once called this should be marked from the 'check point').
	'Regroup' wait until all the hashers have joint the group, once all the hashers are gathered this can then be treated as a 'check point' or the direction of the trail can be marked.
	'View Point' a 'regroup' with a view, other variations include; S 'Sweetie Stop' and P 'Play/Playground Stop' (it's best to explain the variations before the hash starts).
	'Fish Hook 6' the first 6 (or however many required) hashers to get to the 'fish hook' have to go to the back of the group of hashers. Sometimes it will just be to the back of the runners, try and let the hashers know who they are running back to. **If there is no number in the 'fish hook' it means everyone has to go to the back of the group.**
<b>BN↑</b>	'Beer Near' the beer stop is near, roughly 50 metres before the beer stop.
	'Beer Stop' like a 'regroup', but with drinks (nibbles optional) – normally out of a car or a hidden bag. Again once the beer stop is finished this can then be treated as a 'check point' or the direction of the trail can be marked.
<b>ON IN</b>	'On-In' the venue/end is near, roughly 50 metres before the venue or when there are no more route choices to be made.

\*\*If you wish you can include your own markings, but ensure that they; are simple, easy to read, not going to be confused with any other marks. Also you will need to explain them at the beginning.

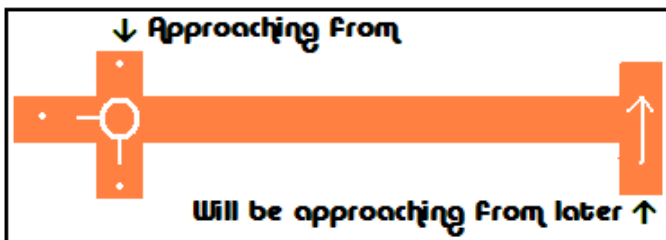
## Appendix 2: How marks work

### 'Check point with options' (2 & 3 Near misses or crossover);

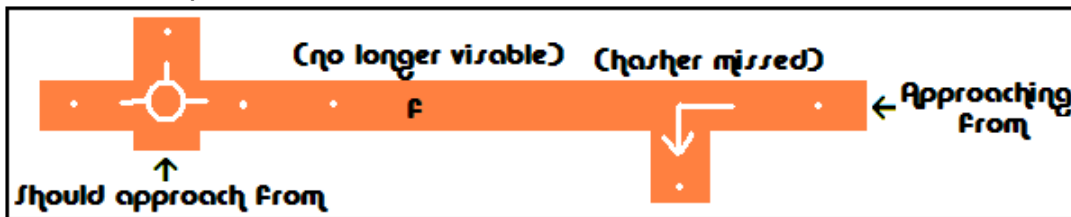
1) In an open area/wooded it provides choices of where the trail can go. All directions marked from the 'check point' except the correct route should end with a 'false'. Clearly mark the trail once it has been called.



2) Guiding hashers down limited a number of routes. This can stop them checking a route you do not want them to (it is too dangerous or too close to another part of the trail).



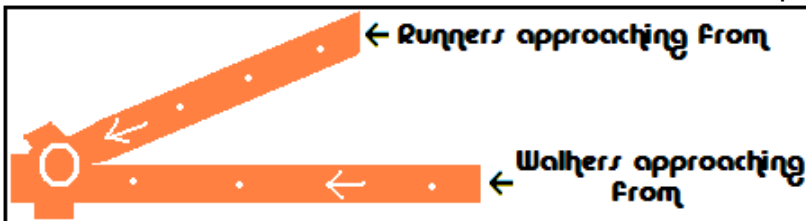
3) Stops hashers approaching a 'check point' from the wrong direction. If a hasher approaches the 'check point with options' from a route marked with a line they have approached it from the wrong route and they need to retrace their steps to find the correct trail.



### Near Misses or crossover – 'Walkers & Runners Routes':

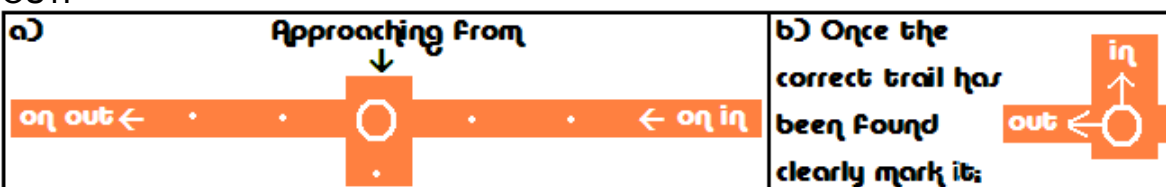
If 'walkers and runners routes' join at a 'check point', use an arrow to make sure no-one follows the route the walkers/runners have just come when 'checking it out'. (You can use the 'arrow' on the walkers trail like a false for the runners placing it 2 'blobs' between it and the 'check point').

\*\*Make sure there is no more than 2 'blobs' between the 'check point' and 'arrow'\*\*



### Near Misses or crossover – 'IN & Out':

If your trail uses the same section twice from a 'check point' you can use the IN 'arrow' as a 'false trail on the way out. Clearly mark the two trails once it has been called, remember there may still be latecomers still going OUT.



### Appendix 3: Live Hare

If the hare cannot lay the trail before the hash they can be a live hare, running ahead of the group. The hare lays a trail as he or she runs, and the group tries to catch the hare. The aim is for the hashers to try and catch the hare.

This calls for some special measures:

- Live hares usually run in pairs, who work together to lay the trail.
- To make sure the hashers do not get lost and to [back](#)-mark the trail either; have an additional hare running with the group guiding hashers if needed or give a hasher notes in a sealed envelope of the intended route. Note the hare will need to provide the flour/chalk for the hasher to mark the trail.
- The live hares traditionally start 10 minutes before the group, but can be longer if a hare is inexperienced or not a strong runner.
- If the hares make it as far as the beer stop, they get another 10-minute start.
- The hares could use chalk (or a piece of plasterboard used as chalk) rather than flour, it is lighter to carry and quicker to use. [However in wet weather, chalk won't work so you are stuck with flour.](#)
- The hares must lay a clear trail, using 'check points' and 'turn backs' to slow the group. If they think the hashers are getting close they can use a 'fish hook' to the front runners [out-distancing the rest of the pack](#). They should not use 'regroups' to make the front-runners wait for slower members of the group, unless they are caught (see below).
- The hares should 'keep it simple' and avoid looping back close to the trail they have already laid. [T](#)he group may see them, at which point they will leave the trail and chase by sight!
- If some hashers catch a hare, this must not be the end of the trail, there is still the rest of the group to guide back to the start point. When the hare is caught they should mark a 'regroup', to make the next hashers wait for the rest of the [pack](#); then the [hashers](#) who have caught the hare join the hare to continue laying the trail.