

Minneapolis Hash House Harriers | Hare Guide



Overview

Haring is about keeping the pack together, making the trail unpredictable, and having fun. Whether you're flying solo or teaming up, laying trail is a creative and rewarding challenge. With that said, here is a brief overview. See the Appendix for a comprehensive overview.

Haring

- **Basics:** Haring is when a hasher leads the pack by laying marks on the ground vertical marks on trees, poles, etc. Trails are marked using a combination of flour, crepe paper, toilet paper, or sidewalk chalk. In winter, use 5 parts flour mixed with 1 part Carpenter's chalk or Kool-Aid. The hare is responsible for purchasing supplies used to mark trail.
- **Trail Length:** Typically 3-5 miles, adjusted for weather, terrain, or theme.
- **Start and End Locations:** Ensure parking available or transit access. Have a goal in mind for what you want the trail experience to be. Choose a location with intention. Most trails start and end at the same location ("A to A"). Be sure to pick an "On-After" location for hashers to meetup after trail and Down-Downs. On-After is expected to have food and drink options. Grilling at A or having On-After at your residence are all fair game as well!
- **Laying Options:** Pre-lay trail ("Dead") or lay while the pack is in pursuit ("Live"). Tradition is to Live lay but many Dead lay locally. If you Live lay, there's a chance to be caught by the FRB, who then becomes the hare and continues laying trail. Most hares that Live lay will also Dead lay certain sections of trail, or Hares may run out of time to Dead lay all of trail and need to Live lay sections, too. Inclement weather frequently happens. Adjust trail as needed from the "plan" to accommodate. This may mean Live laying as needed due to rain or snow fall. Stay flexible.
- **Beer Stop(s):** Include at least one. Choose a fun, legal, and discreet spot. The hare is expected to purchase beer stop beverages and then submits the receipt to Hash Cash for reimbursement (typical max of \$40). If you need to use the hash cooler beer, inform the beer meisters at least one week prior so they can ensure there's enough beverages for trail. Any purchased beverages not consumed go into the hash cooler for future use at trails.
- **Scouting:** Scouting is where you go in person to view your trail, looking at viability, items of interest, or other opportunities not available through scouting via online imaging. Many hares use digital means to track and design trail, in combination with in-person scouting. Having a scouting partner is recommended for your safety. Especially in areas of shiggy, which is off-road areas such as woods, through brush, over-grown fields, etc. If you don't scout, while laying trail be sure to follow true trail to test the safety of any obstacles, such as up difficult or steep terrain, through water crossings, thorn thickets, etc. Avoid laying trail in private property or dangerous areas.
- **Co-Hares:** New and experienced Hares alike utilize co-hares. A co-hare is someone who coordinates the trail with you. It's up to both you to decide how to share duties. You could lay parts of trail separately such as splitting duties on laying Turkey and Eagle trails. Or you may lay both together, or maybe one only handles all things beer stop. If it's your first time haring, over mark by using consistent, clear marks spaced appropriately. It's customary to have a co-hare for haring your first trail.

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Introduction

The Minneapolis Hash House Harriers (MH3) is a drinking club with a running problem. The hash depends on hares to keep the chaos alive. Whether you're flying solo or teaming up, laying trail is a creative and rewarding challenge. It is always sensible for a new or inexperienced hare to join up with an experienced hare to lay a trail, so tips and ideas can be passed on (both ways).

Unlike a typical race, hashing is about keeping the pack together and making the trail unpredictable and fun. The task of the hare is to design a non-competitive trail With a mix of checks, loops, shortcuts, and surprises, your goal is to confuse, amuse, and get everyone back to the start (or On-In) together. Planning is key, but so is flexibility. So scout well, mark smart, and enjoy the experience.

Trail Planning

Start Locations

- Ensure parking or transit access.
- Pick interesting or scenic areas.
- Proximity to bars is a plus.

Types of Trails

- Urban, park, shiggy-heavy, pub crawl, etc.
- Theme runs (toga, ugly sweater, etc.)

Scouting & Mapping

- Always pre-scout your trail on foot.
 - Paper or digital maps help visualize loops and beer stop.
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Trail Marking

Common Marking Symbols

Symbol	Meaning
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□	Typical Mark
→	Directional Mark
⇔	True Trail
X or 	Check
F	False trail
♪	Music Stop/Check



Photo Check

BC _{ix}	Backcheck (inclusive or exclusive)
BN	Beer Near
BH	Beer Here
YBF	You've Been Fooled

Marking Materials

- Flour (never white in snow!)
- Crepe paper
- Chalk (use sparingly in rain/snow)
- Carpenter's chalk mixed with flour (5/1 ratio, great in winter)

Marking Tips

- Mark often: every 25–50 feet in tricky areas
- Avoid ambiguous symbols
- Reinforce marks in poor visibility areas

Trail Considerations

Weather

- Hot: Shorten trail, add water
- Cold: Use bold markings, keep pack together

Terrain

- Mix urban and natural features if possible
- Avoid private property or dangerous areas

Night Haring

- Reflective tape or glow sticks can help
- Lay heavy and use high-contrast marks

Winter Haring

1. With the colder temps and earlier sunsets, make the trails shorter.
2. Use chalk sparingly. Chalk has the tendency to be covered with drifting snow or washed away with melting snow. Instead use colored flour or crepe paper.

3. Mark Heavy, lay more marks than you would in the summer. Expect up to a third of your marks to get covered, washed away, overlooked, etc... It's better for a trail to be too easy, than too hard with hashers lost in sub freezing temps. Late winter
4. Don't use white flour; always add color. Snow can often be unpredictable and can make white marks invisible. I learned the hard way once and layed a trail twice in one day after snow covered my white marks.
5. Carpenter chalk from a hardware store works great to mark trails. It can be used straight or added to regular flour. It comes in a variety of colors.
6. Be wary of Frozen lakes, make sure they are thoroughly frozen before laying a trail across them. Never cross the Mississippi or Minnesota rivers. The edges are ok, but the middle of the rivers are unpredictable and there is no safe way to test them
7. Warm beverages at beer stops can be a nice change in addition to the normal beer and water.

Summer Haring

1. Be mindful of your drinking; mix in some water, Gatorade, etc. to your routine on trail.
2. Stock water at beer stops. This goes for our human hashers who may want to hydrate or not drink beer, but esp. for our furry hashers who need it to cool off and hydrate because they can't sweat like us. Beer meisters are great at stocking water before and after trail, but it's easy for hares to forget water at the beer stop. We have several jugs for furry and non-furry hashers, you are also welcome to bring your own vessel of water, just be sure to hand it off to the hare for beer stop if necessary.
3. Keep an eye out for signs of heat exhaustion (heavy sweating; cold, pale and clammy skin; nausea or vomiting; tiredness or weakness; dizziness; headache) and heat stroke (lack of sweat; hot, red skin; slurred speech; aggressive or strange behavior) for yourself and others. If you notice someone is struggling on trail, check in with them and, if necessary, inform mismanagement.
4. Just as we shouldn't leave hashers in extreme cold, try to keep the pack together in extreme heat.
5. When temperatures get hot, consider making your trail shorter and incorporate shade, wooded trails, and safe water crossings. You can also mix it up with fun activities like squirt gun hash.
6. Chalk and flour are your friends. If you plan on hitting wooded trails and shiggy, save your carpenters chalk blend and use straight flour: it's easier to see, not as messy, and cheaper. Red flour mix is hard to see in dirt, avoid it in the warmer months if possible. You can supplement flour with crepe as needed.
7. If rain is in the forecast, over mark with flour and crepe. Consider using cereal like fruity loops as it will dissolve and stick to the pavement.

Laying Trails

- Dead haring is perfectly acceptable, but live haring is tons of fun! See below for the advantages of live haring and some tips if you choose to do so. However, if you prefer to walk rather than run, are intimidated by live haring, or just plain don't want to, please follow this advice:
 - Prelay your trail on the same day as the hash!
 - Double check the distances if you are prelaying! It's easy to over- or under- estimate the difficulty of your trail if you are walking.
 - Consider holding off on laying the first couple of blocks of your trail until the r*n start. People traveling to the start might see it, so if you leave at 6:30 you could easily lay those blocks and keep the pack from knowing where trail is heading.
 - Consider sweeping your trail (running behind the pack), especially if you have set trail in areas where locals might scrub away the marks.
- Live haring means that you are less likely to get your trail wiped away and you can travel nearer to the start of your trail (because the return marks won't be there until after the pack has passed!)
- Live haring takes much less time-- instead of leaving work early you can show up at the usual hash time and just set the trail instead of r*nnng it!
- Live haring does not mean every single mark must be set after you start! Feel free to prelay a backcheck or false or two.
- Live haring does not require you be a fast r*nner, just a smart trail setter. Checks will immediately delay the pack, and you can r*n on in your intended direction without making any marks for the next block. Song checks are also great for delaying the FRBs, especially if they must wait for a certain number of hashers to arrive and sing. Backchecks will require a little more effort on your part than a check does, but if the pack doesn't guess your true trail direction immediately, they can buy you loads of time.
- Consider carefully your strategy for Turkey/Eagles when live haring.
 - If you have a co-hare, you could lay them separately, but be very careful that you are able to meet the trails up again. If the Turkey and Eagle progress to the beer check separately this will not be a problem.
 - If you are laying alone, it is advisable to lay the Eagle dead (especially longer Eagles), so that any FRB that just so happens to run the Turkey doesn't get ahead of you.
 - Having a short turkey trail (off of the main trail) direct to the beer check can allow you to set both Turkey and Eagle live by yourself (a hash miracle!) The turkeys should be waiting for you when you finish setting the Eagle!
- If you get caught while live haring:
 - Tell the FRB who caught you where the beer check is and have them live lay trail from that point, or
 - Set a check, have the FRB help you by laying a false, and escape from the clutches of the pack!

Beer Stops

Choosing a Spot

- Secluded, flat, and legal.
- Away from houses, schools, and obvious public scrutiny.

Beverage Options

- Beer, water, soda, mulled wine (in winter), etc.
- Consider warm drinks for cold weather trails.

Reimbursement

- Save your receipt.
 - Contact Hash Cash for details.
 - Typical max reimbursement: \$40 (check current policy).
 - If you have beverage questions or suggestions, especially N/A options, please inform our beer meisters and they will do their best to accommodate. Submit the receipt with the date of the trail to minneapolishash@gmail.com for reimbursement.
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Special Trail Types

Dress Runs

- Encourage costumes: themed attire adds fun and challenge.
- Include costume-appropriate terrain (avoid mud in nice dresses).

Pub Crawls

- Plan for drink stops at 2–4 bars.
- Prearrange tabs or drink specials.
- Include short legs and clear marks between stops.

Spewathon

- Competitive beer/food challenge.
- Emphasize safe consumption and pacing.

No Wimps

- Usually a harder, longer, or more intense trail.
- Consider split options for “wimps” and “no wimps”.

Hash Weekends

- Collaborate with multiple hares.
- Mix trail types, include special events (e.g., naked trail).

Naked Runs

- Traditionally held during campouts or special events.
- Distance: 0.25 to 1 mile, shorter in colder temps.
- Location: Private, secluded, no roads or public contact.
- Minimal shiggy.

- Heavy, visible markings.
 - Respect boundaries: clothes, partial nudity, or abstention all OK.
 - No body shaming.
 - No touching others without consent.
 - No photos without *everyone's* permission.
 - Provide towels, blankets, and discretion.
 - No flashlights.
 - No pressuring.
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Safety

- Avoid dangerous or sketchy areas.
 - Have a sweep or back hare.
 - Ensure water is available in hot weather.
 - Avoid trespassing.
 - Be cautious of ice, water crossings, traffic.
 - Communicate clearly at chalk talk.
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Haring Checklist

- Pick a co-hare (optional)
 - Choose start and end locations
 - Pre-scout trail
 - Check terrain and weather
 - Buy marking supplies
 - Plan beer stop(s)
 - Coordinate reimbursement
 - Confirm hash start time
 - Lay or live-lay trail
 - Set marks well and clearly
 - Sweep trail or monitor pack
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Conclusion

Thank you for stepping up to hare! Your effort keeps the hash weird, wild, and worth running. Don't worry about perfection—focus on creativity, clarity, and fun. Whether you're making the pack sing, slip, or just smile, your trail will be remembered.

On-On!