



# HARE RULES

## Bali Hash House

### Harriers

#### 1. CAR PARK

- a. Secure the Car Park at least two weeks before your run. Ask for permission (Ijin) to use the car park from the Village/Temple Chief, (Kepala Desa, Mangku, Pak Klijan) and set the price. Rp 150,000 is reasonable but Hash Cash will cover up to Rp 300,000. If there is a problem agreeing on the price, please advise the Hare Raiser so a Balinese committee member can meet and help with negotiations.
- b. The car park must accommodate at least 50 cars.
- c. Do not put the Bintang truck next to a temple.
- d. Make sure the area stays clean after the run and nobody enters the temple premise without a sarong. Women who are menstruating are not allowed in temples and please respect the surroundings by not changing clothes outside of vehicles or by going to the toilet around the temple area.

#### 2. TRAIL DISTANCES (Short, Medium, Long, Extra Long, Super Long, Ball Breaker)

- a. A normal run should have a Short (S) and a Long (L) track. If the L is over 12 KM, please provide a Medium (M) track. Longer runs are left to the discretion of the Hare, but members should be notified in advance so starting time can be changed accordingly.
- b. Properly advertise your run. Make sure the departure time is enough for walkers.
- c. Guide to trail distances:
  - **SHORT (S)** is usually 4-7 KM and takes 90 minutes to walk.
  - **MEDIUM (M)** is only used when the Long is over 12 KM, and should be 8-10 KM or 2-3 hours walk.
  - **LONG (L)** runs are 8-12 KM or 3 hours walk. If it's over 10 KM, members should be notified.
  - **EXTRA-LONG (XL)** are around 12-15 KM or 4 hours walk.
  - **SUPER LONG (XXL)** are 15-18 KM or 5 hours walk.
  - **BALL BREAKERS (BB)** are 18-25 KM or 6-7 hours walk.

#### 3. TRAIL MARKING MATERIALS

- a. Shredded paper
  - Trail markings must be spread every 10-20 meters.
  - Use small enough paper so children are not able to move them.
  - Use White or Pink paper, no Yellow as it can't be seen in the grass.
  - When you start your trail, pick a side to put the paper on and try to be consistent throughout your trail. If you make a turn, start laying paper on the same side as the turn for at least 20 m before reaching the turn.
  - When crossing a single trail junction, place paper 1 meter after the junction so the direction of your trail is obvious. Do not place paper in the middle of the junction.
  - Secure shredded paper a few days before the run. It can be bought in packing material supply shops or cargo and shipping companies. If you can't find any, please request help from the Hare Raiser.
- b. Chalk / crayola
  - Use chalk on asphalt, concrete, and rocks that will stay dry, but rain/water will remove the chalk.
  - Crayola is good for rainy season on asphalt, concrete, and rock, but will melt in sunlight or hot temperatures.
- c. Spray paint
  - Never use spray paint on concrete, asphalt, rocks, or other permanent materials as it can't be removed.
  - Use spray paint only on grass, leaves, or on dirt.

## 4. CHECK BACKS, ARROWS and CIRCLES

### a. Arrows

- Never use an arrow to point to a check back. Arrows never lie.
- Always use arrows to indicate a change of directions.

### b. Split

- *A Long, Short, or Medium split must be carefully marked to avoid hashers walking the wrong trail. Slow walkers, who end up on long trails, can get lost in the woods after dark.*
- *S + L markings written together should only appear before the split or after the trail has joined together again. At any other time, trails should be marked with either an S or an L.*
- *Put a second set of arrows with S / L / SL around 10-15 m before and after the split in case people missed the first set. Please place the writing somewhere obvious. Remember, runners are often only looking at the ground.*

### c. Check Back

- *Must be signed with large and obvious X crosses.*
- *They should not be more than 100 m from the correct path.*
- *Paper / trail marking must start again after no more than 50 m on the correct path.*

### d. Check Around

- *Used at a cross road.*
- *Must be signed with 1 large obvious O circle in the middle of the cross roads.*
- *Paper / trail markings must start no more than 50 m away on the correct path.*

## 5. AVOID

- Avoid rice fields that have just been cleaned or planted as the paths are muddy and weak, they will get easily damaged or destroyed if many people use them. Farmers get upset, and may remove or change the paper or not let hashers pass.
- Avoid cows, as they can get scared by runners and may injure themselves, resulting in upset farmers, the removal of paper, blocking access etc.
- Avoid going through people's compounds. If you must, ask for permission.
- Avoid passing through cremation sites.
- Do Not pass through temples, go around them.
- Avoid garbage areas as much as possible, as hashers enjoy beautiful scenery.
- Make sure bamboo bridges are secure and strong. If it's possible, avoid them.
- Avoid busy roads. For safety, set trail on the right side of road so runners face oncoming traffic.

## 6. It's part of the Hare's duty to make sure nobody is left on the trail before leaving.

## 7. Beers are available for the hares before the bar opens.

## 8. Hares don't need to pay the run fee (up to 4 hares).

## 9. It's at the discretion of the hare to provide food, T-shirts etc, but not compulsory.

## 10. ADVICE

- Do reconnaissance (rekky) if you don't know the area, or ask for help from a senior hare who knows.
- Virgin / junior hares must seek the help of a senior hare.
- It is advisable to make a team of hares for Long runs (up to 4 hares).

**ANY FAILURE TO FOLLOW THESE RULES WILL GET YOU ON ICE !!!!**